

# Village Voice

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

or find us at [www.beltonandbrowston.com](http://www.beltonandbrowston.com)

Vol 17-09

Delivered MONTHLY FREE



notice on Bell Lane (continued on page 3)

## BELL LANE VANDALISM: PARISH COUNCIL SEEKS HELP

As a Parish Councillor, I am often asked the question why, when services to the villages are being trimmed to the bone, the village rate continues to rise. To explain fully, I would need to write a book, not a couple of paragraphs in the Village Voice. A large proportion of your rates are awarded to the police to fight anti-social behaviour, criminal damage and vandalism of the kind that was perpetrated at the Bell Lane playing field, twice in the last six weeks. The police investigation will cost time and money and in addition, the Parish Council has had to pay £220 for the cleaning of the site and equipment. How does it make you feel, knowing that you and every other rate payer in the village will contribute towards this expense, all because an irresponsible person or persons sought ten minutes of amusement ?

Some residents may remember the teenage shelter on Bell Lane, providing shelter from inclement weather for young people as well as a place to meet and chat with friends. Sadly, the shelter was abused to a point that it required total refurbishment. Within a few months it was once again unfit for use as someone had decided to use it as a toilet. The village caretaker cleaned it at least five times in the following weeks until the perpetrator decided to redecorate - smearing human excrement over the entire interior and the seating. The cost of cleaning and the final removal of the shelter from the site was paid for by you as a rate payer. In the last two months, almost every

## Whats On Your Christmas List?

Dear Santa,  
This year for Christmas could I have...

<b>APL HAIR REMOVAL</b>	<b>CAVITATION LIPO</b>
<b>MICRODERMABRASION</b>	<b>EYELASH EXTENSIONS</b>
<b>TATTOO MAKE-UP</b>	<b>MINX &amp; GEL NAIL ART</b>
<b>BOTOX FINE LINE TREATMENT</b>	<b>PEDICURES &amp; MANICURES</b>

...the list is endless

# reveal

call 01493 650 706 36 Mallard Way, Bradwell  
[www.revealbeautyclinic.co.uk](http://www.revealbeautyclinic.co.uk)

## mattsadler Carpets

**Carpets • Vinyl • Karndean Laminates** all supplied & fitted

**ALL Domestic & Commercial work undertaken**  
*Very Competitive Rates*

Home sample service with hundreds of ranges to choose from, you name it we have got it.  
Why pay shop prices, we will beat any 'genuine' quote  
Why wait weeks when you can have your carpets delivered & fitted within days!  
**Save ££££'s !!!!**

**We bring the shop to you!**  
...pick your flooring in the comfort of your own home

**Carpet Cleaning** Rooms from only £25.00

Telephone: **01493 443509** • mobile: **07715 321410**  
[www.mattsadlercarpets.co.uk](http://www.mattsadlercarpets.co.uk)

We now do **Artificial Grass** supplied & professionally laid

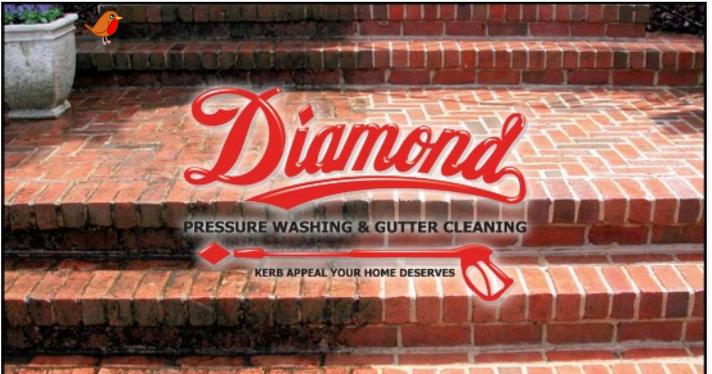
**Bycroft** RESIDENTIAL **GORLESTON & SOUTH VILLAGES**

## Gorleston Department NOW OPEN!

Bycroft Residential are excited to announce the opening of our Gorleston Department. Nick Burman is our dedicated Sales Manager covering Gorleston and surrounding villages. With over 16 years' experience in the area Nick prides himself on excellent customer care throughout the whole moving process.



Call **Nick** on **01493 664000** to arrange your **FREE Market Appraisal**  
 nb@charlesbycroft.co.uk  
 www.charlesbycroft.co.uk



**Diamond**  
 PRESSURE WASHING & GUTTER CLEANING  
 KERB APPEAL YOUR HOME DESERVES

Diamond Pressure Washing & Gutter Cleaning offers professional surface cleaning for both domestic and commercial customers

  
Driveways

  
Gutters

  
Patios

  
Roofing

  
Decking

  
Fencing

Contact us on 07738306422 or 01493 302434, at info@diamondpwgc.co.uk, or visit www.diamondpwgc.co.uk

**BREYDON FLOORING LTD**  
*Friendly, Family Run Business - Established 1999*

# Carpets & Flooring Specialists



**Karndean Designflooring**

- Carpets
- Vinyls
- Floor Preparation
- Domestic/Contract
- Karndean
- Laminate/Woods
- Safety Flooring
- Wet Rooms
- Offshore



**FREE Estimating & Planning Service**





Unit 37 Longs Industrial Estate, Gorleston, Gt. Yarmouth, Norfolk NR31 6BE

www.breydonflooring.co.uk

01493 652591

# VILLAGE VOICE

## DECEMBER 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.

### 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

Printed by Blackwell Print,  
Charles Street, Gt. Yarmouth  
NR30 3LA

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 January 2017 edition of Village Voice will be 9 December 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 produce information in Rich Text format using Arial. Please do not embed photos in your articles, but send them as J-pegs with min 200dpi resolution. Please send adverts as pdf files.



### BRANDON LEWIS MP

**Nominate an inspiration young person:** Last month, I launched an exciting new competition recognising some of our best young people in the constituency. Travelling around the constituency, I am privileged to meet so many people who work tirelessly for their community or go the extra mile to help their neighbours. The ones that stand out, even more than usual, are the young people who volunteer at a local club or spend their time caring for a relative. Often they go unrecognised. I wanted to change that. That's why I launched the Great Yarmouth Inspirational Young Person's competition to recognise

these younger heroes. Do you know a young person who deserves special recognition for the work they do in their community? Perhaps they are a carer, volunteer for an organisation or have raised money for a charity. Maybe they are just inspirational to you. Courtesy of the CDG Dining Group and Beds and Bars the winner will win in the 12-16 category will win a 2-night London trip with a meal in a London restaurant (travel not included) and in the 7-11 category a Samsung tablet. The two categories will be judged by Dame Rachel de Souza, CEO of the Inspiration Trust, Anne Edwards, Editor of the Great Yarmouth Mercury, and Graham Hacon, CEO and Founder of 3Sun Group. To nominate your inspirational young person, you can email me at [office@brandonlewis.co](mailto:office@brandonlewis.co) with their name and address and the reason for the nomination or go to my website to nominate online. Alternatively, you can write to me at House of Commons, London, SW1A 0AA.

**Upcoming trip to the House of Parliament:** Unfortunately, because of other Parliamentary business, I have had to postpone the December trip mentioned in the last edition of Village Voice. However, a new date has been organised for the New Year. So, you still have a chance to book your place for a fascinating "behind the scenes" tour of Parliament on Friday 13th January 2017, with a coach leaving the Sun Inn, Bradwell at 9.30am, and picking up at the King's Head, Belton at 9.45am. I will meet you on arrival in London, when you have an opportunity to ask any questions about my work as your MP. Then you will have a tour of many of the parts of the House of Commons you never see on television. The charge per person for coach travel and the tour is just £16.20. Please note no profit is made from these tours. You can book your place by phoning 01493 854550 or online at [www.brandonlewis.co](http://www.brandonlewis.co)

And finally... may I wish everyone a Merry Christmas and a happy New Year!

*(continued from page 1)*

has been ripped down and thrown into the bushes. When replaced, they were ripped down again; about ten signs need to be replaced. These cost between £10 and £15 each plus the cost of refitting, another £20 to £30. This signage has to be replaced by law, for health and safety and insurance purposes. This is just the tip of the iceberg. I have made no mention of the time spent clearing up broken glass, the search for discarded needles thrown into the bushes by the drug users and of course, the never ending collection of bottles and cans - a minimum of ten black sacks a week. All this takes time and costs money - your money. I am a strong supporter of the youth in the village and it is a shame that a few irresponsible youngsters can spoil it for the rest of our young community.

The Parish Council needs your help. By working together, we can put a stop to the vandalism in our villages. If you witness any acts of criminal damage, vandalism or have information that could lead to the arrest of a perpetrator, please contact the police as soon as possible. A serious reduction in crime could lead to a reduction in our rates.

**Peter Nichols**



### VILLAGE VOICE GRANTS

A reminder to everyone that you are welcome at the JGI monthly Coffee Morning on Saturday December 10th when a large batch of grant cheques will be presented to various local groups and organisations by Village Voice. The presentations will take place at 11am and we would ask recipients and those presenting cheques to be in the hall no later than 10.50am.

### DELIVERERS NEEDED

For various reasons we have recently, or are about to lose some of our long serving deliverers and need help getting 'Village Voice' to you on time each month. Our main concerns at the moment are:- BURGH CASTLE, ST OLAVES & KINGS ESTATE AREA OF BRADWELL. If you can help in any of these areas please call Brian on 01493 780776. Alternatively, we do have a waiting list for all areas for when rounds become vacant, if you wish to put your name down please call the same number.

### VILLAGE WEBSITE

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

The web site is full of useful information about the village and surrounding area. It has lists of contacts for clubs and groups as well as an electronic PDF version of the Village Voice that friends away or abroad can download and read. The site is only as good as the information on it and I ask for all club and group leaders to check and see if their contact information is correct and up to date. This includes meeting times and other necessary information about your club or group. Also if you would like to see other content on the site please let me know either by email or through the contact form on the site. Email [nursery48@live.co.uk](mailto:nursery48@live.co.uk)  
Bill Richmond



# BELTON WITH BROWSTON PARISH COUNCIL



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

## COUNCIL MEETING - OCTOBER 18

Ten Parish Councillors and Borough Councillor Brian Lawn attended last week's meeting of Belton with Browston Parish Council, John Rudrum was in the chair. There was a general discussion over the latest borough council dog control proposals with a wide range of views being put up including the question of who will enforce these regulations once they are in place.

Members deferred any decision over putting a scheme forward for the next round of Norfolk County Council Parish Partnership grants where half the cost is paid by the county, two schemes on the banks of New Road and the other for an area near the footbridge had been suggested however no costings had been received, these could still be added put into the 2017/18 budget when this is discussed at a committee meeting on November 3rd.

There was a discussion on a tree which had been illegally cut down on the Bell Lane Field, the police have been informed and the council has had to pick up a substantial cost to clear the debris and stump from the area. Members confirmed the appointment of a new caretaker for the New Road site for a trial period and agreement was reached to improve lighting and access to the storage container on that site.

Members agreed to send a letter to the management of the Jhoots Pharmacy raising concerns over the condition of the shop frontage on Station Road North which has not been cleaned up since the company moved in over a year ago, a further letter is to go to the hairdressers over concerns about safety and tidiness of the large area of boarding on the side of their property and a resident will be contacted about an overhanging tree on New Road.

There was a further planning application for an illuminated sign at the Kebab Shop adjoining The Tavern, members agreed to raising the same objections as for the very recent earlier application for a similar sign, that application was refused by the Borough Council. Members had no objections to the following applications, 14 St. Annes way (rear extension), 10 Heather Gardens ( rear extension) and 23 Debenham Close (two story rear extension).

The Borough Council have approved the following planning applications : 14 St Annes Way (rear extension), 9 St James Crescent (front extension), Glenhaven, St. Johns Road (side extension), land between Greenfields and Waveney Lodge, Browston Lane, Browston (new house and triple garage), The Wild Duck (swimming pool refurbishment and roof height increase) and land at Woodland View, Station Road North ( renewal of permission for caravan in relation to fishing).

There have been various social media comments over the appearance of pig farming on land near to Cherry Lane Nursery on the A143, it was confirmed that this is a permitted agricultural use and the only cause for complaint could be mud on the highway if that became a problem.

## TREES & SHRUBS IN PUBLIC PLACES



Belton with Browston Parish Council has just had to pick up clearance costs of £180 after a tree on their land at the Bell Lane Playing field was illegally cut down. In this instance the police have been informed and a crime number issued, any information as to who cut this down would be gratefully appreciated to either the Parish Council or local police. The cost of clearance after this incident will fall on all residents of the area as it will have to be paid out of the parish councils rates budget. In general it must be remembered that all trees on open land, sport fields, highway edges etc, do belong to somebody and they must not be trimmed or cut down without the necessary authority of the landowner.

## COUNCIL DIARY

Belton with Browston Parish Council holds its meetings at the New Road Sport & Leisure Centre, Belton on the third Tuesday of each month. The next dates are therefore Tuesdays December 20th and January 17th. All council meetings are open to the public, commence at 7.30pm and questions can be put to councillors during the first 15 minutes of each meeting (normally restricted to one question per person present). The Parish Clerk, Kate Palmer is available at the same location monthly on the Wednesday before the Council meeting to meet with and take note of residents queries (Parish Clerks Surgery), the next dates will be Wednesdays December 14th and January 11th (Please note that the session is now between 1 and 2pm) If you wish to confirm that Kate will be available before visiting please ring 01493 602960 or e-mail [beltonparish@yahoo.co.uk](mailto:beltonparish@yahoo.co.uk). The clerk can also be contacted in writing at 5 Middleton Gardens, Gorleston, Great Yarmouth, NR31 7AE.

## VILLAGE FLOWER BEDS

The Parish Council, on behalf of all residents would like to thank the volunteer gardeners who have tended the community flower beds in various locations throughout Belton during 2016. They have been excellent throughout the year.

## PARISH COUNCILLOR VACANCY

Due to a resignation there is currently one vacancy on Belton with Browston Parish Council. The council meets at the New Road Centre on the third Tuesday of each month (7.30pm), further information is available from the Parish Clerk, Kate Palmer on 01493 602960 or e-mail [beltonparish@yahoo.co.uk](mailto:beltonparish@yahoo.co.uk)

## CRIME REPORT & POLICE

The following crimes were reported locally during the month of September 2016.

**BELTON:** 9 x Violence/sexual offences, 3 x Criminal damage, 4 x Anti Social behaviour, 1 x Shoplifting, 1 x Burglary, 3 x Theft other

**BURGH CASTLE:** 2 x Public Order, 2 x Violence, 1 x Anti Social behaviour, 1 x Criminal damage

**St. OLAVES:** Nothing Reported

**FRITTON:** 1 x Anti Social behaviour, 1 x Burglary

At the last SNAP meeting in October the new priority was Anti Social Behavior in the Southern Villages area with attention to be given to the Bell Lane Field. The next SNAP meeting is at the JGI, Belton on Monday 23 January at 7pm.



## 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 December 14th and January 11th 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, (December 14th and January 11th) 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).

**BURGH CASTLE PARISH COUNCIL**

Six parish councillors, County Councillor Alan Grey, Borough Councillor Adrian Myers, PCSO Laura Allen and 17 members of the public were present at the November meeting of Burgh Castle Parish Council with Trevor Greenacre in the chair. PCSO Allen promised to report back to councillors with detailed figures when the data from the speed recording cables currently on High Road is available, she apologised for not attending recent meetings but now has five council areas to cover.

The County Council are aware of the large oak tree on Mill Road and will be writing to the owner, there are other trees overhanging highways on High Road and Mill Road where the Parish Council needs to contact the respective owners about their size, if owners do not respond then the County Council will assess them and send further letters as appropriate.

