

Village Voice

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Vol 19-8

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VILLAGE VOICE WRITING COMPETITION 2018

To celebrate the 200th issue of Village Voice, a writing competition was held in 2017. Not only was the response enthusiastic, many of the entries were of an exceptional standard. The magazine board therefore decided to make it an annual event and we have great pleasure in announcing the 2018 competition now.

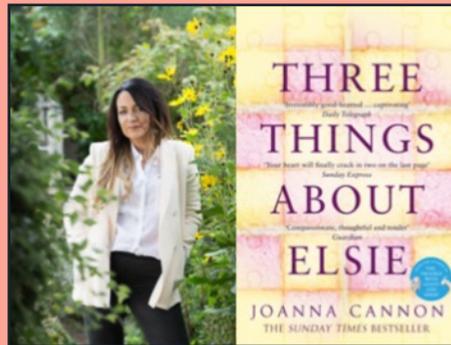
- CATEGORIES**
 Children: Age 11 and below
 Children: Age 12 to 18
 Adults: Age 19 and above
- TYPES**
 Can be short stories, poems, essays or any other piece of creative writing

LENGTH
600-800 words ideal
maximum 1000

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HOW TO ENTER
Submit by e mail to beltonvveditor@gmail.com
on or before 31 January 2019

PRIZE GIVING ON 21 MARCH 2019 AN AFTERNOON WITH JOANNA CANNON



Village Voice is delighted that Joanna Cannon, author of the Times best sellers- "Three Things about Elsie" and "The Trouble with Goats and Sheep" has kindly agreed to be the chief guest at the prize giving ceremony on 21st March 2019.

The event will be held at Moorlands C of E Primary Academy that afternoon. More details soon.

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Great Yarmouth Borough Council	Switchboard Planning Environmental Health	01493 856100 01493 846430 01493 846478
Borough Councillor	David Drewitt Brian Lawn	07500125781 01493 720083
Parish Clerk Belton	Kate Palmer	01493 602960
Parish Clerk Burgh Castle	Kate Palmer	07948 705218
Parish Clerk Fritton/St Olaves	Kate Palmer	TBC
Local MP	Brandon Lewis	01493 854550

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VILLAGE VOICE
NOVEMBER 2018
Issue: 213

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YOUR VILLAGE VOICE
 The closing date for the December 2018 edition of Village Voice is 14 November 2018 (13 November for advertisements). Please send all contributions to beltonvveditor@gmail.com and advertising enquiries to beltonvvadds@gmail.com. **Please produce information in Arial Rich Text. Also supply images NOT embedded in a text article in Word etc**

VILLAGE VOICE ON LINE
<http://beltonandbrowston.com>
 Scroll to Village Voice using menu on the right of webpage.
 All issues from May 2015 available online.

VILLAGE VOICE GRANTS
 Just prior to going to press with this edition your Village Voice management board met to consider the grant applications that we had received. We are pleased to report that all 17 applications were successful and will receive support. Why not come along to the monthly JGI Coffee Morning on Saturday November 10th (at 10.45am) and hear about the magnificent sum we have been able to agree to this year. All welcome, just call in.

**LETTER TO THE EDITOR:
 NEW HOMES FOR BELTON**

Dear Editor
 I have been informed by my neighbour that the Great Yarmouth Borough Council has recommended a modest development of 100 houses (their words) in the field facing my home and others on Church Lane, Belton. In the words of our MP Mr Brandon Lewis the Council noted that 'the village has seen relatively few houses built compared to other large villages and has recommended the 100 homes'.

So the councillors who I don't think live in the village want to make it a larger village or will it be a town by then? I and the rest of Church Lane do not want to be overlooked by 2 x 4 plaster board houses that look like sardines crammed into a field. So because they have not built many homes in the village we are being penalized and will lose our little village, and what history it has.

Why doesn't the council build away from English villages and keep what we have? They are not thinking about the residents of the villages and especially us who live on Church Lane. The traffic now in the village is getting very bad - what's it going to be like with 100 homes like those at the end of the New Road totally destroying the look of Belton?

The water board are having problems getting the waste water and sewage away from the area as it is, what is it going to be like with 100 more families discharging their waste as well. There is also the issue of having a 100 plus more cars around the village. So if and when this goes ahead the residents on Church Lane will have to get net curtains put up so the homes across the way don't overlook the front of our homes.

We live here to have the freedom of open land and not be cramped into sardine like situations. What will this do to the value of our homes, did the Council even bother to think about that? I don't think they did. They are not

listening carefully to these comments from individual residents and the needs of the existing members of the community.

I do hope that some one in the council looks into this very carefully.

Respectfully Yours,
 One unhappy resident
 Stephen Hayes
 (Address supplied)

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**LETTER TO THE EDITOR:
 DOG OWNERS- BE RESPONSIBLE**

Dear Editor
 I take my dog to the green on Fern Gardens a few times a day and am amazed at the amount of dog mess not being picked up by owners! If you can't pick up after your dog, then you shouldn't have one.
 It is disgusting as children do play on the green, and most people know that dogs' mess is toxic and can even make children blind! Please dog owners be more responsible and pick up after your dogs!
 June Hooper (by e mail)





A FEW RECENT HIGHLIGHTS FROM MOORLANDS

This month, we thought we would write about a few highlights of just one week at Moorlands.

Poetry Post

For the third year in a row, Moorlands children chose and wrote a selection of poems to deliver around the village, in an event that has



become known as Poetry Post. The idea is a simple one; children select a favourite poem, write it out, illustrate it, place it in an envelope and then deliver it to random houses in the village. The concept behind it is to simply make somebody's day. One person wrote: "This is a fantastic idea to share the children's work with the local community, my mother-in-law received this poem through her door and told me that it made her day. She said the poem is so bright and vibrant with lots of imagination, and best of all it made her laugh, so a big thank you!" The Great Yarmouth Mercury have picked up on the story and are planning to run a feature on it.

Sponsored Walk

The whole school took part in a sponsored walk on Friday 12th



October organised by the Friends of Moorlands. The rain held off although parts of the course were rather blustery! The money raised will be going towards the main target for the Friends, a new trim trail on the playground, the details of which can be seen on their Facebook page. A big thank you also goes to Asda who provided the children with a healthy snack once they had completed the walk and also donated £200 to the event from their Green Token Giving Programme. Mr Lee commented 'The Friends of Moorlands have been working incredibly hard on raising funds for our children and it was wonderful to see the whole school involved in this event.'

Harvest

The children of Moorlands provided a bumper crop of food for the village pantry as part of their Harvest Festival held at All Saints Church. Part of the school's work around Empathy is understanding



how people feel when they have not got enough food to eat and the fact that there are people in our own community for whom this is the case. Deputy Head John Siddles, who organised the collection said "We are bowled over by the generosity of our children and their families. This will make a real difference to people in our own community."



FRIENDS OF MOORLANDS Alex Hemp, Chairman

Tesco - We got off to a great start to the new term when Tesco Express presented us with a cheque for £267 towards the trim trail. This was all money raised by the staff at the Belton store



during the year. We would like to thank everyone at Tesco for this amazing donation. (See photo)

Walk - The sponsored walk was a big success with nice weather for a stroll around the school field. By the

next edition, we should know if we have raised enough to order the trim trail. Thank you to all the children for joining in and having fun. Finishing line snacks were provided by ASDA.

Newspaper Tokens - Please remember to continue collecting the book tokens in the Great Yarmouth Mercury, EDP and other Archant newspapers, we hope to get a share of the spoils for some new books - Tokens can be put in the box at school and hopefully a collection point in the village - watch for details but there will still be time to hand them in next month as they are published into the start of December.

Christmas Fair - Our next event is the Christmas Fair on Thursday 13th December at 3pm. Father Christmas will be visiting us and we will be having class stalls, craft stalls and refreshments including hot food from The Chuck Stop who will be setting up for amazing burgers and milkshakes! Any donations of unwanted items, gifts and wine would be much appreciated to help with our stalls. Items can be dropped off at school reception, or you can email us for collection.



