

# Village Voice

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Vol 17-08

Delivered MONTHLY FREE

## MOORLANDS PRIMARY ACADEMY: WHAT OUR LIBRARY MEANS TO US

(An article from Gracie Jermy, age 10, Deer Class, Moorlands Primary Academy)



On Wednesday 14th September, Moorlands was proud and excited to open up our brand new library. I was very happy to see the library open, because a good library is like the heart of a school. Without one a school is lifeless. We were so lucky to get a huge range of books in our library. I am reading one called 'The Outlaw Varjak Paw' by S F Said. It is an amazing book.

After all the work that the teachers and book councillors put into the library, many of us will treasure the moment that Joffre White, the author of the Frog books, cut the ribbon. He didn't only open up our library, he opened up our imaginations and showed us the way to true happiness can lie in books.

I am one of the pupil librarians who will help look after the library, to keep the books up to date and to keep it shipshape. I will be on duty every week and I cannot wait. Reading is important because it allows you to go to other worlds. It allows you to learn while being on an adventure. It allows you to relax and have fun. I just love books in every way.

Photo: Joffre White, children's author with Dave Watson, Freeman of Norwich

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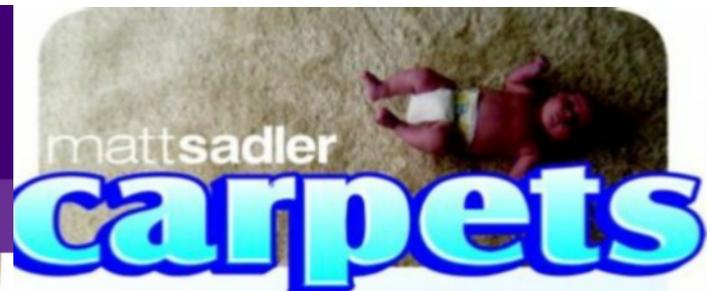
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# VILLAGE VOICE

## NOVEMBER 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.

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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 December edition of Village Voice will be 14 November 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

There are many timeless traditions that are still followed in the House of Commons. Some have fallen by the wayside, such as the antiquated requirement to wear a hat if you wanted to raise a point of order during a vote. Spare top hats used to be kept in the chamber for this purpose. The courtesy was shown to other MPs during debates remains. That's why you will hear most Members of Parliament addressed as the Honourable member, whilst others will be referred to as the Right Honourable. All MPs out of traditional courtesy are addressed as the Honourable Member, whilst the Right Honourable title refers to someone who is a Privy Counsellor. The Privy Council is one of the oldest parts of Government, dating back to Norman times, originally acting as official advisors to the Monarch on administrative, justice and legislative matters. Over time its role has evolved as the country developed a constitutional monarchy, with democratically elected governments. Today, it advises Her Majesty the Queen on matters of State. Much of the day-to-day work is involved with the work of chartered bodies, a range of charities, institutions and companies who are incorporated by Royal Charter, for example, institutions like our universities or organisations such as the Royal College of Surgeons. Most of the business is conducted by those Government ministers who are Privy Counsellors, that is all Cabinet ministers and a number of junior ministers. However, there are around 650 Privy Counsellors at present, which also include clergy from the Church of England and senior members of the legal profession. Most of the work of the Privy Council is now undertaken by written communication between different Government departments, although there are still requirements for formal meetings with Her Majesty. These take place around once a month, usually at Buckingham Palace, with four Privy Counsellors in attendance. It's an honour and a privilege to be appointed by Her Majesty as a Privy Counsellor and to take this important role in our constitution. Although an official announcement of my appointment was made by Buckingham Palace last week, I won't formally be sworn in as a Privy Counsellor until a formal ceremony in the New Year. Strangely, it was previously considered criminal, and possibly treasonous, to reveal the oath used to swear in a new counsellor. It wasn't until 1998 that the rather unsurprising words were finally revealed, so it is unlikely that I will be taken off to the Tower of London for writing this column.

You have a chance to learn some more behind the scenes facts in Westminster during a forthcoming coach tour for constituents. You can join me on Friday 2<sup>nd</sup> December, with a coach leaving Bradwell at 9am, and Belton at 9.15am. 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)

### IT IS SCAM TIME AGAIN!

We are sure all readers are careful with their personal details etc but do be aware that this time of year the Scammers are hard at work. Telephone calls can be a great nuisance and liable to scams. Do not get into a conversation if you suspect anything and are not expecting the call. Never call back on any number given if asked to. Any number starting 090 will be charged at several pounds per minute.

If you receive a card through the door saying someone has tried to deliver a parcel, do not call the number you are asked to especially if the card has DPS on it. This is a scam. Never give bank details over the phone even if the caller says it is your bank calling. They will never ask for that information by phone. If you are an internet user be aware that this time of year many scam emails are around. If you are not expecting an email or you do not recognise the email address just delete it. Do not even open it.

Do not entertain unwanted callers at the door and if necessary ask for identification with a telephone number on it so you can close the door and make the call to verify who it is. Keep safe over the next two months but be aware and if you receive a suspicious letter, email etc and we can help, let the Village Voice know.

### VILLAGE VOICE GRANTS

By the time you read this the applications for grants from Village Voice for local clubs and organisations will have closed and the management board will have gone through them and advised the applicants of the outcome to their requests.

We have told some of you that we intended to present the grants at the JGI November Coffee Morning. Unfortunately due to the unavailability of several people we have had to postpone this and the presentations will now take place at the DECEMBER Coffee Morning on Saturday December 10th at 11am when the cheques will be presented to all successful applicants. A full report will appear in next month's Village Voice.



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# BELTON WITH BROWSTON PARISH COUNCIL

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



## COUNCIL MEETING

Ten Parish Councillors, Borough Councillor Adrian Myers and two members of the public attended the September meeting of Belton with Browston Parish Council, John Rudrum was in the chair. Councillor Myers reported on a consultation on the borough Council web site on a proposed Boroughwide dog control order, in Belton a total ban on dogs is proposed on the New Road Sports Field, Bland Corner and the two enclosed areas on the Bell Lane playing field.

The chairman covered various points from the Summer period, that the Wig-Wag school crossing point lights are now installed along with the trod path at the junction of Waveney Drive and New Road. The County Council will be thanked for the speed with which they dealt with the subsidence of the surface on Bracon Road. The chairman is in contact with Norfolk County Council over cutting the tree canopy on New Road to improve the efficiency of the street lights whilst a quote is to be obtained for a general clearance there which could possibly be done through the County Council Parish Partnership scheme which would pay half depending on total cost of work. The possibility of improvement work on Bell Lane each side of the footbridge under the same scheme is also to be costed. The new bus service, route 71 operated by Anglian Bus is now operating hourly, day times Monday to Saturday along the Beccles road through Bradwell, this is as a direct result of the public meeting called earlier by the Parish Council, First Bus new service X11 is unaffected by this introduction.

Members had considered a possible extension to the community room at the New Road centre but only if grant funding could be found, however it appears that grants to Parish Councils are now almost non-existent so any possible plans have been put on hold for at least two years. During the Summer members had raised no objections to the following planning applications, a Juliette balcony at Barn 3 off Beccles Road, Swimming pool alterations and improvements on the Wild Duck site, and for renewal of storage facilities permission at Woodland View Fishing Lakes off Station Road North. Members were pleased to hear of a 'blanket' tree preservation order covering the Wild Duck Holiday Park site.

At the meeting there were no objections to extensions at 9, St James Crescent. There was an application for 20 residential park homes for the over 55's on part of the Rose Farm Touring Site and a further request to allow all remaining touring pitches to operate throughout the year (at the moment there is a mix of 11 and 12 month permissions), these requests were not objected to although the decision rests with the Borough Council. Members confirmed their view that for the long term local plan to 2030 there should only be development at Bland Corner (already approved) land opposite that on New Road which will exit to the same new junction and a section of land off Church Lane facing the church.

There have been a large batch of plans decided by the Borough Council, concerning the kebab shop at The Tavern the new flue has been approved, the illuminated signs refused, and new hours agreed (Monday to Saturday Noon to 11pm and Sundays Noon to 10pm). The application for a dwelling on old barn footings at Crossways Farm, Lound Road, Browston was refused, however all the following have been approved, Barn 3, off Beccles Road (Juliette balcony), 21 Debnam Close (two story rear extension, 55 Station Road South (Annexe), Ashmar House, Farman Close (two story extension), 8 The Staithe (kitchen extension) and 25 Station Road South (stables on adjoining land).

## 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 November 15th and December 20th. 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 October 12th and November 9th and December 14th (Please note the new time of 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.

## BELTON ALLOTMENTS

There is a committee meeting at the New Road Sport and Leisure Centre on Friday October 28th (7.00pm) and, subject to confirmation at that meeting, it is expected that the AGM will be held at the same venue on Friday November 18th, also 7pm when all allotment holders should attend if possible as rents for the new year are payable during the meeting. (*Apologies for the gremlins getting into the times last month - these are correct at time of writing*). Are you interested in having an allotment – if so now is the time to decide so that you can prepare for the 2017 season – if so put your name on the waiting list by calling the Parish Clerk, Kate Palmer, on 01493 602960 or by e-mail [beltonparish@yahoo.co.uk](mailto:beltonparish@yahoo.co.uk).

## CRIME REPORT

The following crimes were reported locally during the month of August.