There were concerns about another closure of Butt Lane, it is shut all this week (14th/18th) for sewer connections to the line of five new properties half way along the road. There were questions about what could be done to ensure that all utilities connected during one road closure period, the current system of one utility and sometimes only one property being linked to a service during a road closure was declared totally unacceptable especially as in this case it cuts off buses to most of the village for the duration of the works, the bus service not running for safety reasons and the County Council not being prepared to put on some sort of feeder/link service with a smaller vehicle. There are concerns that more closures could follow. There was a discussion on the proposed dog restriction on the fort site in the round of restrictions proposed by the Borough Council, although it is on the list there seemed no clear explanation of who requested what is a private site (it belongs to Norfolk Archaeological Trust) being on the list, Councillor Myers stated that as it is private the Borough Council rangers would not monitor the area.

There were three planning applications, no objections to a conservatory at Little Marys Cottage on High Road, members fully supported a boardwalk on land between The Old Rectory and Glebe Marshes. The third application was for three properties on the frontage of Burgh Hall. The owners stated that income from their sale would allow for increased facilities at the site and they assured members that only four of the trees which are diseased would be removed and that vehicle access would be via the existing site service rounds with no vehicle entrances on to Lords Lane, with these answers there were no objections to the proposal.

There was a discussion about a mobile catering operation on the Roman Fort site, there were mixed views all round but the major concern was sale of drinks with no public toilet facilities in the village. Members agreed to purchase a date recording unit for the SAM2 speed recorder but delayed a decision on the refurbishment of the village sign as one of the possible contractors had

been unable to quote, another operative is being considered. The County Council has refused permission for bollards on the corner by the village sign but would permit planters or similar to keep cars off, this will be discussed fully at the next meeting. Members agreed that there was no need to increase the councils rates precept so the figure will remain the same for the next financial year, 2017/18. The next meeting of the council is on Monday December 12th.



**COMMUNITY CAR SCHEME**

October was a record month for the car scheme, 71 trips undertaken. Well done to everyone! Thanks to Sue for her hard work

and to Lin for helping. Members of the scheme would like to thank the Village Voice Board for their generous award of a grant towards expenses. This will be presented at the December coffee morning at the JGI. Please come along to show your support both for the car scheme and our valuable monthly magazine.

5 Villages Car Scheme is a member of the Norfolk Community Transport Association, which gives us access to free DBS checks for drivers and parking at our local hospitals. This month NCTA are doing a publicity campaign to raise awareness of community transport in Norfolk and to this end, the publicity officer will be attending the coffee morning at JGI on 10th December. If you feel you would be able to give a testimonial for our car scheme please come along and chat with the publicity team.

As usual the scheme will be taking a well-earned break on Christmas Eve, Christmas Day, Boxing Day and New Years Day. You can book a car to take you shopping, to social events, connections for holiday travel or medical appointments. We ask for at least 24 hours notice as all our drivers are volunteers, but are very willing to do our best to help. We will go to the Norfolk & Norwich Hospital, if a driver is available, or get you to the JPH for an early appointment. Drivers usually wait with the passenger, but for a longer appointment will arrange to return to collect you. If you have a small child you will need to provide a booster seat, pets can be taken by arrangement. Costs are 45p per mile, payable to the driver. To book a car please call 07767063986. If you can spare a few hours a week and would like to become a volunteer driver please get in touch. Hours are from 8 – 6 Monday - Friday. 01493 780126 or [mgreenacre532@googlemail.com](mailto:mgreenacre532@googlemail.com)

**BURGH CASTLE CHURCH RESTORATION**

Thanks to all who attended the November quiz that raised £131. The next quiz Friday 2nd December 8.00pm. at the Queens Head. Please arrive early if you wish to eat in order for the kitchen to get your meals to you before the quizzing begins. Restoration fund raising will continue with the monthly

quiz, until January when we start the programme for the new year with Burn's Night. This will be on Saturday 4th February 2017, tickets will be on sale from 1st January, please contact Margaret (780126), or any church member if you would like to book.

**PRODUCE & CRAFTS SHOW**

The Belton and Lothingland Produce and Crafts Show which has been running for over 20 years will be holding its AGM on January 16<sup>th</sup> and urgently needs new members to join the committee, anybody who can spare time for one or two meetings a year plus commit to help on a weekend (probably in July) for the actual show is asked to get in touch with the chairman, Brian Swan on 01493 780776 or Secretary, Sue Richmond on 01493 780822 as soon as possible.

**SENIOR CITIZEN LUNCHEAS AT BURGH CASTLE**

Burgh Castle Queens Head are offering special lunches for Senior Citizens every Friday (1-3pm) until further notice, the main course is just £5 to include unlimited tea/coffee, no booking required but if you need further information please call 01493 780363.

**THE BROADS AUTHORITY Water Mills & Marshes**

The Broads Authority currently has a 4.5 million project supported by National Lottery Funding to improve the broads with 38 projects covered, anybody interested in finding out more about this is directed to a short, informative video on facebook, simply type in the following to your browser or facebook page search line Water, Mills and Marshes: the Broads Landscape Partnership.



**SANTA AND HIS SLEIGH**

The Great Yarmouth Lions Club Santa Sleigh will be touring Belton on Sunday December 11th. starting at The Tavern at 4.00pm. The tour of the main village roads will continue until about 7.00pm and will also finish at The Tavern. Please remember that his "Helpers" will be collecting for Lions Charities – Please give generously. During the run up to Christmas the sleigh will also be in other local villages.

**TABLE TENNIS at AUTUMN YEARS**

Come to the Autumn Years Clubhouse (Over 50's club) at North Quay, Great Yarmouth on Tuesdays (10am -1pm) for Table Tennis, all standards welcome £3 per session and there is some equipment available There is parking behind the venue and services bus 5, X11 and 71 from Belton/ Burgh Castle area stop at Stonecutters way, just 5 minutes away. For further information contact Mary Ellis on 01493 781327 or e-mail Miranda at [www.autumnyearsclubhouse.co.uk](http://www.autumnyearsclubhouse.co.uk)



**MARGARET CHADD HOUSE**  
EAST COAST HOSTICE

**CHRISTMAS MARKET**  
Sunday 4<sup>th</sup> December  
Corton Hut, The Street, Corton, NR32 5HP  
11 am till 4pm

**FREE ADMISSION**  
Up to 30 Craft Stalls & Homemade foods  
Santa's Grotto  
Bar & Restaurant Open

To Book & Still Call: 01493 78707 - [www.GreatCoastHospices.org.uk](http://www.GreatCoastHospices.org.uk)

**4Bs GOOD NEIGHBOUR SCHEME**  
Covering the districts of Belton, Bradwell, Browston and Burgh Castle



We have now officially launched our Good Neighbour Scheme and are able to offer a range of services to all our residents that need help.

Some of the tasks we have done and can undertake are Temporary shed repair, Dog walking, Hospital visit, Internal furniture moving, Light hedge trimming, Assistance with lost cat.

If you know of anyone who needs similar help then please contact our helpline 07544 161848, or email us at [gns-4bs@hotmail.com](mailto:gns-4bs@hotmail.com)

Everybody needs Good Neighbours!  
Funded by the "Big Lottery Awards for All" and Jamie Smith's and Carl Smith's ward budget



**SAME DAY PRINT COLLECTION AVAILABLE FROM GREAT YARMOUTH**

FLYERS • LEAFLETS • BUSINESS CARDS • LETTERHEADS • COMPLIMENT SLIPS  
BROCHURES • PULL-UP BANNERS • PVC BANNERS • MENUS • POSTCARDS • POSTERS

Order online at [www.advantagemedia.co.uk](http://www.advantagemedia.co.uk) or call 0800 193 3001

**advantagemedia** 24hr Printing  
[www.advantagemedia.co.uk](http://www.advantagemedia.co.uk)

**YOUNGS CHINESE TAKEAWAY**  
4, Bell Lane, Belton, NR31 9LD  
Tel 01493 781674

*Under New Ownership*  
- NEW MENU -

Freshly cooked Chinese, Cantonese, Peking, Thai & English cuisine to take away

**OPENING HOURS 5.00pm - 10.30pm**  
Closed Mondays - Open all Bank Holidays

**JEWELLEX**  
THE GORLESTON JEWELLERS  
5 CHURCH LANE, GORLESTON  
(OPPOSITE LLOYDS BANK)

**WE DESPERATELY NEED TO BUY UNWANTED, INHERITED JEWELLERY**

OLD JEWELLERY, OLD COINS, MEDALS, OLD WATCHES & CLOCKS.  
ANY GOLD OR SILVER SCRAP!  
TOP PRICES - INSTANT CASH PAID

**QUALITY WATCH BATTERIES £5.00**  
Clock & watch repairs  
Mechanical, Quartz, Kinetics.

**JEWELLERY REPAIRS**

*We have a large selection of jewellery, New, Vintage & Antique – at amazing prices*

OPEN 2.00pm - 6.00pm  
MONDAY, TUESDAY, THURSDAY, FRIDAY  
Tel. 01493 444443  
Find us on Facebook

**FOLKES** PLANT & AGGREGATES LTD  
From 1 To 20 Tonne Loads Delivered. Sand, Stone, Ballast, Graded Topsoil, Hoggin, Crushed Concrete/Rubble.

**BULK BAGS** Collection Service available on all materials.  
FREE TIP FOR CLEAN CONCRETE  
TEL: 01493 780274 or 01493 781118



Welcome Pit, Butt Lane, Burgh Castle

**KEEP IT LEGAL**  
**£50 MIN - £500 PAID**  
for most scrap cars, MOT failures & accident damaged vehicles.

We are currently breaking over 500 vehicles for spares.  
We are fully licensed & have been

**ESTABLISHED OVER 30 YEARS**  
**WA FROST VEHICLE DISMANTLERS**  
New Road, Norton Subcourse NR14 6SB  
Find us on the B1140, 1/2 mile Beccles side of Reedham Ferry  
**For prompt collection & spares**  
Tel: 01508 548994 Mob: 07850 418998

# EVENTS AT THE JOHN GREEN INSTITUTE



HALL POST CODE NR31 9JG

Hall Trustees  
 Barbara Clark (Chair)  
 Bill Richmond  
 Roger Gowen  
 Robert Goffiin  
 Lin Hillier  
 Terry Ladbrook  
 Faye Green (Sect)

## WEEKLY AT THE JGI

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

**BINGO** - Sessions are held on Monday evenings at 7.30pm, everyone welcome (not December 28th).

**PILATES** - This is on Tuesday mornings (9 - 10am) Suitable for men and woman of all ages and abilities. Pilates improves your posture, balance, flexibility and core strength £4.50 per person. For information call Lorraine on 07747 720139.

**OVER 50/60's** - Every Tuesday Afternoon (2 - 4pm) Contact Norma on 01493 780447.

**BELTON ART GROUP** - Every Wednesday (2 - 4pm) For any forms of art & crafts for information call Jan on 01493 488683.

**WEIGHT WATCHERS** - Meet Wednesdays from 6.15pm.

**CRAFT GROUP** - Every Thursday (7-9pm) No matter what crafts you do why not come along £3 per session Tel. Linda 07721 599559

**LINE DANCING FOR BEGINNERS** - Every Friday (10.30am-Noon) No partners needed, easy paced with a variety of music Call 07788 408801.

## DIGITAL CAMERA CLUB

At the meeting at the beginning of November we held our photography exhibition with over 300 photographs on display plus another 80 projected images of member's shots. We would have liked to have had more visitors on the evening but all who did attend told us it was a great show. We meet at the JGI on the first Friday of each month except January. As well as general photography techniques we cover use of Photoshop and other software and have "Out Evenings" to gain experience at shooting different subjects at day and night. Our November exhibition was well attended with several visitors taking up the offer to have a portrait photograph taken.

If you would like to be part of a friendly club and want to learn more about your latest camera then come along and we will help you to understand everything from "White Balance" to "ISO settings". Use your camera to get great photographs when **not** set on the "Green Button". For further information call Bill on 780822 or go to the Digital Camera page on the Village Web site [www.beltonandbrowston.com](http://www.beltonandbrowston.com)

## WEDNESDAY MORNING DROP IN

We meet at the JGI every Wednesday morning between 10.30 am and noon for a chat with tea/coffee and cake. Why not come and join us and meet new friends and find out what is happening in the village. If we can help in any way with a problem we will do our best and pass on any information re scams and other concerns. For more information contact Sue on 780822

## CHRISTMAS QUIZ NIGHT

The Christmas Quiz Evening is at the JGI on Friday December 16th (7.30pm). Entry is £5 for a team of up to 4 players. Come along

with a team in for this fun evening with plenty of surprises. We look forward to seeing you at this Christmas event.

Excellent prizes and raffle, for further information call Barbara on 01493 781294. Note that the first quiz evening of 2017 will be on Friday January 27.

## MONTHLY COFFEE MORNINGS

The next monthly Coffee Mornings at the JGI are on Saturdays December 10th and January 14th Admission is free and there is always a raffle for one of the local village groups or a local charity, on December 10th it is being organised by the 1st. Belton Scout Group. Thank you to all who supported the November raffle for The church Youth Groups and helped to raise £98 which will go towards Christmas shoeboxes appeal with any surplus for groups general funds. As usual there is the Bargain Stall organised by Belton Charity Fundraisers, in December. We will be selling any remaining Christmas items along with our general stock, all 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. Please remember as well that Village Voice will be presenting their 2016 grant cheques to various local groups at 11am, on December 10th come along and say 'hello' to board members and our editor.

## Trustees Announcement

The JGI Hall Trustees are pleased to announce that for the next few months all proceeds from the refreshments at the Monthly Coffee Mornings along with proceeds from the New Year Breakfast will be shared out and donated to three local charities : The Sandra Chapman Unit at the JPUH, The East Coast Hospice appeal, The Louise Hamilton Centre at the JPUH

## JGI AGM

As usual the AGM of the John Green Institute Hall trustees will be held in the hall at 12 Noon on Saturday December 10th directly following the monthly coffee morning.

Why not stay back and listen to how the hall is progressing, the meeting is open to everyone.

## CHRISTMAS PARTY

Please note that all tickets fro the JGI Christmas Party on December 10th have been allocated however there is a waiting list in case anybody is unable to attend. To put your name on this call Barbara on 01493 781294.

## BELTON W.I.

Belton W.I. next meet at JGI on Tuesday December 13th at 7.30pm which will be our Christmas Party (please bring a glass). Please remember that our Christmas dinner is at Furzedown Hotel on Thursday December 8th (7pm for 7.30). For any further information call Sue on 01493 780822.

## BELTON AND DISTRICT HISTORICAL SOCIETY

Things will be quiet over the Christmas period, we had a very interesting talk on some of the Great Yarmouth industries from the past in October and at the time of writing are looking forward to a talk on jewellery on November 20th. As usual we will not meet in December but have a full schedule lined up for early 2017, meeting on Sunday afternoons at the JGI (2.30pm), our confirmed bookings are.

January 22nd.- "The Victoria Falls & Okavango Delta". Illustrated talk with Bill Richmond.

February 26th.- "Broadlands Breweries Past & Present". Illustrated talk with Nicola Helm who was talking about boats on her last visit.

March 19th - "Round England On My Bus Pass" Illustrated talk with Malcolm Metcalf.

April 23rd - Our AGM plus "Burgh Castle Roman Fort". An illustrated talk with Caroline Davison (Director) of Norfolk Archaeological Trust.

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.