BRANDON LEWIS WRITES

In every community across our country, from the largest inner-city tower block to a leafy suburb to a small and quiet rural village, people continue to suffer from a longstanding health injustice. For too long those with mental health conditions have faced the additional challenge of accessing health care and support in a society that avoided discussing the issue. At the same time resources were concentrated on improving physical health, not just in our health service but across society. As Theresa May recently said, "...we are not looking after our health if we are not looking

after our mental health."

That's why last month, as we marked World Mental Health Day, the Government announced a raft of new measures aimed at reversing this injustice. Around 4,500 people take their own lives each year in England and suicide remains the leading cause of death for men under 45. We all know the amazing work The Samaritans' do to help people at time of extreme crisis and their helpline will receive £1.8 million of new government funding. This will help ensure the charity can continue to provide immediate and lifesaving support to everyone who needs it, 24 hours a day.

And in a bold step the Prime Minister also announced that health minister Jackie Doyle-Price will become the UK's first Minister for Suicide Prevention. Her task will be to lead government efforts to cut the number of suicides and overcome the stigma that stops people seeking help. She will also ensure every local area has an effective suicide prevention plan in place and look at how the latest technology can be used to identify those most at risk. Half of all mental illness begins by the age of 14. That's a sobering statistic. Further measures are being introduced focused on children and young people's mental health. Recruitment has now begun for new mental health support teams who will work with schools to ensure young people with mental health issues get the help they need.

Failing to tackle mental health issues can lead to tragic, devastating and long-lasting effects on families and communities. Making it a national priority will change perceptions, provide new support and save lives.

the number of delivery sites will increase significantly. There will also be for the first time the ability of home visits which is a new offer under the scheme. The consultation ends on the 9th of November which will allow a report to be drawn up ready for a decision by Children's services committee on the 22nd January 2019. If there is anything I can help with or an issue I need to be made aware of please don't hesitate to get in contact
Best wishes
Cllr. Andy Grant, 07833 083903, Andy.grant.cllr@norfolk.gov.uk

BELTON FAMILIES GATHER IN SUPPORT OF VILLAGE GREEN CHILDREN'S CENTRE
Hilary Williams, Parish Councillor



Belton village is not generally known for demonstration or protest. However on October 12th, as the realization within our community grew, of the very real prospect of losing our vital support network, which is Village Green closing, families, residents and community workers, gathered together to support the campaign by local Labour, and to sign their petition to save Norfolk's Children Centres. Of the 53 centres across Norfolk, 46 are planned for closure, with 5 within the Borough of Great Yarmouth. This includes our own Village Green, based conveniently at Moorlands School in the heart of Belton. It is the only centre in our area and can prove a lifeline in difficult times. The campaign continues, and parents and others may wish to attend the following: Children's Centres Public Consultation Event for Great Yarmouth Borough, Central Library, Tolhouse Street, Great Yarmouth, NR30 2SH, Wednesday 7 Nov 2018 10am -8pm. You can find out more by attending our public drop-in sessions. There are three sessions on the day: 10am-12pm, - 2pm-4pm and - 6pm-8pm.



**ANDY GRANT
NORFOLK COUNTY COUNCILLOR,
LOTHINGLAND**

Dear residents,

I hope you are all well and had a good summer. It has been a quiet few months over the summer at NCC and in terms of issues I have dealt with all of them have been highway related. I took our area highways inspector around the division to address the backlog of work that myself, borough and

parish council colleagues have been pushing for. Potholes in Browston are due to be filled, trees and bushes to be trimmed up and also some 30mph roundals and SLOW markings are due to be painted in Fritton, St Olaves and Church Lane in Belton. Speeding through the division remains a problem and I have made requests to the police for extra enforcement. Last month NCC also announced a consultation on the future of the county's children centres. It is important to stress the proposals are out to consultation and that no decisions have been made. I would like all those with a view to read the proposals and feed in to the consultation. The new proposed Early Childhood and Family Service is about investing in services and not buildings. It is proposed that 7 new super hubs will be set up which will be the base for staff to deliver the service through an outreach-based model. Currently 25% of families around the county are not accessing the current service and under the new proposed system

WHERE IS YOUR NEAREST DEFIBRILLATOR?

Although they are units that we all hope we will never need, there are now several defibrillator units around including in the *Village Voice* area. To date, we are aware of the following.

- Queens Head, High Road, Burgh Castle.**
Available 24/7 on the front of the building.
- Burgh Castle Village Hall, Church Road Burgh Castle.**
Available 24/7 in the rear lobby of the building (the small gate is unlocked for easy access).
- New Road Sports Centre, New Road, Belton.**
Available when the building & field are in use, in the lobby of the buildings main doors facing the sports field.
- John Green Institute, Station Road South, Belton.**
Available 24/7, this unit now relocated into a cabinet on the front of the building.
- GDC Ltd, Beccles Road, St. Olaves.**
Available Mon/Fri 8am-5pm & Sat 8am-1pm, situated in the showroom office.

Have we missed any locations out that you are aware of? If so please let us know at beltonvvadds@gmail.com to enable us to include in any future listing.



BELTON WITH BROWSTON PARISH COUNCIL

www.beltonwithbrowston.norfolkparishes.gov.uk/



SEPTEMBER COUNCIL MEETING

All 12 Parish Councillors along with Borough Councillors Brian Lawn and David Drewitt attended the September meeting of Belton with Browston Parish Council, Peter Nichols was in the chair. In his report Councillor Nichols, along with other members, stated that the village had been treated badly with the lack of publicity over the temporary closure of the Tesco store and the major roadworks at the same time. It was reported that Village Voice had not had any contact from Tesco which would have enabled advance local publicity to have been given over the closure.

In Planning there was one new application, demolition of Brentwood on St. Johns Road and its replacement with two new bungalows, the parish council had no objections. The Borough Council has approved the following Tesco Store (new signage), 29 Waveney Drive (proposed dormer), 49 Heather Road (side and front single story extensions), Oak Tree Barn, off Beccles Road, (discharge of conditions) and Land behind Bland Corner (64 new properties but with 36 conditions to be met). The large tree, recently cut back at the Kings Head is badly diseased and there were no objections to its removal but a new planting is to be requested.

Norfolk County Council have confirmed that hedges on the New Road cycle path are scheduled to be cut back as are the corners at Belton cross-roads. The County Council have confirmed that they will not install speed bumps in the parish, the Parish Council will consider adding Church Lane and Beccles Road locations to the SAM2 speed awareness signs sites however these positions would need police approval. The clerk will be contacting Essex and Suffolk Water and Anglian Water over the water coming out of the highway at Stepshort but this is believed to be escaping from natural ground levels after the recent roadworks, the County Council will be contacted to ensure that they are aware of the condition of the Stepshort Road surface as it was originally stated that no major remedial works could take place till 2019 allowing time for the Anglian Water excavations to settle on the Belton side of the dyke.

It was stated that parking with two wheels of a car on a path is not illegal, however driving on the path is! - Borough Councillor Brian Lawn however believes that plans are afoot to change the law on this issue in favour of pedestrians. Members authorised payment of accounts for the last two months and also set the dates for the forthcoming annual allotment meetings, the committee will meet at the New Road Centre on Friday October 19th (6.30pm) and the Annual meeting (when rents are due) will take place at the same location on Friday November 9th (7pm). The county Council have still not given a start date for the current years Parish Partnership scheme (improvements to the path on the Bell Lane side of the footbridge), half the funding for this was paid by the council, the remainder by grant from the County Council, with this situation in mind it was agreed not to propose a scheme for the new year.

Members were made aware of a series of concerning incidents involving residents at Swan Rise off Station Road North. It was pointed out that the way forward is for anybody with concerns to get in contact themselves with the The Care Quality Commission who monitor all residential health locations.

BELTON ALLOTMENTS: ANNUAL MEETING

This will take place at the New Road Sports & Leisure Centre on Friday November 9th (7pm) when rents for 2019 should be paid. Any prospective allotment holders living in Belton or Browston to put their names on the waiting list, contact the Parish Clerk, Kate Palmer on 01493 602960 or e-mail beltonparish@yahoo.co.uk

COUNCIL DIARY

The next meeting of Belton with Browston Parish Council will take place at the New Road Sport and Leisure Centre on Tuesday November 20th (7.30pm) Any residents are welcome to attend and questions can be put to councillors at the start of the meeting, the December meeting will be on Tuesday the 18th at the same location. The Parish Clerk, Kate Palmer, is available on the Wednesday before the council meeting date to meet informally with and take note of residents queries (Parish Clerks Surgery), the next dates will be Wednesdays November 14th and December 12th at the New Road Sport and Leisure Centre (1.30-2.30pm) 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.