**BELTON:** 4 x Violence/sexual offences, 2 x Criminal damage (Station Road North & Provan Crescent), 5 x Anti Social behaviour, 1 x Shoplifting (Beccles Road), 1 x Burglary (New Road), 3 x Theft other  
**BROWSTON:** 1 x Violence  
**BURGH CASTLE:** 1 x Burglary (Breydon Waters), 3 x Violence, 1 x Anti Social behaviour, 1 x Other Theft, 1 x Other crime  
**St. OLAVES:** 1 x Anti Social Behaviour, 1 x Criminal damage/arson  
**FRITTON:** 4 x Anti Social behaviour, 1 x Violence

## NASA SOLVES BELTON UFO SIGHTINGS

At long last NASA has released its findings on what was thought to be alien effluent discharge over the Waveney Road sign last week. It appears to be a red face for one Wensum Way resident, the small black spheres found scattered in the grass were not waste discharge from a hovering UFO as first thought, (which would have been against standing orders, even on an extraterrestrial craft), NASA verified that after full testing using their neutron microscope, that the subject matter was in fact vegetable in origin, and carbon dating confirmed that it was at least 24 hrs old.

This raises concerns over a reported sighting of an alien creature walking along New Road by the footbridge, it was reported to be as big as a large dog, brown, four legs and two very large antenna

sticking out of its head, and tusks hanging down from its head, the witness said Quote "I came across this er'e creature as I was troshing along over the bridge boy! never seen the likes before boy! It appeared to jump up and vanished in the brambles boy" We now know it actually beamed back in to its ship! As no sign of it could be found.

The spheres have been reported far back, The Egyptians, and the Druids knew the phenomena as star dust! Opinions were asked of the famous TV presenter "A" lister Tristram Macham he replied waffle waffle waffle deer waffle waffle Muntjac waffle waffle giggle giggle. that's how I earn a living??

In conclusion, its a fact that this alien to our village who walks among us on a daily basis has strength and weight so if you drive along our roads too fast it will right of the front of your car in an instant and that's a fact boy!!

**Mick Graystone** PC/NASA liaison.

*A little bit of nonsense now and then is relished by the wisest of men  
(Roald Dahl)*



September has continued to be busy, the alteration to the bus service has seen our numbers rise

significantly. 55 the total for the month. Thanks to Sue for her hard work and to Lynn for helping out. Remember you can book a car to take you shopping, to social events, connections for holiday travel or medical appointments. We ask for at least 24 hours notice as all our drivers are volunteers, but are very willing to do our best to help. We will go to the Norfolk & Norwich Hospital, 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. Tel: 780126 or mgreenacre532@googlemail.com

## FRITTON & ST. OLAVES PARISH COUNCIL

Allan Memdum chaired the July 24th meeting of the Parish Council, there were eight councillors present plus Borough Councillor Adrian Myers. Members agreed that if the Borough Council had not dealt with the Japanese Knotweed problem at The Dell by the next meeting the DoE would be informed, members were told that the £300 from Councillor Myers ward budget for the disused telephone box repair at Fritton was now in the working party's bank account.

The Council has now asked that County Council if the requested footpath between Fritton and St Olaves can be constructed on the northern side of the road as space is available there, councillor Myers agreed to investigate the possibility of it being a "trod" path, a further alternative could be to ask Lord Somerleyton if he would donate a small strip of land between Blocka Run and Fritton.

There were concerns over the amount and speed of traffic on new Road especially in relation to Fritton Woods use and the fact that the council were pushing for the car parking and picnic area to be reopened to the public, it was stated that some New Road residents would prefer it to remain closed., Councillor Myers stated that a speed reduction to 20MPH on the road was unlikely Members agreed to write to the owners concerning keeping the area clean and tidy.

Councillor Myers reported that the legal position of applying for a Public Space protection order on the woods is currently being considered by the Borough Council and also that a request has been made to designate the Waveney Forest Parking and Picnic area as a local green space.

It was agreed that the possibility of restoration of the Fritton village sign should be investigated with the possibility of a fibreglass or resin replica being considered and the that residents of Fritton be consulted as some fundraising would probably be required. The St Olaves sign is now complete and there was a request that the ownership be transferred to the Council however it was felt that some site levelling might still be required. The Finance Report and Annual Return for the year ended 31st March 2016 were noted.

The next meeting of the Council is at St. Olaves Village Hall on Thursday November 24th at 7.30pm.

## BURGH CASTLE PARISH COUNCIL

All seven Parish Councillors, County Councillor Adrian Grey and Borough Councillors Brian Lawn and Adrian Myers along with about 20 members of the public attended the October 11th meeting of Burgh Castle Parish Council, Trevor Greenacre was in the chair. Councillor Lawn reported on the procedure for dealing with trees overhanging the highways, the Parish Council needs to write first followed if no response from the landowner by a letter from County Highways before as a final option the County Councils legal department gets involved. County Councillor Grey reported that the devolution of Norfolk and Suffolk with a single mayor for the whole area will be discussed at County on November 3rd, he remains against the plans especially because of likely extra costs on residents of another tier of authority government. There is now a 6 minute video on Facebook on the 4.5 million Broads Authority Landscape partnership, a National Lottery funded scheme for the whole of Broadland, Burgh Castle is mentioned in this, the Facebook link is by typing in 'water mills and marshes Broads landscape partnership'.

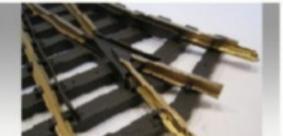
There is a local volunteer coordinator in place for the possible speedwatch scheme in the parish, six volunteers are needed and already four applicants forms have been returned with more having been issued, the plan is that once the volunteers are approved problem locations will be risk assessed then volunteers will be trained and the scheme will actually commence. One quote has already been obtained to repaint the Village Sign, and a second contractor has been identified whose price is awaited, the topic will be on next months agenda for a decision, Councillor Grey stated that he might be able to help funding with a contribution from his Borough Council ward budget. The chairman reported that there will be a public consultation day on Tuesday November 22nd at the Village Hall (9am-8pm) when plans for developments for the next 20 years at Folkes Welcome Pit will be out for discussion and comment prior to any formal planning application being made, the event is being put on and staffed by the company and their agents. There were four planning applications.

- **Burgh Hall** -3 new dwellings – Objected to on the same basis as the previous, larger application for six properties (outside development area, isolated to services, no footpath and no bus service).
- **Church Farm** – Demolition of 3 modern buildings, other replacement windows, new build annexe, triple garage and landscaping – No objections.
- **Holly Cottage, Back Lane** – change of curtilage incorporating more land plus a two story side extension – No objections.
- **Willowbrook, Back Lane** – Change to curtilage incorporating more land plus relocation of domestic garage – No Objections.

The next meeting of the council is at the Village Hall on Monday November 14th (7.30pm).

## BURGH CASTLE CHRISTMAS FAIR

The Community Christmas Fair will be held at Burgh Castle Village Hall on Saturday November 26th at 2.15pm. There will be all the usual stalls, raffle and refreshments. Donations such as cakes, fancy goods and tombola prizes would be very welcome. contact Brenda (781040) or Maureen (781747) for further details. Proceeds from this event go to general community funds benefiting both the Village hall and Church.

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## 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.

**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.

**1st. BELTON GUIDES** - Tuesdays (6.45-8.30) contact Linda 01493 667311.

**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.

**CRAFTERS 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

The November meeting on Friday 4th is an exhibition evening of members photographs. This will be between 6pm and 9pm and is free and open to all at the JGI.

Come along and have a great evening, bring your children and get them interested in photography. There will also be a chance to have an individual or a family portrait taken for a small charge.

For further information contact Bill on 780822

## BELTON AND DISTRICT HISTORICAL SOCIETY

Our talk at the end of September "All About Moles" with Louise Chapman "The Lady Mole Catcher proved to be a very informative and interesting afternoon, I think several of us wondered what we would get however Louise is a very professional and interesting speaker, so much so that we intend to try to re book her for the latter part of 2017 to talk on her Australian TV experiences, that should be one not to miss. By the time you read this our October event will also have past, Yarmouth's History is always interesting.

We have monthly events, all at the John Green Institute, Belton on Sunday afternoons (2.30pm), the admission is £3 (members £2) Non members and guests will always be made very welcome we always have teas/coffees available and there is a raffle for club funds. This list is as follows :-

November 20<sup>th</sup> - "**Aspects Of Jewellery**". With Rozie Thomas, This should be a fascinating talk, As well as examples that our speaker will bring please bring examples of costume jewellery that you might have for discussion and comment. There will also be the opportunity to purchase items of costume jewellery - Just the right time to buy that ideal Christmas present.

January 22<sup>nd</sup>.- "**The Victoria Falls & Okvanga Delta**". Illustrated talk with Bill Richmond

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

March 19<sup>th</sup> - "**Round England On My Bus Pass**" Illustrated talk with Malcolm Metcalf.

April 23<sup>rd</sup> - Our AGM plus "**Burgh Castle Roman Fort**". An illustrated talk with Caroline Davison (Director) of Norfolk Archeological 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.

## MAMMOTH SALE SUCCESS

The Mammoth Sale at the JGI on October 1st organised by Belton Charity Fundraisers raised £483. for our funds, we would like to thank everyone who donated or helped in any way, especially the many bargain hunters who made the day such a success.