### MOORLANDS RECYCLING



A reminder that there is now a Salvation Army textile recycling bank (*Recycle with Michael*) in the grounds of Moorlands Primary Academy which is accessible in term time between 4pm and 5.30pm. Every time it is emptied the payment from the items collected goes to the school PTA to add to their fundraising for projects at the school. Please support the school whenever you can. A list of what can be recycled is available at [www.salvationarmy.org.uk/recycling](http://www.salvationarmy.org.uk/recycling).

### QUIZ SHEET NEWS

In the "Gardening Problems" quiz organised by Gloria for Belton Charity Fundraisers there were three all correct entries Bridget Lawrence, Mary Cubitt and Rex Coe, Bridget Lawrence's name was drawn to receive the £10.00 shopping voucher. There were two further entries with one incorrect answer, from Norma Hadden and Alison Crane. Our next quiz 'Titles, Decorations and Organisations' is now available from Belton Pet & Hardware or Skelmorlie, Butt Lane, Burgh Castle (or by e-mail from [bcswan50@gmail.com](mailto:bcswan50@gmail.com)) and needs to be returned by Thursday December 8 to either of those addresses.

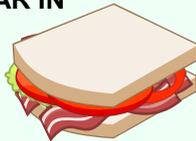
### MONEY & DEBT ADVICE



Free, impartial and confidential advice and guidance on a range of money and/or debt issues is being offered at the Village Green Childrens Centre, Belton by a representative from D.I.A.L on the last Thursday of every month (1.00 – 3.00pm) however there will not be a session in December, The next date is therefore Thursday January 26<sup>th</sup> 2017 For more information call 01493 789562 or e-mail [childrenscentre@moorlands.norfolk.sch.uk](mailto:childrenscentre@moorlands.norfolk.sch.uk).

### JGI NEW YEAR BREAKFAST

#### WELCOME THE NEW YEAR IN



Start 2017 with the now traditional JGI New Years Breakfast on Sunday January 1st (10am-Noon), enjoy bacon, sausage rolls, tea, coffee etc. Although free any donations would be appreciated and proceeds will go to our local charities, for further information call Barbara on 01493 781294.



### THE JGI Belton Village Hall 46, Station Road South

- Great Facilities
- Great Hire Rates
- Great Kitchen
- Parking near by
- Licensed for Music
- Can seat 70 people



- Large Hall and/or
- Rear meeting room available
- Ideal for Groups,
- Parties and Functions
- Disabled facilities and Entry

For further information and hiring rates please contact Lin on 01493782224 or Bill on 01493780822 or go to [www.beltonandbrowston.com](http://www.beltonandbrowston.com)

### MOORLANDS INSPECTION SHOWS IMPROVEMENT



Moorlands VC Primary School had its first Ofsted inspection with the Diocese of Norwich Education and Academies Trust (DNEAT) at the end of September. The report showed how much it had changed for the better and although overall it was judged to require improvement the inspectors had lots of positive feedback to give in their report. In particular they gave credit to the current Head teacher and Deputy Head who have brought stability and a positive outlook to the school. They reported that: 'they have strong vision and ambition and are committed to improving the educational opportunities for all pupils'. Inspectors also said: 'they have shown this through leading by example and changing the culture of the school to one of mutual respect where all pupils are valued and cared about.' The inspectors recognised how successful the school had been in engaging parents and building relationships so that the academy was 'outward-looking' and linking well with the wider community. They went on to acknowledge the 'very positive relationships between staff and pupils based on mutual respect'. Pupils said that teaching had become more interesting and their motivation is evident in their improved attendance. One pupil said: 'we learn more and more every day' and another commented: 'the teachers make the lessons more fun'. The outcomes were positive for younger year groups, reflecting on the improvements in the provision. However, historical underachievement and a legacy of poor teaching meant that the national tests results for pupils aged 11 in the summer term of 2016 were disappointing. Inspectors reported that 'while pupils made accelerated progress when in Year 6, there was not enough time to fill the gaps in their learning'.

The new leadership team recognises there is still much to be done and that many initiatives are at an early stage of development. While there is a clear improvement in the ethos of the school and pupils' behaviour and attitudes, this has not yet resulted in high enough standards and accelerated progress. Leaders say they will continue to work closely with, what inspectors called, a 'dedicated staff team who are open to change and keen to improve' so that future improvements including those specified in the report can be rapidly secured. Head teacher Kevin Lee said: 'Since the start of term we have been implementing our school improvement plan. Fortunately, we had already identified for ourselves the things that Ofsted are asking us to do. Mr. Lee is keen to benefit from the on-going support of his local governing body who inspectors judged 'know the school well and are very supportive of the leadership team...have a wide range of expertise and link well with the trust as they plan for the longer-term future of the school'. The inspection report also recognised how DNEAT 'has helped with equipping capable leaders and holding leaders to account for driving improvement' and that their 'own officers and advisers work closely with the senior leadership team and have become a valuable resource'.



A shot from the Digital Camera Exhibition

# EVENTS AT THE NEW ROAD SPORTS AND LEISURE CENTRE



**CENTRE POST CODE  
NR31 9JP**

Bookings  
Tel Kate (01493 602960)  
or Peter (01493 780703)

## BOHEMIANS F.C.

By the time you read this, there will only be a couple of matches left for some of our teams before their Christmas break. For the 2016/17 season we have lost a couple of teams to other clubs but still start with seven youth teams and five adult teams, including a men's veterans team for the first time. We remain an FA Charter Standard Development club and had five teams represent the club in the Norfolk County Cups this season.

We are still working towards setting up new teams for boys at u7, u8 and girls u10 from our school coaching sessions and Saturday soccer school which remains open to anyone over 6 years of age not already associated with a football club. The sessions start from 10am and run for about an hour and a half. Please contact our secretary Alan on 07787 911403 or visit us at our Soccer School held at New Road on Saturday mornings, which also now takes a winter break and will resume in February. We also have a few spaces available for players at some age groups, particularly our u13, Ladies and men's veterans teams, so please do not hesitate to contact us if you are at all interested in being involved, either as players, managers, administrators, referees or coaches. The club would also like to thank the Village Voice for awarding us a £250 grant which we will use to cover the cost of training courses for our volunteer coaches and managers. We would like to wish all our players, parents, our sponsors and volunteers a wonderful Christmas and a happy New Year.



## MONDAY ACTIVITIES

With winter drawing near we do less activity day by day as we close the curtains on the dark evenings. 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 exercises can increase your confidence, improve your posture, balance and coordination for performing daily activities, essential to living. **Senior Circuits – Started Monday 7th November 2016 at 10.30 am** for 6 weeks up to Christmas and will carry on for a further six weeks when we return in the New Year. This session will be more challenging – helping to improve your fitness, Stamina and maybe lose a few pounds before and after the Christmas Break.

**Nordic Walking for health - 10.30am to 11.15 am.** For existing walkers if the weather is dry. A gentle approach to Nordic Walking will improve your general fitness with less effort. A great way to banish the winter blues on a dry day. Using the poles for walking will enhance your 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.

**Dates for your Diary – last class date for 2016 will be Monday 12th December 2016. First class date for 2017 will be Monday 9th January 2017.** This will be an informal morning to brush of the Turkey & mince pies. Please come along and see how you can join us!

Finally – Sallyann would like to thank everyone who has supported and taken part in the Monday morning activity sessions over the past year. Some people we have seen for a few weeks' others are still with us. Sallyann wishes past and present users a very Healthy Happy Christmas and New Year. Feel free to contact me on 07599044806 or up4fitness@gmail.com if you would like to know more.



## PILATES WITH HAYLEY

There are two weekly Pilates classes for beginner and intermediate 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

Hayley who is a Body Control PILATES Certified Teacher. 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.

At Belton Hayley's last session before the Christmas break will be on Monday December 12th, resuming on Monday January 9th.



## BOHEMIANS FC

We are looking for youth players to join our club

**BOYS & GIRLS OF ALL AGES WELCOME!**

Feel free to come and speak to one of our friendly coaching team & we will get your children involved in a fun & friendly FA Charter Standard Development Club. We train at New Road, Belton on Saturday Mornings

Bohemians FC have been active in the community since 2004 and we encourage teamwork & determination in our players at all levels

Please contact Club Secretary Alan Anguish for more information on 07787 911403

## THE PREMIER ROOM

New Road Sports & Leisure Centre - Belton

### Day & Evening Hire

Children's Parties from £35, Hire rates from £7/hr  
Full Kitchen facilities

Functions, Parties, Corporate & Business Events  
Safe Secure Environment, Ample Parking

To Book call Kate 01493 602960  
Email: beltonparish@yahoo.co.uk

**JOLLY TOTS**

'Jolly Tots' is a friendly, relaxed stay and play group open to all Parents, Grandparents, Childminders and Carers, with children from birth to preschool (under 5's). We open every Wednesday morning (term time only) at New Road Sports and Leisure Centre.

There are 2 groups available every Wednesday JOLLY TOTS is aimed at those walking - preschool age (under 5's) 9.30am - 11am and provides free play, crafts, messy play, outdoor space, song time and a snack. £2.50 per child (additional siblings 50p) JOLLY BABIES is aimed at those from birth - walking 11am - 12pm and provides free play, messy and sensory activities, outdoor space, song time and snacks. £1.50 per child (additional siblings 50p) A lovely way to meet other families in the area whilst the little ones explore fun and stimulating activities Both groups are supported by The Village Green Children's Centre, so advice and support is always available.

For more information please contact Shelley on 07767 389789 or email jollytots@yahoo.com Or request to join us on Facebook, JollyTots 'WEDNESDAY 14th DECEMBER is party day! - Jolly Tots 9.30-10.30 and Jolly Babies 11am-Noon, to attend this session you will need to book a

space (£2.50 for tots £1.50 babies/50p for siblings), spaces are limited to 25 per group, so please book early to avoid disappointment (will be first come first served). We also ask if you could contribute a small plate of party food to the event, thank you. To book a space please contact Shelley at jollytots@yahoo.com or via the Facebook page. Jolly Tots will then reopen on WEDNESDAY 11th JANUARY.

Thank you to all for your continued support and we wish all our Jolly Tots and Babies a wonderful Christmas and New year!

**BELTON JUDO**



Local Judo Champion Ryan King continued his amazing run of success over recent

weeks by winning the Eastern Area Championships at Thetford for the third consecutive year to retain his title once again. He looked totally dominant while fighting in his correct weight group, so much so in fact, that his opponent in the final didn't want to

fight him! He was eventually persuaded by his coach to carry on and Ryan convincingly beat him with a perfect score. This followed on from two weeks earlier when Ryan once again won Gold at the Southend International Judo Championships. At both of these competitions, Ryan had four fights and won all with a perfect ippon score. 10-year-old Ryan is a member of the Dominic King Judo & MMA Academy and is supported at all competitions by his dad Dominic who is a former British Champion at both junior and senior level and competed at a very high level for many years before retiring to become a professional coach. The judo club run sessions at Belton New Road Sports Pavilion so anyone wishing to join the club and train alongside the likes of Ryan can come and try this excellent Olympic sport. The first month is completely FREE OF CHARGE so come along on any Tuesday after school (under 8 year old start at 4.30 and over 8 year old start at 5.30) or alternatively contact Dominic on 07977 432756 or email on or contact him via Facebook. We have spaces on both mats so why not come along and give it a try. Our 2 week Christmas break is between December 18 and January 1, so there will be no sessions in Belton on December 20 and 27, all other dates including during school holidays, as usual.

**USEFUL CONTACTS**

Jhoots Belton Pharmacy 19 Station Road North)		01493 222299
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
Local MP	Brandon Lewis	01493 854550

*Take a visit to*  
**Fritton Plant Centre**  
 Make Yours a Beautiful Garden  
 with plants from our Family Nursery.

**Real Christmas Trees & Wreaths from end of Nov/Dec.**  
*Wishing Everyone A Happy Christmas  
 & Good Health for 2017*

Even more stalls in Fritton's High Class Flea Market including The Vintage Home Makers Store, Vintage Clothes, Bags, Shoes, Jewellery Kitchen Ware, Hand painted Shabby Chic Tables, Chairs, etc. Old Tools, Bygones, Hundreds of Second Hand Books, Stone Bottles, Family Crafts with Handmade Cards, Cross Stitch Kits, Haberdashery. Seascapes by Local Artist Peter Hadden (some on furniture & drift wood) Owl Sanctuary Stalls.

Many unusual Christmas presents:

Lots to see: The owls would be pleased to see you in their owl sanctuary. Visit the Pet Centre rabbits, birds, chicken, goats, ducks.

**Free Parking - No Entry Fee.**  
**Winter Opening**  
**10.00a.m.- 4.00p.m Monday to Friday**  
**9.00a.m. – 4.00p.m. Weekends.**

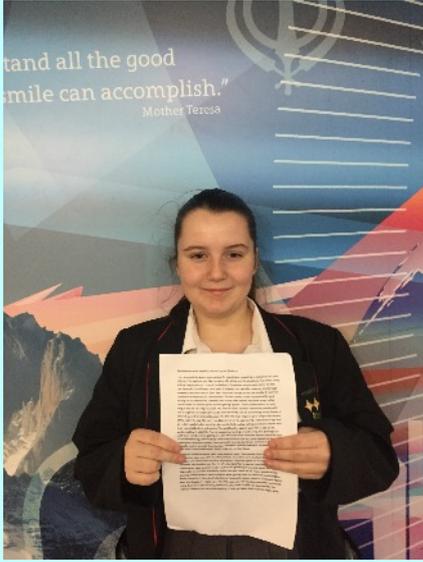
Beccles Road, Fritton, (opposite Fritton Lake) NR31 9EX  
 For more information on any of the above call 01493 780494 and speak to Liz or visit our web site  
**www.frittonplantcentre.co.uk**

ormiston  
venture academy



**MIA GREENWOOD  
WINS NATIONAL PRIZE**

A student from Ormiston Venture Academy in Gorleston has been awarded Runner Up in a national writing competition called Voices. Mia Greenwood's piece, entitled 'Gorleston Beach', was not only praised highly by the judges for its excellent and detailed description but for how it effectively created a sense of time and place showing a pristine part of England. The competition was launched to encourage students to experiment with language and explore local communities through their writing. It is part of the Literacy for Life project led by the National Literacy Trust and being piloted in several Ormiston Academies, including Venture. Literacy for Life aims to give students



the essential skills and confidence they need to access academic language as well as celebrate students' regional language and local literary identity. Voices challenged students to write 500 words on a local place they feel strongly about. The writing needed to invoke a sense of time, place and atmosphere so the reader can clearly imagine the place described. Mia brilliantly showcased Gorleston through her writing.

**RECYCLING**

At a Wednesday Drop In during November Lisa Crick from GYBC came and gave a very informative talk to all present about what we can and what we cannot recycle. She gave out a lot of useful information and explained why some items can not be recycled.

It was explained why shredded paper cannot be put in the green bin and why supermarket biodegradable plastic bags cannot be recycled. Also all cans and tins must not be squashed. We must ensure all recycled items are clean.

The following telephone number can be called for further clarification. 01493 846478



**THE SOUND OF SILENCE**



The Stig now resides in our village. It's confirmed, as Jezza could not control himself the team has split up and the Stig is now resident in Belton, how do I know this, well while standing in my sub tropical peaceful oases watching a hornet fighting with a blue hawk dragon fly, yes all is at peace, but then out of the blue the serenity is shattered, moving right to left is the low growl of a high speeding car using new road as a race track, nothing wrong with that, except it's 30 mph, he's now level with me and displaying the best Doppler effect I'd heard in hours!! (Google it) .