PARISH COUNCILLOR VACANCY

There is still one vacancy to be filled on Belton with Browston Parish Council which the council are able to fill by cooption, the appointment will run until the next full Parish Council elections in May 2019. The council usually meets at the New Road Centre on the third Tuesday of each month (7.30pm), if you would like to put something back into the local community and help make a difference further information is available from the Parish Clerk, Kate Palmer on 01493 602960 or e-mail beltonparish@yahoo.co.uk. or the chairman Peter Nichols on 01493 780703.

COMMUNITY CAR SERVICE



Another busy month and now we are into the 'Flu Jab' season we are doing lifts on Saturday mornings to the local surgeries. To book a car please call **07767063986** Passengers can book a car to take them shopping, to social events, connections for holiday travel or medical appointments. The only stipulation being they are resident in one of the five villages and can walk to the vehicle. We ask for at least 24 hours notice as all our drivers are volunteers, but are very willing to do our best to help. **We really do need some more drivers, if you have a clean driving licence, are prepared to contact your insurance company for permission to do 'voluntary' driving and undertaken a DBS check you might be just who we need. Please do get in touch. Want to know more?? then contact Margaret on 01493 780126, e-mail mgreenacre532@gmail.com**

CRIME REPORT FOR AUGUST

Below is a list of the crimes recorded for our local villages in August 2018 according to the figures supplied by Norfolk Constabulary to the Police UK web site.

Burgh Castle (Total 9)

1 x Violence / Sexual offence, 1 x Anti Social behaviour, 1 x Burglary, 1 x Public Order, 2 x Criminal damage & Arson, 3 x Theft other

Belton (Total 20)

2 x Anti Social behaviour, 6 x Violence / Sexual offence, 3 x Vehicle crime, 3 x Burglary, 1 x Public order, 2 x Theft Other, 1 x Criminal Damage / Arson, 1 x Shoplifting, 1 x Other Crime

Fritton (Total 3)

3 x Anti Social behaviour

Browston (Total 0)

St. Olaves (Total 0)

BURGH CASTLE PARISH COUNCIL

Six Parish Councillors, County Councillor Carl Smith, Borough Councillor David Drewitt and about ten members of the public attended the October 8th meeting of Burgh Castle Parish Council, Trevor Greenacre was in the chair. Members all raised concerns to County Councillor Smith over work not being completed by Norfolk County Highways, there has been no progress with the area highways manager about getting work to tidy Cherry Tree Corner finished and members still feel that only some of the Mill Road overhanging trees have been cut back, Councillor Swan also asked why the Parish Partnership highways work to improve the Church Triangle area had not even had a start date although the Parish had to pay their half of the costs in April, all the clerk gets from the Highways Manager is promises of start dates which are not kept, the last one was that work would be done in September and possibly run into October but there is still no action on site. Both the County Councillor and Parish Clerk are to contact the chair of the County Council Highways Committee, Martin Wilby to get his support. Councillor Smith reported that although other roads in the area are being hit by roadworks for Essex and Suffolk water the plans to close Mill Road for one day for repair to a manhole will still go ahead on October 18th.

The one planning application considered was of outline permission for nine executive style properties on land running behind Butt Lane properties with an entrance through the site of the bungalow called Dovedale. Members of the public and councillors all spoke against the application, for various reasons including the following. The land is not on areas selected for development in the current Local Development Plan consultation, Butt Lane cannot cope with extra traffic, vehicles would find it impossible to make the turn in and out of the site off Butt Lane due to the width of both Butt Lane and the proposed site road and parked vehicles, that the sewage system cannot cope, and that the proposed entrance is too near a bus stop. Also agreed was that what is needed in the village is affordable housing rather than executive style properties of which there is sufficient to meet demand, currently young people are being forced out of the area, it was agreed to ask the Borough Councillors to ensure that the application is considered by the full Planning Committee rather than the decision being left to an officer to make.

Two new Tree Preservation orders were noted, one for four trees on the western boundary of the plot on Mill Road where there is currently a planning application for four properties and for some trees in the grounds at Castle Villa. It was reported that the County Council have put works to improve Stepshort, Belton into the maintenance programme, members agreed to report various potholes on Stepshort at Burgh Castle for attention along with the gully drain outside Three Ways on Butt Lane which has been marked as awaiting repair for some time with no action. The next meeting of the Parish Council will be at the Village Hall on Monday November 12th (7.30pm).

FRITTON & ST. OLAVES PARISH COUNCIL

Six members of Fritton and St Olaves parish Council along with Borough Councillor Brian Lawn attended the July 26th meeting of the Council, Alan Mendum was in the chair. The Fritton Action group reported they had been busy raising awareness of the application for mineral extraction at Waveney Forest and that Lord Somerleyton had put them in touch with his consultancy for assistance. Drawings of a possible public car park at Tinks Wood were distributed, the land was thought to be in private ownership and it was agreed to discuss the matter further later. Councillors had no objections (and the Borough Council had since approved) a single storey link at Thatched Cottage beside Priory Farm. Councillors had no objections to a retrospective application for a car port at Buckworths garage however they stated that they would be against any further development that would obstruct drivers' views at that location. The Borough Councillor said he would see what information he could get from the Borough Council concerning the car park at Fritton Village Hall. The Parish Council meets every other month, the next meeting is on Thursday November 29th at St. Olaves Village Hall (7.30pm). Please note that there has been a change of Parish Clerk, the new clerk to the Council, appointed at the September meeting is Kate Palmer, 56 Victoria Road, Gorleston, Gt. Yarmouth, NR31 6EF. For further information visit the web site.

**THE WELCOME HOME FUND
Village Project Ideas Wanted**

In 1945 the Belton Welcome Home Fund was set up by Parishioners to welcome home servicemen and women who served in World War 2. The resultant fund raising activities paid for the purchase in 1947 of the Bell Lane Playing field. Money was added to the fund when some of the site was sold in 1968 to facilitate the building of the Waveney School. The Parish Council, as Trustees of the fund, are looking for a small project, with a limited amount of funding to make improvements to an area within the village that would be of benefit to all residents. Consideration should be given to the location of any suggested venture, plus costs involved. The Charitable Trust has criteria that it must adhere to, in summary: "The object of the Charity is, in the interests of social welfare, to improve the conditions of life for the inhabitants of Belton and Browston by the provision and maintenance of a recreation ground or recreation grounds and the provision of general charitable purposes for the benefit of the inhabitants of Belton and Browston." Please can all suggests be e-mailed to the Charities Secretary Kate Palmer at beltonparish@yahoo.co.uk or posted to 56 Victoria Road, Gorleston, Great Yarmouth, NE31 6EF by November 30th. 2018. Please note any agreed suggestion would be subject to the approval by the Charity Commission.

**BELTON CHRISTMAS TREE & CHILDREN'S PARTY
Michael Greystone**

Following on from last year's very successful turning on of our Christmas lights, I've got great news. On the 4th of December starting at 5pm at the Kings Head function room, there will be a party for the village children free of charge. Tickets are needed due to a max 120 person safety limit (includes mums and children). At 5.45 pm, as last year we'll gather and turn on the tree lights followed by carols led by the vicar. If the weather is inclement, this will be done at the Kings Head who I would like to thank for donating the room and some food as a marvelous gesture to our village. The evening will throw up many surprises for the guests with exciting visits by leading entertainers. This whole event is to bring mums and dads together to have a well-earned drink at the bar while the kids have a lovely time. Anybody that attends the lights switch-on, is welcome to come down and enjoy the evening at the Kings Head. More details soon. My thanks to Belton & Browston Parish Council and Event "us".

