

Village Voice

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Vol 19-3

Delivered MONTHLY FREE

BELTON F.C. ARE CHAMPIONS



Belton Football Club has had a record-breaking win with its reserves winning the league and cup double. The league was won in April with three games to spare. The month saw victories over Prostar, Town Hall, Hemsby Res and Old Hall and a walkover against Prostar, thus preserving their unbeaten run this season. In the Bank Holiday cup final at the Wellesley, Belton scored a goal in each half to win 2-0 and secured their first Wiltshire Cup victory under the modern club. The success of manager Luke Miller has now seen the club appoint him as next season's First team Manager. Luke has had a fantastic first season in management and will now look to hopefully carry on that success by aiming for promotion in his first season with the first team. With the end of this season, training and friendlies for the next are being arranged. Thanks as always to local businesses and groups that have supported the club throughout the season- The Mariners Compass, Probe Oil Tools, The Norse Group, The Village Voice, Belton Historical Society, JGI Raffle and all the valued supporters each week.

The team photo shows - Left to Right (Back) Callum Ingram, Steve Blake (Captain) Jordan Read, Ian Holmes, Ryan Miller, Ash Rampling. Left to Right (Front Row) Graham Cargill, Liam Fuller, Ryan Gowing, David Paso, Luke Gibbs. **(More pictures on pages 28 & 30, Report from Nathan Brown, Club Secretary).**

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James Paget Hospital	Switchboard	01493 452452
Millwood Surgery (Bradwell)	Appointments	01493 444484
Falklands Surgery (Bradwell)	Appointments	01493 442233
Police	Non Emergency	101
Blocked Road Drain	Anglian water	0845 7919155
Water Supply	Essex & Suffolk	0845 7820999
Power Cut	UK Power Network	105
Gas Leak	National Grid	0800 111999
Telephone Lines	BT Open Reach	0800 0232023
Village Green Children's	Centre	01493 789562
Moorlands Academy	Belton	01493 780007
Ormiston Academy	Gorleston	01493 662966
Rev. Rosie Bunn	Belton & Burgh Castle	01493 780210
Church Wardens Belton	Anne Howell Colin Chilvers	01493 780476 01493 781474
Church Wardens B.C.	Maureen Grey Margaret Greenacre	01493 781747 01493 780126
Norfolk County Council	County Hall	0344 8008020
County Councillor Lothingland Breydon	Andy Grant Carl Smith	07833 083903 01493 662176
Great Yarmouth Borough Council	Switchboard Planning Environmental Health	01493 856100 01493 846430 01493 846478
Borough Councillor	David Drewitt Brian Lawn	01493 720083
Parish Clerk Belton	Kate Palmer	01493 602960
Parish Clerk Burgh Castle	Kate Palmer	07948 705218
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YOUR VILLAGE VOICE

The closing date for the June 2018 edition of Village Voice is 14 June 2018 (13 June for advertisements). Please send all contributions to beltonvveditor@gmail.com and advertising enquiries to beltonvvadds@gmail.com. Please produce information in Arial Rich Text.

VILLAGE VOICE ON TWITTER

@Beltonvveditor
 @Regalex

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SPRING TIME

Spring is here it all it wonderful colours. Capture it while you can. Shots above from Belton Digital Camera Club.



MENTAL HEALTH DAY JULY 27, 2018 AT ALL SAINTS CHURCH, BELTON

Norfolk Day, 27th July will see a great event for all of our community held in the Church at Belton.

It will be a day for everyone. The main theme is of Combating Loneliness in the Community and Understanding Mental Health.

Loneliness can cause mental health problems and mental health problems can create loneliness.

Everyone can be affected by these problems in different ways.

Your Village Voice has brought together experts in these field to inform and discuss these issues with you.

They include the President of the Royal College of Psychiatrists Professor Wendy Burn, the NHS England Director for Learning Disability Dr Jean O'Hara and six other speakers of national prominence.

Please note that this is not meant to be a conference of professionals, but a day when leading professionals interact with you to answer your queries and participate in discussions about the mental health issues of our times.

The topics covered will cover the whole life span- from issues of childhood and adolescence to problems of the more mature adults.

It will include topics like anxiety, depression, bereavement, dementia, psychosis, substance misuse, autism, ADHD and learning disability.

The day's events will be from 2 to 8.45 pm. We welcome everyone to come and go or stay throughout the afternoon and evening and have tea and sandwiches with us. You will be surprised to what you might learn.

Transport will be available in the village to get you to and from the church if required.

Make a date in your diary and watch out for more information about the day.



BELTON WITH BROWSTON PARISH COUNCIL

www.beltonwithbrowston.norfolkparishes.gov.uk/



ANNUAL PARISH MEETING

There was a very low out of village residents for the Belton and Browston Annual Parish Meeting in April, apart from councillors there were only a handful of village residents present along with both Borough Councillors (Adrian Myers and Brian Lawn) and representatives from the police.

Chairman Peter Nichols reported a successful year for the council apart from the New Road Centre break-in in December. He thanked local builder Charles Porter for speedy repairs and a private medical company for loaning a replacement defibrillator. He said that in spite of national cuts there had been no reduction in services by the council and mentioned the large number of local groups and events and also urged support for the Lothingland Community Land Trust that is being set up.

There were the usual reports from village clubs and groups which although not all read will go on file. Village Voice reported a successful year and the Belton Pools Allotment Fund reported that their land has been re-let for the next five years after three applicants applied to use it. Councillor Nichols also reported a successful year for the New Road centre with higher income meaning less reliance on local ratepayers for funding, he hoped that the time would come when it became self financing, there are now a wide range of user groups, party bookings had increased and a large wedding reception for 120 guests had taken place there.

In general discussions, concerns about the current running of the village pharmacy were reported with one councillor and a member of the public saying that they had both raised concerns with NHS England the previous week.

APRIL COUNCIL MEETING

Nine Parish Councillors, Borough Councillor Adrian Myers and two members of the public attended the monthly meeting of Belton with Browston Parish Council last Tuesday, Peter Nichols was in the chair.

Councillor Myers reported on flooding issues that he is dealing with in Dashwood Close and Rosedale Gardens and an issue over damage caused when the small Borough Council truck cuts up verges when going on to the Bell Lane field to empty the rubbish bins. GYB services are saying that access for the vehicle is necessary as it is too far for the operative to carry the bins while Councillor Myers is saying that damage to the Bell Lane edges must be avoided. He also reported on the use of weed killer although it was decided in February that a further £20K would be allocated throughout the Borough so that strimming can be used for edge tidying rather than spraying. Councillor Myers was not happy with the situation this year especially in the Belton area.

Parish Councillor Light had identified three properties in Browston where overhanging hedges are causing a problem and members agreed that owners should be written to requesting trimming to take place.

The council agreed to donate £200 from its social inclusion budget to cover the cost of shuttle transport from the New Road field for the Celebrating Community – Understanding Mental Health day that Village Voice is organising on July 27th in connection with 'Norfolk Day'.

There were two new planning applications, both no objections, subject to neighbours comments, a single storey side extension at 20 Station Road North and amendments to plans for a Juliet type balcony and rooflights at Ashmar House on Farman Close.



BELTON CITIZEN OF THE YEAR

At the Belton with Browston Annual Parish meeting the chairman, Peter Nichols, presented the annual Citizen of The Year award to Sue Casey for her work running the Great Yarmouth Stroke Group which meets at the New Road Sports Centre every week. Sue who lives in Belton, has been involved with various local organisations in the past and for many years ran the local brownie and guide groups. The winner who is selected by the Parish Council comes from nominations made by local residents, this year there were three nominations received for the award which has been running annually since 2004.

ELECTION RESULTS

There was a very low turn out in the Borough Council elections on May 3rd, in Lothingland where sitting member Adrian Myers was defeated it was just 28.1%. The new Borough Council member for the ward is David Drewitt (Conservative) who joins the other councillor for the ward, Brian Lawn. The full result was Davis Drewitt (Conservative) 706 votes, Adrian Myers (Tribune) 266 votes, Christina Stewart (Labour) 240 votes, majority 440.

Both the Borough Council members will be up for election again in May next year when the council changes to a system of full council elections every four years, everyone in the ward will have two votes at that time. Next year there will also be elections for all our parish councils, Belton with Browston, Burgh Castle plus Fritton with St. Olaves.

COUNCIL DIARY

The June meeting of Belton with Browston Parish Council will be one week later than usual, on Tuesday the 26th however things return to normal with the following meeting on Tuesday July 17th. Meetings are at the New Road Sport and Leisure Centre (7.30pm)

The Parish Clerk, Kate Palmer, is available on the Wednesday before the normal council meeting date to meet informally with and take note of residents queries (Parish Clerks Surgery), the next dates will be Wednesdays June 13th at the JGI (10.30-11.30am) and July 11th at the New Road Centre between 1.30 and 2.30pm. just drop in to either. If you wish to confirm that Kate will be available before visiting please ring 01493 602960, e-mail Beltonparish@yahoo.co.uk The clerk can also be contacted in writing at 56, Victoria Road, Gorleston, Great Yarmouth, NR31 6EF.

BELTON PHARMACY

Belton with Browston Parish Council are aware that some residents have had issues with the Belton Pharmacy, both with prescriptions not being ready on time and the unit being closed at times when it should be trading., The council has raised these issues direct with Jhoots head office but so far has not had a reply. The council is aware of at least two residents who have complained direct to NHS England who issue the pharmacy contracts throughout England, they advise that the pharmacy has to advise them of any unauthorised closures within their agreed five-day trading. If you have a problem, you are advised to contact NHS England on 03003112233 and log a complaint.

GARDENERS NEEDED

**Do you live in Belton?
Do you like to see your village
looking attractive?
Do you like gardening?**

**If so - Can YOU help, please?
Several volunteer gardeners who
tended the community flower beds
in Belton have retired this year .**

**If you have a few hours to spare on
a regular basis and feel that you
could tend one of these please
contact the Parish Clerk, Kate
Palmer on 01493 602960, e-mail
beltonparish@yahoo.co.uk.**

**Whilst the job is voluntary, out of
pocket expenses for any plants
needed will be reimbursed by the
Council.**

BELTON HISTORICAL SOCIETY

The next meeting is on Sunday 10th June at 2.30 at the JGI. Title - "Norfolk Wildfowler's Yarms" by Donny Perkins

HELLO FROM DAVID DREWITT

Hello to all the residents of Lothingland ward. Allow me to introduce myself as your newly elected Borough Councillor David Drewitt. About myself, I was born and educated in Gorleston and Great Yarmouth, I joined the Royal Navy and served my country for several years before returning to Gorleston. I joined an offshore service company covering the oil and gas industries for thirty-three years traveling to various parts of the world during my career. I always came back to Gorleston and the surrounding areas. It is a lovely part of the county and one I am pleased to represent on your behalf. I look forward to meeting you all at the Parish Council meetings and at the coffee and charity events throughout the ward.

Thank you.
Email: cllr.david.drewitt@great-yarmouth.gov.uk
Mobile: TBA.

MONEY & DEBT ADVICE

Free, impartial and confidential advice and guidance on a range of money and/or debt issues is available at the Village Green Children's Centre, Belton from a representative from D.I.A.L on the last Thursday of every month (1.00 – 3.00pm) , The next dates are therefore May 31st June 28th and July 26th For more information call 01493 789562 or e-mail childrenscentre@moorlands.norfolk.soc.h.uk.

CRIME REPORT FOR MARCH

Below is a list of the crimes recorded for Belton, Burgh Castle, Fritton and St Olaves in March 2018 according to the figures supplied by Norfolk Constabulary to the Police UK web site.

- Burgh Castle (Total 4)**
1 x Violence / Sexual offence, 1 x Burglary, 2 x Vehicle Crime.
- Belton (Total 10)**
2 x Criminal damage, 7 x Anti Social behaviour, 6 x Violence / Sexual offence, 1 x Vehicle crime, 1 x Burglary, 1 x Other theft.
- Fritton (Total 1)**
1 x Anti Social behaviour.
- St. Olaves (Total 1)**
1 x Other theft.