Approaching the right hand kink in the road now, there's only the chicane by the bus stop, and glory, the checkered flag at Stepshort, another blood curdling journey and no one is killed this time - you know who you are!! So it's nearly tea time, this guy, and he's obviously had a frustrating day, makes his way through the rush-hour traffic, this single cylinder trial bike, and rider in harmony slows up to make a positive right hand turn, in to the Pit straight lane or Waveney Drive (sorry) and then with all the screaming sound of a Belton banchee, grabs a handful of throttle, raising the front wheel in the air like a poor man's prancing horse, and flies past the Pits, sorry I mean Waveney Drive, and disappears into St Johns Road a place we know as "THAT OTHER PLACE!" It's all a mystery to me, because moments later he's followed by one of the world's most asthmatic sounding tortured engined vehicles ever to use our race track, there I go again, Waveney Drive, he also vanishes in to THAT OTHER PLACE. All this goes on because the boys in blue ( or para military black ) as now, are frightened to travel through Belton as their Tom Tom sat nav shows right of Stepshort " there may be dragons" I know this because they fly through new road with their nee nah nee nah sirens ( from the Latin GET OUT OF MY WAY AND DON'T BOTHER ME ) going at speeds that are unnecessary on our back water lanes, times they are a changing. So! from the high pitch screams of silly girls waiting for the school bus to the lawless antics of the few it's a great place to be. I've now earned grey hair and a dicky ticker and I won't want it any different.

M Graystone Traffic flow observer.  
Senility is not far away!

**BELTON F.C.**



The first team and reserves both into the respective last 16s of their county cups. There has been an extremely successful run for both sides since the last edition of the village voice done the rounds. The reserve team travelled to Holt and comprehensively beat the Holt Colts side 5-0 to progress in the Norfolk primary cup. The first team also showed quality and determination to thrash Hemsby 5-1 before beating a strong Costessey Sports side 2-1 to fly into the last 16 of the Norfolk junior cup. The first team have also gone unbeaten in the league campaign with resounding victories away in Attleborough and Poringland and a win at home to Thetford Town as well. A recent milestone for the club was the introduction into competitive football for our very own local lad Luke Daniels. Luke recently turned 16 and joined the ever-growing list of Belton boys to represent the club. Well done to Luke.

Therefore as we head into mid-season there is so much that is going very well. Training continues on Wednesday evenings 7.30 to 8.30 at Lynn Grove and as always is well attended. Keep upto date with the happenings of the club via the website. There is also a goal of the month competition that you can peruse and vote on at beltonfc.com

Both teams will hopefully be in County cup action on the 26th of November when Briston visit the reserves at Mill Lane and the first team travel to the ends of the earth to face Wells Town. So it's onwards and upwards for us at the moment- long may it last.

Pete Reddy

## ALL SAINTS BELTON



### Rev Rosie writes

**All I want for Christmas are my 2 front teeth!**

I remember one Christmas when, as a child, I had lost some teeth; I was "gappy!" and biting some foods was difficult. All I wanted Christmas was my two front teeth to come through! That might sound a bit flippant, but as a child it was important to me. So I wonder what is important to you this Christmas. What would be top of your Christmas gift list? It might be an end to a difficult time you have experienced. You might ask for restoration of your health or of a broken relationship. It might be sufficient money to clear your debts. Or the healing of pain due to the loss of a loved one. Christmas brings many painful experiences to the forefront of our minds, especially for those who struggle to watch others happy and enjoying themselves, or are isolated and lonely.

In thinking about the Christmas story, I was reflecting on the tough time that Mary and Joseph had. It wasn't, as we often like to imagine, an easy time for them. Mary was heavily pregnant and she and Joseph had to travel for days to fulfil a requirement of the Roman governor. The baby she was carrying had been conceived in unusual circumstances and she was going to Joseph's family's home town. Joseph had taken on a pregnant Mary, encouraged to do that by a God-given dream, knowing that the baby wasn't his. When they get to his home town, possibly late, there isn't room in the family accommodation and they end up in the place where the animals are usually kept. Jesus is born into a working-class family, in an un-hygienic place, a long way from home (for Mary). And then there are the visitors – shepherds with tales of strange happenings on the fields around Bethlehem. And the message of the Angel – not to be afraid! "For I bring you good news of great joy that will be for all people. Today in the town of David a Saviour has been born to you; he is Christ the Lord." So much for Mary to take in, and ponder. I wonder what you or I would have made of all this if we had been around at the time?

But the great company of angels who had appeared to the shepherds, also had an important message for them and for us: Jesus' birth was celebrated with the words: "Glory to God in the highest, and on earth peace to men on whom his favour rests". Christmas is God's gift of love to us all. Whatever we would like for Christmas, the gift of his love and peace, wrapped up in the birth of Jesus the Saviour, is a wonderful gift to unwrap. God's love and peace can help us get through even the toughest of times, including Christmas, if we unwrap the gift that is offered to us in Jesus. 

### REMEMBRANCE DAY SERVICE

On Sunday 13 November, 1st Belton Scout Group attended the Remembrance Service at Belton All Saints Church. Alfie Hollyoak, Luke Stroud, Tyler Bland and Harry Raven were flag bearers. The service led by Rev Rosie Bunn was very well attended and the children joined everyone in remembering our local fallen soldiers.

### YOUNG AT HEART

What a busy month it has been! Regular readers will know that we are a group of folk aged 50+ and we meet every Tuesday for coffee, light refreshments and a good natter. Although we meet in the Church building, we are open to all people, whether Church members or not.

### FRITTON CHURCH

There are two special services over the Christmas period, on Thursday December 15th there is Carols by Candlelight at 7.00pm and on Christmas Eve, December 24th, at 8.00pm a service of Holy Communion. 



In addition to our usual Tuesdays, we have had another "indoor picnic" and we have recently taken part in several discussions called "Gravetalk". Sounds strange, but as we know, although it will happen to all of us, dying is not a subject we always find easy to talk about or prepare for. We

discovered many practical ways in which we can help to prepare ourselves and our families for when it happens. We continue this in the New Year. As I write, we have just begun our preparations for Christmas. The enclosed picture shows us on a busy morning indeed. We had collected enough gifts to fill 10 shoeboxes for "The Samaritans Purse" Christmas Appeal and were packing them. We are pleased that 10 disadvantaged children will receive a Christmas gift from us. In addition, another table housed a group of us making silk painted Christmas cards – a very popular activity! We look forward to more of this, along with a Christmas shopping trip to Cherry Lane, our Christmas Dinner and a trip to the Pantomime. New people are welcome to pop in any Tuesday between 10.00 a.m. and 12 noon (except for the one Tuesday between Christmas and New Year, when we will not be meeting). So from Young at Heart, may we wish you all a very happy Christmas!



**SCOUTS  
and  
REMEM-  
BERENCE  
DAY**

## The churches of St Peter & St Paul Burgh Castle and All Saints, Belton invite you to their Christmas Services and Events

### Sunday 18<sup>th</sup> December

The Christmas Carol Celebration – for all the family  
4pm at All Saints Belton

Carols by Candlelight  
6.30pm at Burgh Castle

### Christmas Eve – Saturday 24<sup>th</sup> December

Crib Service 4pm at All Saints Belton

Midnight Communion 11.30pm at Burgh Castle  
(car parking in the Village Hall Car Park)

### Christmas Day – Sunday 25<sup>th</sup> December

10.30am Family Communion at All Saints Belton

### New Year's Eve Party – Saturday 31<sup>st</sup> December

7.30pm – 12.30am at All Saints Church, Belton  
Live music. Food. Fun and games for all the family.  
Everyone welcome. Bring your own drink and  
a donation towards the cost of the event.

### New Year's Day – Sunday 1<sup>st</sup> January 2017

12 noon Praise & Prayer for 2017 at All Saints Belton

**ST GEORGE'S THEATRE**



Following on from their sensational summer show "The Hits of the Rat Pack", Strictly Theatre Co presents their Christmas offering - a festive tribute to Frank Sinatra's Rat Pack and their infamous residence at the Sands Casino in Las Vegas. The show will be at St George's Theatre on Sunday December 4. Contact Box Office 01493 331484



**CHRISTMAS TREE FESTIVAL**  
*St Marys Church, Somerleyton*

This is on Saturday and Sunday 3rd and 4th December, Saturday 10am-4pm and Sunday 10am-3pm when it will be followed by a Christingle Service

Refreshments and seasonal goods on sale.



**CHRISTMAS REFUSE COLLECTIONS**  
Please check your days as collections can be **EARLIER OR LATER**

NORMAL COLLECTION DAY	REVISED COLLECTION DAY
Mon. Dec. 19th.	Sat. Dec. 17th.
Tue. Dec. 20th.	Mon. Dec. 19th.
Wed. Dec. 21st.	Tue. Dec. 20th.
Thu. Dec. 22nd.	Wed. Dec. 21st.
Fri. Dec. 23rd.	Thu. Dec. 22nd.
Mon. Dec. 26th.	Fri. Dec. 23rd.
Tue. Dec. 27th.	Wed. Dec. 28th.
Wed. Dec. 28th.	Thu. Dec. 29th.
Thu. Dec. 29th.	Fri. Dec. 30th.
Fri. Dec 30th.	Sat. Dec. 31st.
Mon. Jan 2nd.	Tue. Jan. 3rd.
Tue. Jan. 3rd.	Wed. Jan. 4th.
Wed. Jan. 4th.	Thu. Jan.5th.
Thu. Jan. 5th.	Fri. Jan. 6th.
Fri. Jan. 6th.	Sat. Jan. 7th.

Please put bins out by 6.30am



**HELPING HANDS AROUND YOUR HOME**

FULLY INSURED & CRB CHECKED • **£12.50 PER HOUR** • NO LONG TERM CONTRACTS

☎ 01493 888218

✉ max.hamlet@trustedhomecleaning.co.uk

www.trustedhomecleaning.co.uk

**SAVE 50%**  
ON YOUR 1ST CLEAN

# NORFOLK & SUFFOLK ROOFING LTD

- EPDM rubber systems • Glass fibre systems
- Elastomeric torch on felt systems
- 10 to 25 yrs guarantees • Free estimates & advice
- Norfolk County Council Trusted Trader
- Great Yarmouth Borough Council safe at home contractor

**01493 780973 / 07886 283547**

**FREEPHONE 0800 210 1616**

info@norfolkandsuffolkroofing.com

www.norfolkandsuffolkroofing.co.uk



# A MERRY CHRISTMAS



## BELTON PET & HARDWARE

**CHRISTMAS CARDS, WRAP,  
DECORATIONS, GIFT BAGS Etc.**  
- Wreaths - 2017 Diaries -

Wendy would like to wish you all a Happy Christmas and take this opportunity to thank all her lovely customers for their kind wishes during this difficult year.

Open 8.30am to 5.00pm Mon to Sat  
6 Bell Lane, Belton Tel. 780250



## JEWELLEX

THE GORLESTON JEWELLERS  
5 CHURCH LANE, GORLESTON

If you want to buy a piece of jewellery this Christmas and want something different to what's on offer in most jewellers, visit **JEWELLEX!** We specialise in unusual, unique, vintage and antique Victorian Jewellery, pocket watches etc. Just in Amethyst caves – going fast, Tanzanite, Amber, Marcasite etc

Tel 01493 444443 - find us on Facebook  
Open Monday, Tuesday, Thursday & Fridays 2-6pm



## KEITH'S BUTCHERS

High Street, Gorleston



Christmas Orders now being taken  
Fresh Turkeys, Chicken, Ducks, Game  
Boneless Turkey Crowns

Salt Beef, Brandy Beef

Our Speciality - Stuffed Ducks

Fresh and Home cooked Gammon Joints

...and much more, See inside shop for details  
or call 01493 600786

## Hobbies

Supplying Model Makers Since 1895



1000s of Christmas & Gift Ideas for all the family!

Hobbies, Models, Crafts, Tools & Toys



Hobbies Shop  
Units 8-11  
The Raveningham Centre  
Beccles Road, Raveningham  
(Near Beccles)  
Norwich, Norfolk. NR14  
Tel: 01508 549330

[www.always hobbies.com](http://www.always hobbies.com)



## BURGH CASTLE

Post Office & Shop



Butt Lane. Tel 01493 780269

We wish everyone a Happy Christmas  
and a prosperous New Year.

Bring your seasonal post to us

Come and let us help you with all your  
Post Office needs and see our  
Christmas cards and presents

Easy on site parking

## MUSIC LOVERS

Looking for Music or Movies this  
Christmas?

WE STOCK CHART CD'S & CLASSIC OLDIES  
MOVIES, WESTERNS to WAR to MUSICALS  
HARD TO FIND STUFF?

USE OUR FAMOUS SPECIAL ORDER SERVICE

WE ALSO STOCK VINYL

107 High Street, Gorleston,  
Call 01493 440021

FAMILY • FRIENDS • DOCTOR • DENTIST • SUPERMARKET • PUB • BINGO

## We'll help you get there ...

Centre 81's minibuses are specially adapted for people with physical and other disabilities who find it hard to use traditional public transport. It's also available for people who don't have access to public transport.

... where ever you need to be.

- Call to book a time
- Friendly drivers to help you
- Low-cost fares
- Door-to-door service
- Serving the Borough of Great Yarmouth



Centre 81 is a registered charity providing a community transport service for the Borough of Great Yarmouth.

For information phone: 01493 332253

[www.centre81.co.uk](http://www.centre81.co.uk)

## Buckworth's Garage Limited

**Beccles Road, St. Olaves,  
Great Yarmouth, NR31 9HD**

MOT, Servicing, All Repairs,  
Batteries, Tyres, Exhausts. Pick  
Up And Delivery Service.

Telephone: 01493 488278 - Mobile: 07775 941 479  
Email: [buckworthsgarageltd@tiscali.co.uk](mailto:buckworthsgarageltd@tiscali.co.uk)

## The Decoy Tavern Fritton

Open all day, every day, 11 am. - 11 pm.  
Home cooked food. Children & dogs welcome  
**Sunday Roast 12.00 - 5.00 pm.**

£5.95 One course  
£7.95 Two course  
£9.95 Three course

**Special promotion - Monday nights.**

Buy one main meal ..... Get another free.

Bookings welcome.

Call Mo on 01493 488277

## CATTERY 57

A unique little boarding cattery that offers a safe, clean and happy place for your cat to stay while you are away. With lots of cuddles so they don't miss you too much!

57 Edinburgh Avenue  
Gorleston, Gt Yarmouth  
Norfolk, NR31 7HE

Mob. 07943 22 1652  
Email: [cattery57@hotmail.com](mailto:cattery57@hotmail.com)  
Blog: [cattery57.wordpress.com](http://cattery57.wordpress.com)



## Masala Garden

Indian Restaurant & Takeaway  
Yarmouth Road, Hales NR14 6SX. Tel: 01508 548044

**Due to very popular demand by our respected customers we will arrange a Buffet Night once a month 1st week Wednesday Next buffet 7th December**

(Regular Menu also available)

**Starter:** Vegetable Samosa, Vegetable Roll, Mushroom Pakora

**Main:** Chicken Tikka Masala, Chicken Bhuna, Meat Dupiaja  
Chicken Korma, Chicken Nagaraj, Fish Fry

**Side dish:** Mixed Vegetable Bhaji. Sag Alo. Rice & Nan

We will arrange 2 sittings: 5.00 to 6.30 and 8.00 to 10.30pm

Please book early **£9.95** per person - Children under 10 free

Find us: [www.masalagarden.co.uk](http://www.masalagarden.co.uk) [www.facebook.com/masalagarden1](http://www.facebook.com/masalagarden1)  
[www.tripadvisor.com/masalagarden.Norwich](http://www.tripadvisor.com/masalagarden.Norwich)

We cater for weddings and parties. We can deliver on request.