As a result of the excellent morning our stocks are now running very low, we are therefore now looking for any of the usual bric-a-bric, jigsaws, games etc. plus items for our Christmas stalls (decorations/gifts etc.), please call 01493 780776 if you have anything for collection or deliver to Skelmorlie, Butt Lane, Burgh Castle. Our Christmas stall will have its first outing at the JGI coffee morning on Saturday November 12th (10am-Noon).

## MONTHLY COFFEE MORNINGS

The next monthly Coffee Mornings at the JGI are on Saturdays November 12th and December 10th. As well as tea and coffee, between 10 and 11am bacon butties are also available so why not drop in for a late breakfast. Admission is free and there is always a raffle for one of the local village groups or a local charity, on November 12th it is being organised by Belton Church Youth Groups. Thank you to all who supported the October raffle for Belton St John Ambulance Cadets and helped to raise £94 for their funds.

As usual there is the Bargain Stall organised by Belton Charity Fundraisers, in November it will be a special Christmas version, look out for a wide range of items at ridiculously low prices. The Fundraisers always welcome donations of items to sell, anything welcomed except mains electrical goods and used clothing, please call Gloria on 01493 780776 or deliver to "Skelmorlie", Butt Lane, Burgh Castle, NR31 9PU. Local collection of items can always be arranged. 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 six months, commencing with the Coffee Morning on November 12th all proceeds from 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.

## DATE FOR DIARY

### THE BENEFIT SYSTEM HAS CHANGED

If you have any concern about any benefit claims then come along to the JGI on Thursday 10th November between 2pm and 4pm to speak with representatives from DIAL, who will try to answer you problems.  
Call DIAL on 01493 856900 for further information

### CHRISTMAS PARTY

Again this year there will be a Christmas Party at the JGI on Saturday 10th December (7.30pm) This a free, but TICKET ONLY evening, please bring a plate of food to share. Entertainment is being provided by "The Diabolics".

To book your tickets please ring Barbara on 781294 or Nora on 780182 - be quick as they will go fast (please note that doors will not open till 7pm.

### RECYCLING: A DATE FOR YOUR DIARY



At the Drop In Morning on Wednesday November 16<sup>th</sup> there will be a presentation from Great Yarmouth Borough Council- All about Recycling. What we can and cannot recycle. It will be a chance to put any questions to the Borough Council as well as getting all the latest updates on this important topic. All welcome even if you are not a regular visitor. The talk will begin at 10.45 am. Make this a date

### BELTON W.I.

Belton W.I. next meet at JGI on Tuesday November 8th at 7.30pm this is our AGM. The competition is for 'Fancy bed socks' and there will be the usual sales table.

For any further information call Sue on 01493 780822. If you fancy a night out with the girls why not come and give us a try.

### WEDNESDAY DROP IN

We are at the JGI every Wednesday morning between 10.30am and noon. Come along for a coffee and cake and meet new friends and catch up on news. Make a note for Wednesday November 16th when we have a talk from GYBC on what and what not we can recycle. Come along even if you are not a regular visitor, you will be made welcome. For more details contact Sue on 780822

### AFTERNOON TEA

The charity afternoon tea held at the JGI in late September and organised by the Belton Events Committee was rather poorly attended however those present were very generous enabling £300 to be sent to the local branch of MacMillan Cancer Care.

Thanks to all the helpers for their assistance and hard work including making the hall look so good for the event.

## 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/or Rear  
Meeting room available  
Ideal for Groups  
Parties & Functions  
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and Entry

For further information and hiring rates please contact  
Lin on 01493 781140 or Bill on 01493780822  
or goto [www.beltonandbrowston.com](http://www.beltonandbrowston.com)

## BELTON DIGITAL CAMERA CLUB



An Exhibition Evening of  
Members Photographs at the  
JGI  
On Friday November 4th  
from 6pm til 9pm

Free entry  
plus a chance to have a Family Portrait taken

### CHRISTMAS PRIZE BINGO

There will be Christmas Prize Bingo at the JGI on Friday November 18th (eyes down at 7.30pm). Excellent prizes and raffle, come and join this fun evening. If you require further information please ring Nora on 780182 or Barbara on 781294.

### OVER 50/60's CLUB

37 members recently had an enjoyable lunch at Browston Hall, the club meets at the JGI every Tuesday afternoon (2-4pm). For information contact Norma on 01493 780447.

### QUIZ NIGHT

The next Quiz Evening at the JGI will be on Friday Novemeber 25th (7.30pm) , entry is £5 for a team of up to four players. Good company - Good Prizes - Good Raffle. Why not get a team together from your friends / colleagues / club or family. For more information call Barbara on 01493 781294.

### QUIZ SHEET NEWS

In the "Musical Instruments" quiz organised by Gloria for Belton Charity Fundraisers there were were no all correct entries however there were seven entries with 29 out of 30 correct and six with 28. the 29's were Paul & Valerie Miller, Jane Easter, C Gambling, Grace King, The Drivers, Sue Richmond and Roger & Yvonne Baker. Paul & Valerie Miller's name was drawn to receive the £10.00 shopping voucher. Our next quiz 'Gardening Problems' 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 should be returned to either of those addresses by Thursday November 10th.

## 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

# EVENTS AT THE NEW ROAD SPORTS AND LEISURE CENTRE



**CENTRE POST CODE  
NR31 9JP**

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

## BEEBOPS PRE SCHOOL

Beebops Pre-School Sensory Music and Dance classes are now at Belton New Road Sports and Leisure Centre on Tuesday Mornings (10am for Family Time and 11am for Babees). Our Beebops classes are structured and expressive and can help children develop in many different ways through a lively, fun, safe and educational 'grown-up' and child interactive sensory, music and dance class. The classes adhere to the Early

Years Foundation Stages and have both structured elements and free play to enable your child to develop all the necessary skills required for when they start nursery and school, including social interaction with the other children in the group. Beebops classes use lots of different ways to encourage and engage your child including: Singing, Dancing, Nursery Rhymes, Popular Songs. Exciting Props (such as Bean Bags, Parachute, Lycra, Ribbon Bangles, Space Blankets to name just a few) Sensory Mediums (such as rice, pasta, Water Beads, Bubbles, Lights etc). The main aim of our classes is to have fun and spend some quality time with your child. To find out more about our classes visit our webpage [www.beebopsltd.co.uk](http://www.beebopsltd.co.uk), email [enquiries@beebopsltd.co.uk](mailto:enquiries@beebopsltd.co.uk) or see facebook [www.facebook.com/beebopsltd](http://www.facebook.com/beebopsltd).

## 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). Both groups are supported by The Village Green Children's Centre. For more information please contact Shelley 07767 389789 or on facebook or email [jollytots@yahoo.com](mailto:jollytots@yahoo.com)

## 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](mailto:beltonparish@yahoo.co.uk)

## MONDAY ACTIVITIES



These exercise classes are at New Road on Monday mornings.

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

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

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

**Nordic Walking for health** - 10.30am to 11.15 am. A gentle approach to Nordic Walking will improve your general fitness with less effort. Using the poles for walking will enhance you natural walking movement, allowing you to walk a little further and freely. Nordic Walking on the field will continue while the weather is good.

Each 45-minute session costs £2.50 and includes refreshments at 10.15 am.

**Senior Circuits** - Monday 7<sup>th</sup> November 2016 at 10.30 am for 6 weeks up to Christmas and 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.

To find out more and book your place contact Sallyann on **Mobile:** 07599 044 806 **Email:** [up4fitness@gmail.com](mailto:up4fitness@gmail.com)



## PILATES WITH HAYLEY

There are two weekly Pilates classes for begin-

ner 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](mailto:hayley@hayleyallenpilates.co.uk)

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

## Answers to Puzzles

1. 91
2. 354
3. 142

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### MOBILE LIBRARY

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

**Belton** - the next dates are November 16th and December 14th 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, (November 16th and December 14th) for the next visits, stopping at Priory Close off Herringfleet Road, St. Olaves (10.30-10.40am) and on New Road at Fritton (near the playground) (10.45 -11am).

### MONEY AND DEBT ADVICE

Free, impartial and confidential advice and guidance on a range of money and/or debt issues is being offered at the Village Green Children's Centre, Belton by a representative from D.I.A.L on the last Thursday of every month (1 to 3 pm). The next visits are on October 27 and November 24. For more information call 01493 789562 or e mail childrenscentre@moorlands.norfolk.sch.uk.

### DOMINIC KING JUDO CLASSES



Eastern Area Judo Champion Ryan King travelled to Edinburgh recently to compete in the British Minors Championships. 10 year old Ryan is a member of the Dominic King Judo & MMA Academy and was supported at the competition 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. Ryan was in a very tough group using a round robin system against some of the best players in the country. This means each competitor fights against each other. As the competition progressed Ryan beat the eventual Champion but narrowly lost to the Bronze medallist who he beat two weeks earlier at the London Open. The final result was decided on points as Ryan and the Gold medallist had the same number of wins meaning Ryan missed out on the title by the narrowest of margins ending up with the Silver medal. This was an excellent result for Ryan and shows that all his hard training and dedication pays off.

The judo club run sessions at Belton New Road Sports Pavilion on Tuesdays 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.