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ST. FURSEY PILGRIMAGE

In spite of the inclement weather on October 6th a large congregation assembled in Burgh Castle Church for the 22nd Annual Fursey Pilgrimage. Some had met up earlier at The Queens Head where old friendships were re-kindled over lunch. Fursey pilgrims are an ecumenical group of Christians spanning a wide range of Christian traditions seeking to encourage renewed interest in the life and times of St.Fursey and a deeper understanding of the spirituality of that era.

The service was led by Canon David Abraham and our Rector, Rosie Bunn with members of the Fursey Pilgrim group and Burgh Castle congregation giving readings, leading prayers etc. The address was given by Rosie, joining the long list of revered speakers over the years. As an added interest some of the historical display had been left in situ and was much appreciated by pilgrims not just from Norfolk but also Essex, Lincolnshire and Cambridge.

At the end of the service everyone joined in the ancient Celtic custom of "sharing bread with a stranger". A few hardy souls then left for a short Act of Worship at the reputed site of Fursey's monastery but sadly due to worsening weather only made it to the stile where, in the shelter of the hedge they joined in prayers and hymns before making their way back to the Village Hall to join the others for very welcome hot tea and cakes.

Website: info@furseypilgrims.co.uk Local contact Maureen Grey 01493-781747

at the hall from 11am. Or contact mgreenacre532@gmail.com , call 01493 780126

MacMillan Coffee Morning – Held on on 19th September, this was a really good event and a great success, thank you to those who made cakes and provided prizes. The total amount sent to MacMillan was £ 346.50.

Remembering 100yrs - Its 100 years since the Armistice in 1918. Burgh Castle Church are hosting a supper to commemorate this event which has helped to shape our lives today on Thursday 8th November 7pm at the Village Hall. A hot meal of Beef Stew & Apple Pie will be available, there will be a raffle and we have the well known David McDermott coming along to give us an insight into 'Great Yarmouth in WW1'. Tickets are on sale at £10.00 per person from Margaret 01493 780126, e-mail mgreenacre532@gmail.com, or Maureen on 01493 781747.

BURGH CASTLE SPEEDWATCH

Burgh Castle Community Speedwatch have been out in various places in the village recording cars that are speeding. We captured 54 Vehicles in September that were speeding. 93% of these peoples' cars were registered outside the village. Burgh Castle Community Speedwatch are looking for new members to help slow down the traffic, it doesn't take long to train, and you only have to commit to a couple of hours a month thereafter. If you are interested in joining our Speedwatch team then please contact the coordinator wendygriffiths.2k@btinternet.com or 01493780452.

BURGH CASTLE CHURCH & VILLAGE HALL

Quiz Nights - The quiz on Friday 5th October raised £60 for funds. The next quiz Friday 2nd November 8pm at the Queens Head, Burgh Castle. Please come along to support us, please arrive early if you are booking food.

Jumble Sale - Don't forget the Grand Jumble Sale on Saturday 27th October. (12 noon to 4pm.).This is the final event this year for our fundraising tea room. An enormous thank you to the volunteers who made this possible, the village church and village hall have benefitted greatly from this venture, which we hope to repeat in 2019.

We are always looking for donations of good quality bric-a-brac, books, produce etc. We will take donations on the morning on 27th

BRADWELL COMMUNITY LIBRARY

Bradwell Community Library is situated on Lord's Lane opposite the Bradwell Community Centre. Opening times are Monday & Saturday 10-12.30 and Thursday 2.00-5.00. There is plenty of parking space available. The library is very well stocked with a wide variety of quality fiction. We have a lovely Children's section which is also very well stocked and a small collection of non-fiction and reference titles.

We have a good selection of Large Print titles also several local interest books which include Belton and surrounding areas. We always welcome new members. Telephone number 07907861002 (opening hours only) or 01493 601736 for further information.

BURGH CASTLE COMMUNITY CHRISTMAS FAIR.

The annual fair will be held at The Village Hall on Saturday November 24th at 2.15pm. there will be all the usual stalls, fancy goods, cakes, bric-a-brac, raffle etc plus games for all ages and of course refreshments. Any donations for the stalls will be very welcome. Proceeds eventually benefit both the hall and church. Further details from Brenda (781040) or Maureen (781747)

NORFOLK CHURCHES SPONSORED CYCLE RIDE

Paul Nicholls again rode on behalf of Burgh Castle Church in this annual September event, he visited 50 churches and raised the magnificent sum of £1651.00. What a fantastic achievement! A very big thank you to Paul and all the wonderful people who supported him so generously.

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Rev Rosie writes....

One hundred years since the end of World War I. There won't be many who remember the day the First World War ended; there aren't many who remember

the Second World War these days. And this year the 11th day of the 11th month falls on a Sunday when we shall stop, be silent and remember those who gave their lives that we might live.

How important it is to remember the costliness of war and the damage it does to individuals, families and society. We need to remember the lessons learnt, but how often do we see them repeated in different parts of the world. As a child I went with my Dad to all the Royal British Legion events where he carried the standard for his branch of the RBL. I remember the camaraderie of the men and their commitment to their purpose of ensuring that our nation did not go to war again in the way they had experienced it. Then, and now, it is difficult to imagine. I have watched various war films but even though they can be painful to watch, nothing gives the true terror of what men and women endured in the First and Second World Wars.

I enjoyed the story of War Horse, if I can say that (simply because the story of the horse has a good ending), but the film portrayed the horrors for both humans and the horses involved in what was a massacre at times. When you read that 8 million soldiers died in WW1 and 21 million were injured, it is difficult to comprehend the scale of devastation. To think that 65 million troops were mobilized during and just on the first day there were 58,000 British soldiers killed at the Battle of the Somme. And it was during the First World War that chemical weapons were first introduced – mustard gas. But there were some amazing developments, too, because of the injuries suffered by British soldiers. A surgeon named Dr Harold Gillies pioneered early techniques for facial reconstruction because of the shrapnel wounds he had to treat. Blood banks were developed at this time too, although initially transfusions usually were direct from one soldier to another. It wasn't until 1917 that an American Army doctor found the way to prevent blood from coagulating and thus becoming unusable. His work allowed blood to be kept for as long as 28 days on ice so that it could be transported to where it was needed.

Our annual remembrance is the least we can do for those who fought bravely for our freedom during the First and Second World Wars. How easy it could be to let the lessons of the past slip into forgetfulness. How easy it can be to buy a poppy as a token gesture and observe with reverence and respect the 11th hour of the 11th day of the 11th month, and that be that for another year. But sadly for those who still suffer from the wounds of battle, and those who mourn their loved one, the pain continues, but thankfully so does the work of the Royal British Legion and other organisations who support them. How much do we have to be thankful for; for living and growing up in a peaceful part of the world? I think the words "enormously grateful" doesn't go far enough or do justice to the gratitude we owe as a nation to those who made it possible, and how I wish that the leaders of the nations of our world would work for peace so that a more secure future could be guaranteed for all.

This year, in Belton, we shall mark the Centenary with a special installation on the church tower, made by the contributions of school children and grandmothers, scouts and grandfathers. There have been so many people who have knitted, crocheted, cut out felt (and plastic bottles) and glued and stitched to make our poppy display; our tribute showing our appreciation. In Burgh Castle there is an evening talk at 7pm in the Village Hall on Thursday 8th November about Great Yarmouth during the First World War. (further details can be found on page 8). Services of Remembrance will be held on Sunday 11th November at All Saints Church, Belton at 10.30am (where the Scouts, Cubs and Beavers will be on parade) and at St Peter & St Paul, Burgh Castle at 3pm. Moorlands Church of England Primary Academy will also be marking Remembrance in church on Friday 9th November and remembering by name the men of Belton who died in the service of their country.

YOUTH REPORT



Rocksolid & Messy church

Rocksolid and Messy church will be having a combined fireworks night on the 8th of November. There will be food, activities and of course fireworks at the Rectory from 5pm until 7pm

Youth group

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

The Hub is our social drop-in 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. November's Dates will be on the 9th and the 23rd

Light Party

There will be a light party on the 31st of October at the church where there will be fun and games as well as sweets. It serves as a safer alternative to trick or treating. We ask that people dress up as super heroes or non scary costumes. Starts at 5:30 until 7:30 with an entrance fee of £2. Price includes lots of sweets and hot dogs as well. Please check the church website for more details.