For All Your Motoring Needs



# S.M.S.

## Autocare LTD

**MOT's • TYRES • BATTERIES  
BRAKES • AIR CON • SHOCKS  
EXHAUSTS • SERVICING  
ENGINE MANAGEMENT**

## 24hr RECOVERY

t: **01493 662030**

m: **07789 357422**

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



Unit 2 Cookes House, Morton Peto Road,  
Harfrees Ind Est, Gt Yarmouth, Norfolk NR31 0LT

# THE VILLAGE VOICE HEALTH CHECK

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. 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.



## STROKE

*Dr Annie Chakraborty is a Stroke Consultant at Norfolk & Norwich University Hospital.*

A stroke is a brain attack. It happens when the blood supply to part of your brain is cut off. This damage can have different effects, depending on where it happens in your brain. A stroke can affect the way your body works and how you think, feel and communicate. Every year, around 110,000 people have a

stroke in England and it is the third largest cause of death, after heart disease and cancer.

**Different types of stroke:** Most strokes are caused by a blockage cutting off the blood supply to the brain. This is an ischaemic stroke. However, strokes can also be caused by a bleeding in or around the brain. This is a haemorrhagic stroke. A transient ischaemic attack or TIA is also known as a mini-stroke. It is the same as a stroke, except that the symptoms last for a short amount of time and no longer than 24 hours.

**Risk Factors for stroke:** High blood pressure is one of the biggest risk factors for stroke. It does not have any symptoms so the only way to know if you have it is to have your blood pressure measured regularly by your GP, nurse or community pharmacist. You can also check it yourself with a home testing kit.

Diabetes is a condition caused by too much sugar in your blood. Having diabetes doubles your risk of stroke.

Atrial fibrillation is a type of irregular heartbeat that can cause blood clots to form in your heart. Having atrial fibrillation increases your risk of stroke by five times.

Cholesterol is a fatty substance that is found in our blood. Reducing your cholesterol level can reduce your risk of stroke. Drugs called statins may help

**Risk factors you can't change:** The largest number of people who have strokes are aged over 55, and the risk increases as you get older. This is because our arteries naturally become narrower and harder as we get older.

If you are South Asian, Black African or Black Caribbean you are at a higher risk of stroke than other people in the UK. It isn't completely understood why this is, but it's probably connected to the fact that you are more likely to have conditions like high blood pressure. If a close relative (parent, grandparent, brother or sister) has had a stroke, your risk is likely to be higher.

Certain genetic conditions like Sickle cell disease can also increase the risk.

None of these factors mean that you will necessarily have a stroke, but it is important to be aware of them and do what you can about the factors you can change.

**Recognising a stroke and seeking help:** Stroke occurs approximately 152,000 times a year in the UK; that's one every 3 minutes and 27 seconds. But no two strokes are the same. How well you recover and how long it takes is different for everyone, but making sure that you receive treatment

quickly will give you the best possible chance of making a good recovery.

**The FAST test** can help you to recognise some of the most common symptoms of a stroke:

**FACIAL WEAKNESS:** Can the person smile? Has their face fallen on one side?

**ARM WEAKNESS:** Can the person raise both arms and keep them there?

**SPEECH PROBLEMS:** Can the person speak clearly and understand what you say? Is their speech slurred?

**TIME TO CALL 999.**

Other symptoms of stroke include sudden weakness or numbness on one side of the body, difficulty finding words, sudden blurred vision or loss of sight, sudden confusion, dizziness or unsteadiness and a sudden, severe headache.

If you experience any of the symptoms described above, even for a short amount of time, you must call 999. You should have a brain scan (CT or MRI) as soon as possible after your stroke. For people with acute stroke this should be within an hour of arriving at hospital. The results of your brain scan will help identify what may have caused your stroke and ensure you get the right emergency treatment.

**Treatment for ischaemic stroke:** You may be treated with a clot-busting drug to try to disperse the clot and return the blood supply to your brain. This is called thrombolysis. For most people this needs to be given within four and a half hours of your stroke symptoms starting. The more time that passes, the less effective it will be. Thrombolysis doesn't work every time – one in ten people who receive it benefit from the treatment. It is likely that you will also be given aspirin or a drug like clopidogrel within 24 hours of being diagnosed. This makes the blood less sticky and stops clots forming, which helps to prevent another stroke.

**New Treatment for ischaemic stroke (not in acute phase):** Treatment with stem cells have shown promising result in treating selective ischaemic stroke patients and further trials are awaited to prove its benefit in the acute phase. Norfolk & Norwich University hospital is the only hospital in east of Anglia who has participated in this trial. Further trials with stem cell are awaited next year.

**Treatment for haemorrhagic stroke:** Treatment can begin with drugs being given to reduce the pressure in the brain, overall blood pressure, prevent seizures and prevent sudden constrictions of blood vessels. If the patient is taking anti-coagulant or anti-platelet medication like Warfarin or Clopidogrel, those drugs will be stopped and other drugs or blood transfusions given to counter their effects.

**Rehabilitation:** Strokes are life-changing events that can affect a person both physically and emotionally, temporarily or permanently. After a stroke, successful recovery will often involve specific rehabilitative activities.

Speech therapy - to help with problems producing or understanding speech. Practice, relaxation and changing communication style, using gestures or different tones for example, all help.

Physical therapy - to help a person relearn movement and co-ordination. It is important to get out and about, even if it is difficult at first.

Occupational therapy - to help a person to improve their ability to carry out routine daily activities, such as bathing, cooking, dressing, eating, reading and writing

Joining a support group - to help with common mental health problems such as depression that can occur after a stroke. Many find it useful to share common experiences and exchange information.

Top of next page



Support from friends and family - to provide practical support and comfort. Letting friends and family know what can be done to help is very important.

**Preventing a stroke:** The best way to prevent a stroke is to address the underlying causes. This is best done by living healthily, which means eating a healthy diet, maintaining a healthy weight, exercising regularly, not smoking and avoiding alcohol or moderating consumption. As well as these lifestyle changes, a health care provider can help to reduce the risk of future strokes through prescribing anti-coagulant and anti-platelet medication. Other measures include keeping blood pressure under control and managing diabetes well.

**Acknowledgement:** This article uses information from NICE guidance for stroke, Royal College of Physicians guidance for stroke. For further information visit [www.stroke.org.uk](http://www.stroke.org.uk)

## GREAT YARMOUTH STROKE GROUP



Great Yarmouth Stroke Group has just had two new helpers join the group, our picture shows all the helpers, from the left Amanda, Rex (new volunteer), Sam, Masie, Sue (leader), Margaret and Pauline (also new). At a recent meeting Bill Richmond was the guest and he gave a talk on his visit to the Victoria Falls and the Okavango Delta.

The group have been extremely lucky to receive donations from Gillian and Chris Barford from a birthday party of £252.50 and Belton yoga group who sent £34.70. The group are most grateful for the donations. Our last meeting is December 8th when we will be going for a meal at the Pier Hotel returning to meetings at the New Road Centre on January 12th and every Thursday 2-4pm. Contact Sue Casey 01493 781846 for information about the group.



## LIGHTS OF LOVE



The opportunity to remember a loved one is coming to East Coast Hospice! A 12ft living Christmas tree will be planted on the Hospice site, which has been blessed by the Bishop of Norwich, (the right Reverend Graham James) It will arrive at our Sidagate Road site on Friday 18<sup>th</sup> November. This is in response to the many enquiries received at the ECH office as to whether it would be possible to pay to plant a tree in memory of a loved one. Once the gardens have been established we will be able to offer a tree planting service. In the meantime, however, you can remember a loved one by having a light on our Christmas tree. Your light will be lit, every night, in

remembrance, from 1<sup>st</sup> December to the start of the New Year. To donate to secure a light, simply phone our office on 01493 718707 with your loved one's name, date of birth and date passed away. We will retain this in our Lights of Love record book. You can make your donation whilst on the phone using your debit or credit card. Alternatively, you can send a cheque made payable to ECH at Sussex Road Business Centre, Gorleston, NR31 6PF. Do not forget to enclose your loved one's details.

## MALCOLM'S NATURE NOTES

In late autumn two friends from Australia paid me a visit, Luckily they had hired a car so I was able to be their guide around Norfolk. I first took them to Ashby, they were delighted to photograph its village sign, the first of many. They must have wondered where I was taking them as I led them along a muddy track leading to Ashbys 800 year thatched church. Both were intrigued to discover on its south facing wall an epitaph, now barely readable that said " Sarah Sherwood died between one and two o' clock in the morning of the 19th. May 1730 after being the wife of John Sherwood for 36 years, eight months and two weeks.



Near the church, growing in a hedge I discovered a Spindle tree. ( *Euonymus europaeus*) the tallest I had ever seen, my friends had never seen one, and photographed its very attractive and unusual bright pink fruits which when ripe split to reveal orange

arils with seeds, these are poisonous. its sharply-toothed pointed leaves 10cm. long were just turning red. The leaves are eaten by caterpillars of some moths, such as the Scorched Carpet, Spindle Ermine and the Magpie Moth. A yellow dye of the fruits is obtained when boiled in water. In the spring its clusters of small pale- green flowers are a rich source of nectar for insects. Its hardwood was much used in the past for skewers, pegs, toothpicks, and needles.



Back on the road we photographed the shiny red berries of Honeysuckle ( *Lonicera periclymenum*) These contain several seeds. This clockwise twining climber has always been a favourite of mine. I still remember as a paper boy riding my bike down a

country lane in Oxfordshire with the early morning scent of honeysuckle. Its new leaves are one of the first signs in woodland during late winter, sometimes as early as December. Its flowers appear in June and deepen in colour after being pollinated chiefly by moths, it produces a deep supply of nectar at the end of a long corolla tube, which is only accessible to long-tongued insects. It is also the food plant of the White Admiral Butterfly Herbalists use its flowers for headaches and asthma. Among several Honeysuckles to be found in the U.S.A. are the Trumpet Honeysuckle (*Lonicera sempervirens*) its trumpet shaped flowers are red on the outside, yellow inside in several whorled clusters at the end of stems. This beautiful slender plant is frequently visited by Hummingbirds which I was able to see in my friends garden in Georgia. This year I have not seen many Ladybirds, fewer Wasps, only one Cuckoo, lots of Swifts, just two Hornets, but an abundance of Acorns. I would like to thank all the " Village Voice" readers who have contacted me with their observations this year .

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

**DOG WARDENS AND CHRISTMAS**Hi All, 

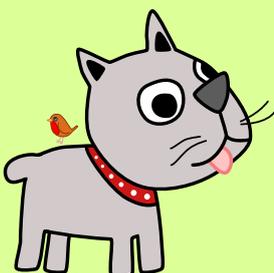
Here we go again approaching dark nights and dark morning's it always seems to be an excuse for a few not to pick up after their dogs. Please keep an eye out for anyone you see not picking up if you can get photos or videos on your mobile devices all the better let us work together to keep our village clean this winter.

**WARNING** Once again I warn you please do not leave your dogs tied up outside shops or left alone anywhere else. I have had reports of a beautiful Springer Spaniel being taken from a garden while the owner was in the shower the dog turned up several days later dumped in a car park dead after being used for dog baiting for fighting dogs. This is heart breaking the poor dog must have been so afraid and stressed, she was only identified by her micro-chip. Please don't let this happen to your beloved pet dog.

I would also like to get you to think twice about buying a puppy for Christmas, after the first few weeks of cute factor so many end up in shelters that are full to bursting, puppies, dogs and cats all take a lot of time, I know this for a fact my whole life revolves around mine. They are not for people who are house proud, who work all day, neither are they suitable toys for children. They cost a lot of money we spend an average of £1,000 per year on each of our dogs for vets, food, and other things they need like grooming etc. Also look out for people selling puppies around Christmas time they could be puppy farming and often these poor pups are interbred and can have so many problems. All you are doing is helping the breeders to line their pockets at the expense of the animals. Make sure you see at the very least the Mother of the pups, don't ever meet the breeder in a car park always visit where they have been bred. Look the paperwork over very carefully and always make sure you have the paperwork with you when you leave with the pup there is NO Reason why they would need to send you the paperwork in the post later, you won't get it and you have just been conned.

All that said and done on behalf of the team of dog wardens for Belton we hope you have a peaceful and joyful Christmas season and a very Happy New Year.

Lesley

**VILLAGE VOICE TRADERS**

The Advertisers listed in this directory support our community & pay for Village Voice. PLEASE SUPPORT THEM when you can!

**Aerials**

Matt Warnes - 01493 661438

**Building & Decorating Etc.**

Paul Williams Carpentry - 01493 781942  
KJ Decorators - 01403 656164  
RWiR - 01508 518256

**Cars & Garages Repairs**

Buckworths Ltd - 01493 488278  
SMS Autocare - 01493 662030  
Save N Drive - 01493 445744

**Carpets & Furniture**

Matt Sadler (Carpets) - 01493 443509  
Breydon Flooring - 01493 652591

**Chimney Sweeps**

01493 718615

**Domestic Cleaning/ Windows**

Trusted Home Cleaning - 01493 888218

**Dressmaking/Alterations**

DeLuxe Fashions - 01493 780766

**Electrician & Electrical Repairs**

Chris Youngs - 01493 441007

**Family Services**

Centre 81 - 01493 332253  
Leafcare - 01493 331475

**Fuel / Firewood**

Berry Oil - 01502 715599

**Footcare**

Foot Health - Lisa - 07716 678899

**Gardening Etc**

Fritton Plant Centre - 01493 484970

**Glass & Windows & Security**

Belton Glass - 01493 781454  
UPVC Doctor - 01493 202622

**Hair & Beauty**

Reveal / Colours - 01493 650706  
Robert Shropshire - 07946 333395  
The Tulip Room - 07810 008235

**Homecare /Healthcare & Family Services**

Leafcare Services - 01493 331475  
Centre 81 - 01493 332253

**Plans Drawn**

TBD - 01493 781030

**Pest Control**

Country Mole Catcher 07718 187837

**Plumbers**

Red Van Plumbing - 01493 780246

**Restaurants/ Pubs/ Entertainment/Food**

The Decoy Tavern- 01493 488277  
The Kings Head - 01493 780205  
Masala Garden - 01508 548044  
Youngs Chinese - 01493 781674

**Roofing**

Norfolk & Suffolk Roofing Ltd - 01493 780973  
B Porter - 01493 663386

**Room Hire & Functions/Meetings/Sport**

JGI (Bookings) - 01493 780822  
Premier Room - 01493 602960  
Browston Hall Bowls - 01493 667591

**Rubbish Cleared**

GYBC - 01493 742142

**Shops etc.**

Belton Pet & Hardware - 01493 780250  
Jewelex - 01493 444443  
Hobbies - 01508 549330  
Keiths Butchers - 01493 600786  
Music Lovers - 01493 440021  
Burch Castle P.O. - 01493 780269

**Skip & Equip. Hire /Aggregates**

E. E. Green - 01493 662069  
Folkes Ltd - 01493 780274

**Solicitors /Estate Agents**

Norton Peskett - 01493 652204  
Bycroft - 01493 664000

**Tree & Hedge Services**

R &amp; R (Rick) - 01493 780348

**Tuition**

Driving - Godbolts - 01502 732610

**Vehicles Collected & Scrapped**

W. A. Frost - 01508 548994

**Vets & Pet Care**

The Vets Hospital - 01493 661833  
Cattery 57 - 07943 221652

**Wedding Services / General Catering**

Primrose Brides - Dress Hire Weddings/  
Proms -  
01493 782428

**How is the  
ROBIN  
Count going?**

**Have you found more than 120?**

**Keep reading and searching**

## Deluxe fashions

Clothes made to order



Clothes, curtains etc.  
Made to measure  
Any repairs  
& alterations undertaken

Tel Rody 01493 780766 or 07551 329065  
www.Deluxefashions.uk  
Email [deluxe\\_fashions@yahoo.co.uk](mailto:deluxe_fashions@yahoo.co.uk)

Fed up with  
struggling  
at home?