### USEFUL CONTACTS

|   |                                 |                              |
|---|---------------------------------|------------------------------|
| Jhoots Belton Pharmacy<br>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<br>Beat Manager PC 280<br>PCSO 8424 | Mike Lay-Flurrie<br>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<br>Children's Centre                                |                                 | 01493 789562                 |
| Moorlands Academy   |                                 | 01493 780007                 |
| Ormiston Academy  |                                 | 01493 662966                 |
| Rector Belton &<br>Burgh Castle                                   | Rev Rosie Bunn                  | 01493 780210                 |
| Norfolk County Council  | County Hall                     | 0344 8008020                 |
| County Councillor<br>Lothingland<br>Breydon                       | Colin Aldred<br>Alan Grey       | 07919 386862<br>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                 |

### FURSEY PILGRIMAGE



What an afternoon! - Beautiful sunshine as everyone arrived for the 20th Annual Pilgrimage in honour of St Fursey held at St Peter & St Paul Church, Burgh Castle on October 1st. Hymns were sung with great enthusiasm in a service led by members of the Fursey Pilgrims. The address was given by Father Liviu Barbu,

Rector of the parish of St Philothea the Martyr and the Venerable Bede, Norwich and Associate Priest of St George Romanian Orthodox Church, London. At the end of the service we followed an ancient Columban tradition of sharing bread with a stranger as we walked over to the Roman fort, where St Fursey's monastery was (reputedly) sited. The spit spot of rain soon became heavy and the sky lit up with lightning but prayers were said and hymns sung, we were all well and truly soaked, as we returned to the Village Hall for tea and refreshments, the sunshine returned!  
(Rosie Bunn)

### 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



### MALCOLM'S NATURE NOTES

There are two types of wild plants named Bryony, but they are not related.



**White Bryony** (*Bryonia cretica*). This Perennial is a member of the Gourd family. Its long stems spirally coiled climb by its tendrils. Its leaves are like large Ivy leaves, coarsely hairy, not glossy, flowers are small greenish in clusters of up to five. Its orange-red shiny berries, the size of peas when ripe are filled with juice of an unpleasant foetid odour and contain 3-6 large seeds greyish-yellow mottled with black and unwholesome to eat. They can be seen in winter covered in frost. Among animals only goats will

eat this plant. Under the name of Wild Nep, the plant was known in the 14<sup>th</sup> century as an antidote for leprosy. The plant is also named the Devils Turnip.



**Black Bryony** (*Tamus communis*). This plant belongs to the Yam family. A climbing plant with weak stems, twining clockwise, hairless, long stalked, glossy dark green heart-shaped pointed leaves, shining as if they had just been varnished. Late in

summer they turn dark purple or bright yellow. In winter the stem dies down, though the root is perennial. Its flowers are small greenish-white in loose bunches, later succeeded by berries of a red colour. The large fleshy root is black on the outside and exceedingly acrid and most dangerous if eaten.

**Malcolm Metcalf**

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

### MOORLANDS HARVEST FESTIVAL AT ALL SAINTS



The children from Moorlands C of E Primary Academy took part in a special Harvest Festival at All Saints Church on Friday 14<sup>th</sup> October. Rosie and her team welcomed nearly 300 children from the Academy into Church and received gifts of food from the children for The Pantry, a service offered by the church to those in serious hardship. Three children from each class had written their own prayers, which they read out and added to a special 'Prayer Tree'!



The Revd Rosie Bunn commented that the children sang with gusto the chorus of the traditional harvest hymn, "We plough the fields and scatter" and during the other song, "Thank you Lord for harvest-time", they enjoyed the clapping and especially saying thank you to God for chocolate!

Headteacher, Kevin Lee said "It was a wonderful service, all the children enjoyed taking part. More importantly, the message and significance of Harvest was made clear in a way that the children could really relate to."

### MOORLANDS ACHIEVES 500 TWITTER FOLLOWERS!

Moorlands CE Primary Academy achieved their 500th Twitter follower this month. The academy has been tweeting for just over a year, so it is quite an achievement. Deputy Head, John Siddles said "We've found that Twitter is a great way to showcase things that are happening in the Academy. We have also used it to make links with parents, other schools, libraries and authors. Our target now is 1000 followers!" You can follow Moorlands on Twitter using the #@moorlandsbelton

### MOORLANDS CHRISTMAS FAIR

This years Moorlands Primary Academy PTA Christmas Fayre is at the school on Saturday November 26<sup>th</sup> (11am - 3pm), there will be a wide variety of stalls and attractions including raffle, grotto, craft activities, games and tombola. Also present will be The Figure Factory, Sensity, Avon, Books, Teddies, handmade keyrings and jewellery and much more.

Admission is free however children must be accompanied by an adult, enquiries including applications for stalls to Vicki on 01493 782158.



### FORMER ACADEMY STUDENT WINS ACCOLADES

Susan Hart, a former student of Ormiston Venture Academy has received recognition for her outstanding work in the community with a NOSCA (Norfolk Safer Community Awards) nomination in the category of Young Citizen of the Year. Susan was nominated by PC Hamilton-Deane Venture's Safer School Officer in recognition of her long-term commitment to helping others. In addition to her school

work as a Peer mentor, Librarian and active part of the Union of Venture Students, Susan has been involved with St John Ambulance since she was 5 years old. Since 2011, she has completed 250 volunteer first aid duty hours and is currently 'Cadet of the Year' for the Gorleston Combined Cadet Division. In April 2015 Susan was on duty with two adult First Aid volunteers at the Pavilion Theatre in Gorleston when she was involved in administering life support to a person in cardiac arrest. Subsequently, she was nominated to attend a reception held at



Buckingham Palace for her assistance at this incident. Susan was successfully nominated to be the 'Lions Young Ambassador' for 2016/17. She has now launched an appeal to raise funds for a vehicle for the Norfolk Accident Rescue Service (NARS) which the Lions are supporting. Simon Gilbert-Barnham, the Principal of Ormiston Venture Academy said, "Susan was not only a leader in our academy but a leader within the community. Her inspirational commitment to our student leadership has left Venture a better place".

## ALL SAINTS BELTON



### Rev Rosie writes

Too often we are reminded of the terrible cost war brings to nations, communities and families. We see pictures and film clips from the war-torn areas of the Middle East. Bombed out buildings that were home to many families. We hear the cries of the children, frightened, and the pleas for help, for food, for water and for medicine. Bombs do not distinguish between age, sex or profession and much of the bombing recently has been said to be aimed at government insurgents yet what we see is the bodies of children and women being pulled out from under the crushed buildings and rubble; hospitals raised to the ground.

It is so many years ago that our nation suffered bombings and horrific attacks that most of us don't have experience of the atrocities we see on the television, but they happened, and in war, our nation has unleashed attacks on other nations in the name of justice. From the most recent conflicts, our nation mourns many dead and remember even more men and women who were hurt, injured or damaged in the course of carrying out their duties.

Our annual remembrance is the least we can do for those who fought bravely for our freedom during the First and Second World Wars. How easy it could be to let the lessons of the past slip into forgetfulness. How easy it can be to buy a poppy as a token gesture, and observe with reverence and respect the 11th hour of the 11th day of the 11th month, and that be that for another year. But sadly for those who still suffer from the wounds of battle, and those who mourn their loved one, the pain continues, but thankfully so does the work of the Royal British Legion and other organisations who support them.

How much do we have to be thankful for; for living and growing up in a peaceful part of the world?

I think the words "enormously grateful" doesn't go far enough or do justice to the gratitude we owe as a nation to those who made it possible, and how I wish that the leaders of the nations of our world would work for peace so that a more secure future could be guaranteed for all.

Services of Remembrance will be held on Sunday 13th November at All Saints Church, Belton at 10.30am (where the Scouts, Cubs and Beavers will be on parade) and at St Peter & St Paul, Burgh Castle at 3pm. Moorlands Church of England Primary Academy will also be marking Remembrance in church on the day.

### BELTON COMPASS CENTRE

Friday the 30th September saw Compass Belton hold a Macmillan Coffee morning. It was a whole school affair with students from every class getting involved with the event. The younger primary class had their very own Minecraft themed bake off; the two secondary classes baked and donated cupcakes, Victoria sponge cakes and chocolate fudge cakes, among many more; and the older primary class decided that some alternative catering was in order and provided hot dogs for those that attended. Before the cake sale School Council members came to help decorate the room and make sure that everybody understood which charity we were raising money



for. Additionally, primary students were able to invite their parents and carers along to show off the work that has been happening in class this half term. With a great turn out from students, staff and parents we raised just over £80 for Macmillan Cancer Support.

### YOUNG AT HEART

Since writing last month, Young at Heart have shared another picnic lunch together at the home of one of our members - an indoor one courtesy of the British weather! This is an informal way of getting together each month over and above our weekly meetings, as so many of us eat alone most of the time. On one Tuesday morning, Bill Richmond kindly came along and talked to us about his visit to the Invictus Games. What an interesting and quite humbling morning. Many of us came away feeling not only fortunate ourselves, but

amazed at the strength of character shown by people overcoming difficulties to do things that we can so easily take for granted. Quite a life lesson really.

Recently we took one of our trips to Cherry Lane! A mosey round the shop, and a coffee together, where the staff were so considerate and looked after us very well. (Thank you, Cherry Lane staff!)

Next time, we will be doing some Christmas shopping....aagh, already?? On this occasion however, some of us were collecting small gifts to contribute to "Operation Christmas Child" - whereby we fill shoeboxes with small gifts for disadvantaged children in different parts of the world. If you are of later years (50 or more), you would be welcome to join us any Tuesday morning in the Church for coffee and light refreshments.