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11:35 – 11:45 : St Olaves - Priory Close,
11:50 – 12:05 : Fritton - New Road,
15:00 – 15:55 : Belton - Moorlands Primary Academy / Children's Centre,
16:00 – 16:15 : Belton - Alderslea, 7, Station Road South, 16:20 – 16:35 : Belton - Amhurst Gardens, 16:40 – 17:00 : Belton - St Robert's Way. Next visiting on the 13th June and 11th July.

For more information please contact the mobile libraries on 01603 222267 or email central.mobiles.lib@norfolk.gov.uk

**FRITTON With ST. OLAVES PARISH
COUNCIL**

The next meeting of the Council takes place at Fritton Village Hall on Thursday May 31st (7.30pm) this will be the Annual Parish Council meeting. The Parish Clerk, Gabi Roesch can be contacted on 07866 984384, e-mail fritton.stolaves.clerk@outlook.com. The Parish Council web site address is <http://frittonwithstolavesparishcouncil.norfolkparishes.gov.uk>.

**ST OLAVES COFFEE/CRAFTS
MORNING**

The next coffee and crafts morning at St. Olaves Village Hall will take place on Saturday the 21st of July 10am til 1pm. Fabulous home baked cakes and sausage rolls, teas n coffees available throughout the morning. Some of our usual crafters will be there too with the edition of one or two new comers! Also try your luck on the fantastic Tombola. So, come along and have that much needed chat with your friends and neighbours.

If your a crafter and your looking for a venue to sell your wears, please don't hesitate to call 488439 to book a table at a new revised rate of £7.50 for a large table or £5.00 for a small one.

COMPANION DOG SHOW

There is a Companion Dog Show on Sunday 3rd June at St. Olaves Village Hall, NR32 9HJ. , with all proceeds for the East Anglian Air Ambulance. There will be both pedigree classes and novelty classes. The entries will be taken from 10am and judging starts at 11am, there will also be a tombola stall and home made refreshments. For further information please call 01493 393437.

KINGS HEAD - CHARITY QUIZ

There will be a charity quiz night at Belton Kings Head for Heart2Heart on Saturday June 23rd (8pm), the cost is £5 each with a maximum of 6 members to a team, all money raised is for a defibrillator outside the pub. Fish and chips available -2 meals for £16.00, call 01493 780205 to book a table and reserve your quiz tickets.

BURGH CASTLE ANNUAL PARISH MEETING

Only 14 residents including Parish Councillors attended the Burgh Castle APM on Monday, Trevor Greenacre was in the chair. In his report Councillor Greenacre spoke about changes to membership of the council over the year and raised concerns over fly tipping and the state of the roads and the on going issues of various roads in the area being closed for work to service pipes and cables. He thanked the clerk and councillors for their help and assistance.

The Paying Field and Village Hall reports were presented by Mrs Greenacre who stated that there had been absolutely no football bookings for the field, funds for that would probably run out within three years and it was likely that the two entities would merge, although the hall did have a reasonable balance there had been expenditure recently for electrical survey and urgent works, a new fire door and a new electrical meter to accommodate the new pound coinage had also been required.

Mrs Grey reported that the community Council still kept going after 50 years with a small nucleus of members and supported the church and the hall for any major works, it ran just four events during the year of which the Christmas Fair had been the most successful for a number of years.

BURGH CASTLE PARISH COUNCIL

There were just eight members of the public at the Burgh Castle Annual Parish Council Meeting on May 14th, Trevor Greenacre was re elected as chairman and Bob Grimmer continues as vice chair, Pauline Carter was co-opted on to the council to bring it back to full strength of seven members..

The chairman felt that more posts might be needed to keep cars off the grass at the village sign but two trees and a seat still need to be put in place.

The annual accounts, which showed a deficit for the year of £3000 were approved and had been successfully audited and were signed off by members.

There were two new planning applications, members were all against a lobby being constructed on the front at 35 Butt Lane as this would not be in keeping with neighbouring houses, The other application was for 107 caravan bases on a new field at Cherry Tree Holiday Park, members felt that as it had only been received that day they should ask for a deferment to give time to study the large amount of paperwork, they were also concerned about the very short time that the Borough Council were allowing for comments. The Borough Council had approved all the following, a family room to the rear of 6 Coronation Terrace, a new access for the four new properties by the Queens Head and timber shed/stabling in a field on Mill Road.

Members listed several areas to be referred to the Council Council Highways team for pothole repairs, they are also still chasing the highways department via County Councillor Carl Smith to get the path opposite the Cherry Tree site cleaned up and cut back and will report damage to the gate half way along the Millfields Footpath.

The next meeting of the Council is at the Village Hall on Monday June 11th (7.30pm).

FREE GUIDED TOURS AT BURGH CASTLE THIS SUMMER

Burgh Castle is a 3rd century 'Saxon Shore' fort and was built as part of the Roman network of coastal defences. These forts protected Britain from attacks by raiders and pirates from across the North

Sea, and may also have guarded harbours and merchant shipping.



Three of the fort's original imposing stone walls survive, almost to their original height, making this one of the best preserved Roman monuments in East Anglia, and indeed in Britain.

The land around the fort is a wildlife haven and is rich in plant and bird life. The site also offers panoramic views over Breydon Water and has a newly installed boardwalk along the reedbeds to enjoy.

You can now discover even more during you visit to Burgh with one of our volunteer tour guides. Learn how the site became a place for defence and shelter for nearly 2000 years in a free 45 minute tour of the site.

Tours run every Sunday, 2.30pm, June – September, weather permitting. No need to book! Meet your guide at the interpretation shelter near the main car park. Are you Interested in a tour just for your group? Contact us at info@norfarchtrust.org.uk to find out more. Butt Lane, Burgh Castle, Norfolk, NR31 9QB, www.norfarchtrust.org.uk, follow us @norfarchtrust

BURGH CASTLE PLANT SALE

At the time of writing, the date for this year's annual plant sale at Burgh Castle has not been confirmed. However, it is expected to be at the Village Hall in early June, please watch for posters. As well as bedding and perennial plants there will be fancy goods, bric-a-brac, books stall and a raffle and refreshments available. As usual all proceeds will be donated to Burgh Castle Church general funds. For further information call Maureen on 01493 781747.

SPEEDWATCH – BURGH CASTLE

Burgh Castle Community Speedwatch have been actively recording speeds of drivers on the roads in the village for a year now, Are you concerned about speeding vehicles in our village. If so, why not join the village Speed Watch team. You only have to commit to one hour per week. If you are interested please contact Wendy on 01493 780452 or wendygriffiths.2k@btinternet.com

FREE SPANISH CHAT

There are Free Spanish Chat sessions at Great Yarmouth Library on the 2nd and 4th Wednesday of each month (6-7pm). Drop in to practice your Spanish speaking skills (any level). For info call Ana on 07818587410.

FREE BLOOD PRESSURE & DIABETES SCREENING

A team from Lloyds Pharmacy, Bradwell led by Reena Tharian, Pharmacist will be offering free blood pressure and diabetes screening at the Burgh Castle Fun Day on June 24, 2018. This will be along the lines of the similar service that was offered at the fete in Belton Rectory, last summer

ALL SAINTS BELTON

Rev Rosie writes



A lot of thought and planning has already gone in to the **Norfolk**

Day event on the 27th July to be held from 2-8.30pm at All Saints Belton, organised by the Village Voice team. It is intended to bring together the celebration of all that is good within our villages and develop our ability to understand the mental health issues that affect us all in one way or another at some time in our lives.

During the afternoon, there will be an opportunity to drop in for afternoon tea or a cold drink and enjoy the company of others. **Celebrating Community: Combating Loneliness** is the theme for this part of the day, and the talks and discussions that will happen during the afternoon will include time for conversation and questions. This event is not a conference of professionals, but one where leading national figures in the field of mental health will be in conversation with members of the public. I do hope therefore that as many of you as possible will come and have a valuable experience. The programme for the afternoon and evening has been published in this magazine before and is available on the websites for Village Voice and All Saints, Belton.

The issue of mental health affects us all and it is not surprising that the Bible has much to say. Personally, I find the psalms of immense help both for myself and in offering comfort to others. The Psalms talk about the entire range of emotions, including despair, depression, anxiety and fear as well as faith hope and joy. David who wrote many of the Psalms knew what it was to run for his life from King Saul, to hide in caves and wilderness places, to feel helpless and hopeless and wish he didn't have to go on living. He expresses his feelings poetically but in a tangible way. Many of his psalms end with the thoughts of not understanding why he had to go through what he was going through, but that he would look to God for help, have faith and trust in him.

Jesus taught his disciples that life would not always be easy, but he would be with them. We see Jesus go through anxious moments as he prayed in the Garden of Gethsemane before his arrest and crucifixion, so much so that the Bible tells us that he sweated blood. Jesus suffered being abandoned by his friends, rejected, abused and sent for crucifixion by his own people; he knows what it means to go through the darkest of times as a human being.

There is much that God offers, often through people, to help us as we navigate tough times. The church in Belton and Burgh Castle seeks to be people who offer help to others going through tough times. In the fullness of the kingdom of God I believe we won't see these dark times, but now we have yet to experience the fullness of God's kingdom, but God walks with us through them. We are fortunate in Belton as our village does offer so many opportunities where we can make friends, opportunities that help combat loneliness. With mental health often being discussed in the media, we are learning that there should not be the stigma that there has previously been; we are learning that mental health needs treatment in the same way that our physical ailments do.

If you heard Bishop Michael deliver his sermon at the wedding of Harry and Meghan, you will have heard him speaking eloquently about LOVE that changes us. Feeling loved and being able to love contributes to our overall wellbeing; it enables others to be healed or feel better; it serves and encourages and brings the best into demanding situations. Showing loving care in our neighbourhood and community begins with a choice - for each one of us -to engage, contribute and receive the best that we can from one another; to understand and show grace, compassion and empathy to those around us. Life here is good (compared to any places in our world) but there is more we can do to make it better. I encourage you to give yourself to this worthwhile cause, take the opportunity to understand some of the issues of mental health and equip yourself to contribute to the health of our community.

YOUTH REPORT Buce Gearie



Rocksolid is back and meets each Thursday at 5pm till 6pm at the Stables. The session starts with a tuck shop then a talk and finally some activities and games where they may get messy. It is open to all children from ages 8 up to and including ages 11.

Messy Church is our once a month gathering where families of all ages are invited to join in and have dinner together and take part in a range of activities and as the name suggests the activities tend to be messy. We normally meet on the first Wednesday of every Month starting at 6pm and finishing around 7.30pm. Our next one is the 6th June, please come and join in, everyone is welcome not just families, as we look at celebrating our fathers..

Youth Group is our Thursday Night Youth Bible study group that meets at 7pm and finishes at 8.30pm at the church. The group starts by having some hot chocolate and a catch up of how their week has been. Then we progress onto our Bible Study and once that's finished there are some games and craft activities to do. We are currently studying a discipleship series called 42 where the youth are having fun learning what exactly it means to follow Jesus. It's not all study though as and the end of every half term there is a social where we go out to the cinema, play quazar, bowling etc.

The Hub is our social drop at the church building from 6pm to 9pm for years 6 and above. Activities include: Pool, Table football, DVD room, Chillout zone, Craft tables, Table Tennis and badminton. There is also a well-stocked Tuck shop. This takes place fortnightly on a Friday. June's Dates will be the 8th and the 22nd.

We shall also be holding a stall at the Moorlands Summer Fayre on the 30th so please do stop by and say hi. Any queries about any of the above please don't hesitate to email be on: bruce@allsaintsbelton.org.uk I would love to see more new faces at all our groups.

YOUNG AT HEART



It has been another busy month for us at Young at Heart. One of our members set us a pictorial quiz and we had great fun working out the answers. I would say with great conviction that we are all, without exception, 'good at the trough'! So we thoroughly enjoyed our fish n' chip luncheon that was a present made anonymously from a club member who was treating us all in memory of a dear one who had also loved fish n' chips.

The highlight of this month was the concert Hilary gave us accompanied by Jane singing songs we could all join in with. Hilary has a delightful, mezzo soprano voice and Jane is the perfect accompanist, indeed she is a very accomplished performer in her own right. We had lots of laughs when Shirley and Janet joined Hilary to sing the chorus and act out 'Memories are made of this'. We don't always have an event on every week but it's just great to catch up on the past week with our friends or talk out a problem to a sympathetic ear. So if you would like to join us, come and have a cuppa and some mid-morning snacks, on Tuesday mornings between 10 and 12 am in Belton All Saints Church Hall. Although some of us are members of the church, Young at Heart is not a religious group. Any queries you may have can be addressed to either Margaret on 01493 780126 or Sue on 01493 782443 .