Specialising in high quality  
Homecare and Live in services  
to help you remain at home.

Keep your independence, call today:  
01493 331475 / 01603 618111  
Email [office@leafcareservices.co.uk](mailto:office@leafcareservices.co.uk)

Provided across Norfolk  
Mildred Stone House Lawn Avenue Gt Yarmouth NR30 1QS

## tbd:design



timothy bunn design ltd. the rectory beccles road belton NR31 9JQ

Building Design, New Dwellings  
Extensions and Alteration works  
Planning and Building Regulation drawings  
Extensive experience in all projects  
Large and small, residential and commercial

Free initial advice, estimates given.

Tel: 01493 781030 : mobile 07795 084950

[mail@timbunn.co.uk](mailto:mail@timbunn.co.uk)

## WARNESAERIALS

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

- Are you getting the best from your system?
- Want Sky on all your TVs?
- Need extra TV points?
- Want your TV wall mounted?

Reliable,  
friendly service  
and honest  
advice.

No call out  
charge.  
Free signal  
test or system  
check.

freeview,  
freesat, dab,  
fm, sky.

Call Matt on 01493 661438  
or 07855 323887

We will do everything we can to exceed  
your expectations



## BROWSTON HALL INDOOR BOWLS CLUB

Welcomes



BEGINNERS & EXPERIENCED  
BOWLERS



Qualified Coaching  
Bowls provided if required

Food & Drink always available

FULL DETAILS PLEASE CALL 01493 667591

## BELTON GLASS

Est. 1987

SINGLE AND DOUBLE GLAZING  
MISTED UNITS REPLACED  
FAST RELIABLE SERVICE  
NO JOB TOO SMALL

35 Years Glazing Experience

01493 781454

## E.E. GREEN & SON EST. 1928

Great Yarmouth 662069 / 600964  
Lowestoft 537220

### GRAB SERVICES

Sand | Stone | Crushed Concrete  
Crushed Rubble | 1 Ton Bulk Bags  
Waste Bags | Skip Hire

Skip Hire: - Reduced rates for concrete / rubble & soil fill

Dirt Cheap: - Special offer - Quality screeded top soil. 1-20 ton loads

CALL TODAY!



- Heating Oils for all types of Domestic Boilers
- Aga & Rayburn Quality Fuel
- Industrial, Agricultural, Marine Fuels & Lubricants
- Tank Replacements
- Mini Tanker available for Restricted Access
- Boiler Servicing & Maintenance

LOCAL FAMILY RUN BUSINESS

ESTABLISHED  
IN 2004

We cover the following areas & more



01502 715599

[www.berry-oils.co.uk](http://www.berry-oils.co.uk)

Email: [mark@berry-oils.co.uk](mailto:mark@berry-oils.co.uk)

Find us at: 20a Ellough Industrial Estate,  
Beccles, Suffolk NR34 7TD

**GET YOUR BUSINESS KNOWN**

Advertise here each month at very attractive rates

Contact Brian Swan on 01493 780776  
Or  
Bcswan50@gmail.com  
For full information

Yell.com

**B. Porter Roofing Contractor**

- Slating • Tiling
- Lead Work & Guttering
- UPVC Fascia Soffits & Barge Boards
- Insurance Work & Free Estimates
- Over 30 Years Experience

Uparooof@yahoo.com  
01493 800339  
07500 704704

**KJ DECORATORS**  
No job too big or too small  
free quotes

**KIERAN DUDLEY**  
Fully qualified painter & decorator  
dudleykieran@yahoo.com

01493 656164  
07795199574

**RWiR**

**WALL & FLOOR TILING**

Most types of tiling including:  
Ceramic, Slate, Stone, Terracotta

Electrical & Plumbing service to compliment Tiling requirements

RELIABLE & FULLY INSURED

References provided on request  
Call: 07748 486671  
or 01508 518256  
email:  
wallfloor.tiling@btinternet.com

**Godbolt's**

**Driving Tuition**  
Established 1962

Patient and Reliable  
DSA Approved Instructors  
Duel controlled cars  
Pass Plus registered

Tel: 01493 789990  
01502 732610  
Mob: 07775 833479

Website: www.godbolts.co.uk

**Red Van Plumbing**

**All plumbing work undertaken** (bathrooms, cisterns etc)  
• 24hr call-out  
• Drains unblocked (both small and large jobs welcome)

**FREE, no obligation quotes!**

*The price we quote is the price you pay, NO hidden extras!*

Contact: 01493 780246  
Mobile: 07955 524969

**Paul Williams**  
Kitchens & Carpentry  
Including Plumbing & Tiling

01493 781942  
mobile 07889090288  
paulwilliams134@live.co.uk

**the TULIP Room**

**HOLISTIC MASSAGE FROM £15**  
AROMATHERAPY MASSAGE  
HOT STONE MASSAGE

**GELISH NAILS £15**  
**EYELASH EXTENSIONS £40**

Call Carly: 07810 008235 to book an appointment at her treatment room  
Gift Vouchers Available

28 Station Road South, Belton  
www.thetuliproom.co.uk

**ROBERT SHROPSHIRE HAIRDRESSING**

PROFESSIONAL HAIRDRESSING FOR LADIES & GENTS IN THE COMFORT OF THEIR OWN HOME. EVERYTHING FROM CUTTING & STYLING THROUGH TO COLOURING AND PERMING. FOR AN APPOINTMENT TO SUIT YOUR TIME AND CONVENIENCE PLEASE TELEPHONE:

07946433395

**East Coast Chimney Sweep**

"When was yours last cleaned?"

Certificates issued for all sweeps

Wood-burning and multi-fuel stoves, open fires, Jetmasters, Oil and Gas boilers all swept

Bird and Bird nest removal and stove servicing

Full indemnity cover plus NACS member and accredited "Trusted Trader" with NCC

Reliable, professional and local service

eastcoastchimneysweep.co.uk  
01493 718615 — 07876 804575  
Andrew@eccsweep.co.uk

**Country Mole Catcher**

Carole Barmby - The expert you can trust

**Pay by results**  
**Competitive rates**  
**Without fuss**

For a no-obligation consultation or quotation please contact

01508 47 19 16  
07918 18 78 37  
carole@countrymolecatcher.co.uk

www.countrymolecatcher.co.uk

**R R R Tree Services**

All Tree Work Undertaken

FELLING • PRUNING  
TOPPING • HEDGES  
MINI-DIGGER HIRE  
STUMP GRINDING

All Work Guaranteed  
For a fast friendly service

**FREE ESTIMATES**

Call RICK on 780348  
Mobile 07957 922282

**Chris Youngs**

**ELECTRICIAN**

For all your electrical requirements from rewires to extra sockets and telephone extensions

**NO JOB TOO SMALL**

**441007**  
MOBILE 07788 627477

Exhaust, Brake & Clutch Centre

**SAVE'N'DRIVE**  
friendly efficient service guaranteed

**CLUTCHES!**  
**CLUTCHES!**  
**CLUTCHES!**

3 Ramps - Fast Service  
Large Free Car Park

Tel: 01493 445744  
Mobile: 07714 954696  
after hours 01502 730244

Leicester Rd, off Lowestoft Road, (near the Arcadian Club) Gorleston

VISA MasterCard

**WATCH YOUR SPEED**

**30 MPH**

THERE ANY STILL MANY MOTORISTS WHO ARE BREAKING THE SPEED LIMIT IN NEW ROAD YOU ARE BEING WATCHED!



**1st BELTON SCOUTS**

**Beavers:** The Beavers this month have had the cubs join them at the end of their meeting for a going up ceremony. Congratulations to Abi and Leon who been presented with their Bronze

Chief Scout Awards the highest award you can gain as a Beaver Scout. They then moved up to Cubs at their going up ceremony and investiture. We joined the rest of the district beavers at a sleepover



at Cliff Park Infant/Junior to celebrate 30 years of Beaver Scouting we joined in a camp fire, had hot dogs for supper and cereal, bacon and beans for breakfast. They had the opportunity to make hats, birthday cards, play games, placemats, Birthday cake and much more. We finished the half term making rocket cakes, ghost and pumpkin bookmarks and bunting of witches, ghosts and pumpkins to decorate the scout hq. Congratulations to Alfie who has been presented with Beaver of the month.

**Cubs:** The cubs have been working towards their Disability awareness badge, we have researched what sort of disabilities there are and how they can affect us, we have looked at different famous people that have disabilities. We learnt some British sign language, and signed our names and had conversations in sign language, we looked at braille and how that helps blind people too, and played a blindfold game to show how blind peoples hearing is so important to them. The following week to finish the badge we played lots of different games and activities with an arm sling on and got to grips with how difficult it is to cope with disabilities and what super people the people with disabilities are and how great that they cope with them in everyday life.

**Scouts:** The Scouts started this half term making guys which we then burnt on a bonfire to celebrate Guy Fawkes Night. We also had hot dogs and entertained Badger with a song. This month we also started on our Air Activities badge. Sharky (out new assistant leader Brett) was previously in the RAF and knows an awful lot about aircraft and has set us some tasks to do. We are going to combining learning about different aircrafts with our session on Remembrance.

**SCOUTS NEWSPAPER COLLECTIONS**

Belton Scouts will be collecting old newspapers (in Belton only) on Saturday December 3rd ( 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. Glossy magazines, leaflets and old telephone directories can be included with your papers. Please note that the scouts are no longer able to collect the plastic bottle tops. For information about the local Scouts or for any further information on the above please call 01493 780965.

**CHRISTIAN BIBLE TALKS**

These talks are recommencing at the at the New Road Sport & Leisure Centre on Wednesday January 4th, then every Wednesday evening in January (7.30pm) each talk lasts for about one hour.

We welcome all who attended previously and any newcomers interested in learning about the Bible.

For further information contact Peter on 07703 686734.

**WHO HAS A FAMOUS ANCESTOR**

We would all like to think our ancestors were famous, but this rarely happens, I investigated my family history for more than 25 years, before the days of computers, Internet and the present interest in family history. It was a hard task visiting record offices, churches, local history collections, libraries and burial grounds all over England, many miles from Norfolk. It became an obsession and I collected boxes of information on ancestors, eventually I turned this into a large book, getting 50 copies printed for libraries, record offices and family members.

Starting this project I had expected to find my ancestors were 'Hung as sheep thieves' or deported to Australia as 'Undesirable Citizens'. This proved not to be the case, I could establish, with supporting documentary evidence, a long family chain. At times my ancestors were paupers, residents of the poor house, carters, lay preachers, labourers, company directors and owners, accountants, working men and women who at times could not read or write. They were always married in church, and never seemed to be before the courts. Not much fame there it would seem, however they held a feudal title and a small area of land descended from 'The Kings of Ireland'. Of course, these Kings were no more than thugs or clan leaders, those then are my only doubtful claims of famous ancestors. If my ancestors were perhaps unknown, at least one Belton resident had a great grandfather of very great fame and this is her story -

**'To Save My Patients'**

I never knew my great grandfather, but I do know he has been regarded as rather special by people working in health care. Our family have always been East Anglians, in the early nineteenth century they lived at Upton Park, when my great grandfather was born in 1827, this was part of Essex, today it is East London. Great grandfather wanted to be a surgeon and studied for this at London medical schools. When qualified he moved to Glasgow, and after practising there for some years became the city's Professor of Surgery in 1859. Ten years later he moved to Edinburgh, becoming Professor of Surgery at Scotland's leading hospital. Then at 50 years of age he returned to London hospitals training and becoming Surgical professor there. However, it was in Glasgow that my great grandfather, Joseph Lister, made his greatest contribution to medical science, in this city he invented a carbolic antiseptic spray which greatly reduced surgical mortality. My great grandfather was constantly asked to visit hospitals all over England, mainly to demonstrate his carbolic antiseptic spray and lecture on antiseptic surgical procedures. His fame grew, particularly when asked by a newspaper reporter 'What made you invent this antiseptic spray' to which he gave this simple reply 'To save my patients'. Queen Victoria was impressed, and created him a Baronet, but he would gain even greater fame. This came in 1887 when aged 70 and still passing on his knowledge of surgery, he became the first medical man to become a Peer of The Realm, when he was made Baron Lister of Lyme Regis. Despite these claims to fame, his personal view of the role he played to develop modern antiseptic surgical practice was quite different to that given in most books. My great grandfather often discussed his work with my grandfather, who relayed the following to me, through my father, the story was great grandfather had informed them several times- 'I may have killed more patients with my antiseptic spray than I saved. The spray formed a fine mist of water particles that covered the patient we were to operate on. This antiseptic mist soaked the patient and killed any bugs or disease. The problem was these soaked patients got cold, caught a chill and died of pneumonia'. This self-doubt was probably not justified, most of these patients would probably have died anyway, also without his invention and his practical demonstration of antiseptics, later important progress in this field of study would have been delayed for years. By the time he died in 1917 aged 90 many surgical methods he pioneered had progressed greatly, new surgical antiseptic methods resulted that ensured patients were no longer being soaked.

E. P. B.

We all dream of having famous relatives, but in truth few of us do, I wonder if anyone else in Belton can claim to having ancestors of such great fame.

Brian E Callan.

**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.  
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** - Wroughton  
Sch. Juniors/family (6-7pm)  
£3.50, Adults (7-9pm) £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

**Beebops Pre School** (10am)  
Family Time ( 11am) Babees -  
New Road Sport & Leisure  
Centre 07934 276167

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

**Childminder Drop in & Play**  
(1-2.30pm) Village Green  
Childrens Centre -  
Childminders drop in & play &  
meet other childminders.  
Refreshments available 01493  
789562

**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) JGI- 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: 01493 488276

**EVERY WEDNESDAY**

**Jolly Tots** (9.30-11am) Under  
5's ( 11am-Noon) Birth to

Walking - New Road Sport &  
Leisure Centre 07767 389789

**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

**Lunch & Social Club** (Age  
Concern) (12-3pm) Kings  
Head, Belton 01493 262052

**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)  
Ages 8-11. Belton Rectory  
Stables (Church after half term)  
Free 07762 817454

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

**Youth Group** (7.30-9pm)  
Belton Church Exploring  
Christian Youth & Fun. Free  
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**  
(10.30am-Noon) JGI, Ring  
07788408801. First class free.