We are a Church group, although we welcome all, Church members or not. We meet there between 10.00a.m. and 12noon virtually every week of the year (we rest between Christmas and New Year!) and on the first Tuesday of each calendar month, we include a traditional Communion Service at 11.00a.m. for those who wish to take part. If you would like to know more, please contact Jane Mill (Tel. 781122)

### FUNDRAISING AT ACRE MEADOW

Once again the Knights family have been busy raising money for breast cancer, on Sunday 18th September we had a BBQ, tea and cake stall, our lovely band playing all afternoon plus Kev taking friends for a spin in his stylish American car, we also had a giant raffle which included a voucher for Browston Hall, two vouchers for Bradwell butchers, plants from Myhills and lots more!

It was hard work but enjoyed it with our family and friends there to support us knowing what we went through when I had breast cancer! We would therefore like to say a big 'THANK YOU' to everyone who made cakes, donated prizes, helped in any way also the band for coming too! The total raised was a whopping £670!, The money we raised will help researchers keep finding new ways to stop breast cancer once and for all.

**Avril Knights**

**YOUTH AND CHILDREN'S  
WORK AT ALL SAINTS  
BELTON**

After a relaxed start back in September, there is now plenty happening for children and young people at All Saints Church! On Sundays, at Rock Solid and at Youth Group, we have been continuing to learn the story of Moses, and have had some exciting times round the campfire and making various crafts to explore different elements of the story.

It has been very encouraging to read that Moses, who is known for leading thousands of people out of slavery in Egypt, actually didn't feel he was the right man for the job – how often do we also feel overwhelmed and worried about what lies ahead?! And yet, as ever, God is there for Moses: protecting, guiding.

The youth group had a great time at Quasar in October, although it turns out shooting your own team members isn't a good tactic if you want to win...! We are now busy planning the Light Party, which is our Hallowe'en alternative that offers a fun, safe environment without the fear, gore and horror that Hallowe'en can be associated with. Hallowe'en is a day that receives a mixed response from the Christian community, as well as society as a whole. Personally, I have to query the wisdom of allowing children to knock on stranger's doors when at any other time this would be actively discouraged! Rather than dwelling on darkness, or, we are inviting children (and their families!) to join us for a time of fun and laughter – there will be a bouncy castle, crafts and sweets, and for only £2 per child it is definitely worth it!

Messy Church in October was a Harvest Celebration, in which we thanked God for all the food we have and also for things He has made – for the trees, for our homes, and for ourselves.

We built some very artistic and creative sculptures out of pieces of potato! In November we are having a bonfire/firework party, then will meet on December 7<sup>th</sup> for our Advent session.

If you've never been before, we'd love you to come. We start at 6pm with a free meal, then do activities and crafts.

As the nights are drawing in and we start wondering if we should put the heating on, the young people at youth group, Cornerstone and Hub will be continuing to meet every other week, and will be putting together some Christmas Shoeboxes to be

sent to the Operation Christmas Child campaign, as well as keeping warm with table tennis, badminton, table football and hot chocolate. It has been great welcoming the year sixes to Cornerstone at recent weeks, and we'd like to encourage any young people at a loose end on Friday nights to join us and chill out at the church.

The youth group will also be running the raffle on Saturday 12th November at the JGI, so it would be great to receive support from the community for this too... there should, as ever, be some great prizes.

*Jean White, Youth and Children's Worker, All Saints Church, Belton*

**SPEED WATCH BURGH CASTLE**

Having stuttered and failed to get off the mark in the past it really does look as if a Community Speed Watch scheme for Burgh Castle is very near to becoming a reality. There is already a volunteer coordinator in place and four potential volunteers have submitted their documents for processing with several others about to do the same ( six people are required for the police and Norfolk Safety Camera partnership to be willing to commence a scheme and provide all the equipment and this now looks a real likelihood.

Anybody else interested in volunteering, please get in touch, the commitment is a minimum of an hour a week, to be aged over 18 and all sites will be safety checked and approved, you will never be on your own as four people go out together and full training will be provided before the scheme is allowed to commence. If you are interested please contact the Burgh castle coordinator, Wendy on 01493780452

or e-mail [wendygriffiths.2k@btinternet.com](mailto:wendygriffiths.2k@btinternet.com).

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**BURGH CASTLE RAISES MONEY FOR SPORT RELIEF**

Earlier this year, the Sainsbury's Sport Relief Mile in Burgh Castle saw local people running one, three or six miles in aid of Sport Relief. The money has been counted up and Burgh Castle raised a total of £972.20.

The money raised will help disadvantaged people living incredibly tough lives, across the UK and the world's poorest communities. Margaret Greenacre, Mile Organiser said "We are delighted with the total amount of money we have raised this year.

It's brilliant to have been part of such a successful Sport Relief year and know that we are helping to make a difference to people's lives." Jess Kirke, Events Manager at Comic Relief said, "We want to say a huge thank you to all of our local mile organisers. They work tirelessly to organise successful events up and down the country and we are truly grateful for all their efforts and hard work - Sport Relief wouldn't be the event it is without them." For more information please contact:

Ali Minto on 020 7820 2523 or [a.minto@comicrelief.com](mailto:a.minto@comicrelief.com)

**DENNIS SEWELL COMMENDED**



Members of the Fritton with St Olaves Parish Council attended the mayors parlour this week to hear the mayor

commend fellow councilor Dennis Sewell on his service to the community in that he has spent the last year visiting the Norfolk and Norwich hospital and attending to the duties of parish clerk voluntarily standing in for their very ill clerk. Linda Tegerdine the normal clerk has spent a long time in hospitals and has been incapable of walking Dennis made several trips to Norwich to take instructions and voluntarily carried out Linda's full duties publishing the council minutes, agendas and accounts and taking over her duties in a most professional way.

Members of the parish council felt his dedication should be recognised and recommended him for a community service recognition.

The mayor and his charming lady hosted a short reception and tea in the mayors parlour and a tour of the town hall premises. for Dennis, fellow councilors and their Borough representative Adrian Myers.



**BELTON F.C.**

Belton Football Club march on.....The first team have made a very good start to life in the Anglian Combination League with victories against Hempnall, Scole and Thetford Town Reserves while the first team have also dispatched two sides from higher leagues in the County junior cup, with victories against Buxton and Hemsby. Playing some very good football, the Belton FC lads have proved they can match teams who have been established for many years. Long may this last.....

A huge success also is the way the reserve side have settled and made a great start to the season in the Lowestoft league.

Some big victories and county cup (primary) wins have inspired the lads to push on. There will be so much more to come from both sides with the gaining of experience along the way.

It's such a shame that with two sides packed with local Belton talent has to ply their trade away from the village. Huge thanks to the fantastic support from family and friends who continue to trek to the outer reaches of Bradwell to cheer us on. Much appreciated.

Maybe one day in the distant future there will be an opportunity for lads from Belton to actually play in the village.....if only we had a pitch!!!

Despite the lack of interest and support from the people who could help us find a long term home, I am proud of the ,quite frankly huge achievements of our Belton boys. our support would be most welcome in any way that will raise this issue.

For news, highlights from games and info on the club, visit our excellent website [www.beltonfc.com](http://www.beltonfc.com)  
**Pete Reddy.**



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# 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.

## UNDERSTANDING YOUR PROSTATE



**Mr. Biju B. Nair, is a Consultant Urological Surgeon at the University Hospital of Ayr, Scotland. His clinical interests include General and Endourology.**

"Movember" ( November) is probably the ideal month to write and talk about the prostate. 50% of men by the age of 65 will experience enlargement of the prostate. This increases with age to 90% by the age of 90. Of these 1 in 3 men will experience symptoms. Severity of symptoms is not related to the size of the prostate. One should also remember that not all urinary symptoms are related to the prostate esp. pain or blood in the urine. 30 – 40% of men with prostatic symptoms do not experience worsening of their condition and may never require any treatment.

So, **what is a prostate gland** - The prostate gland is only found in men. It lies just beneath the bladder. It is normally about the size of a chestnut or kiwi fruit. The tube which passes urine from the bladder (the urethra) runs through the middle of the prostate.

**What does your prostate gland do** - The prostate gland is a male reproductive organ whose main function is to secrete prostate fluid, one of the components of semen. One component of prostate fluid an enzyme called Prostate Specific Antigen (PSA) also aids in the success of sperm by liquefying semen that has thickened after ejaculation. This thinning action allows sperm to swim more freely and helps in fertility.

**What are the symptoms of enlargement of your prostate** – the common symptoms would be difficulty in starting to urinate, weak flow, needing to strain to pass urine, needing to urinate frequently day and night, sudden urge to urinate which can result in incontinence, unable to empty bladder fully.

**If you have symptoms**, in the initial instance you need to try some self help measures. This can improve your quality of life - limit your fluid intake when you know you will be out of the house, try emptying your bladder twice each time by returning to the toilet after a few minutes for another attempt at emptying, reduce your caffeine, alcohol & nicotine intake which all cause you to make more urine, if you suffer from urgency - try distraction techniques (e.g. by using breathing exercises or counting) to take your mind off the urge to pass urine, if your stream is slow to start - try relaxation measures when standing to pass urine and try "holding on" as long as possible to improve your bladder capacity.