BRANDON LEWIS WRITES

Did you know that I hold regular surgeries for the southern villages in the Great Yarmouth constituency at the Saturday coffee mornings held in the John Green Institute in Belton? It's a convenient way for residents to catch up with me, have a chat and raise issues that they think need their Member of Parliament to resolve, without having to come all the way into town. You can book a slot for a future surgery by phoning my constituency team on 01493 854 550. Please remember you don't have to wait for a regular surgery, either in Belton or

Great Yarmouth, to get in touch.

I am writing this month's column straight after a Belton Coffee Morning where I was joined by Lothingland's new Conservative councillor David Drewitt. We had an opportunity to catch up on many of the local issues important to the area and I know he will prove to be a very able and determined community campaigner. Of course, he joins Brian Lawn, Andy Grant and Carl Smith all representing the area at either borough or county level – a really strong team working hard for residents. This follows this year's local election when we saw a significant increase in Conservative representation across the borough, at a time when the media was lauding Jeremy Corbyn and his Momentum followers. Here, people aren't so enamoured with the current Labour brand and all it stands for, instead preferring Theresa May's no-nonsense approach to Brexit and a council that will provide first class local services without crippling us with ever higher tax increases.

One thing that struck me when I went for a short walk after the coffee morning, was how busy the area already was with tourists and other visitors. Residents in Burgh Castle will be used to the ebb and flow of traffic heading to the holiday park but it illustrates how important tourism is to the local economy. Add in the obvious attraction of the Norfolk Broads, the old-fashioned seaside fun in Great Yarmouth and the medieval history of Norwich and one thing remains certain (in a very uncertain world) that we have plenty of things to offer anyone thinking of spending their holiday at home this summer.



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 www.entua.org.uk

As many of you may have heard, StageCoach who provided bus services in Kings Lynn and West Norfolk area withdrew most of their services and closed their Kings Lynn depot at the end of April. Most of the Kings Lynn town services have been covered by either 'Lynx' buses or West Norfolk Community Transport. There was some concern that the 'Coasthopper' service operated by 'StageCoach' would be lost, however this has been saved as the result of a joint venture between 'Lynx' buses who will operate a 'Coastliner' service between Kings Lynn, Hunstanton and Wells and 'Sanders Coaches' who will operate the section between Wells, Sheringham and Cromer with some services extended to North Walsham. The following extract is from a recent 'Sanders Coaches' press release relating to the 'Coasthopper' service.

"We are pleased to announce that we will be taking on the operation of the famous North Norfolk Coasthopper service from 29th April, 2018 between Wells next the Sea and Cromer (CH4). Coasthopper has been extended for 2018 from Cromer eastwards to Mundesley and then inland to North Walsham (CH5) allowing for many more travellers to access this superb, and wonderfully scenic bus route that serves the beautiful North Norfolk Coast. Our friends and

colleagues at Lynx bus will be operating the section from Wells to Hunstanton and Kings Lynn in the west of the County. We have 10 Coasthopper Liveried vehicles serving this route which will be half-hourly between Wells and Cromer (Coasthopper 4) and hourly between Cromer and North Walsham (Coasthopper 5) - Please note there will also still be some additional Service 5 buses between North Walsham – Mundesley – Cromer – Sheringham – Holt. With car parking a real nightmare along the coast there is no better way to enjoy our spectacular coastline than using COASTHOPPER – With the added advantage of a higher viewpoint from the bus and being dropped right where you want to be it's a complete no brainer"

"Coasthopper Ticketing – There will be a £10 ADULT Coasthopper all day travel ticket with reduced fares for Children and 16-19 year olds for those that wish to hop on and off as they like – You will also be able to buy the ticket and have access to our whole network on any of the following services that link to Coasthopper – 6 -6/6A /X44 /X40 /44A /210 /55 /9 (via Holt) / X11 via Norwich (X44 group) or via Stalham (6 Service) This £10 Coast ticket is also a maximum charge for travel right across our complete network of services"

"We accept all English Concessionary Travel Card Passes on all services operated by Sanders so you have the freedom to travel whenever you like for FREE. However we do need you to scan your card on every service you join otherwise we do not get paid. So if you are travelling through Cromer from service CH4 to CH5 or vice versa you need to scan on both services even though you will be on the same bus – We are happy for you to do this as you leave the vehicle – as long as your pass is recorded we will get a payment"

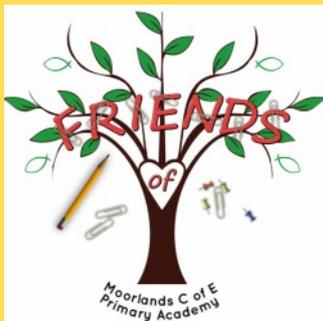
"We have a new DOG Rover ticket that will also allow your faithful friends to Travel unlimited times all day for £1.00"

"Coming soon, but not from the start we will be able to accept Contactless Payment avoiding the need for cash. It is hoped this will be available from July, 2018. We are currently awaiting new ticketing equipment to facilitate this. We are as a team really determined to make a success of the Coasthopper Service that the previous operator abandoned as uneconomic and are 100% reliant on not only our staff and back up teams but also the passengers making good use of the service – It now, more than ever, is a case of USE IT OR LOSE IT."

Travellers from this area can link into the 'Coasthopper CH5 service by using Sanders Service No 6 from Great Yarmouth Market Gates to North Walsham. Lynx, 'Coastliner' and Sanders 'Coasthopper are timed to link up at Wells. Unfortunately our hoped for additional earlier Sunday morning bus from Belton has not materialised with the May timetable changes, we shall discuss this further with First Eastern Counties.

In last months article we referred to the extra trains that Greater Anglia will be providing to bring passengers into Great Yarmouth for the 'Air Show' on the weekend of 16th/17th June, 2018. We now have confirmation that these loco hauled 8 carriage trains (capable of holding 500+ passengers) will run at the following times on Saturday direct from Norwich to Great Yarmouth mainly via Reedham:- 0906,0955,1055,1125,1255,1355. The return journeys from Great Yarmouth to Norwich are timed at:- 1730,1830,1915,1955,2050,2147 and a late train at 2352. It is expected that Great Yarmouth Vauxhall Station will have 40 train arrivals and departures in total. On Sunday the departures from Norwich to Great Yarmouth are:- 0905,0950,1052,1120,1252,1350,1452. The return journeys from Great Yarmouth are 1735,1835,1915,1956,2052,2152 and the last train at 2330. All intermediate stopping trains will run at their booked times.

ENTUAs Open Meeting will be on Thursday 16th August, 2018 at 2.30 pm in Christchurch, Deneside. ENTUA always welcomes new members, all we ask is a minimum £5.00 annual donation which helps cover the cost of printing and postage of our very informative quarterly newsletter. To join please write to ENTUA, 18 Wensum Way, Belton NR31 9NY



FRIENDS OF MOORLANDS

Alex Hemp, Chairman

Hello from the Friends of Moorlands. We have all been busy planning for the summer. We are finalising the plans for the outside play equipment, and the school council have finished their work planning how to spend the £500 we donated for playground games. The council has worked extremely hard finding out from the

other children what sort of games they wanted. They then found all the items in catalogues and priced everything up to ensure they remained in budget. I met with the school council at the start of May and they presented their proposal to me. The games etc. have now been ordered, and by the time you read this, should all be available at school break times. Every time I visit the school, I am always so impressed with the children and staff. We have a school that we can be proud of.

Our final number of sports tokens collected was just over 2500. Thank you to all who saved them for us.

Our next event is the Summer Disco on Friday 22nd June, followed by the Summer Fayre on 30th June. See our advertisement for more details. We would like to thank Repro Arts for sponsoring and manufacturing our outside banners. We would also like to thank Jon Perrin and Howdens Joinery Co. for supplying a brand-new door and frame for the outside toilet refurbishment project. Grosvenor Grass of Gorleston have also donated some artificial grass for one of our Fayre games we are designing. This kind of support from local businesses and tradesmen is really appreciated.

We are looking for donations for our raffle and tombola. If you have anything you can spare, please bring the items to the school reception office. Bottles of wine (with screwtops) are also required for our water or wine stall. We are also looking for additional helpers for the Fayre. If you would like to get involved, please contact me at beltonfriendsofmoorlands@outlook.com

Finally, make sure you tell all your friends and see you at our Fayre on 30th June starting from 11am at the school playing field.

School Numbers Significantly Increase Overnight.

There was surprise and delight in the Moorlands earlier this month when it became clear that school numbers had increased by 15 overnight.



A duck who had made her nest in the quad proudly showed off her 15 ducklings to the children and staff. School keeper Tim Baughan said "It was

a lovely surprise to come into school and see the ducklings. We've cordoned the area off and made sure that there is a supply of water and food for them. As you can imagine, the children are very excited!" Having the ducklings in school will also provide an invaluable resource for the children to support their science learning, especially when looking at life cycles.



"SEA HISTORY DIFFERENTLY" PROJECT COMES TO ORMISTON VENTURE ACADEMY



Ormiston Venture Academy in Gorleston, Great Yarmouth, has teamed up with Time and Tide Museum of Great Yarmouth Life to deliver a project to provide the academy's students with a week of presentations and workshops based

around Great Yarmouth's local heritage and the fishing industry. The project – Sea History Differently – is providing students with the opportunity to examine many exciting mystery objects from Great Yarmouth's past, as well as photographs and paintings. Jennifer Hooker, a project assistant at Time and Tide Museum of Great Yarmouth Life and Phoebe Wingate, a Cultural Capacity officer at Norfolk County Council, worked with the students on this project.

NEWS FROM MOORLANDS

Joseph Coelho Becomes Patron of Reading at Moorlands

Staff and pupils at Moorlands were delighted to be visited by award winning poet Joseph Coelho last month.



Joseph is a performance poet and playwright and has been a guest poet on Radio 4's Front Row, performed poems for Channel 4

and CBeebies Radio. His debut poetry collection 'Werewolf Club Rules' won the CLPE CLIPPA Poetry Award 2015. Following the hugely successful visit, he has now also agreed to become the Patron of Reading at the school. This means that he will regularly visit and take part in other events as the school's patron. This time he took a key stage two assembly as well as spending time in the classroom with some of the younger children.

Moorlands Summer Fayre
Saturday 30th June
11am—3pm

Hook-a-duck -Farriers Refreshments – Unique coffees, and selection of alcoholic drinks
 The Figure Factory - Saskia's Sweet Treats - Community First Responders
 Leanne's Choco kebab & Fudge - Elly & Woof, handmade home gifts & decorations
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 Friends of Moorlands BBQ - Lamarti's ice cream van - Fritton Owl Sanctuary – Tombola
 Raffle - Church Group (Children's colouring zone) - Lucky Pins
 Drive for show, putt for dough – Tombola – Raffle - Water into Wine
 Plus more...

❖ We welcome 12 year old Mary-Lou Clarke who has been singing at fetes & events & appeared in a production of Les Miserables (11:30am)
 ❖ East Coast Blackbelt School displays throughout the day.
 ❖ Sponsored Danceathon (12pm – 3pm)

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FREE ENTRY

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 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



ME BEFORE YOU Reviewed by Joany Randall

Though this book, the first of a trilogy by Jojo Moyes, was recommended to me, I had kicked against it as I thought the subject matter sounded grim, to put it mildly. As I mostly read in bed before dropping off to sleep, I didn't get round to this book until I came across it in the Conservative Club's charity book sale. At 50p I thought, "Well I'll give it a go but if it doesn't grab me soon on, I will march it back to the book sale!"

A lot of why this book has made such a lasting impression on me is the skill of the author who draws intimate word portraits and particularly of Louisa, who is the main character in the trilogy and she quickly became very real for me in my imagination. When the story opens she is a waitress in a small café, she lives at home in a small, terraced house and has a health freak boyfriend who she has little in common with. Louisa has an eye for retro fashion in bold colours and buys her clothes second-hand chopping and changing them to suit her individual taste.