**Cornerstone Open Youth  
Group** (6-7.30pm) Belton  
Church -years 6/7/8 - 07762  
817454 ( Nov 4/18, Dec 2)

**The Hub Open Youth Group**  
(7.30-9pm) Belton Church For  
High School Age Children  
07762 817454 ( Nov 4/18, Dec  
2)

**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 🐦

**Childrens Sunday Club**  
(10.30am NOT 3<sup>rd</sup> Sun of  
month) Belton Church 07762  
827454

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

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

**DATES FOR THE DIARY**

**Sat Nov 26** (11am-3pm)  
Moorlands Academy - PTA  
Christmas Fayre -Free

**Sat Nov 26** (2.15 pm) B/C  
Village Hall, Burgh Castle  
Christmas Fayre

**Sun Nov 27** (9.30am) Service  
of Light (Advent Sun) @ Burgh  
Castle

**Sun Nov 27** (10.30am) Life  
Group led Holy Communion @  
Belton

**Fri Dec 2** (9.15am) Brandon  
Lewis's coach trip to  
Westminster departs Belton  
Bookings etc. 01493 854550

**Fri Dec 2** (7.30pm) JGI Digital  
Camera Club ( watch web site  
for details)

**Fri Dec 2** (8 pm) Burgh Castle  
Queens Head Team Quiz max  
6 per team

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

**Sat Dec 3** (10am-4pm)  
Somerleyton Church -  
Christmas Tree Festival

**Sun Dec 4** (9.30am) Holy  
Communion @ Burgh Castle

**Sun Dec 4** (10am-3pm)  
Somerleyton Church - 🐦  
Christmas Tree Festival  
followed by Christingle Service

**Sun Dec 4** (10.30am) Morning  
celebration with Baptism @  
Belton

**Tue Dec 6** (11am) Traditional  
Service of Holy Communion @  
Belton Coffee from 10.00am

**Wed Dec 7** (10.30am) Burgh  
House - Holy Communion

**Wed Dec 7** (6-7.30pm) All  
Saints, Belton- Messy  
Church/Messy Christmas

**Sat Dec 10** (10am-Noon) JGI  
Monthly Coffee Morning  
Sat Dec 10 (11.45am) JGI -  
Hall Trustees AGM

**Sat Dec 10** (7.30pm) JGI -  
Christmas Party, Free. Tickets  
allocated but waiting list Tel  
781294 🐦

**Sun Dec 11** (9.30am) Morning  
Prayer @ Burgh Castle

**Sun Dec 11** (10.30am) Holy  
Communion @ Belton 🐦

**Sun Dec 11** (4-7pm) Lions  
Club Santa sleigh tours  
Belton donations welcomed

**Mon Dec 12** (7.30pm) B/C  
Village Hall, Burgh Castle  
Parish Council

**Tue Dec 13** (7.30 pm) JGI-  
Belton W.I. Christmas  
Party.

**Wed Dec 14** Mobile  
Library. Priory Cl., St  
Olaves (10.30-10.40am),  
New Rd. Playing Field  
Fritton (10.45-11am),  
Belton from 1.50pm (times  
in article)

**Wed Dec 14** (1-2pm) New  
Road Sport Centre - Belton  
P.C. Clerks Surgery

**Thu Dec 15** (7pm) Fritton  
Church - Carols by  
Candlelight

**Fri Dec 16** (7.30pm) JGI  
Christmas Quiz Night 🐦  
781294

**Sun Dec 18** (4pm) Carol  
Service for the Family @  
Burgh Castle

**Sun Dec 18** (6.30pm)  
Carols by Candlelight @  
Belton Mince Pies/mulled  
wine after each service

**Tue Dec 20** (7.30pm) New  
Road Sport Centre. Belton  
w Browston Parish Council

**Tue Dec 20** (7.30pm)  
Kings Head Belton Carol  
Singing in the pub (TBC)

**Wed Dec 21** (8pm) Queens  
Head Burgh Castle Carol  
Singing in the pub

**Fri Dec 23** (10am) Burgh  
House Carols &  
Communion

**Sat Dec 24** (4pm) Belton  
Church - Crib Service

**Sat Dec 24** (8pm) Fritton  
Church - Holy Communion

**Sat Dec 24** (11.30pm)  
Burgh Castle Church -  
Christmas Midnight Mass  
(with Belton) 🐦

**Sun Dec 25** (10.30am)  
Belton Church Family  
Communion (with Burgh  
Castle)

**Sat Dec 31** (7.30pm-  
12.30am) Belton Church -  
New Years Eve party

**Sun Jan 1** (10am-Noon)  
JGI New Years Breakfast -  
Free but donations for local  
charities please

**Sun Jan 1** (Noon) Belton  
Church - Praise & Prayer  
for the New Year

**Sat Jan 7** From 8.45am  
Belton Scouts Collecting  
Newspapers - Belton only

**Tue Jan 3** No Holy  
Communion at Belton (see  
10<sup>th</sup>)



# Vaccinations included\*



-  Flea & Worm Treatment
  -  Microchipping
  -  One Six Monthly Health Check
  -  10% off all Products & Services
  -  20% off Neutering
  -  Fixed Price Dentals
- when you join  
the Healthy Pet Club**



**THE VETERINARY HOSPITAL  
AND SURGERY**  
221 Beccles Road  
Gorleston, Norfolk NR31 8BZ  
01493 661833



**Saving you over £200\*\*  
SIGN UP TODAY!**



\*Minimum 12 month membership, early cancellation will require full payment of £90 vaccination fee.

\*\*Based on cost of purchasing these benefits separately (taking average prices charged across a sample of CVS practices) would result in an average annual saving in excess of £200. Benefits, costs and savings vary depending on the type and size of your pet.

## JHOOTS PHARMACY

19-21 Station Road North, Belton NR31 9NF  
**We Are Open**  
Monday - Friday : 9am to 6pm

At Jhoots Pharmacy at Belton, we have been continually working towards improving services provided. Since the initial opening of the pharmacy, we have carried out shop fit and recruited staff members. We have had to obtain a food licence which has come through two weeks ago. Since then we have started ordering food/grocery items. We are getting fridge freezers installed for chilled and frozen items. We are also in process of acquiring quotations and selecting suitable signage company to carry out installation of signs and window decals. We hope to work alongside the village community and welcome feedback to help us improve all aspects of our pharmacy.

Tel 01493 222299



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

Dispensing Quality 



**NORTON PESKETT  
SOLICITORS**



A local firm with a world of experience

### For you

- ◆ Buying and selling your home
- ◆ Re-mortgages and transfers of equity
- ◆ Wills and probate
- ◆ Court of Protection
- ◆ Family and children matters
- ◆ Criminal matters
- ◆ Personal injury claims
- ◆ Civil matters
- ◆ Notarial services
- ◆ Care home fees
- ◆ NHS continuing healthcare
- ◆ Trusts and deceased estates

### For your business

- ◆ Commercial property
- ◆ Partnerships
- ◆ Planning and regulatory issues
- ◆ Employment matters
- ◆ Licensing
- ◆ Company formations
- ◆ Agricultural law

### Offices in

**Lowestoft**  
148 London Rd North T: 01502 533 000  
**Beccles**  
Exchange Square T: 01502 718 700  
**Gorleston**  
66a Bells Road T: 01493 652 204

**Great Yarmouth**  
141 King Street T: 01493 849 200  
**Halesworth**  
52 Thoroughfare T: 01986 872 513  
[enquire@nortonpeskett.co.uk](mailto:enquire@nortonpeskett.co.uk)  
[www.nortonpeskett.co.uk](http://www.nortonpeskett.co.uk)

No hidden costs

Same day response



# 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 December 9 to appear in the January 2017 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

Old mantle clocks & case clocks, anything considered Tel 01493 789904

Belton Charity Fundraisers welcome donations of Bric a Brac, Books, jigsaws & toys (no mains electric items/used clothes) for their stall. Tel 01493 780776

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

## FOR SALE

Leitz 6 Drawer desktop unit. Grey and blue. Size:- D 13.75", W 11", H 9.5". As New. £40. Tel 01493 781094

Lots of Sylvanian Family items from £3.50 to £50 Tel. 01493 780584 or leave message on 07553 405290

Mountfield petrol lawnmower 46cm blades. £30 Tel 01493 782313

3pce. Cane suite Exc. Cond. £150. ONO Tel 07468 435109

Weider small fitness cycle £3, Crown Tec fitness exercise stepper with resistance cords £3 Tel 01493 780776 (Belton Charity Fundraisers)

Dark wood standard lamp & Ige pink shade £15, Dark wood standard lamp £8. Tel 01493 782353

Wool/Cashmere full length mans coat £30. Dannimac full length mans coat £10 Both size 42/44 & as new Tel 01493 602791

Gardina Garden Hose Reel On Wheels, New/boxed, Colour Blue- £12.00 Tel. 07803 200250 (St Olaves)

Hotpoint larder fridge £35 ONO Tel 07468 435109

Two Humax Freeview Video Recorders with remotes. Scart o/p. £25 each or both for £40 Tel 01493 780822

2-in-1 Sack Truck/Trolley. Heavy duty metal. 4 wheels. For use in horizontal or vertical position. £45. Tel 01493 781094

2 Compare the Meerkat figures (Aleksandr & Yakov) New /boxed £20 the 2 ONO Tel 01493 780145 (Proceeds Belton Over 60's)

Creda Tumble dryer £30 ONO, Zanussi Washing machine 1400rpm £45 ONO Tel 07468 435109

86 James Patterson Crime Thriller Books - mint cond. Mostly paperback but some hardback. £25 Tel. 01493 488329

40 shelak records inc. Dean Martin, Pat Boon, Guy Mitchell, Joan Regan (50/60's) VGC £40 Tel 01502 731152

Dolls cot, pram, pushchair & carry seat each containing a doll £30 Tel 01493 782313

Light blue cardigan New-size 16/18 £5, Navy cardigan New-size 16 £5 Tel 01493 782353

2 Metal 36 Drawer Storage Cabinets, (18 drawers in each have 3 way segregation. Size W 25.50", D 6.75", H 17". As New. £65 each. Tel 01493 781094.

White cloakroom sink 13.5" w x 10.25" d x 8.25" h. Incl. Chrome downpipe £10 Tel 01493 781192

Walking Poles Two Pairs, New, Metallic Maroon colour £10.00 Tel. 07803 200250 (St Olaves)

Disability 4 wheel walker with seat (used twice) £40 ONO Tel 07468 435109

Digilogic DVD/CD player Scart & Phono o/p with remote £10 Tel. 01493 780822

Bike - boys 12 inch Dragon bike with removable stabilizers adjustable handle & seat. Suit 3 years & over £25 ONO very good cond. Tel 07983 457750

Wedgwood tea set. Chinese Teal 6 cups/saucers/plates/dinner plates, tea pot milk jug & sugar £30. 4 cups & saucers with Christmas design £10 Tel. 01493 780145

Free horse manure, bagged, at Burgh Castle or can deliver. Tel 07919 281675

Metal high sleeper with futon under & desk. Traditional sprung mattress, (will dismantle but must be collected) VGC £50. Tel 01502 731152

Yearntree 10 Drawer Desktop Unit. Grey and blue. Size:- D 15.5", W 11.25", H 13.25". As New. £40. Tel 01493 781094.

Tent 304 x 243 x 193 cms) Sleeps 5, 2 sleeping areas & communal space. In bag, never used £30 Tel 01493 782313

Solid Wood Adult Rocking Chair with Arms, seat thickness 3" Excellent cond. £60.00 Tel. 07803 200250 (St Olaves)

Plush Deep pile Rug New Rust colour (Polyester/acrylic) 120cm x 180cm Cost £259 Accept £60 Tel 01493 658058

Stereo cabinet with CD holders & lift up top to access turntable £40 (collect Belton) Tel 01493 782105 / 07833 187496

Patricia Cornwell (Kay Scarpetts novels) Complete set books 1-22, some hard, some paperback £10 ONO Can deliver local. Tel 01493 781141

Ladies brown faux fur coat size 16/18 £45 ONO Tel 07850 068735

Electric Portable Typewriter Brother AX10 + instruction booklet & 7 correctable film ribbons etc. £10. The lot. Tel 01493 780776 (Belton Charity Fundraisers)

Water but (large) & stand £18 Tel 01493 781355

Boys cycle - suit teenager £25 (collect Belton) Tel 01493 782105 / 07833 187496

Snooker table approx 6' x 3'6" detachable legs, snooker & pool balls, brush score board, triangles VGC £35 Tel 01493 658058

Tree Loppers - sturdy wooden handles. Good Cond. £15 Tel 01493 781094

Garden compost bin £10 Tel 01493 309800

Olympic typewriter Werka SG. Good cond. (Needs ribbon) £30 ONO Tel 01493 780030

Cane conservatory furniture - 2 seater sofa, 2 chairs & glass topped coffee table £150 ONO (collect Belton) Tel 01493 782105 / 07833 187496

Swivel chair & stool (bottle green) £48, 4 Dining room chairs, light oak/high back/brown (unused) £70 Tel 01493 781355

Car mirror extension clamp & rubber strap fitting £10 ONO Tel 07850 068735

Football table game £10 Tel 01493 309800

Living Treasures rug by Nourison (L105 Beige/brown) 100%wool 3'6" x 5'6" New Cost £215 accept £50 Tel 07876 656937

Duvet sets, double with pillows, £3.50 per set. Tel 01493 781355

Pretty colln. of Apple themed gold colored trinkets, necklace, ear rings, ring & bangle. All show Apple Logo. New, suit teenager £10 Tel. 07757 393805

Car Roof Box £20. Fishing Box with Rod rest £40 almost new Tel 01493 782197

Boss upright hoover & tools £15 ONO Tel 07850 068735

Pine dressing table + matching mirror & stool £40 (collect Belton) Tel 01493 782105 / 07833 187496

Lego Power Minors build set no 8964 Completed boxed (ages 8/14) £25 Tel 07876 656937

26 Alexander Kent books 'The Bolitho series' £20 Tel 07586 935795

Gas Fire New/boxed Flavel Strata 5.2KW black, cost £300, accept £100 Tel 01493 309800

Exercise bike, Stepper & pedal exerciser £15 the lot Tel 01493 780030

3ft. Single white metal headboard VGC £15 Tel 01493 309800

Roller Blind, white 100% polyester 25" wide, 63" drop with fittings (New/boxed) £20 Tel 01493 781094

Ladies waterproof jacket (navy size 16) £4.50, Maroon ladies full length coat (40% wool) worn once, size 16-18 £8.50 Tel 01493 781355

Computer table, Black metal frame, 4 cream shelves 33"H, 25"W, 18"D £5. Tel 01493 780776 (Belton Charity Fundraisers)

Only Fools & Horses  
DVDs Complete  
collection, 26 discs  
New/boxed/sealed incl 15  
Xmas specials £45 Tel  
01493 780253  
Readers Digest - The  
living countryside set 13  
hardback books £15 Tel  
07795 313460

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

Corner cupboard leaded  
glass front, dark oak  
colour. 6ft.tall 26ins wide  
£40 Tel 01493 663755

Hi-De-Hi Complete  
collection series 1-9 (all  
57 episodes) DVD  
Boxed/New/Sealed £25  
Tel 01493 780253  
Sugarcraft Plastic  
cutters, Patchwork  
cutters & instruction  
books, petal dusts & a  
few metal cutters. Some  
items new & unused £20.  
Tel 01493 780570

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

Small light oak laminate  
set of 3 drawers £10 Tel  
07795 313460  
Haier Undercounter  
Fridge White.  
220/240v. 4 shelves &  
salad crisper. Size H 34",  
W 19.5", D 21.5". G.W.O  
£50. Tel 01493 781094

Bespoke hand-made  
coffee table, dark wood  
30x19.5x17ins high £20,  
Small carved wood  
occasional table 15" high  
x 15" across £10 (Both  
for £25) Tel 01493  
782457 (after 6pm)

Full set (23 books)  
'Complete Encyclopaedia  
of Cookery Supercook  
books £10 Tel 01493  
782457 (after 6pm)

Tubular Steel Step,  
ribbed mat platform &  
non slip rubber feet. H  
10", W 17.25", D 15"  
approx. Hardly Used.  
£20. Tel 01493 781094.