**If these measures fail or you are concerned seek help of your GP.** Your GP will normally review you initially and may supply you with a symptom questionnaire and/or bladder diary to complete before your appointment. Once seen he will do a rectal examination and might elect to do a blood test to check your prostate called PSA (Prostate Specific Antigen).

**Prostate-specific antigen (PSA)** is a protein produced by normal prostate cells. This enzyme helps in liquefying the ejaculate and plays an important role in fertility. The highest amounts of PSA are found in the ejaculate but some PSA escapes the prostate and can be found in the blood. PSA can be elevated in many prostatic conditions one of which is prostate cancer. Indications for checking PSA will be – when you request, urinary symptoms, abnormal digital rectal examination, progressive unexplained bone pain esp. back pain, unexplained weight loss or anaemia, spontaneous DVT and for monitoring in prostate cancer. PSA screening for prostate cancer is currently not advised as it is not cost effective unlike breast or colon cancer.

**Prostate cancer symptoms** can mirror prostate enlargement symptoms. With the advent of PSA testing quite a number of cancers can be detected without any symptoms.

**How will the GP manage** – He will advise you as mentioned before initially self help measures. If this is not successful he will try you on one or two types of medications. One medication (alpha adrenergic blocker) will relax the muscles in the prostate and bladder neck to help alleviate symptoms and the other will be to shrink the prostate in size (5 alpha reductase inhibitor) and takes 6 months before the effect is apparent. No treatment will clear your symptoms completely. These on its own or in combination will improve the symptoms so that the degree of 'bother' is minimal.

**When do you need to come and see an Urologist like me** – This is essential if your treatment has not been effective, your symptoms at the beginning is severe, your flow is very poor, if your PSA or rectal examination is abnormal and if there are any complications such as inability to urinate, blood in the urine, urinary infections or bladder stones.

**What can a urologist do** - We will re-evaluate your treatment. Sometimes modifications in the treatment will all that is necessary. If medications fail surgery will be advised. This will involve an anaesthetic and a short hospital stay with a catheter in situ post surgery for a day or two.

**What if your PSA is high** – This can be due a number of reasons like large prostate, infection or inflammation of prostate, retention of urine and prostate cancer. It is important for you to get a rectal examination and a repeat of your PSA done. If you are sexually active refrain for 3 days prior to getting the PSA repeated. If the PSA is remaining high your GP will refer you to see an urologist for an expert opinion. If the PSA is high even if your rectal examination is normal you would need an MRI scan of your prostate done and biopsies if indicated.

**What if I have prostate cancer** – Management is based on whether your disease is confined to the prostate or not. If your disease is confined to the prostate treatment options will include surveillance, surgery or radiotherapy. If your cancer is not confined to your prostate at the time of diagnosis you will be started on hormonal therapy (all prostate cancers are very sensitive to male hormones) with possibility of up front chemotherapy depending on disease burden.

For more details contact:

[www.prostatecymru.com](http://www.prostatecymru.com) or the **Movember Foundation** on <https://uk.movember.com>



### CHARITY FUNDRAISING DINNER SUCCESS

A very enjoyable and successful evening was had by all who attended the East Coast Hospice Annual Dinner at the William Godell Pavilion, Southwold on Friday 23rd September 2016.

Renowned economist, Professor Vicky Pryce was the guest speaker for the evening, covering the subject of Brexit and its implications on the current and future economic climate. Guests enjoyed a sumptuous three course meal while being entertained by the wonderful acoustic sounds from the Acle St Edmund Youth Orchestra.

They also had the opportunity to put forward their own questions to Professor Pryce regarding Britain's exit from the EU. A charity auction of a donated painting and a raffle raised additional funds for the hospice appeal. The evening concluded with a book signing by Professor Pryce.



### RELAXING YOUR MIND & BODY This month – Refining the Technique.

Continued guidance towards complete relaxation, part 5 the last in this series – from the principal instructors Colin & Mitzi Orr of Tai Chi Qigong Centre.

In our previous articles we covered parts 1, 2, 3 & 4

#### 5. Refining the Technique:

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Concentrate on the outgoing breath only, it will help you relax and your inward breath will automatically have a natural full flow. Don't wait to practise this technique during your session, take the opportunity anywhere any time, inside or outside perhaps while standing in the super market check out or even when sitting down watching TV. Just relax and enjoy your newfound breathing technique.

This part 5 concludes this series on 'Complete Relaxation'. Adapted from the TCQC blue course booklet and our Relaxation CD. For further details on Tai Chi and Qigong visit [www.taichi-qigong.net](http://www.taichi-qigong.net) or phone 01493 789992.



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**Puzzles for the month**

1. Add the sum of the first six prime numbers to the number of legs on a football pitch.
2. 18 squared minus 17 squared divide by 7 multiply by 21 add 249
3. Square root of 361 times by 27 minus 72, square root plus 121

Answers somewhere in this edition

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**1st BELTON SCOUTS**

**Beavers:** The beavers started this term by digging up the onions they have grown, along with the surprise potatoes missed from last year. There was enough for everyone to take

onions and potatoes home. Brown Beaver made potato and onion soup for them to try. They all completed their cyclist activity badge looking at cycle safety, be able to pump up their tyres to the correct level, use of lights and florescent clothing along with an obstacle course for them to ride around. The beavers completed the month with a walk along Great Yarmouth seafront on a beautiful evening, doing a quiz with points of interest as they walked along, sitting down along the way for chips.

**Cubs:** The cubs have started the term with a camp fire and marshmallows with some very loud songs as well as recapping what we did over the summer holidays. We then have spent two weeks training for the Wiltshire trophy, a cub scouting skills competition where we send 6 cubs to compete. We have done very well over the years including when Bear Grylls came to visit. We sandwiched this training with a "night for Alfie" in which we fundraised for a little lad who has not been very well, we had Luke one of our sixers at cubs had his head shaved, Akela had his beard and head shaved, Skip one of the scout leaders had his very bushy beard shaved off all in a good cause. We include a raffle, some games that included name the bear and count the sweets in the jar, a great evening was ended by everyone watching the big shave, and lots of money was raised for great cause!! Thanks go to Gorleston Football club, SAKS hairdressers and everyone who showed up on the night, brought raffle tickets or gave sponsorship for a great evening.



**Scouts:** The scouts have finally held their survival camp which we had postponed in the summer. Initially the day was drizzly and didn't look very promising. We arrived at camp mid-morning and put up an emergency tent in case our shelters didn't stand up to the weather. We then searches out some dry wood to start our fire. All our practice evenings paid off and we soon had a good fire blazing. We then turned our

attention to our shelter. We had 2 hours of beautiful sunshine in the afternoon. In that time the scouts made amazing shelter erected to house all 8 scouts. The leaders had brought food which could have been found in the wild and had hidden it around the grounds. We had to search for food and then cook it without utensils, on the fire. We enjoyed a meal of chicken, duck, potatoes, carrots, corn on the cob and tomatoes. In the afternoon we had gathered lots of blackberries and apples so we had them for pudd. We had managed to dodge showers during the afternoon but after our meal, the rain decided to come down with a vengeance. We took refuge in the hut for a while then decided to make dens indoors. Ryan wanted to sleep under his outside shelter but the rest of the scouts slept in their dens indoor! Everyone thoroughly enjoyed the experience and hope to do it again in drier warmer days.

**SCOUTS NEWSPAPER COLLECTIONS**

Belton Scouts will be collecting old newspapers (in Belton only) on Saturdays November 5th and December 3rd (both dates one week sooner than usual). Papers need to be put outside properties by 8.45am to ensure collection, please remember not to make bundles too large as some of the collectors are younger members of the group. Note that glossy magazines, leaflets and old telephone directories can be included with your papers.

**BELTON GUIDES**



All of us at 1st Belton Guides are settling into our new meeting place at the JGI and have been made to feel very welcome. Guides are currently working towards gaining their Communicator badge and Go for It challenge award. They are also busy planning activities for our weekend away at Coltishall in November and are excited about our forthcoming 40th Birthday celebration evening.

1st Belton Guides are 40 years old! Our unit has been running for 40 years in November and we are holding an open night on Tuesday 15th November 7.00 p.m. – 8.30 p.m. to celebrate. We would like to invite anyone who has been a member or a leader or had links with our group at any time in the past to join us for the evening.

We would love you to share with us any memories or photos you may have from your guiding years. We also extend this invitation to anyone who has been in Girlguiding or interested in joining to come along for a chat, cup of tea and piece of cake. We meet term time at the JGI Hall, Belton Tuesdays 6.45pm – 8.30pm and have spaces for girls aged 10 – 14 years old.

We are a very friendly group and welcome new members. Come and give us a try. For further details please contact Linda 01493 667311 or 07919620759 Email guides.1stbelton@yahoo.com

**BROWNIES & GUIDES MEMORIES**

In about 1976 when Guides and Brownies started in Belton two friends got together and Sue Casey took on the Brownies meeting at Waveney School whilst Sylvia Betts ran the guides at Belton Institute, now the JGI.