One day she loses her dead end, waitressing job and instead picks up work as a companion/home help for a man, Will Traynor, a few years older than herself who had been a highly successful and

somewhat ruthless business man who worked hard and played equally hard.

As this story opens, he has suffered a life changing, motorcycle accident and is now a quadriplegic living back home with his parents in an extension to their beautiful home on a plot overlooking the local castle. He has not really come to terms with his changed situation and it is far from an easy job for Louisa but she throws herself into it and subsequently has to deal with Will who has decided he wants to be taken to Switzerland to end his life in an assisted suicide clinic there.

In 2016, this book was made into a film starring Emilia Clarke and Sam Claflin. There is a trailer for it on YouTube. This book is the first one in a trilogy with 'After You' and 'Still Me' following on. They are all easy to read and gripping, I would thoroughly recommend them.

(Me Before You is published by Penguin Books and is available from £4 paperback. Other books by Jojo Moyes include Still Me, After You and The Girl You Left Behind).

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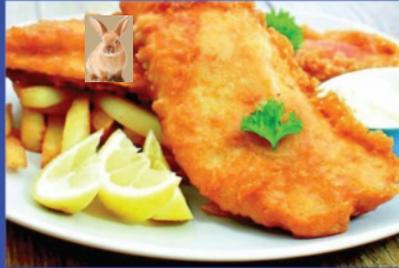
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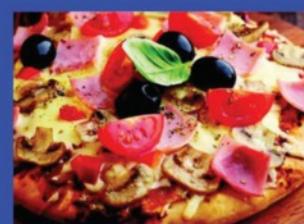


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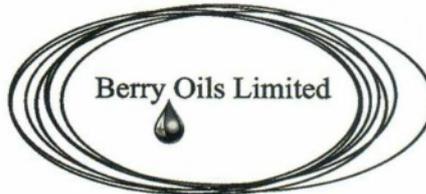
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THE MALCOLM METCALF COLUMN

Malcolm Metcalf is the past president of the Great Yarmouth Naturalists Society. His Nature Notes is one of the Village Voice's longest standing and best loved columns. He can be contacted on 01493 661138.

You can also write to him at 43 Magdalen way, Gorleston, NR31 7BW or on 43ironhorse@gmail.com

I enjoyed a recent visit to the Cotswolds, staying with my sister-in-law Pat Metcalf in Hatherley Cheltenham. On a very warm sunny day we travelled on a local bus to the town of Winchcombe, our route took us through several picturesque villages including Southam, Woodmancote, Gotherington Bishops Cleeve and Greet, then a nice walk around this lovely town. At Vineyard Street we crossed over a bridge spanning the River Isborne, through a gate, into a meadow. Here I observed several Orange-tipped Butterflies (Anthocharis cardamines) in pristine condition, only Male Orange-tips actually have the conspicuous orange-tipped wings, the females have white wings, with small black and grey markings, and dappled-green underwings, but when either the male or female Orange-tip settles with wings closed you will be lucky to see its orange-tip at all. The female lays greenish-white eggs, laid singly on flower heads of Hedge Garlic, Lady's Smock, and Charlock. The caterpillars grow full size in four weeks, feeding on a rich diet of seed pods and seeds. Early in July the caterpillars leave their food plant and find a dry stem on which to spend the winter as a chrysalis. The camouflaged chrysalis stage lasts for 9-10 months until the following spring.



The caterpillars grow full size in four weeks, feeding on a rich diet of seed pods and seeds. Early in July the caterpillars leave their food plant and find a dry stem on which to spend the winter as a chrysalis. The camouflaged chrysalis stage lasts for 9-10 months until the following spring.

The nearby Sudeley Castle built in the 15th. century is the only private Castle in England to have a Queen buried within its grounds, Katherine Parr. the last of Henry VIII's six wives. Returning to Cheltenham the bus passed Cleeve Hill, where several flower specialities can be found, such as Chalk Milkwort, Hop Trefoil, Autumn Gentian and in July / August the Chalkhill Blue Butterfly. Cleeve Hill is the highest point of the Cotswolds. at 1083 ft.



The following day we visited my niece and her family in a part of Gloucestershire known as The Reddings. It was here that I heard the pleasant wheezing sound of a male Yellowhammer (Emberiza citrinella) and its characteristic chi-chi-chi-chwee, "A little bit of bread and no cheese". It is also named Yellow Bunting.

Yellowhammers nest close to the ground and on hedgebanks. The nest is rather bulky, but neat structure of grass, stalks, roots and moss, its deep cup lined with fine plant fibre and horse hair. 3-4 eggs are laid with two or three clutches in the year. Laying begins at the end of April. Eggs are white with fine lines and scribbles of a dark colour from deep purplish-brown to near black. These finely traced markings have given the bird various nicknames such as Writing Lark and Scribbling Lark.

During my stay in the area I observed many Common Blue Butterflies. Also found two Harlequin Ladybirds. Harlequins arrived in England in 2004 and have become a problem, because their diet includes our native Ladybirds. Since arriving in Britain they have spread rapidly. By competing with native Ladybirds for food, as well as eating their eggs the Harlequin is considered a serious threat and is thought to be responsible for the decline of our Two-Spot Ladybird since 2004. Harlequins are larger than most native species around 8 mm in length, colour pattern of wing cases is very variable usually orange with 15-21 black spots or black with two or four orange or red spots. They also have brown legs, and football-shaped white markings on either side of the head. Its a shame they are pests, as I found both the ones I found were so colourful, particularly the black one with two large red spots. My biggest surprise of the whole trip was that I didn't see one Swallow.



(I must apologise for the mistake in the May issue of my column- sending a photo to the Editor of an American Goldfinch, and not the Siskin I had intended).

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OUT AND ABOUT IN OUR NEIGHBOURHOOD

We live in a part of the country blessed with large skies, beautiful landscapes, unspoilt beaches, nature reserves and wildlife. This column describes the story of something you can do in a day in and around our villages. Please write in with more contributions to beltonvveditor@gmail.com



A NORFOLK BROADS WALK- LUDHAM AND HOW HILL

Peter Birtchnell



This is a fine 6-mile circular walk along country lanes, a nature reserve and farm fields. Our walk commences from the centre of Ludham village. From the King's Arms PH cross the A1062 road and walk south along Staithe Road, passing the local Church. After 600m turn west along Lovers Lane. This tarmac road soon becomes a track and continues north west along the edge of a field. After 450m turn left on an obvious track which continues south west past Ludham Hall. Originally the Bishop's Palace, the Hall has many features dating back to the 17th century and earlier, including a chapel built onto the north end of the house by Bishop Harsnett in 1627. On reaching Hall Road, turn right and continue west until you reach the



main Norwich road. Turn left here and walk southwest on a roadside pavement to Ludham Bridge. Public conveniences and a café are available here. Do not cross the bridge but take the footpath on the east bank of the River Ant, past boat moorings. Follow this path for just over 2 miles. It is a delightful walk on a raised bank through How Hill Fen nature reserve. As you continue, How Hill House will come into view. You also pass Turf Fen Drainage Mill on your left, which is complete with a full set of sails. How Hill Trust is a renowned educational charity offering residential and day courses for children and adults in the Norfolk Broads National Park. The secret gardens are open to the public every day. The Tea Room is open in summer season. For further information see howhilltrust.org.uk On reaching How Hill Visitor Information centre, our path leaves the River Ant where we turn right, heading east up a slight rise, to reach How Hill Road. Turn left and head north for 400m. A signed footpath, opposite a large house then directs you east along a tree lined bridleway. After a further 500m the bridleway veers left. Just after this point, strike out right and south east on



a well-trodden track across farm fields. This track soon reaches another bridleway where you turn right to reach a minor road. Continue south for 400m to a road junction. Turn left here and continue east for ¾ mile. This road leads you back into Ludham

village. On reaching the High Street turn right back to the King's Arms PH. Now weary legs can be rested and a relaxing drink enjoyed!



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FUN DOG SHOW & Agility Display

Held in conjunction with the Burgh Castle Fun Day
on Sunday, 24th June 2018
 at Burgh Castle Village Hall Playing Field

Entries from 12:00 - Judging at 1 pm

Bring your pet dogs for an afternoon of fun
 Pedigree and non pedigree dogs welcome

No experience needed ☀️ Classes for everyone

Lots of prizes, rosettes and specials

**Best in show will win a free interim service
 sponsored by Autotech Garage Services
 worth £100.00**

Also there will be a beginners
 Agility Course arranged by
 the Beachside Agility

Everyone welcome to have a go



BURGH CASTLE FUN DAY

Sunday 24 June
 Village Hall Playing Field. Noon - 5pm

Seated Exercises with Sallyann

Sea Cadets Band ☀️ Egyptian Dancers

Glory Dayz ☀️ Roman Soldier

A Silent Auction featuring a painting by Ed Bush

FUN
 Dog Show &
 Agility Display
 see reverse for details

RAZZ & AUNTIE PEARL
 Clown Workshop

Beer Tent ☀️ Cake Stall ☀️ Games ☀️ Refreshments ☀️ Raffle

Songs of Praise



For more information email
 mgreenacre532@gmail.com
 or telephone 01493 780126



Funding from the Greater Yarmouth Tourism and Business Improvement Board Ltd has helped to bring you Burgh Castle Fun Day.

PROGRAMME

MAIN RING EVENTS

- | | |
|--------|--|
| 12-1pm | Glory Dayz |
| 1.00 | Dog Agility Display by Beachside Agility |
| 1.45 | Great Yarmouth Sea Cadets Band |
| 2.15 | Egyptian Dancers |
| 2.45 | Up4Fitness Chair exercises |
| 3.30 | Great Yarmouth Sea Cadets Band |
| 4.00 | Dog Show - Best in Show from earlier classes |
| 4.15 | Grand Draw |
| 4.30 | Songs of Praise with the Belton Church Music Group |

Raffle Tickets on sale all afternoon

Star Prize



2nd Prize £100

3rd Prize £50

Don't forget to place your bid for the Painting by Ed Bush'
Bidding slips in the Raffle tent

Fun Dog Show

All welcome - Pedigree & Non Pedigree
No experience needed - just have fun

Judges Dawn Fenton and Joan Hamilton

ENTRIES From Noon, JUDGING From 1pm

Entries £1 per class

- Class 1 A.V Puppy (dogs up to 12 months old)
- Class 2 A.V Pedigree
- Class 3 A.V Non Pedigree / Mixed Breed
- Class 4 A.V Veteran (Dogs 7 years or over)
- Class 5 A.V Little Un's (Under 14 ins at the shoulder)
- Class 6 A.V Big Un's (Over 14 ins at the shoulder)
- Class 7 A.V Handsomest Dog
- Class 8 A.V Prettiest Bitch
- Class 9 A.V Best Movement
- Class 10 A.V Brandy Stakes (Winner of this class gets bottle of Brandy) 1st place only
- Class 11 A.V Judges Choice
- Class 12 A.V Non Winners (Anyone who has entered a class & NOT won a rosette today - Entries in ring £1)

Rosettes 1st to 5th in each class.

All first place winners compete for Best in Show (which will be held in the main ring), Special rosettes for Best in show, Reserve best in show, Best puppy

Afternoon Teas served in
The Village Hall all Afternoon



THE VILLAGE VOICE KITCHEN

Do you enjoy cooking or at least watching someone else cooking?
Do you love hearing the stories behind the dishes as much as learning how to make them?
This new column in the Village Voice introduces you to culinary experiences, *just that little bit different*.
Please send in your suggestions, comments and contributions to Beltonvveditor@gmail.com

GARLIC & GINGER CHICKEN STIR FRY Michelle Leach

What I absolutely love about stir fry is that there really is no right or wrong way to do it; beyond making sure it's stirred as it's fried. I'm going to share a recipe, but it is so adaptable it really is more of a rough guide.

I enjoy looking through cook books and on the internet for new recipes, but am so often put off by obscure ingredients that I haven't heard of and would be unlikely to use again, finding things much months later in the back of the cupboard, way past their sell by date.

So this recipe only includes things that either get used straight away, or are likely to be used for other meals. Eating healthily and making sure my family have nutritious meals is important, and whilst I love to cook I don't have hours on end to stand in the kitchen, so this quick dish is a win for us, and can be extremely budget friendly too.