I would love to see more new faces at all our groups. If it is something you have been thinking about then come and join us and see what we get up to.

Bruce Gearie (Youth Worker) bruce@allsaintsbelton.org.uk

YOUNG AT HEART

Here at Young at Heart we have been enjoying this most lovely Indian Summer. The trees are beginning to change colour –shedding their green chlorophyll mantle and revealing their jewel shades underneath. It's lovely to walk into church and see all the friends and then to sit together with snacks of sandwiches and cakes talking over whatever crosses our minds.

There is a lot coming up for us – a visit to Cherry Lane with cake and coffee together, a fish chip and mushy peas lunch, the treat of a member of our club AND not forgetting our Christmas lunch at the Pier Hotel in early December where we went last year and it was truly excellent.

You don't have to have a car to join us as lifts can be organised. So if you are over 50 and fancy coming along to our friendship group between 10am and 12am on Tuesday, just turn up at Belton Church where we meet, a warm welcome is assured. The group is non-religious but quite a few of us do attend the church and there is a celebration of communion once a month following on from the regular get together. This is not an obligation and while some of us join in, others continue with the club meeting. If you have any questions please ring either Sue on 01493 782443 or Margaret on 01493 780126.

MONEY & DEBT ADVICE

Free, impartial and confidential advice and guidance on money and/or debt issues is available at the Village Green Children's Centre, Belton from a representative from D.I.A.L usually on the last Thursday of every month (1.00 – 3.00pm). The next date is November 29th. No session in December. Service returns on Thursday 31 January 2019. For more information 01493 789562 or childrenscentre@moorlands.norfolk.sch.uk.



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matinee at the theatre- things that might have once been easy for people to do, but now aren't as accessible. Please feel free to visit our Facebook page (burghcastle@drivingmissdaisy) or if you wish to know a bit more about the service, please call Ian or Karen on 07486 435688.

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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.

CARPAL TUNNEL & CUBITAL TUNNEL SYNDROMES

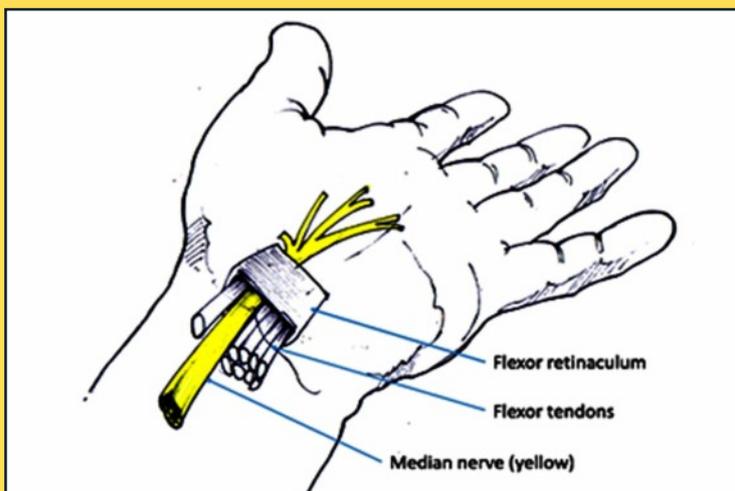


About the author: Mr Sunil Garg is a Consultant Orthopaedic Surgeon, specialising in treatment and surgery of the shoulder, elbow, wrist and hand. He completed his Orthopaedic Training from London and South-East England working in prestigious hospitals like Kings College Hospital London and Guys & Thomas'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

some very common musculoskeletal conditions that affect the wrist and hand. Lately, surgical treatment of some of these conditions has been rationed under the NHS. To contact Mr Garg for further information on these conditions please visit his website www.ukshouldersurgeon.co.uk

This article discusses two extremely common conditions which cause pins and needles (tingling) and/or numbness in the hand. These two conditions are Carpal Tunnel Syndrome and Cubital Tunnel Syndrome. Both conditions involve a trapped nerve and present with pins and needles in hand although in different location depending upon which nerve is trapped and where. The pins and needles in hand can also be caused by (less commonly) several other conditions such as trapped nerve in the neck or more generalised disorders such as diabetes, alcoholism, vitamin deficiency, multiple sclerosis or chronic pain. In these conditions, the tingling and numbness are often more widespread (bilateral) and associated with other symptoms which can be easily differentiated by your doctor. People who use vibrating tools a lot may also develop nerve damage and may experience pins and needles.

Carpal tunnel Syndrome



What is it? Carpal tunnel syndrome (CTS) is a condition where one of the nerves that goes into the hand (the median nerve) is compressed where it passes through a short tunnel at the wrist. The tunnel contains the tendons that bend the fingers and thumb as well as the nerve (see diagram). CTS commonly affects women in middle age but can occur at any age in either sex. CTS can occur with pregnancy, diabetes, thyroid problems, rheumatoid arthritis and other less common

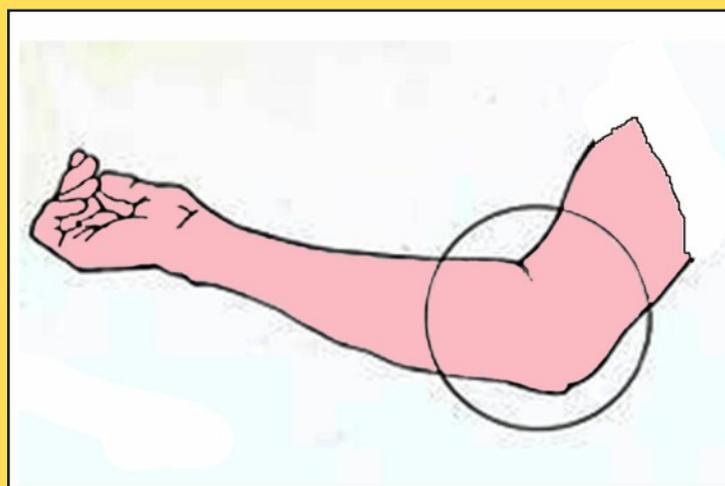
conditions, but most sufferers have none of these. CTS may be associated with swelling in the tunnel which may be caused by inflammation of the tendons, a fracture of the wrist, wrist arthritis and other less common conditions. In most cases, the cause is not identifiable.

What are the symptoms? The main symptom is altered feeling in the hand, affecting the thumb index, middle and ring fingers; it is unusual for the little finger to be involved. Many people describe the altered feeling as tingling. Tingling is often worse at night or first thing in the morning. It may be provoked by activities that involve gripping an object, for example a mobile telephone or newspaper, especially if the hand is elevated. In the early stages the symptoms of tingling intermittent and sensation will return to normal. If the condition worsens, the altered feeling may become continuous, with numbness in the fingers and thumb together with weakness and wasting of the muscles at the base of the thumb. Sufferers often described a feeling of clumsiness and drop objects easily. CTS may be associated with pain in the wrist and forearm.

How is the diagnosis established? In most cases the symptoms are enough to indicate the diagnosis. The examining doctor may perform physical examination to establish blunting of sensation in the thumb, index or the middle finger. There are special tests the doctor may ask you to do which may reproduce the symptoms. In some cases, nerve conduction tests are needed to confirm the diagnosis. The nerve conduction study involves passing mild current through the hand to establish the working of the nerve. The test is usually well tolerated. Blood tests and x-rays are rarely required.

What is the treatment? Non-surgical treatments include the use of splints, especially at night, and steroid injection into the wrist (carpal tunnel). CTS occurring in pregnancy often resolves after the baby is born. Surgery is frequently required. The operation is performed under local anaesthetic by numbing the wrist crease. Surgery entails opening the roof of the tunnel to reduce the pressure on the nerve. The most common method involves an incision over the tunnel at the wrist, opening the roof under direct vision. The surgery is very well tolerated by most patients and takes only about 10-15 minutes. Risks of infection, nerve injury and other complications is minimal. The outcome is usually a satisfactory resolution of the symptoms. Night pain and tingling usually disappear within a few days. In severe cases, improvement of constant numbness and muscle weakness may be slow or incomplete. It generally takes about three months to regain full strength and a fully comfortable scar. Treatment of this condition is available under the NHS (at the time of writing this article).