A surprise visit from Sylvia who now lives in Australia brought back happy memories for Sue who as Brown Owl ran the Belton Brownies for 27 years, this at a time when the 1st. Belton Guides have just returned to the JGI as it is now after a spell meeting at Burgh Castle Village Hall. Our photos show Sylvia (left) and Sue on Sylvia's visit and one from the past, Sue and the 1st Belton Brownies planting a memorial tree at Rectory Corner, as well as Sue (with spade) with the Brownies ( can you recognise any?) the photo also includes the late



George Johnson who at the time was Great Yarmouth Borough Mayor and lived just opposite the Rectory and fellow Borough Councillor Frank Goodings who lived on Sandy Lane.

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.

## 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 3rd 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 *Find details of services below*

### DATES FOR THE DIARY

**Thu Oct 27** (1-3pm) Village Green, Childrens Centre. Debt Advice

**Fri Oct 28** (7pm) New Road Sport Centre. Belton Allotments Comm. Meeting

**Sun Oct 30** (9.30am) Holy Communion @ Burgh Castle

**Sun Oct 30** (10.30am) Holy Communion @ Belton

**Mon Oct 31** (5.30-7.30pm) Belton Church Light Party for ages 4-11 £2

Halloween Alternative contact Rev Rosie Bunn

**Mon Oct 31** (7.30-9.30pm) Belton Church open for Young people 07762 817454

**Tue Nov 1** (11am) Traditional Service of Holy Communion @ Belton Coffee from 10.00am

**Wed Nov 2** (10.30am) Burgh House - Holy Communion

**Wed Nov 2** No Messy church

**Thu Nov 3 (6-7.30pm)** Belton Rectory Messy Church/Rock Solid Bonfire/BBQ

**Fri Nov 4** (6-9pm) JGI Digital Camera Club -Exhibition & family group portraits opportunity 780822

**Fri Nov 4** (8 pm) Burgh Castle Queens Head Team Quiz max 6 per team **Sat**

**Nov 5** From 8.45am Belton Scouts

Collecting Newspapers - Belton only  
**Sun Nov 6** (9.30am) Holy Communion @ Burgh Castle

**Sun Nov 6** (10.30am) Morning Celebration @ Belton (Church Birthday, Day of Thanksgiving & gifts)

**Tue Nov 8** (7.30 pm) JGI- Belton W.I. A.G.M.

**Wed Nov 9** (1-2pm) New Road Sport Centre - Belton P.C. Clerks Surgery

**Sat Nov 12** (10am-Noon) JGI Monthly Coffee Morning

**Sun Nov 13** (9.30am) No service @ Burgh Castle

**Sun Nov 13** (10.30am) Remembrance Service @ Belton

**Sun Nov 13** (3.30pm) Remembrance Day Service @ Burgh Castle church

**Sun Nov 13** (6.30pm) Evening Celebration @ Belton with Paul Green (Speakers of Life - Chelmsford)

**Mon Nov 14** (7.30 pm) B/C Village Hall, Burgh Castle Parish Council

**Tue Nov 15** (7.30pm) New Road Sport Centre. Belton w Browston Parish Council meeting

**Wed Nov 16** 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)

**Fri Nov 18** (7pm) New Road Sport Centre. Belton Allotments Annual Meeting

**Fri Nov 18** (7.30 pm) JGI Prize Bingo 781294

**Sat Nov 19** (10am-1pm) St Olaves V/Hall. Christmas Craft Fair

**Sun Nov 20** (9.30am) Holy Communion @ Burgh Castle

**Sun Nov 20** (10.30am)Cafe Church @ Belton (Thinking about Jesus)

**Sun Nov 20** (2.30pm) JGI Belton Hist Soc. Aspects of Jewellery talk on jewellery, items to buy & your costume jewellery items valued (Guests Welcome)

**Tue Nov 22** (9am-8pm) Burgh Castle V/Hall - Exhibition proposed extension plans for Welcome Pit (Folkes)

**Thu Nov 24** (1-3pm) Village Green, Childrens Centre. Debt Advice

**Fri Nov 25** (7.30 pm) JGI Quiz Night 781294

(CONTINUED ON PAGE 23)

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**DIARY OF EVENTS: CONTINUED FROM PAGE 22**

- Thu Nov 24** (7.30pm) St. Olaves Village Hall, Fritton & St Olaves Parish Council
- 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) Christingle Service (Advent Sun) @ Burgh Castle
- Sun Nov 27** (10.30am) Morning celebration @ 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 (TBC - watch web site)
- Sat Dec 3** From 8.45am Belton Scouts Collecting Newspapers - Belton only
- Sun Dec 4** (9.30am) Holy Communion @ Burgh Castle
- 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** (5.30-7.30pm) All Saints, Belton- Messy Christmas
- Sat Dec 10** (10am-Noon) JGI Monthly Coffee Morning
- Sat Dec 10** (7.30pm) Christmas Party, Free (bring food to share) All Ticket 781294

**CHRISTMAS CRAFTS FAIR**

There is a Christmas Crafts Fair at St Olaves Village Hall on Saturday November 19<sup>th</sup> (10am -1pm). A variety of handmade crafts stalls, ideal for that special gift. There will also be a raffle and refreshments will be available.

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| <b>Gorleston</b><br>66a Bells Road T: 01493 652 204      | enquire@nortonpeskett.co.uk<br>www.nortonpeskett.co.uk    |

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# VILLAGE SMALLS

It is free to advertise jobs, events, property or items for sale. Send details to Village Voice Smalls, 'Skelmorlie', Butt Lane, Burgh castle, NR31 9PU Tel 01493 780776 or email bcswan50@gmail.com by noon on November 14th to appear in the December 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 clothing) for fund raising. Tel Gloria 01493 780776

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

## FOR SALE

Yamaha PSR640 Electronic Keyboard £250. Portable with stand & manual. Song lyric display & many features Tel 01493 667204

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 (with instruction booklet) plus 7 correctable film ribbons etc. £10. The lot. Tel 01493 780776 (Belton Charity Fundraisers)

Water but (large) with 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

Folding platform trolley/truck. Pull down foldable handle 4 wheels (2 castor/2 swivel) 28"long, 18"wide. £25 Tel 01493 781094

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

Zanussi washing machine (FL884) £50 Tel 01493 309800

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

Ladies folding Stratton cycle needs TLC £10, also Raleigh Genesis Ladies cycle 26" wheels needs TLC £5. Tel 01493 780776 (Belton Charity Fundraisers)

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.

Red Sea coral salt 12 Kg £10. A 3 pod reverse osmosis filter for marine or tropical fish £50 Tel 07795 422420

2 very pretty chamber pots - Offers - money to charity. Tel 01493 782043

Ladies red double breasted jacket, 80% wool, hardly worn. Size 20. £15. Tel 01493 780562

Cash Drawer, metal casing with strong plastic removable tray (3 sections notes/4 sections coins). Size:- W 12.5", H 3.25", D 16". 3 Keys. £35. Tel 01493 781094.

Spare wheel & wheel change kit for Skoda Fabia New £120 ONO Tel 07747 355611

Ridgeway blue & white china, 26 assorted plates & tureens (use or display) will split - Offers - money to charity. Tel 01493 782043

Binatone 5" Sat. Nav. With user guide Updated 2/3 years ago £40 ONO Tel 07747 355611

Kerala stone pattern worktop, 1.8 metre residue, buyer collects, £10. Tel 01493 780562

Alfred Meakin assorted plates & dishes. Cream with gold rim - Offers - money to charity. Tel 01493 782043

Visibag for Mobility Scooter/Wheelchair, black with high visibility panels & reflective strips. Zipped compartments, adjustable straps & slide & snap fasteners. Size:- H 18", W 14", D 6". New. £17. Tel 01493 781094

Two x 2 seater settees 8 months old. Brown faux leather, mink corduroy seat cushions. £400 pair (can separate) Tel 01493 781004

Clarks size 7 'Mary Jane' style ladies black leather shoes New Cost £40. Sell for £15 Tel 07747 355611

1950's small coffee/tea pot, milk jug, 2 cups/saucers. Palissy Red Regatta design - Offers - money to charity. Tel 01493 782043

Bag Set for Mobility Scooter/ Wheelchair, black with reflective strips. Various compartments, detachable carry straps & padded handle. Size:- H 17", W 14", D 6". New. £30. Tel 01493 781094

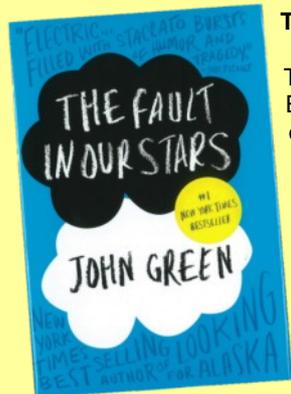
**PLEASE REMEMBER TO LET US KNOW BY NOON ON THE 12th OF THE MONTH IF YOU WOULD LIKE YOUR ITEM REMOVED.**



## 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)

### The Fault in our Stars by John Green



The Fault in our Stars is an absolute treasured classic written by an impeccable, stylish writer, John Green. Every word to be grasped on and a book which one would never want to end, this is now becoming a 21st century movie.

The book describes a young 15 year old girl called Helen who has cancer, living her life depressed and in misery. When forced to go to a Society, her life changes when she meets a boy called Augustus who just recovered from cancer. From the first look to the first date, each meet between them gets them more interested into each other's interesting lives.

After a romantic, unforgettable and mesmerising trip to Amsterdam something happens and the whole story takes a grim turn. For a story more tragic than Titanic, read this great book.