I did this just for hubby and me, but quantities can easily be adjusted for the number of people you are cooking for.

Ingredients (to serve 2)



2 chicken breasts,
1 tbsp soy sauce,
1 tbsp honey, 1 or
2 cloves of garlic,
1 tbsp ginger
(grated, or
squeezed from a
tube), Veg
selection of your
choice – we eat a
lot of veg so this
may be more than
you want to use,
but in this dish I
used one carrot,
about half a head
of broccoli, half a
pepper, a handful
of mangetout and
4 largish

mushrooms, mainly as that's what I had in the fridge to use up. Other things that work well include spring onion, courgette, cabbage and spinach – anything really that can be finely sliced. If you want an even easier option grab a bag of pre chopped stir fry vegetables
Egg noodles – 1 nest per person

Method

Ideally marinate the chicken for several hours in advance, but if you are not able to just do this first and leave it while you prep the vegetables.

Chop the chicken into bite sized pieces (approx. 1cm), add into a dish (a plastic box that take away food comes in is ideal) and combine with the soy sauce, honey, garlic and ginger.

This can be prepared the evening before or in the morning to allow time for the flavours to penetrate through the meat.

Thinly slice carrots, cut the broccoli into florets then finely shred the stalks – don't throw out the stalks, they are the 'superfood' bit of the vegetable! Slice all other vegetables thinly

Cook the noodles according to the packet's instructions, then drain and rinse under cold water to refresh. Drain again and place on the side. Thinly slice whatever other vegetables you are using

Heat about a tbsp of oil in a large frying pan or wok, or use a few squirts of spray oil if you're watching the calories/counting syns/points. Add a pinch of seasoning to chicken to taste and fry for 3-4 minutes



Add carrots, broccoli and any other crunchier veg you are using and stir fry for another 2 minutes. Add the rest of the vegetables for a further 3 minutes or until everything is softening.

Add the cooked noodles and keep stirring until they are warmed through (in the meal pictured I was more concerned about taking

the photos and missed this step – the noodles were cold, but to honest it was such a warm day it was strangely refreshing)

Divide between dishes and enjoy (Optional – add a squeeze of lime over the dish for added zing).



THE VILLAGE VOICE HEALTH CHECK

Health Check is a 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 with suggestions about topics that you would like covered in the future.

HIP PAIN



About the author:

Mr Sunil Garg is a Consultant Orthopaedic Surgeon, specialising in treatment and surgery of the shoulder, elbow, wrist and hand. He completed his Orthopaedic Training from London and South-East England working in prestigious hospitals like Kings College Hospital London and Guys & Thomas' Hospital London. Mr Garg currently works at James Paget Hospital in Gorleston and Spire.

What causes hip pain?

Most hip pain has a very simple explanation, for example if you've overdone it while exercising. The pain is usually caused by strained or inflamed soft tissues such as tendons, and it often clears up within a few days. Long-term hip pain can be caused by specific conditions.

Where is the pain felt?

Pain caused by a problem in the hip joint can be felt in the groin, down the front of the leg and in the knee. Sometimes knee pain is the only sign of a hip problem. This is called referred pain, and it's fairly common. Hip pain can also be felt in the buttock (although pain in this area can also be caused by problems with the lower back) or on the outside of the hip.

How are hip problems diagnosed?

If your hip pain continues to get worse for more than two weeks, you should see a doctor. They'll ask you about your pain and what movements make it worse. Pain when bending the hip to get up and down stairs, and when putting on socks, is often a sign of a hip problem.

What tests are there?

X-rays are often the best way of finding out what's wrong with the hip as they clearly show the condition of the bones. They're very good at looking for arthritis in the hip, but they may also show problems in your pelvis which could explain your pain. They're not as useful for looking at the soft tissues around the joint.

CT scans can often be very helpful to work out if the hip joint has an unusual shape. There are conditions where the socket of the hip can be very shallow and a CT scan often helps to show this up.

MRI scans are useful for looking at the muscles and tendons around the hip. They're particularly helpful for diagnosing avascular necrosis.

MR arthrogram is useful to diagnose a torn acetabular labrum.

Blood tests- If your doctor thinks your pain is caused by an infection or [rheumatoid arthritis](#), blood tests can often help.

Specific conditions

Osteoarthritis and other arthritis

Osteoarthritis is one of the most common causes of hip pain in adults over the age of 60. It's often linked to earlier fractures, trauma or childhood hip problems, although it can often occur randomly. We don't yet fully understand why osteoarthritis develops without any pre-existing problems, but it can cause a great deal of pain, restricted movement and a limp. Other types of arthritis such as Rheumatoid

arthritis, psoriatic arthritis and ankylosing spondylitis can all cause hip pain. This can be managed with specific medication for each condition.

Referred back pain

Pain caused by a problem with the lower back may only be felt in the buttocks and often down the back of the legs, although it can be felt over the outer side of the hip joint and occasionally in the front of the hip. If x-rays and scans of the hip joint are normal, then the symptoms may be caused by referred pain from the back.

Avascular necrosis (osteonecrosis)

Avascular necrosis is a condition that causes hip pain in young-to-middle-age adults. It's often referred to as idiopathic, which means that it doesn't have any clear cause. However, it's also linked with drinking too much alcohol, using steroids, sickle cell disease and radiotherapy. Avascular necrosis can occur when the blood supply to the ball of the hip (the femoral head) is lost. This causes the bone tissue to die and the femoral head to collapse, which results in arthritis. If your doctor thinks you have avascular necrosis, it's important that they refer you for an urgent MRI scan to confirm the diagnosis. As soon as you have a diagnosis, you can start treatment, which may stop the condition progressing and prevent arthritis developing.

Trochanteric bursitis

Bursae are small fluid-filled pouches, which act like cushions to reduce friction where parts of the body move over one another, for example where tendons or ligaments pass over bones. If you have tenderness (ie, pain on touching) over the bony part of your hip joint, you may have trochanteric bursitis. It's a very common condition, but there's usually no obvious cause. The pain can spread down the leg or it may seem to be coming from the hip joint itself. Trochanteric bursitis often occurs in both hips (bilateral). It usually improves with rest, painkillers and physiotherapy. Very occasionally the condition can last for longer than expected, and it's now known that it's sometimes linked with problems with the lower back (the lumbar spine). Paying attention to your posture can make a difference.

Iliopsoas tendinitis

Iliopsoas tendinitis is inflammation of the iliopsoas tendon that runs over the brim of the pelvis to help bend the leg up. This usually gets better on its own (self-limiting).

Torn acetabular labrum

The acetabular labrum is a thick ring of cartilage around the hip socket. It can be torn if the ball or socket of the hip are deformed. This can be the result of hip problems in childhood or changes to the shape of the hip as it develops, but in most cases the cause is unknown. Hip joint deformities are called cam lesions when the ball is affected and pincer lesions when the socket is affected.

Paget's disease of bone

Paget's disease affects the way bone develops and renews itself, causing it to become weaker. It usually affects the pelvis and causes the structure to become deformed. This can often lead to hip pain, but it can be very well treated with a group of drugs called bisphosphonates.

Hip fractures

If you've had a fall which resulted in hip pain, you should see your doctor urgently as fractures around the hip are very common, particularly in elderly people with osteoporosis. You may need surgery to fix the damage.

Other causes of groin pain

Although groin pain is very commonly caused by problems with the hip, it can also come from a hernia (a painful lump, often in the groin, which may need surgery), lymph nodes in the groin (these usually occur if there's infection in the lower leg) or gynaecological problems.

What treatments are there for hip pain?

If your hip pain doesn't improve with simple medications such as paracetamol and ibuprofen, you should see your doctor for further advice. They may recommend the following treatments.

Drugs

Non-steroidal anti-inflammatory drugs (NSAIDs)- Like all drugs, NSAIDs can sometimes have side-effects, but if you're taking prescription NSAIDs your doctor will take precautions to reduce the risk of these.

bisphosphonates- They work by slowing bone loss, which reduces the risk of hip fractures. Depending on the type of bisphosphonate, you may need to take them by mouth (but not with food), or they may be given by intravenous infusions, which is a slow injection into a vein. Bisphosphonates are often used to treat osteoporosis.

Steroid injections can help hip problems if they're caused by inflammatory joint pain or inflamed bursae. The injections are often given with a local anaesthetic, and they're usually very helpful in treating trochanteric bursitis. Iliopsoas tendinitis can also be treated with steroid injections, but the injection will need to be done by a radiologist because the iliopsoas tendon is so deep.

Physiotherapy

Physiotherapy may help you to maintain your hip movements with gentle range of movement exercises and activities. A physiotherapist can also suggest specific exercises to maintain or improve the strength of the muscles around the hip joint. They may advise you about the best way to walk with your hip pain and may help you to use a stick or crutch. You'll need to use the stick in the opposite hand to your affected hip and make sure that it's the correct height for you, so it's important to see a physiotherapist before you start using one.

What hip surgery options are there?

Not everybody with hip pain will need surgery, but hip fractures almost always need fixation, which stabilises the bone and helps it to heal, or replacement of the ball of the hip. Hip fractures often occur in elderly people, and they can take a long time to fully recover from. People can often be in hospital for a couple of weeks or more to get over the fall and the operation, and many often need extra help at home after discharge.

Hip replacement surgery

Hip replacement is an extremely effective treatment for arthritis-related hip pain, and modern techniques make the operation very safe with good outcomes. Nowadays, many people only need to stay in hospital for a few days after their hip replacement, but it may be helpful if somebody is available to stay with you for a couple of weeks as your mobility and confidence improves. Physiotherapists will help you become mobile when you're in hospital, and they'll help you practise getting in and out of bed, out of chairs and up and down stairs safely. If you're being considered for hip replacement, it's important that you're in good health before the operation. You'll probably be referred to the hospital for an assessment before the operation and they'll check your general health. The outcomes of hip replacements are extremely good – 90% or more of people who have had a hip replacement find their pain is greatly reduced. Modern hip replacements should last many years – around 80% of cemented hips should last for 20 years.

Revision surgery

If your hip replacement becomes loose, infected or otherwise fails, it's possible to have surgical treatment. Modern revision surgery techniques are developing quickly and most failed hip replacements can be dealt with, which can restore function and activity. Revision surgery is carried out by specialists in the field. You'll be in hospital longer than for your first hip replacement, and it might take longer to

recover. You'll need physiotherapy after revision surgery to help you gain confidence in your new joint, and you'll need someone to help you out for a couple of weeks or more when you go home.

Acetabular labrum surgery

A torn acetabular labrum can be repaired by surgical reshaping of the hip. In some cases, this procedure can be performed through just a small incision (key hole- arthroscopically), so your joint doesn't have to be opened up. This is also known as keyhole surgery, and it can be done as a day case or one-night stay in hospital. You'll need between one and two months off work. We don't yet know what the long-term effects of acetabular labrum surgery are, but you may get better hip movement because of it.

(This column only offers general information about health conditions. It may not apply to you as an individual. For your specific health issues, always discuss with your GP first).

BELTON YOUNGSTER TO SERVE IN ARMY MEDICAL CORPS



Travis Piper-Clark, 17, completed his British Army Junior Entry training and took part in a pass off parade at the Army Foundation College in Harrogate last month. He will go on to serve in the Royal Army Medical Corps after learning new skills including battlefields casualty drills, fitness training and Skills at Arms.

Born in Belton, Travis attended Moorlands Primary and Ormiston Adventure Academy where he joined Army Cadets. He has now passed his MoD 2nd stage at Lichfield Barracks, Whittington. Travis's father, Colin Piper-Clark is a Belton resident and spoke to Village Voice about his immense pride at his son's achievement.

(Photograph: reproduced from Great Yarmouth Mercury)

EVENTS AT THE NEW ROAD SPORTS AND LEISURE CENTRE



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

BELTON BOWMEN

Belton Bowmen make their Summer move to the New Road Sports Field at Belton from Monday May 28th, and then every Monday evening. Details for both Wroughton and then outside at the New Road field are as follows, all ages and abilities welcome Juniors/family 6pm-7pm (£3.50 per session). Adults Club 7pm-9pm (or Sunset when outside) (£5 per session) any enquiries Tel Duncan (01493) 780418 or just turn up on a Monday evening.