**PLEASE REMEMBER  
TO LET US KNOW BY  
NOON ON DECEMBER  
9th IF YOU WOULD  
LIKE YOUR ITEM**



I tabled a motion at the last full council meeting to ask Damien Green minister for the DWP to launch an immediate enquiry into all the

negative effects that Universal Credit (UC) is having in Great-Yarmouth and for Neil Couling, head of civil service for the DWP to immediately remove the housing benefit aspect of UC until all claimants had transferred to it, this means they can do so without losing their homes or running up thousands of pounds in avoidable rent arrears. I asked at full council to waver the 5-minute speaking rule and extend it to 15 minutes as I felt that this issue far too important to be explained in 5 minutes. 13 counsellors had to leave the chamber because they were landlords, and most of the remainder voted against an extension on speaking time for leaders. This was utterly disgraceful in my view because UC effects not just unemployed claimants, but working claimants, landlords, council officers, families and children as well as some of the most vulnerable people in the borough. It would be interesting to ask those councillors who voted against it why they feel that this issue was not important enough for council to debate.

I have received many emails regarding the new PSPO dog control measures. I found the questionnaire somewhat limited and could be confusing. This new order will replace all old dog control orders that exist in public places now. The council should carry out this process under the DEFRA guidelines, and I will ensure that it follows them, and I will be speaking to the chair of the committee considering this order.

(Councillor Adrian Myers, Lothingland Ward)

### BROWSTON BUCANEERS



Ron Barrett is a green badge, level 3 Bowls coach and the main man for tuition and coaching at Browston Hall Indoor Bowls Centre. Beginners for this sport at Browston will undoubtedly meet Ron and learn the basics in an easy, informed way. After a playing career in Bowls of some 30 years Ron is naturally regarded as the "go-to" chap when any queries or unusual events occur in matches and an interpretation of the Rules is required.

Recently Ron has trained two members of the Browston club and both are just at the initial promoted level of Grade 1 black badge coaches. Both Bill Turner and Tony Bridge are now qualified to assist instruction at that level and regularly assist at the coaching sessions held at Browston. (Tuesday & Wednesday). With his high profile in Bowling circles Ron is well known at Potters Holiday Village where he takes classes during school vacations; additionally many touring clubs, invited by secretary Mike Harvey, come to Browston from far and wide, Ron then arranges suitable teams for these sides. If you are considering taking up this pastime as a leisure player or more as a competitive entrant then Ron and his assistants would be happy

to guide you. Ron has umpired many matches at a high level and been involved in all sorts of varied bowls situations and so is well versed to answer all your queries. His message to any would be bowlers is to "come and have a go-you won't regret it. It's fun, inexpensive and really enjoyable. Not terribly physical although it keeps the body moving about—we look forward to seeing you".

### Foot Health Practitioner

Nails Cut,  
Thickened Nails, Corns & Callus Treated

£22.50

For a home visit ( home visits £2.50 extra ) ring

Lisa on 07716678899

For an appointment at our Bradwell Clinic ring

Gary on 07855539483



Mill Tree Foot & Body Care Ltd

S.A.C Dip FHPT, S.A.C Dip FHPP  
Fully Qualified And Insured

### PRIMROSE BRIDES

Homelea, New Road, Belton



Affordable Wedding Dress Hire Ball Gowns and  
Prom Dresses

Also for sale new and ex hire Prom Dresses

All with a true personal touch

To make your perfect day call Jayne

for an appointment on

01493 782428 or 07743 408929

If you would like more information & detail please call 01502 667591, **Jon Carter** 07757393805  
In the photo –L-R Bill Turner, Ron Barrett & Tony Bridge

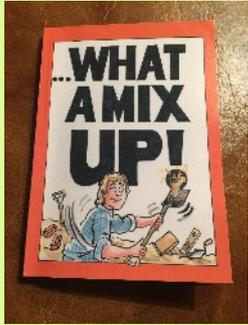
# THE VILLAGE VOICE BOOK CLUB



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)



## PROMISING DEBUT BY BURGH CASTLE AUTHOR



Long time readers of Village Voice will be familiar with the column on Archie's escapades which has appeared on and off in the magazine for several years. Archie Cobbles, the inveterate builder and alter ego of Burgh Castle author, Trevor Austin now makes his book debut in What a Mix Up.

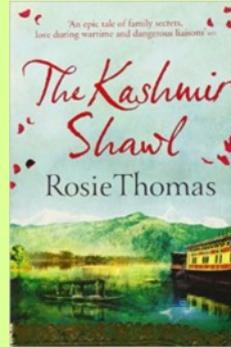
Conceived as the first of a 3 volume autobiography, this book sets out true stories and anecdotes from Archie Cobble's life from his birth to his marriage in 1977. Tapping into the author's own eventful life, the book retains throughout an impish, if not quirky, sense of humour even while offering a fascinating insight into everyday life in Suffolk and Norfolk through the 50s, 60s and 70s.

All in all, an interesting read and a promising debut.

*(What a Mix Up, published by Trevor Austin, is available from Jarrolds in Norwich, Burgh Castle Post Office and Belton Pet and Hardware DIY)*

Regi Alexander

## THE KASHMIR SHAWL



Newly-wed Nerys Watkins leaves rural Wales to accompany her husband on a missionary posting to India. High up in the heart of Kashmir, she discovers the lakeside city of Srinagar, where the British live on houseboats and dance, flirt and gossip as if there were no war.

But life becomes less flirtatious when the men are sent away to fight. Nerys is caught up in a dangerous friendship and by the time she is reunited with her husband the innocent Welsh bride is a different woman. Years later when Mair Ellis clears out her father's house, she finds an exquisite antique shawl and a lock of child's hair. Tracing her grandparents back to Kashmir, Mair embarks on a quest that will change her life forever.

This is an incredibly well researched and wonderfully descriptive book with larger than life characters that the reader can fully engage with – it is a jolly good read.

*(The Kashmir Shawl by Rosie Thomas is published by Harper Collins)*

# THE WALNUT TREE PROJECT



The Walnut Tree Project was founded by ex-guardsman Luke Woodley who, through his own experience, including with post-traumatic stress disorder (PTSD), has taken all he has learned and is working in partnership with Norfolk and Suffolk NHS Foundation Trust (NSFT) to improve veterans' mental health services. If you are a veteran, a loved-one of a veteran, a carer of a veteran, a professional who cares for veterans or just someone who cares, this article will be of interest to you. The Walnut Tree Project is a veterans' community front door to NHS services and so much more. Based in Norwich, we are here to serve veterans, who live and work in Norfolk and Suffolk, who are experiencing mental health issues and don't know where to turn next. Working with you, we can assess your needs at a speed that works for you. If we don't yet provide exactly what you need right now, we have a far-ranging network and can put you in touch with the right people at the right time for you. For example, some veterans may go onto treatment in the Veterans' Stabilisation Programme, others are simply in need of a little peer support. All veterans we see in Norfolk and Waveney are offered the Veterans Response Service for out of hours mental health support. We are staffed by a group of hand-picked volunteers, many of whom are ex-forces and many of whom have struggled with mental health issues, they never thought they would be able to surmount. The Walnut Tree project is there for you every step of the way. It is not just a 'programme' which you complete and then you are on your own again. We have groups, clubs

and drop-in sessions and yes the kettle is primed and a chat always available. First Thursday of every month is the Female Veterans Group\* 10am till 12PM, and every Thursday afternoon we have Reiki Sessions between 14:00 and 18:00hrs. Friday mornings we have our veterans drop in from 10 till 13:00\*, open to all veterans and an opportunity to meet others, have a brew and seek any welfare or treatment support. At both groups\*, information will also be available about NSFT's 16-week Veterans' Stabilisation Programme (VSP), which has been put together by Luke and Clinical Psychologist Dr Roger Kingerlee and is run in partnership with the Walnut Tree Project. The programme provides help and support to ex-servicemen and women, as well as their families, to help them manage mental health conditions and adjust to civilian life. The Veterans Response Partnership offers out of hours emergency mental health support for veterans between 21:00 and 08:00hrs 7 days a week. Veterans need to be registered with the scheme, once registered a crisis plan is mad and each veteran is issued with the emergency number to contact. Whether you are already 'in the system' or have tried things that have just not worked for you, we can help. We accept self-referrals, all you have to do is 'show up'. Why not consider contacting us today? If you would prefer we can arrange to visit you or talk via phone, Facebook IM or Twitter DM. All our contact details are right here: Telephone: All enquiries via the duty mobile this is on from 09:00 to 17:00 hrs 07494799023 Facebook: <https://www.facebook.com/walnuttreeproject/> Twitter: @Veterans\_MH email: [walnuttreeproject@gmail.com](mailto:walnuttreeproject@gmail.com) The Walnut Tree HQ can be found at: The Britannia Veterans Centre, Britannia Barracks, HMP Norwich, Knox Close, Norwich NR1 4LQ

## DOWN THE GARDEN PATH



In recent years more people seem to be moving away from artificial Christmas trees to wanting the real thing to decorate their homes but what is the best value for money? It depends on how big and tall the tree needs to be! I can remember years ago when my sister and I were young we bought a large tree off the

market three miles away from where we lived. I think we got it cheap as it was Christmas Eve and one of the last ones left. (We were never allowed to decorate the house until Christmas Eve after we had been to church).

I know we tried to get on the bus and the bus conductor (they had them then) said "you ain't coming on my bus with all that greenery." So we had to walk, taking it in turns to hold the trunk end which was heavy. She is eight years younger than me and kept complaining that the needles were getting in her face and hurting. We eventually arrived home to find that father had been given a Christmas Tree when one was delivered to the church that afternoon. So not only had we wasted our pocket money we had exhausted ourselves and arrived home with nearly a bare tree it having lost most of its needles on the walk home. I think he saw how upset we were and said "never mind you weren't to know and at least we now have some wood for the fire."

So what is the best value Christmas tree to buy these days! Well according to Which Gardening magazine the best value trees for one Christmas are those sawn off at the ground level and stood in a plastic stand with a water reservoir. Watchdog said people could expect to pay between £35 and £50 for a Nordmann fir. When buying, pick up the tree and feel how heavy it is. If you can pick it up easily in one hand, the chances are it will be dehydrated and not very good quality. And the more branches it has the better. Don't buy a ready wrapped tree so you can see its' shape before you buy. It can then be wrapped for you to take home. Water as soon as you get it home. The tree will need 1.15 litres (2 pints) per day. Place away from radiators. Another tip is to add a couple of ounces of sugar to the water. The sugar is taken into the plant system and helps to keep the plant healthy and prevent needle drop although Nordmann fir trees don't shed their needles like other fir trees.



**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 Village Voice, we gave a resume of what is planned in the awarding of the rail franchise to Greater Anglia. On 17<sup>th</sup> October, 2016 Steve Hewitt and I were invited to one of Greater Anglia's launch venues at Ipswich Station. The company is euphoric at what it hopes to achieve during this franchise, including the replacement of its entire fleet of trains in 2019/20. However, the nagging doubt in many peoples' minds is whether Network Rail will play their part in ensuring the infrastructure is in place to achieve faster journey times. etc.

On 2<sup>nd</sup> November, 2016 we met with James Reeve, Greater Anglia's Customer Service Manager for the Norfolk area and part of our discussion centred on our long-term aspiration of trains leaving Great Yarmouth going to destinations beyond Norwich. Greater Anglia plan to increase the frequency between Great Yarmouth and Norwich to 30 minutes during the day. We argue that at least 2 of these extra trains should go to London in the morning and 2 to Cambridge/Stansted Airport in the morning and 2 in the afternoon, with of course the corresponding return trips. The reason for our argument is that most passengers travelling by train from Great Yarmouth go to destinations beyond Norwich and passengers prefer not to make changes, but have a seamless journey from A to B. Through trains beyond Norwich reduces anxiety of changing trains for elderly, disabled and visually impaired passengers. We are also campaigning for a later train from Norwich to Great Yarmouth departing Norwich at midnight. This would provide scope for passengers attending functions in Norwich. It would also provide a later departure from Great Yarmouth at approx. 00.40 hours.

Next year Greater Anglia face a challenge over the weekend of Thursday 15<sup>th</sup> – Sunday 18<sup>th</sup> June, 2017. An air show is planned for Thursday and Friday evening of the 15<sup>th</sup> and 16<sup>th</sup> June and during the day of Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> June in Great Yarmouth. On 15<sup>th</sup> and 16<sup>th</sup> June in the evening 'Take That' will be holding a concert at Carrow Road, Norwich. The challenge facing 'Greater Anglia' is how to accommodate hundreds of people leaving Great Yarmouth Station after the air show and hundreds of people leaving Norwich station after the 'Take That' concert. James tells us that following the Sir Rod Stewart concert earlier this year there were 400 passengers at Norwich Station to catch the last train at 11.00 pm to Gt. Yarmouth and a two-carriage train just doesn't fit the bill! Luckily GA managed to find another two-car unit to join on! From what we hear, plans are well advanced for next year's events.

Now to buses and in particular, the Anglian service 71. It wasn't doing too bad in September while we still had the holidaymakers at Wild Duck. However, its usage is in decline. Despite the strength of feeling at the public meeting in July and the 300 strong petition, passengers are not using the service sufficiently for it to cover its operating costs. When I see it either in Belton or Great Yarmouth, it is travelling empty. So where are all those people who so desperately wanted a service from Belton via Bradwell and Crab Lane? On its current usage, I cannot see this service surviving long term whereas the First X11 service seems to be doing rather well and is gradually picking up more passengers along the link road. The long-term prospects for this service seem brighter.

We hope you have enjoyed reading the ENTUA articles during the past year; we take this opportunity of wishing readers a Happy and Peaceful Christmas and successful 2017. If you would like to join ENTUA we only ask for a minimum annual

## NORFOLK CHURCHES SPONSORED CYCLE RIDE



A very, very, big Thank You to Paul Nicholls who again rode

on behalf of **Burgh Castle Church** in the Sponsored Cycle Ride

and to the many very generous people who sponsored him. **The amazing sum of £1731 .25 ( + tax from Gift Aid) was raised,**

**AN ALL TIME RECORD!!**

This is split 50/50 between our church & Norfolk Churches Trust from whom we shall again be applying for grants



**ROBINS**

We hope as you read this Christmas edition of your Village Voice you will have spotted the odd Robin appearing in various places. To test your observation we will be giving a Christmas gift to the first correct answer to the total number of Robins you can find in the magazine. Please email your answer to [Beltonvveditor@gmail.com](mailto:Beltonvveditor@gmail.com) by noon on December 9th. The answer is related to the Village Voice.

The winner will be drawn from all correct answers and presented with their gift at the Coffee Morning at the JGI on Saturday 10th at 11am. A Happy Christmas to all our readers.

# WINDOW • DOOR REPAIRS

Don't despair we can repair!

**SAME DAY SERVICE**

**MISTED SEALED UNITS**

**WINDOW HANDLES HINGES**

**UPVC DOCTOR**

**DOCTOR**

**10% OFF ALL REPAIRS**

**DOOR LOCKS**

**CONSERVATORY ROOFS LEAKING**

[WWW.UPVCDOCTOREA.CO.UK](http://WWW.UPVCDOCTOREA.CO.UK)  
**Call today on 01493 202622**

## RECYCLE MORE THAN EVER ALL IN YOUR GREEN BIN

✓ **PLASTIC FOOD CONTAINERS**  
(MARGARINE TUBS, YOGURT POTS, ICE CREAM TUBS, FRUIT PUNNETS)

✓ **PLASTIC BOTTLES**

✓ **GLASS**  
(JARS, BOTTLES)

✓ **CARTONS**  
(MILK, JUICE)

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

✓ **METALS**  
(FOOD & DRINK CANS, AEROSOLS, ALUMINUM TRAYS)

**recycle for GY**  
tel: 01493 846478  
[great-yarmouth.gov.uk/recycling](http://great-yarmouth.gov.uk/recycling)

**Please place your items loose not in bags**

TO CONTACT US EMAIL [Beltonvveditor@gmail.com](mailto:Beltonvveditor@gmail.com)