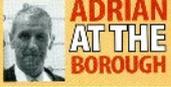
Debangshu Chakrabarti (Age 13)

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**UNIVERSAL CREDIT**

Last month I wrote about my concerns regarding the Universal Credit roll out in Great Yarmouth. I attended a meeting today (October 14<sup>th</sup>) which the council had hosted. At that meeting were representatives from the DWP both Norfolk and Suffolk, council officers and a representative from the local job centre. The audience was made of social and private landlords as well as myself.

Very little of what I heard at the meeting gave me any hope that things will change drastically in the near future. This means that landlords will continue to not get paid, as their claimants are not being paid. Eviction notices will rise, and landlords will not take on benefit tenants. All of this has a wider knock on effect for this council and the general public as a whole through homeless people sleeping rough.

In Peterborough the council has spent an eye watering £1.2 million pounds in emergency accommodation at various Premier Inns in the last year alone. I will be raising the matter at full council and will be seeking the support of the council to ask Damien Green, the Minister for the DWP to launch an immediate review into the negative impacts that this roll out is having on the people of Great Yarmouth.

I will also be asking for an immediate suspension of the housing benefit element so that the council, landlords and tenants can continue to receive rent and people can stay in their homes.

Once they have transferred to U C then the housing benefit element can be introduced.

**Adrian Myers** Borough Council (Independent Member for Lothingland) Mobile 07824313792

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**A Note from Lord Somerleyton**



Many of you will know of my interest in experimenting with letting nature take the lead in certain areas of the estate, a notion now fashionably known as re-wilding. Happily for us, we have quite a bit of unproductive land that is already in a semi wild state so this need not compete too much with the valuable arable land we are lucky to have. The missing piece of the jigsaw to get the best from this is grazing

animals and therefore fencing. We have made a modest start as some of you will have notice along Sunnybank and Herringfleet hills connecting back to our stock unit at Manor farm, in time we hope to connect across the road to the broome ground and from there right around the Fritton Lake Nature Reserve from where we will launch safaris showcasing wild and traditional farming at its best.

In parallel, you may know the Broads Authority are working on their 'southern broads gateway project' a small part of which is forming the Herringfleet Mill Charitable Trust and an interpretive centre as well as improved access to the hills via the car park. We will be moving the car park machine from Fritton Lake to Herringfleet Hills to collect a small annual contribution toward the upkeep of the Mill via the charitable trust.

The estate hopes this sounds generally a force for good and writes to appeal to the residents of our combined parishes to support and work with the estate on this pioneering project and help the wider local community understand both its relevance and value to us all, it is an expensive project we are undertaking without the support of Natural England. The fence line all along the old bridle way will be left open most of the time and otherwise access will be via the car park. Please help us discourage vandalism which could lead to animals on our busy roads or unnecessary danger to the public and keep dogs on heel or on leads as per set out by the CRoW Act 2000. For so many years the enjoyment of the hills has been ruined by the few – lets work together to ensure that does not happen again.

The first animals (welsh black cattle) will be on the hills later this autumn to start their valuable work restoring the heathland and next year we will begin thinning and coppicing the silver birch. Excitingly we are also looking seriously at creating a visitor attraction on the hills for the summer months that combines adventure play with re-wilding & historic Broadland landscape education

With thanks  
Hugh Somerleyton

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## DOWN THE GARDEN PATH



I sometimes get asked for plants to grow at the base of trees especially in winter time when the garden can look bare. Hardy cyclamen species and cultivars are ideal for naturalizing under trees, on banks or in a shady border and planted in association with other early-flowering woodland plants such as snowdrops, winter aconites and primroses. Hardy cyclamen are normally pink or white in colour and the same size as the mini cyclamen. They are fully hardy and flower mostly during autumn and winter. Do not plant too deeply about 3-5cm. Mulch annually with leafmould as the leaves die down or provide a loose mulch such as bark chips.

The popular mini cyclamen seems these days to be semi-hardy and are often seen in window boxes in the towns and cities where the micro climate is warmer than in the countryside. However, if you have a warm sheltered area of the garden they are worth trying. Whatever you do don't water overhead that is the fastest way to kill them! If growing in a tub or hanging basket then dunk them in a bucket of tepid water for about ten minutes but mostly they do not need any attention.

Large cyclamen are popular house plants especially at Christmas but they can be fussy plants to get them to flower as long as they should especially once the Christmas season is over. These are the primo donnas of the cyclamen world and come in many shades of colour some even with frilly flowers. All grow from a surface planted corm and particularly resent being watered from above and will soon let you know they are not happy often with disastrous consequences. If possible place on a cool window sill out of direct sunlight. They require high humidity which is why they are not too happy in our centrally heated houses so stand the pot in a saucer of wet clay granules or small pebbles and when it requires watering stand in a dish of warm water for about ten minutes. It may seem to be a lot of hassle but they are well worth it especially as they can go on flowering well after the Christmas season.



**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)**

By the time you read this article Anglian Service 71 will have been operating for almost two months. At the time of writing it had been operating for approx. one month and according to Anglian Bus they are pleased with the take up so far. Passengers we have spoken to seem satisfied with the frequency, standard of vehicle and attention from the drivers. There are regular drivers and they have built up a good rapport with the passengers. Alas the gas powered buses that have been used on this service are due to be transferred to Plymouth during October so by the time you read this they may well have left us to be replaced by Scania buses. Timetables are available at the Post Office, Belton Pet and Hardware and Jhoots Pharmacy.

According to First Eastern Counties their X11 Service is doing well and is gradually building up its clientele and our observations conclude that the buses generally run to time, this is due to the additional timing built in that allows approx. 10 minutes of waiting time at the Bracon Road terminus. In fact First Eastern Counties have built in 'waiting time' on most of their routes from the May timetable changes and this has resulted in their Great Yarmouth

operation achieving 95% punctuality in their bus services. In the main, buses generally leave their terminus on time, but whether they arrive at their destination on time is largely due to other factors outside of their control (unless of course it is a bus breaking down), and most of the delays are due to the sheer volume of traffic particularly on Southtown Road inbound to Great Yarmouth. The situation on the approach to Haven Bridge is similar to that in Station Square in Lowestoft – there are too many sets of traffic lights in a short section of road and very often, due to the sheer volume of traffic, does not clear one section before traffic from the next section flows in behind and then backlogs along the road.

Until there is a change in the mindset of car drivers, this situation can only get worse. By mindset, I refer to the obsession in driving a car when in many cases it is cheaper to use the bus. For instance a weekly ticket in the Great Yarmouth zone for First Eastern Counties is £15 Adult or £10 for a young persons ticket. This entitles the passenger to unlimited daily travel for 7 days between Martham – James Paget Hospital (including Belton, Bradwell and Burgh Castle). For a person working 5 days a week say travelling from Belton to Great Yarmouth or Caister, this breaks down to £3.00 per day and that is travelling both ways and the ticket can be used on the other 2 days of the 7 day period for leisure purposes. You cannot run a car that cheap! Even better the Yar/Low weekly ticket at £20.00 Adult and £14.00 young person entitles the passenger to unlimited travel over a 7 day period between Martham in the North to Southwold and Beccles in the South and is valid to and from Norwich Bus Station. A large number of passengers commute daily to work in Norwich on the X1/X11 which for a 5-day week amounts to £4.00 per day return! The 15 minute frequency from the James Paget Hospital to Norwich really is a splendid service and from Market Gates there is the added bonus of 2 Konnect Service 7 buses to Norwich per hour. There is no doubt that in these days of hustle and bustle on our roads – bus travel is a less stressful mode of getting from point A to point B. In last months article we stated the objectives planned by Abellio East Anglia for the railways of East Anglia under their new Franchise. ENTUA committee met recently to draw up a wish-list of issues that we want to raise with Abellio Managers when we meet them at the beginning of November. From 16<sup>th</sup> October, 2016 the new company will trade as 'Greater Anglia'.

ENTUA's outstanding objectives as far as bus operations go are:-

- 1) A year round service to the railway station
- 2) A regular 6 day week ½ hourly service to Harfreys Industrial Estate and Gapton Hall Retail Park, and
- 3) A service between Great Yarmouth and Norwich that travels via Caister, Filby and Fleggburgh.

ENTUA welcomes new members, all we ask is a minimum £5.00 annual donation to help pay for printing and postage of our very informative quarterly newsletter. To join please write to ENTUA, 18 Wensum Way, Belton, NR31 9NY

(Tony Grice)

## DANCE AFTERNOONS

Come to the Autumn Years Clubhouse (Over 50's club) at North Quay, Great Yarmouth on Thursdays (2-4pm) for an afternoon of mainly popular sequence dance with a touch of line dancing and ballroom. Doors open at 1.45 and the cost is £3.50 which includes refreshments.

For further information contact Mary Ellis (Registered teacher UKA, BCBD, WDCA) on 01493 781327.



**MP AT BELTON CHARITY FUNDRAISERS**

Local MP Brandon Lewis holds surgeries when he can at the JGI Monthly Coffee mornings, these are now by appointment only (please call his Yarmouth office on 01493 854550 to see when he will next be in Belton).

He is seen here with Gloria Swan at the Bargain stall during a break in his appointments at the October Coffee Morning. The stall itself which started life as part of the Friends of the JGI and is now the main part of Belton Charity Fundraisers has raised over £26.5K for charity in the last 11 years and is out at every John Green Institute (JGI) coffee morning (see page 7).

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