GREAT YARMOUTH STROKE GROUP- PURPLE MAY DAY



Great Yarmouth Stroke Group had a purple May Day. May is the national stroke awareness month and members came in purple clothing and purple hair with purple cakes supplied by Sam. Our photo shows volunteers from top left Maisie Leggett, Sam Clark, Sue Casey, Margaret Hilton and Pam Smith. Pauline Parkinson and Rex Tyrell are missing from picture. Babies, children and young people have strokes too. A stroke is devastating and life changing with visible and hidden long-term effects that impact on the person and family. The stroke group meets at the New Road Sport & Leisure Centre, Belton every Thursday (2-4pm), contact Sue Casey on 01493 781846 for details of the group.

BABY YOGA & DEVELOPMENTAL BABY MASSAGE



Blossoming Baby will be running 5 weeks courses of Baby Yoga and BabyNatal Developmental Baby Massage at New Road Sports Centre starting Wednesday 6th June (YOGA at 1pm and Baby Massage 2pm). These are lovely courses to attend with your baby and have many

benefits for their development. The benefits of baby massage include:

- relieving symptoms of colic and constipation
- improving digestion
- aiding sleep
- helping relieve the pain of teething
- unblocking nasal congestion during a cold
- improving circulation and therefore removing toxins from the body

As your baby gets older and becomes physically stronger, they will be ready for baby yoga. This is normally at about 12-16 weeks, when they are showing signs of good head control.

In a fun and lively atmosphere, you will learn moves and actions to encourage your baby to roll and then to sit up and support themselves. Many of the actions are carried out in conjunction with nursery rhymes and songs as babies respond positively to rhythm and the sound of your voice.

We go through lots of positions and stretches to encourage baby's body to open out. Their body is no longer folding into a foetal

position; all the muscles are now elongating and strengthening. They are doing a lot of hard work! During this time baby yoga is particularly advantageous as it helps to build up these muscles, maintain the natural flexibility and relieve any stiffness or aching that baby might experience.

Baby yoga will also give you the confidence to truly interact with your baby in a way that you could not have imagined. Your playtime will be more exciting and you will be helping your baby's physical and mental development.

Why not come and join us! 5 week course of BabyNatal Developmental Baby Massage is £25 and 5 week Baby Yoga course is £25. More information and booking details can be found on www.blossomingbaby.co.uk

MummyNatal Antenatal Relaxation 6 Week Course - starts Thursday 14th June 7-8.30pm at Moorlands Primary Academy Suitable for any stage of pregnancy regardless of how or where you decide to give birth, our 6 week course will give expectant mums much needed time to focus on your baby, relax the body and mind and help you prepare your body through gentle birth ball movements. The course covers:

- mindful breath and breath awareness
- birth ball movements and gentle exercise
- meditation and relaxation
- birth talk

hospital tour for you and your birth partner
cake, refreshments and the chance to get to know other mums
£45 for the course or try the first session for £10. Booking and additional information can be found on www.blossomingbaby.co.uk

First Aid Courses At Moorlands Primary School:

Basic Life Support Baby & Child - Sunday 10th June 10-12pm - £10
Baby First Aid - Sunday June 10th 1.30-4.30pm - £15
Paediatric First Aid - Saturday 7th July 1-5pm - £20



**MONDAY
ACTIVITY
MORNINGS**

Firstly, I would like to say a huge

thank you to all those who attend and support the Belton Activity morning. I have had some challenging personal issues recently and they have all been so supportive. We all have tough times now and then and it is those around us that help us to pull through. That's why this group is so good for so many of us; to help pull us through and do the best we can. So, if you're going through a difficult time and feel you want a change or some company, join us! With the bank holidays behind us, summer time is just around the corner there's no time like the present to get into shape. Come along to either of our sessions to try for yourself. With regular visits your fitness and stamina will improve.

The Belton Activity Morning welcomes new members and runs its classes at the Premier Room, New Road Sport & Leisure Centre on Monday Mornings. All single sessions are £2.50.

The Chair Based Exercise at 9.30am to 10.15am is a session which aims to improve your daily functional actions and can increase your confidence, improve posture, balance and co-ordination essential to living. Refreshments follow the first session for 20 minutes.

The second session of the Activity morning is Senior Circuits at 10.45am to 11.30 am. This circuit session is a little more challenging which helps to increase your cardiovascular output through the movements we do. Everyone should aim to do 150 minutes of moderate exercise per week which should include up to 75 minutes of vigorous movement as well as some strength exercises to keep muscle mass and good bone health. This class will do that, and you work at your own level depending how you feel that day, no pressure to perform.

We still have places, if you would like to join us at 10.30 for tea then 11.45 we start a 45-minute session working at 2-minute intervals. It's a great group if you're on your own or just need to do something different and not sure if you can. Contact Sallyann on 07599044806 or email at up4fitness@gmail.com with your name and contact number for further details of the group.



PILATES WITH HAYLEY

There are two weekly Pilates classes at beginner and intermediate level at the Premier Room New Road Sport & Leisure Centre, Belton, on Monday evenings, the times are 6.00-

7.00pm and 7.05-8.05pm with limited spaces available, we will be using bands, toning balls, spikey balls, toning circles and weights. There are also spaces in my beginners' classes at Lound Village Hall on Wednesday mornings. (10am and 11.15am -12.15pm). Classes are in blocks of 5, costing £40 or 6 weeks (£48), depending on term lengths.

Pilates is a mental and physical body conditioning programme that changes the way we use our bodies. Pilates is for pelvic core strength and upper core strength. It maximizes lower body health and strength and upper body and arms. Improving your core strength can be of tremendous benefit and help you start living a pain free Life.

The Small Ball and The Toning Circle are both used in Pilates. The small ball can be used to raise the body from the mat to either increase or decrease the available range of movement within the exercise. The Toning Circle can be used to maintain correct alignment by providing tactile feedback which offers the client a physical point of reference from which to move. The Foam Roller will be used in June and July, this can release spinal tension and improve mobility by encouraging sequential curling and uncurling of the entire spine.

Hayley runs numerous other local classes. To book call 07767 864568 or email hayley@hayleyallenpilates.co.uk

**BELTON with BROWSTON
PARISH COUNCIL**

New Road Sport & Leisure Centre

The Parish Council seeks to appoint a **Part time Caretaker** at the above site, approximately 12-14 hours per week.

Duties include opening/closing, Daily cleaning & occasional minor maintenance redecoration

Applicants will need to be flexible with working hours as evening and weekend working is involved.

A full explanation of duties / Rates of pay will be available at interview.

For further information please contact Kate Palmer (Parish Clerk) 01493 602960 or Councillor Michael Graystone 01493 780586

Written applications by **Monday June 11th** to Belton with Browston Parish Clerk, 56 Victoria Road, Gorleston, Great Yarmouth, NR31 6EF, or by e-mail to beltonparish@yahoo.co.uk

BELTON JUDO CLUB



Belton Judo Club continues to run successful sessions every Tuesday and Wednesday in the village under the watchful eye of Dominic King, ex-British Champion and Youth Olympic Silver medallist. Take the opportunity to try this excellent Olympic sport, the first month is **FREE OF CHARGE**. Dominic King Judo & MMA Academy can accommodate new members at our Judo clubs in Belton so anyone wishing to join either of the clubs should just turn up any Tuesday (under 8s 4.30, over 8s 5.30) or any Wednesday (all juniors 5.30 to 6.30) and Open mat for all styles/disciplines 6.30 to 8.30 only £5 per person for two hours at the New Road Sports Pavillion or contact Dominic on 07977 432756, dominic@fightingfitjudo.co.uk or on Facebook. More details on www.fightingfitjudo.co.uk.

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1ST BELTON SCOUT GROUP

Beavers

The Beavers have started this term planting seed for Rectory Corner, seed potatoes in their garden at the Scout HQ. Filled large fir cones with lard, bread and bird seed, learned

how to do a reef knot as part outdoor challenge. The beavers spent a evening looking at different aspects of safety. Green cross code, water safety, talked about how to make a 999 call and the importance of making sure they tell the operator how old they are. Congratulations to Flynn who won the 999 colouring competition. Congratulations to Harrison who was presented with the Beaver of the half term.

Cubs

The cubs have been to a visit at Caister lifeboat station to learn about the very interesting history of the place, and to learn something about beach safety and water safety and slip, slap, slop. We also visited east coast karate school to help be taught some karate moves. The cubs have also worked hard on their personal challenge to finish that off this month. They before Christmas looked at what they were good and not good at home with things such as washing up, helping mum etc. they then had to take this home and improve on it, the leader team then chose for the leader challenge to learn some BSL sign language, they had to learn it the first week, sign their name in full the second week and then the third week we had to come out in front of everyone and sign their full name including their middle name which they did excellently. Things coming up include the athletes badge night, a cyclist badge night, and a meeting on the beach with the beavers.

Scouts

This month we have started preparing for our NORJAM 2018 a jamboree which we will be held at the Norfolk Showground in August. We are really excited as we learnt that we are to be on the 70's sub camp along with Scouts from as far away as Ghana and Thailand. The theme of the whole camp is through the decades from 30's to the 00's and leaders were so pleased to go back to their youth years disco. In order to get to know the Scouts from Martham with whom we will be sharing camp, we held a weekend camp at Belton HQ and spent the weekend planning our outfits and decorations for our part of the camp. We made disco balls from footballs and tin foil and have designed a gate to enter into our part of the camp. Our next project will be to tie dye our T shirts as part of our outfits.

Group



The group had a fun and games activities day at the scout hut to celebrate St Georges day, this included lots of different games such as splat the rat, how many sweets in the jar, a bean bag toss, a teddy bear raffle and archery bows, also a campfire and a bake of challenge. The youth worker from Belton Church came to help us think about the importance of St George in thinking about trust and friendship. This was ended with a campfire and to plant

a tree for young Alfie (Beaver Scout) who died in 2017 to

commemorate him in as a lasting memory at Belton scout hut. The whole day raised £270 of which half will go to support CLIC Sergeant Brain tumour research.



1ST BELTON GUIDES

After hosting a very successful taster evening for older Brownies and other interested girls just before Easter 1stBelton Guides are very pleased to welcome six new girls into the group. We

began the new term working towards a road safety badge with activities and a quiz to raise awareness of the rules of the road and travelling safely by all means of transport. Girls have just begun activities on the Lifewise Go for It badge which covers issues such as personal safety, body image and wellbeing. All these subjects provoke lots of thought and discussion amongst the Guides and help them become more aware of their actions. Guides are looking forward to a science themed meeting coming up where amongst other things they can have a go at making their own slime! We are also planning to participate in a challenge badge celebrating a hundred years since women gained the vote with some interesting and fun activities. Other things planned are outdoor cooking and an evening on the beach involving a seaside themed challenge. Meetings are at the JGI Belton, Tuesdays 6.45pm – 8.30pm. For further details please contact Email 1stbeltonguides@gmail.com

YOGA CLASSES



Are you new to yoga? Is yoga something you've always wanted to try but maybe the timing wasn't right? Or do you simply want

to try a relaxed, fun yoga class with a supportive and knowledgeable instructor? I believe yoga is for everyone and every BODY. By focusing on the breath and movement it can help to ease anxiety, stress and bring flexibility and alignment back to your body. I want people to feel comfortable in incorporating yoga into their lives and make it accessible to everyone. Classes at the New Road Sport & Leisure Centre , Belton every Thursday. 9:30-10:30am. £6.00 per class or £20 for a four week block. To book call or text 07841985767, lexispallyyoga@hotmail.com or Facebook [@lexispallyyoga](https://www.facebook.com/lexispallyyoga)

24 HOUR POOL MARATHON



The 24-Hour pool marathon and charity auction held at Burgh Castle Queens Head on the May Day Bank Holiday was a remarkable success, the auction on the Sunday evening raised over £2000 and combined with sponsorship for the pool marathon, bucket donations and the 'swear box' funds about £5000 will have been raised for Great Yarmouth Gateway Club holiday funds to enable members to go on their annual trip next year. The organiser, Ray Humphries, is now looking for volunteers to take part in a sponsored

'Hot ash and broken glass' walk sometime in September, participants will need to raise £150 to cover costs in addition to sponsorship for the club. For further information contact him as follows call 01493 780697 or mobile 07599274208 or raymondohumphreys@hotmail.com

EVENTS AT THE JOHN GREEN INSTITUTE



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Hall Trustees

Bill Richmond
Roger Gowen (Chair)
Robert Goffin
Terry Ladbrook
Michael Farrell
Faye Green (Sec)

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.