Cubital Tunnel Syndrome



What is it? Cubital tunnel syndrome is compression or irritation of one of the nerves (the ulnar nerve) in a tunnel on the inside of the elbow (where your 'funny bone' is). The ulnar nerve provides sensation to the little finger and part of the ring finger, and power to the small muscles within the hand.

What are the causes? Most cases arise without an obvious cause, but the tunnel can be narrowed by arthritis of the elbow joint or by an old injury.

What are the symptoms? Numbness or tingling of the little and ring fingers are usually the earliest symptom. It is frequently intermittent, but may later become constant. Often the symptoms can be provoked by leaning on the elbow or holding the elbow in a bent position (e.g. on the telephone). Sleeping with the elbow habitually bent can also aggravate the symptoms. In the later stages, the numbness is constant and the hand becomes weak. There may be visible loss of muscle bulk in severe cases, particularly noticeable on the back of the hand between the thumb and first finger, with loss of strength and dexterity.

How is the diagnosis established? In most cases the diagnosis is established by clinical signs and symptoms. The examining doctor may perform physical examination to establish blunting of sensation in the little and ring finger or demonstrate weakness in the working of the small muscles of hand affecting the grip and function of the hand. Investigations may include x-rays of the elbow and nerve conduction studies.

What is the treatment? Avoid or modify any provocative activity where appropriate. For example, wear a headset for using the telephone; avoid leaning on the inside of the elbows or wear protective pads. Excessive bending of the elbow at night can be minimised by a folded towel wrapped around the elbow, or by a splint provided by a therapist. These manoeuvres may be curative in early cases. Surgery to decompress the nerve is required in severe cases, or in those that do not respond to the non-surgical treatments above. Surgery frequently improves the numbness, but its chief objective is to prevent the progressive muscle weakness and wasting that tends to occur in severe untreated cases. Several operations are used, including simple opening of the roof of the tunnel (decompression), moving the nerve into a new location at the front of the elbow (transposition) and widening the tunnel by removing some of its bony floor (medial epicondylectomy). Your surgeon can advise on the technique most appropriate to your problem.



MACMILLAN COFFEE AND CAKE SALE

On Friday 28th September the Ormiston Venture Academy community came together donating, baking and selling cakes, all in aid of Macmillan Cancer Research.



Hundreds of cakes were made and brought into the Academy for a bake sale at break time, lunch time and after the Academy day. The Union of Venture Students judged the 'Great Venture Bake Off' cake competition at the beginning of the day deciding that Joe Jermy's super tall Oreo cake was the standout bake!

A huge number of the most amazing cakes were brought in by Year 8 Rebecca Bourke who had them donated by her auntie from Coastal Cakes.

The Academy raised an impressive £311 from the event. Assistant Principal Mr McNally commented on how fantastic it was to see students, staff and the community come together for such an incredible charity.



1st BELTON GUIDES

September has seen the start of another busy term for 1st Belton Guides. During the summer our exciting new badge programme



was launched, we have been looking at this in some depth with our guides and trying out some of the new activities.

The new programme consists of six themes - Know Myself, Express Myself, Be Well, Have Adventures, Take Action and Skills For My Future.

These are designed to equip our girls and young women with good skills for the future and to be more relevant to the times in which we live. So far we have tried the Savvy Shopper activity from Skills For My Fu-



ture, where girls are given a scenario and a budget and required to plan a meal, for example a meal for six people where some of the guests have special dietary requirements, for £3 per person plus 50p for each person with special dietary requirements.

We also looked at Equal Everything from Be Well where we explored whether fairness means that everything should be divided equally or in reality does fairness mean that everyone gets what they need.

This weekend some of our guides and leaders went to Big Gig at Wembley Arena, we travelled to London by coach with approximately 80 other girls and leaders from Great Yarmouth Division. Our guides were very excited to see acts such as The Vamps, Samantha Harvey and New Hope Club. We are in the process of arranging a weekend at Patteson Lodge which is planned for June 2019. The guides have chosen that this should have a CSI theme, using investigative skills to solve a crime.

Meetings are held at the JGI, Tuesdays 6.45pm to 8.30pm term times only.

DOWN THE GARDEN PATH



This is the time of year to tidy up and divide herbaceous (perennial) plants. Cut down within approximately 10cm of the ground all the spent top growth. In order to prevent future problems with pests and diseases dispose of it in your brown garden wheelie bin if you have one. Take out any supporting stakes wash the bottom with a mild disinfectant and pack them in the shed to dry ready for next year. When cutting down the past summer's growth, make sure you use sharp secateurs, knives or scissors, taking care not to pull at the plants which may damage the next seasons' growth.

In day gone by it was always recommended that plants in the herbaceous border should be lifted every three years and the whole border be replanted after being manured and dug. These days we tend to have mixed borders and our shrubs would not take kindly to being uprooted every three years. However, some plants may need lifting and dividing. These include delphinium, hollyhock, lupin, Michaelmas daisy, helenium, verbascum, and kniphofia. Once divided, the plants can be replanted in other areas of the garden, given to friends or discarded. Division is done with a sharp knife, or a pair of forks inserted back to back and levered apart, depending on the type of plant. Plants that are replanted need to have a good supply of roots and two or three crowns or buds. They should be replanted straight away so as not to dry out so it is wise to choose where they are to be replanted and to have the soil prepared.

Winter is the perfect time to propagate flowering perennials by root cuttings, an often overlooked technique that involves removing lengths of root from under the soil, which are then inserted into pots of compost to form roots and shoots. This method can be carried out anytime between November and late February, while plants are still dormant. Among perennials that will regenerate easily from root cuttings are Oriental poppies, Japanese anemone, acanthus, Anchusa azurea, brunnera, eryngium, drumstick primrose, phlox, verbascum, pasque flower and several types of hardy geranium, including Geranium pratense and Geranium sanguineum. Carefully lift a clump with a fork and sever a few long roots as close to the crown as possible – choose only those that are white, healthy and about pencil thickness. Replant the perennial immediately to prevent a check to its growth. If a perennial is in a pot, simply decant and select some roots from around the outside of the root ball.

Divide the root into 5cm long pieces with secateurs or a sharp knife. It's important that cuttings go the right way up, so they are orientated in the same way as when attached to the parent plant. Either lay the pieces in front of you keeping the tops uppermost or make a horizontal cut at the top of the cutting with a slanting cut at the bottom. Fill a 7.5cm pot with seed and cuttings compost. Make five vertical holes with a dibber and push a cutting into each. When the top of each cutting is level with the surface of the compost, cover with a thin layer of horticultural grit. Label and water. Phlox, drumstick primula and other plants with finer roots need different treatment. As they're too flexible to be pushed upright into compost, place 5cm long pieces horizontally on the surface of 12.5cm pots of compost. Arrange cuttings 4cm apart and cover with grit. Place pots in a greenhouse, unheated porch or a cold frame. If you don't have one, improvise by putting them next to a sheltered wall of your house, where the eaves will give some protection against excessive rainfall. Shoots should appear within a few weeks, before the cutting produces roots. When roots eventually appear through the drainage holes in the base, carefully split up the root ball of cuttings and give each young plant its own pot filled with multi-purpose compost. Plants will grow quickly and should be ready for planting in the garden by summer.

ST OLAVES VILLAGE HALL

There is a Christmas Craft Fair at St Olaves Village Hall on Saturday November 24th (10am - 1pm), lots of craft and gift stalls - perfect for Christmas. Also Teas, coffee, soft drinks, cakes and sausage rolls.

There will be a tombola - come and enjoy yourselves.



Beavers

The Beavers have been busy completing their sports activity badge. They had already spent 6 weeks arriving at Beavers and doing warm up exercises before starting their meeting. The Beaver have learned how to play rounders and bench football. We have had an evening making dough twists, which were cooked on open fire embers. Once cooked the Beavers spread jam on them before eating them. Congratulations to Harry who obtained his Bronze Chief Scout Award the highest award you can get as a Beaver Scout. Congratulations to J-J who was presented with the half term award for being helpful and kind at Beavers, he has a special woggle to wear for the half term and a badge for his camp blanket.