SHORT MAT BOWLS - Monday Afternoons 2-4pm 01493 444041

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 £6.00 per person. For information call Lorraine on 07747 720139.

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

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

1st BELTON GUIDES - Every Tuesday (In term time) (6.45- 8.30pm. 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.

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

WEDNESDAY MORNING DROP IN

We are at the JGI every Wednesday morning from 10.30 till noon. Come along and have a coffee/tea and cake with us and meet new friends. Catch up on local news and scams going around. Contact Sue on 780822 for further information.

BELTON W.I.

Our meeting on Tuesday 12th June, 7.30pm, is back in the JGI. This is the evening of our Annual Craft Competition. (See board in JGI for entry titles). Please have entries at the hall by 7.15pm. Also, on that evening, please bring your copy of the '2018 Programme'. For further information contact Sue on 780822 or Liz on 780494.

LINE DANCING

There are now two weekly Line Dancing sessions at the JGI, Belton, on Tuesdays an Easy Beginner class and on Fridays a beginners class, the times for both sessions are 10.30am - Noon. In each case its £5.00 per session, NO partner is needed but please bring a drink with you. For more information contact Jane 07788 408801.

JGI QUIZ NIGHTS

The next village quiz nights at the JGI are on June 22nd and July 20th all at, 7.30pm. Teams of 4 - £5 per team - why not put a team of family, friends or neighbours together and join in the very friendly evening. No prior entry booking needed, just turn up with your team on the evening.

DIGITAL CAMERA CLUB

Our next meeting will be on Friday 1st June at 7.30 pm at the JGI. Bring your last two months shots with you. We shall be looking at compensation settings and software techniques. Call Bill on 780822 for further details.

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

GOODBYE TO BARBARA CLARK



On 10 April members of Belton WI gathered for their birthday meal at the Bell Inn, St Olaves to say a sad but fond farewell to retiring President Barbara Clark who has moved to Wales to be with her daughter. She was presented with flowers and a photograph to wish her well.

JGI TRUSTEES

The JGI is busier than ever that proves there is a great need for the hall. The Trustees run it and provide the great facilities it offers. After losing Barbara Clark we are looking for a replacement Trustee. It is not an onerous task, just requires an odd hour here and there, or a bit of time at home for some admin work. If you would like to join us and help in the community then please call Bill on 780822 or email on nurseryrhyme61@btinternet.com If you would like to see the hall and chat to a Trustee then come along to the monthly coffee morning which is held every second Saturday of the month between 10 and 11.30am.

Keep this great venue active it is our Village Hall and it is well known that many villages are loosing theirs because of lack of help in running them. DONT LET IT HAPPEN HERE IN BELTON

SHORT MAT BOWLS

The new Short Mat Bowls sessions at the JGI on a Monday afternoon have proved to be very successful with attendance being high. If you are interested then please contact Mike before turning up so that he can inform you of available spaces. Call him on 444041

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**CALDECOTT GOLF CLUB
Charity Golf Day 29th June 2018**

This year's event will be raising funds for local paralympian swimmer Jessica-Jane Applegate M.B.E. to allow her to continue her swimming career for Great Britain after recent funding cuts. Jess competes in



the S14 classification for swimmers, mainly freestyle and backstroke. She qualified for the 2012 Summer Paralympics in the S14 200m freestyle, winning the gold and setting a Paralympic record. Jess also holds numerous other world and European swimming records. The event will be hosted at the Caldecott Golf Course at Fritton (NR31 9EY) and will comprise a Texas Scramble with teams of four. There are numerous event prizes and a large charity raffle.

Tee off is at 12 noon on Sunday 29th July

Entry is £10 per person for Caldecott members and £22.50 for non-members (includes tea / coffee / bacon roll on arrival).

To enter, sponsor or to donate a raffle prize please contact: Jamie on 07766 204 431 or Vicki on 01493 780 286 (entry forms are also available at Caldecott: 01493 488 488)

**HEALTHY AGING
Diane Steels**

It's Official! Loneliness and isolation are bad for your health. They can lead to high blood pressure, a greater risk of cognitive decline, a higher risk of the onset of disability, a 64% increased chance of developing clinical dementia and a higher chance of suicidal feelings in old age. In fact, lacking social connection is as damaging to our health as smoking 15 cigarettes a day. Studies have shown that 1 in 6 people over the age of 50 are socially isolated with one in three feeling lonely.

With nearly 50% of the population in the Great Yarmouth District over the age of 50, it's estimated that there are more than 10,000 lonely and isolated people within this age group hidden within the borough. It's a disturbing figure and one that Age Connected is working hard to reduce. The findings from the English Longitudinal Study of Ageing (ELSA) revealed that social isolation is more common in rural areas and that poor access to transport links was a major factor in cutting off older people. Decreased participation in leisure activities was another cause of isolation. The findings from the ELSA also revealed a strong link between enjoyment of life and a healthy, social old age. Participants who said they were enjoying life at the beginning of the study were not only more likely to still be alive ten years later, but had a lesser chance of developing serious illnesses, disabilities and reduced mobility.

Great news. Enjoyment = Healthy Aging. Simple. So, what can you do if you are one of those 10,000 or so? And where do you start? You could nurture your connections with others, be it family members,

neighbours, old friends or find some new ones. You could find out about local groups and activities and join as many as you like- you'd be surprised how welcoming they are or do some volunteer work, sharing your skills and time with others. Volunteering increases confidence and gives meaning and purpose to life. Take it from us, you are never too old to lend a hand and everyone has something to offer. Look after yourself: simple things like eating well and getting out of the house, having a walk are all good for your wellbeing. Sign up to an exercise class (if you suffer from a pre-existing medical condition please consult your GP first), it doesn't have to be an hour of vigorous torture, seated exercise is suitable for all ages and levels and provides a gentle but effective way to tone up and increase flexibility. You could take up a hobby or sign up to learning- It's never too late to learn something new-the oldest person to gain a degree was 97 years old. And if mobility and getting there is an issue give Centre 81 community transport a call on 01493 332253 to see if they cover your area. The point is, take those first steps, find out what you enjoy and go out and do it.

If you enjoy good food, company and games Age Connected run lunch clubs throughout the Borough including Belton which meet at the Kings Head on a Wednesday from 12noon. It's a friendly and fun club and new members are always made welcome. Just turn up. We also need more volunteers to help run it. If you want to take a first step but not sure where to start call Age Connected on 01493 262052.

(Diane Steels is the newest member of the team at Age Connected (formerly Age Concern) a charity working for the wellbeing of older people throughout the Borough of Great Yarmouth to help make life a more fulfilling and enjoyable experience. She worked in Health and Social Care settings for many years and left a role in Social Services to join the team at Age Connected. She can be contacted on (01493) 262052 or diane.steels@acgy.org.uk).

BIRTHDAY THANKS



H a z e l and Les Buckworth would like to thank Mark, Julie and all the staff at Browston Hall for a great party. The food

was fantastic and every one had a great time. Thank for every who came to make it a 60th birthday to remember for Hazel.



GUIDE TO EVENTS**EVERY MONDAY**

Chair Exercises (9.30am) & Senior Circuits - New Road Sport Centre - Supervised instruction 07599 044806

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

Revised Play & Weigh Baby Group & Baby Cafe - Breastfeeding support (1 - 2.30pm) Village Green Children's Centre. Refreshments 01493 789562

Short Mat Bowls (2-4pm) JGI 01493 444041

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 01502 569243

Revised Belton Bowmen - New Road field - Juniors/family (6-7pm) £3.50, Adults (7-9pm) £5 01493 780418.

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

EVERY TUESDAY

Pilates Fitness (9am) JGI - £6. Improve posture/core strength 07747 720139

Baby Massage (10-11.30am) Village Green Children's Centre 4 week parenting course for parents/referrals, must be booked/paid in advance £8 01493 789562

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

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

Childminder Drop in & Play (10 -11.30am) Village Green Children's Centre - Childminders drop in & play & meet other childminders. Refreshments available 01493 789562 (1st Tues of month at Gorl. Lib (10.30-11.30am)

Revised Line Dancing (10.30-Noon) JGI 07788 408801

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

Judo group for Juniors (4.30 & 5.30pm) New Road Sport 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 (9.30-10.45am) Under 5's (11am-Noon) Birth to Walking - New Road Sport Centre 07767 389789

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

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

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

Pooch Paws Dog Training (5-8pm) 1 hour sessions St. Olaves Village Hall 07841 040171

Judo group for Juniors (5.30-6.30pm) New Road Sport Centre 07977 432756

Slimming World (5.30-7.30pm) Kings Head Consultant Sue Tel 07897 532922

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

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

Open Mat for Martial Art (6.30-8.30pm) New Road Sport Centre 07977 432756

Team Quiz (8pm) Kingfisher Bar B/Castle (6 per team max. £1 each)

Team Quiz (8pm) Kingfisher Bar B/Castle (6 per team max. £1 each)

EVERY THURSDAY

Revised Chatterboxes (9.30-11am) Village Green Children's Centre 0-5 years. Fun activities, communication, language & literacy £1 Only during term time 01493 789562

YOGA (9.30-10.30am) New Road Sport Centre 07841 985907

Slimming World (10am) Kings Head Consultant Sue Tel 07897 532922

Baby Bloom (10-11.30am) Village Green Children's Centre 4 week parenting course for 1st time parents/referrals Cost £8, must be booked/paid in advance 01493 789562

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

Rock Solid (5-6pm Term time) Ages 8-11 - Belton Rectory Stables Free 07762 817454

Crafters Group (7-8.30pm) JGI Informal needlecraft group 07721 599559

Youth Group (7-8.30pm) Belton Church Exploring Christian Youth & Fun. Free 07762 817454

EVERY FRIDAY

Line Dancing for Beginners (10.30am-Noon) JGI, Ring 07788 408801.

The Hub (Open youth group) (6-9pm) Belton Church -years 6 & above - 7762 817454 (Jun 8th & 22nd)

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

EVERY SATURDAY

Pooch Paws Dog Training (9am -1pm) 1 hour sessions St. Olaves V/ Hall 07841 040171

EVERY SUNDAY

Burgh Castle Roman Fort (2.30pm) Free Guided Tours (meet interpretation point)

EVENTS THIS MONTH

Wed May 30 - Fri Jun 1 (10am -4pm) Burgh Castle Village Hall open - Bargain stall & Teas/coffees & weekly

Thu May 31 (1-3pm) Village Green, Children's Centre. Money/Debt Advice

Thu May 31 (7.30pm) Fritton V/Hall. - Fritton & St Olaves Annual Parish Council Meeting

Fri Jun 1 (7.30pm) JGI - Digital Camera Club - 780822

Fri Jun 1 (8pm) Burgh Castle Queens Head -Team Quiz max 6 per team

Sun Jun 3 (9.30am) Holy Communion @ Burgh Castle

Sun Jun 3 (10am) St Olaves Village Hall Companion Dog Show 01493 393437

Sun Jun 3 (10.30am) Morning Celebration @ Belton

Tue Jun 5 (11am) Traditional Service of Holy Communion @ Belton Coffee from 10am

Wed Jun 6 (10.30am) Traditional Holy Communion @ Burgh House

Wed Jun 6 (1pm) New Rd. Centre Start 5 wk course Baby YOGA & Baby Massage www.blossomingbaby.co.uk

Wed Jun 6 (6-7.30pm) All Saints Church - Messy Church.

Sat Jun 9 (From 8.45am) Belton Scouts Collecting Newspapers - Belton only

Sat Jun 9 (10am-11.30am) JGI Monthly Coffee Morning

Sun Jun 10 (9.30am) Morning Prayer @ Burgh Castle

Sun Jun 10 (10am - Noon) Moorlands - Baby /Child basic life support www.blossomingbaby.co.uk

Sun Jun 10 (10.30am) Holy Comunion @ Belton

Sun Jun 10 (1.30 - 4.30pm) Moorlands - baby First Aid www.blossomingbaby.co.uk

Sun Jun 10 (2.30pm) JGI - Belton Hist. Soc. 'Norfolk Wildfowlers Tales' - Talk with Donny Perkins

Sun Jun 10 (6.30pm) Evening Celebration @ Belton

Mon Jun 11 (7.30pm) B/C Village Hall, Burgh Castle Parish Council Meeting

Tue Jun 12 (7.30pm) JGI -Belton W.I. Annual Craft Comp.. Tel. 780822

Wed Jun 13 (10.30-11.30am) JGI - Belton Parish Clerks Surgery

Wed Jun 13 Mobile Library. Priory Cl., St Olaves (11.35-11.45am), New Rd. Playing Field Fritton (11.50-12.05), Belton from 2.55pm (Times in article)

Thu Jun 14 (7-8.30pm) Moorlands - Start 6 wk. Mummy Natal course www.blossomingbaby.co.uk

Fri Jun 15 (7.30pm) Fritton Village Hall - Bingo

Sun Jun 17 (9.30am) Holy Communion @ Burgh Castle

Sun Jun 17 (10.30am) Cafe Church @ Belton

Fri Jun 22 (7.30pm) JGI Team Quiz Night (teams Max 4, £1 per person)

Sat Jun 23 (8pm) Belton Kings Head - Charity Quiz for defibrillator at pub. Teams of 6 Tel 780205

Sun Jun 24 NO Morning Service at Burgh Castle

Sun Jun 24 (10.30am) Morning Celebration @ Belton

Sun Jun 24 (Noon-4.30pm) Burgh Castle Playing Field - Burgh Castle Fun Day & Fun Dog Show Tel 780126

Sun Jun 24 (4.30pm) Burgh Castle Playing Field - Songs of Praise

Tue Jun 26 (7.30pm) New Road Sport Centre. Belton & Browston P Council meeting

Thu Jun 28 (1-3pm) Village Green, Children's Centre. Money/Debt Advice

Sat Jun 30 (11am-3pm) School Field - Moorlands Summer Fayre

Sun Jul 1 (9.30am) Holy Communion @ Burgh Castle

Sun Jul 1 (10.30am) Morning Celebration @ Belton

Tue Jun 3 (11am) Traditional Service of Holy Communion @ Belton Coffee from 10am

Wed Jul 4 (10.30am) Traditional Holy Communion @ Burgh House

Wed Jul 4 (6-7.30pm) All Saints Church - Messy Church.

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 beltonvvadds@gmail.com by noon on June 13 to appear in the July 2018 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

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

Belton Scouts would like books to sell at future fundraising events, also needed is a lawn aereator Tel. 01493 780965

WORK

General Odd Job Man available 1-2 days a week Tel 01493 789049

FOR SALE

Mens Jeans 'Rock Solid' W46". L31". £4. Tel 01493 662323

ortfolio case 3 sided zip closure, sturdy handles. Waterproof vinyl. W 35", H 25", D 1.25". Good cond. £25 Tel 01493 781094

23 mtrs Heavy duty orange hook-up extension lead 200/250v, 16amp, plug & coupler connections £30 Tel 01493 781094

Free - Must be collected
Weights bench & Exercise cycle Tel 07860385669

2 Padded multi-position sun loungers £10 each. Tel 01493 780156

Table top Bagatelle game, perfect cond. £10. Tel 01493 662323

Car emergency lights super bright LED torch/worklight with magnet & belt clip New, pack of 2 £12 Tel 01493 781094

6 Draw chest H 48", W 36", D 6" white New £20 Tel 07960913116

Free horse manure -bagged & ready for collection -Burgh Castle Tel 07919 281675

Steel step up - 1 step.
Tubular steel with rubber mat platform & non slip feet. H 12", w 17.25", D 15". Hardly used. £20 Tel 01493 781094

VAX Bagless Cleaner model U91 MAB with tools. Exc. Working order. Very lightweight £30. Tel 01493 780570

Tree Loppers - Sturdy wooden handles £15 Tel 01493 781094

Flymo Hover Vac 280. Little

used/1 season. Suit suit small garden. £20 Tel 01493 603860

Opticron telescope extension stand with bag £25 ONO Tel. 01493 789402

Black zipped portfolio case. H/duty water resistant fabric. Comfort handles. W 36", H 24", D 3". Good cond. £30 Tel 01493 781094

Sunhouse 3.4Kw. Storage heater. VGC & W/order £50 ONO Tel 01493 781071

Shakespeares Globe Theatre Construction kit, New £8 Tel 01493 662323

2 new fold down dog cages both two door with trays, For indoor or car. Ellie-bo gold cage 36" long 26" high & 24" wide £25, Heritage black cage 42" long 30" high & 28" wide £30 or £50 for both. Tel Dawn 07760147159 or 01493 781507

Childs pushchair, as new, used once £10 Tel 01493 789049

Myers 620 Mk2 heavy duty paper cutter cuts to A2 & 1.5mm thick. £75 Tel 01493 781094

Goblin Teasmade £5 Tel 07960913116

Nearly full 15Kg Calor gas bottle. £15 Buyer collects, Owner can't lift. Tel 01493 789122

White solid wood 4 drawer chest, perfect W23", D18", H31" £50 Tel 07554577366

Only Fools & Horses' Complete collection 7 series & 15 Christmas specials on 26 Discs. New, sealed £35 Tel 01493 780253

Mens Size 9 slip-on shoes soft brown- leather (Worn 2 min.- wrong size) £5 Tel 07757 393805

V-Fit MC2 Exercise bike £25 Tel 01493 781781

Wooden Stepladders aprox 6ft. £25 Tel. 07935740048

Put-U-Up bed & mattress £10 Tel 07960913116

Professional 3x3m Party tent, steel frame, roof,. Side & end covers. Tested to BS standard/fire retardant.

(Includes ground bars) Cost £219 + ground bars . Used 3 times £150 Tel 07788408801

2 Seater sofa & 2 chairs. Cream/grey modern pattern. Exc. Cond. (Smoke free hone) Ex Helsdon Leather £899. £200 ONO Tel 07766 504515

Abru large non-slip steps. Chrome on steel frame Perfect. £25, Extending ladder 2m closed, 3m extended, perfect £25 Tel 07554577366

'Hi-De-Hi!' Complete collection Series 1-9, all 57 episodes. New sealed £25 Tel 01493 780253

2 English leather saddles £50 each, 1 Synthetic saddle £ 40 all to fit 12/13 hands pony Tel 07961513858

Tesco cylinder vacuum cleaner Good cond/working order £5 Tel 01493 780030.

Wooden Work Bench £75. Tel 07935 740048

Folding Dolls House £3.50. Tel 01493 662323

Toddler bed, little used. Good cond, clean, mattress, pillow, duvet & Peppa Pig bed linen £85 Tel. 01493 780423

Suncamp Ultima 260 Caravan porch awning £50, SAS Supaclamp Caravan wheel Lock £15 Tel 01493 781781

Solid wood light oak occasional table with lower shelf High 17", Square 20", 2" squ. Legs. As new £20 Tel 07554577366

2 Light fittings (lounge/bedroom) 25ins wide, same drop. 5 bulbs each /

green metallic finish £15 Photos available Tel 07411484182

Beurer IL 50 50 Infrared lamp. As new. £35 Tel 01493 781781

Bubble wrap - large roll £5 Tel 07554577366

Electric Typewriter New £30, Black swivel office type chair £10 Tel 07960913116

Professional 8x4m Party tent, steel frame, roof,. Side & end covers. Tested to BS standard/fire retardant. (Includes ground bars) Cost £749 + ground bars . New - boxed £500 Tel 07788408801

Walkie-Talkie radio trasceiver £10 ONO Tel 01493 662323

2 Dark brown leather bucket chairs - 13" high legs, excellent cond. £35 ea. Tel 07554577366

WHALE Aquasmart water filter WF3000 New £5 Tel 01493 781781

Heavy Duty Car ramps with axle stands £25., 2 pairs universal rubber car mats £5 Tel. 01493 441785.

Aluminium wheelchair with bag/seat £75 ONO Tel 07925 909686

Roller Blind 241cms w x 111cms drop VGC. Removed from window Free to first contact. Tel 07795 514039 (Belton)

Olympic Typewriter Werka AG made in Wilhelmshaven Germany. (Similar on E-Bay £60-£80) £35. Tel 01493 780030

PLEASE LET US KNOW BY NOON ON THE 13th JUNE IF YOU WOULD LIKE YOUR ITEM REMOVED



Belton Funday & Classic Car Show 2018

Sat 4th August 12-5pm

Over 45 stalls
Donkeys
Zorbs

Reptiles
Firebreathing
Punch & Judy
Meet n greet
Characters
plus lots more

STAR WARS
Dinosaurs

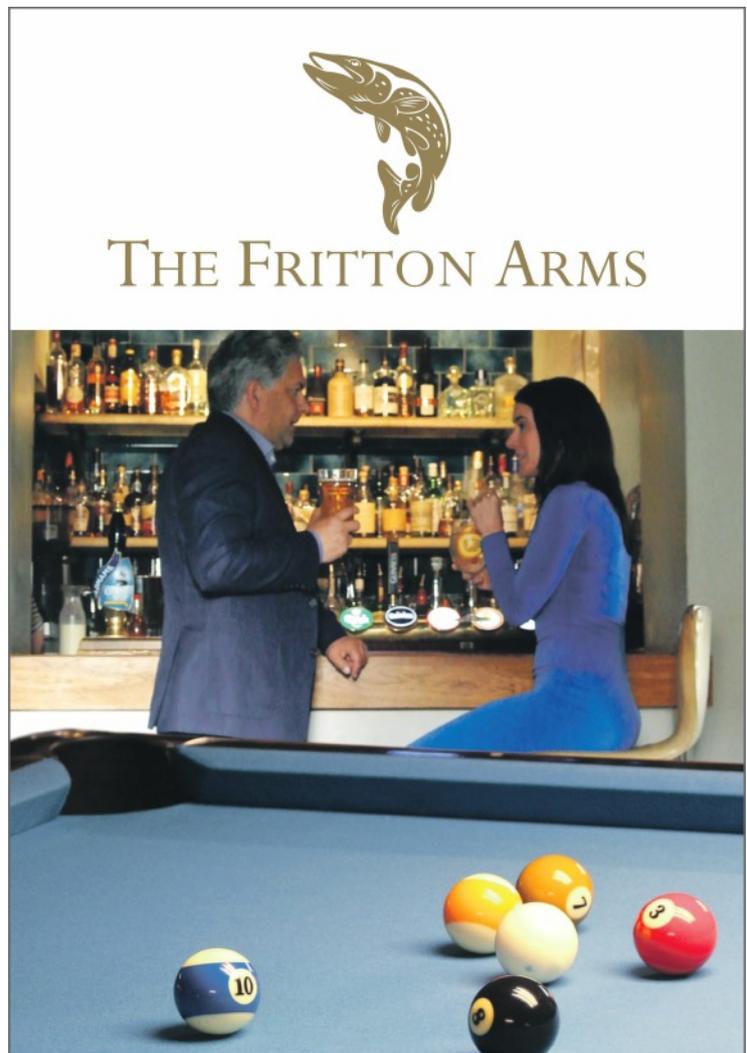
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FREE ENTRY

Car park £2

Sponsored by **Pertwee & Back**

New Road Sports Field Belton NR31 9JW
Event Info contact 07841 716677




THE FRITTON ARMS

Enjoy a free drink on us

The Fritton Arms is offering Village Voice Readers a drink on the house*. Just bring this advert with you to claim yours.

Your local pub on the lake with an outdoor terrace for beer, wine and cocktails.

01493 484 008

frittonarms@somerleyton.co.uk

www.frittonarms.co.uk

@frittonarms /frittonarms

The Fritton Arms, Church Lane, Fritton NR31 9HA.

*Get a free pint of Wherry or Staropramen or a glass of house wine. This advert is valid for up to two people with a maximum of one drink per person. The offer is available Monday to Thursday and ends 1 July 2018.



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VILLAGE VOICE ONLINE, TWITTER & FACEBOOK

<http://beltonandbrowston.com>

(Scroll to Village Voice on the menu on the right hand side). All issues from May 2015 available online.

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@recycle4norfolk



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Your recycling bin could be rejected if you put the wrong items in it

For more information about recycling please visit www.recyclefornorfolk.com