Cubs

The cubs this month amongst other things have been working towards their communication badge. They have so far learnt how to communicate in a group, sent messages via Morse code, what to do and say in a mock up emergency call. They played a Kim's game as a group which involved looking at a tray of items and communicating to a person once the tray was covered up how many they could remember. They have also had to remember a message that had been communicated to them at the start of the evening and communicate it to the pack at the end of the meeting. They played sleeping bears, where they were blindfolded and received instructions to avoid the grizzly bears laying on the floor. They will finish this badge at JOTA which is the same weekend every year, where scouts from across the world have an opportunity across the air waves using amateur radio.

Scouts

September was a very busy month for our Scouts. It all kicked off with a briefing night for our young people and parents on the changes made to Scouts nights, all in the name of improving structure and discipline within the section.

The rest of the month saw the Scouts take part in a beach clean; our thanks to the borough council for providing the materials to collect the rubbish on Gorleston beach. A great night hike and doomsday-prepping activities- by taking part, all our Scouts have been working towards their Environmental Conservation, Survival Skills, Hill Walker and Naturalist activity badges, along with the Expedition Challenge badge. All in all a cracking month and we are so proud of how our Scouts have adapted to our new structure and programme.

Group

The Scout group has been invited to run a table top bri-a-brac sale at the JGI coffee mornings on Saturday 10th November and 8th December 2018. Wanted bri-a-brac for both sales, Christmas items for the December sale please contact Jane 01493 780965.

SCOUTS NEWSPAPER COLLECTIONS

Belton Scouts will be collecting old newspapers (sorry - Belton only) on Saturdays November 3 and December 1. Papers should be put outside properties by 8.45am to ensure collection, please remember do not make bundles too large as some of the collectors are younger members of the group. Glossy magazines, leaflets, greetings cards and old telephone directories can all be included with your papers. For information about the local Scouts or the paper collections please call 01493 780965. Papers can also be left outside at 6, Station Road North, Belton, NR31 9NF.



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 at 43 Magdalen way, Gorleston, NR31 7BW or on 43ironhorse@gmail.com

MALCOLM'S NATURE NOTES

My naturalist friend Keith Knights of New road Bradwell, e-mailed to tell me of a huge number of Ivy bees (Colletes hedera) he had counted in his large dome p.v.c. greenhouse, and invited me over to see them, he had counted over 400. I soon made my way there and was able to get a close - up view of some resting on a plant. They have distinct orange



furry hair on their thorax and body of yellow and black bands,(Honey bees don't have the orange furry hair on thorax). Ivy bees were first seen in the British Isles in Dorset 2001 on nectar of Ivy flowers, they only emerge in September, and are the last solitary bees to appear. They are also known as the Ivy Plasterer Bee, as they use their saliva to smooth over the walls of their nests, which are in small holes, in loose soil and sand. Each female digs her own burrow, but hundreds nest close together in colonies. They are able to withstand cooler weather, since my visit I have been looking at several ivy bushes and have discovered them near Ashby church, Somerleyton station and at the bus stop on Magdalen Way. My fellow Yarmouth Naturalist Keith Barnes has had them in his garden for the past two years. On a recent trip to North Norfolk I discovered them at Corpusty, Saxthorpe, Kelling and Salthouse.



The Crab Apple (Malus sylvestris) is found throughout the British Isles, apart from Northern Scotland, where it is very rare. Although it is one of our native trees, it is never very common and is rarely dominant in a

wood. It usually grows to be a small tree though sometimes remains a shrub all its life. It's trunks and branches are often crooked with twigs twisted and intertwined. The small fruits of Crab apples are about one inch (2.5cms), vary in colour from green or yellow - green to yellow, sometimes flecked with red or more generally reddish in colour. I well remember my brother and I tasting one, from the tree growing next to our village school near Oxford, that was 78 years ago and it is still there. We never ate another one !! Despite their taste Crab Apples are a valuable source of food for wild animals, and are eaten by birds and mammals of all sizes, including voles to deer. The leaves are a welcome source of food for insects and caterpillars such as the Mottled Umber Moth. In a good year a tree can bear hundreds of apples. My photo shows a good crop. Crab Apple Jelly, Chutney and a dry Wine can be had from the apples. Crab apple trees are still used as a root-stock on which modern apples are grafted, its wood is hard and heavy, being slow growing and does not split easily. It can be used for making mallets, tool handles, and rulers, and for wood turning and carving.

The hardwood is reddish - brown, the sapwood paler.



It has been a wonderful Autumn for berries and nuts. My photo shows a small collection I collected in October. Oak trees had an abundance of Acorns, although Blackthorn had few sloes, Both Hawthorn and Holly had plenty of berries, a Spindle tree growing near Ashby Church had a superb crop of pink berries, the most I have ever seen. Rose hips were plentiful, and Hops had full clusters in their cone - like heads.

NEW BOOK

An apology from Malcolm, his new book has been delayed slightly at the printers, he now expects to have it at the end of November with a book launch in Gorleston in early December and a further signing at the December JGI Coffee Morning, watch this space next month!

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MONDAY ACTIVITY MORNINGS

Belton Activity Morning's membership has grown. It's great to see so many people coming together on a Monday morning. Monday Blues, not at our group, it's more like a party. We love it. So, thank you for making Monday Mornings the best day of the week. Don't be put off by how busy it is at

the beginning once we are all seated its less overwhelming. Even though it may be busy the week you attend not everyone can attend every week and so it evens out.

Chair Based Exercise at 9.30am to 10.15am. This first session can help improve your daily movements and gets you started for the week. It offers a group session which you meet people of a similar mind about exercise, which can also increase your confidence. Regular exercise can improve posture, balance and co-ordination which is essential for daily living. We serve refreshments after this session for 20 minutes.

Nordic Walking from 10.30 to 11.30 during September has been well represented. With everyone enjoying the sunshine. Sallyann will continue to bring the poles and while the weather is good we can walk. Although if it looks doubtful the Circuits will replace Nordic Walking. Either way be prepared.

Charity Walk. Cancer research uk.

Sallyann did complete her 22-mile Hike on September 8th and the amount raised is still rising. Thank you to everyone who has supported this worthy cause. It took 8 hours in total allowing for 3 breaks. The weather was very kind and not too hot. It was a very well organised event with 5 coaches of ladies walking along the North Norfolk coast. Belton Activity Groups last session for this year on **10th December 2018** when we have a gentle session followed by light Christmas refreshments.

Monday 7th January 2019. This will be our first session back after Christmas and the two hours will be to complete our Annual health questionnaires and discuss what the members would like included in these sessions for 2019. So, get thinking!! You can arrive at 9.30 or 10.30 just let Sallyann know which time you would like to come. If you're not able to make this date, then just let Sallyann know and we can complete it later. Booking this session for legalities means we can get on next week with exercise. Refreshments will be provided for on the day.

Please Contact Sallyann on 07599044806 or email up4fitness@gmail.com leaving your name and contact number for me to contact you.



PILATES WITH HAYLEY

There are two weekly Pilates classes at beginner and intermediate suitable for all levels of fitness on Mondays at

the Premier Room New Road Sport & Leisure Centre, Belton, 6.00-7.00pm and 7.05-8.05pm with limited spaces available. In the October/November classes we will be working on Pilates Protocols for a stronger Neck and working with Spike Balls and New Foam Rollers as well as working with Scoliosis. There are also spaces in the beginners classes at Lound Village Hall on Wednesday mornings . (10am and 11.15am -12.15pm).

A new block of classes for six week costs £48. Hayley also runs numerous other local classes. To book call 07767 864568 or email hayley@hayleyallenpilates.co.uk .



GREAT YARMOUTH STROKE GROUP.

Great Yarmouth stroke group had most enjoyable afternoon at Caister Lifeboat Station, the group was made very welcome. We all enjoyed listening to Derek speaking about the crew and the lifeboats with a film show. The group had a wonderful afternoon put on by the excellent volunteers. At the group meetings in Belton we have had Malcolm with his pictures of nature, that wonderful voice of Joyce and friends, also Alex who was on Britain's got talent contestants singing to the group and Rosie with her jewellery giving a talk on antiques. For

information on the group contact Sue Casey on 01493 781846. We meet at Belton New Road Sports Centre every Thursday 2-4pm.

YOGA CLASSES

LEXI SPALL YOGA

MIND BODY SPIRIT

So summer has passed and we are moving into a new season, a season of crisp mornings and crunchy leaves underfoot. A season when we let go of the excitement of the summer and become that little bit more grounded and focused, but with that change in temperature we may find ourselves a little tired, so may need to ignite that little fire in ourselves to regain that lost energy. Why not join our lovely welcoming YOGA group at Belton New Road Sports Centre on a Thursday morning with a relaxed, calming and supportive atmosphere. Classes are 9:30am every week £6.00 per class or £20 for a four week block. Call or text 07841985767 to book. Or email lexispallyoga@hotmail.com

JOLLY TOTS & JOLLY BABIES

Jolly Tots and Jolly Babies sessions run every Wednesday (term time only) at New Road Sports and Leisure Centre, Jolly Tots (9.30am-10.45am) is a friendly stay and play group for under 5's and Jolly Babies (11am-12pm) from birth. I aim to provide a fun and stimulating environment for children to interact, learn and play and for parents, grandparents and carers to meet other local families whilst enjoying a cuppa! There is ample free parking available, bus service X11 stops outside every 30 minutes. Sessions include free play, messy/sensory play, craft activity (often based on a theme) snack time and a song time. Jolly Tots is £2.50 per session, Jolly Babies £1.50 and 50p per sibling. Contact Shelley 07767389789. Hope you can join us.

BELTON BOWMEN

Belton Bowmen has places for our junior/family sessions which are held on a Monday evening 6pm -7pm at Wroughton Junior Academy, Burgh Road, Gorleston. (We enter the school at the gate near the flyover then via fire doors to the hall.) This is for children to learn the sport of archery; family members can shoot at the same time! A great way to bond in a fun environment. Cost is only £3.50 per person per session. We also have an adult session from 7-9pm at £5 per person per session. You can just turn up on a Monday night or for more details contact Duncan on 01493 780418.

BELTON JUDO CLUB

Belton Judo Club run two junior sessions every Tuesday and one junior and one two-hour open senior session every Wednesday at the New Road Sports and Leisure Centre in the village under the watchful eye of Dominic King, ex-British Champion and Youth Olympic Silver medallist who trained and competed at National and International level for many years and 12-year-old Ryan King who is now a member of the England squad. Not many villages have a club run by coaches at this level so take the opportunity to try this excellent Olympic sport, the first month is FREE OF CHARGE so you have nothing to lose, who knows, it could be a life-changing move and you may never look back. The Judo club runs continuously throughout the year only closing for two weeks during the summer holidays and two weeks over the Christmas period. We often run Fun Days and extra sessions during school holidays.

Dominic King Judo & MMA Academy is able to 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 £6.50 per person for two hours at the New Road Sports Pavillion or contact Dominic on 07977 432756 or email on dominic@fightingfitjudo.co.uk or contact him via Facebook. Other venues/days are available if Tuesday or Wednesday is not convenient, all session times and venues can be found on our website, www.fightingfitjudo.co.uk

BREAKING NEWS : Just heard from Ryan who is representing England at a competition in Nijmegen, Holland to say that he has won a Bronze medal. This is an excellent result whilst competing at this level and bodes well for the future.

The photo is of Ryan (in Blue) throwing his opponent for ippon.



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Email: beltonparish@yahoo.co.uk

Bohemians FC

We are looking for Youth players to join our club.

Boys and girls of all ages welcome!

Feel free to come down and speak to one of our friendly coaching team, and we will get your children involved in a fun and friendly local FA Charter Standard Development club.

We train on Saturday mornings, New Road, Belton.

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

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

BEEBOPS SENSORY MUSIC & DANCE SESSIONS

Classes are held at the New Road Sport and Leisure Centre every Tuesday during term time, at 10am there is Family Time Class (Mixed, ages 0-5) and from 11am Babies Class (Birth to walking). It is £4 for one child, siblings at half price. For further information and booking visit the web site www.beebopsitd.co.uk.

ART STUDIO ST. OLAVES

Open Art Studio, Herringfleet Studio and Gallery, NR31 9HJ is having a number of workshops in November and December. Booking is essential as numbers are limited. £10 deposit secures your place. Please contact 01493 488551 or email contact@deniseallen.co.uk for details.

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WEEKLY AT THE JGI

YOGA - On Monday morning at 10.15am £2.50 per session. Please bring a floor mat and towel with you. Contact Julie on 01493 780121.

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 Lorrain 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

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

JGI TRUSTEES

The November Coffee Morning is on Saturday 10th November between 10 and 11.30 am. As well as the normal activities of a Photographic display and the free swap Jig-Saw table there will be a Bric a Brac stall by the Belton Scouts. Also on this morning there will be the presentation of this year's grants from the Village Voice. Come and find a bargain for Christmas and enjoy a busy morning. As a pre-information the Scouts will also have a Christmas Stall at the December coffee morning on Saturday 8th December. Please support these coffee mornings in the village as without your support they cannot continue.

SVAG MEETING (SOUTHERN VILLAGES ACTION GROUP)

The next meeting is on Thursday 15th November at the JGI Green Room at 7.30 pm. All are welcome if you need to raise a priority to the Police then come along and make your case.

WEDNESDAY DROP IN MORNING

All are welcome to our Drop In Coffee morning for Tea/Coffee and cake but most of all a very good chat with friends and catch up on all local news. We are always there and will be on Boxing day morning as well. Call Sue on 780822 for further information.

BELTON CAMERA CLUB

The next meeting is on Friday 2nd November at the JGI at 7.30 pm. Come along to a friendly gathering and find out more about your camera as well as digital processing techniques. We can help you to use the camera on modes besides the GREEN button. We will review our last software evening and also look at using the camera in Manual mode. Bring cameras and tripods and flash guns if you have them. Also bring this month's shot of either of a Pig, a Sheep or a Cow or a combination of all. Call Bill on 780822 for further details.

QUIZ EVENINGS AT THE JGI

The November Quiz is on Friday 23rd November at 7.30 pm. Tables up to four people. A great fun evening out with prizes and a raffle. The December Quiz will be a Christmas Quiz on Friday 14th December at 7.30 pm.

HISTORY SOCIETY

Thank you to everyone who supported the societies raffle at the JGI on Saturday September 13th. We had a very interesting talk in September from Colin Smith who spoke about Great Yarmouth in the 1960's, our November event will have taken place by the time you get your Village Voice.

On November 18th at the JGI (2.30pm) we are pleased to present the recently retired coastal editor for the Archant Group (Great Yarmouth Mercury, Lowestoft Journal and Beccles & Bungay News area) whose talk is titled "A Full Circle Career - Weekly to Weekly" . Admission £3.00, members £2.00, non members very welcome. After that we will take a break till January.

We have been involved in the repositioning of the Defibrillator outside the JGI everyone is welcome to the training session organised by the halls trustees at 7pm on Tuesday October 30th.

Please also take a look at the commemorative plaque for Sir John Mills now on the outside of the JGI and when inside the six plates showing very local views from the past that we recently purchased are now positioned on the wall for all to see.

Please remember to view our web site for stories and a very large local photograph gallery (www.beltonhistory.co.uk), For information on the club you can also call our chairman, Ian Walker on 07887640385.

BELTON WI

Next meeting at the JGI on Tuesday 13 November, 7.30pm. This will be a demonstration and workshop session to make a 'Winter Decoration'. Flowers will be provided. All you need is a plate/dish, scissors, greenery and any extras of your choice. For further information contact Liz on 780494 or Sue on 780822

DEFIBRILLATOR AND BASIC LIFE SUPPORT

AN EVENING OF INFORMATION AND TRAINING IN THE USE OF DEFIBRILLATORS AND PERFORMING BASIC LIFE SUPPORT WILL BE GIVEN BY THE EAST OF ENGLAND AMBULANCE SERVICE ON TUESDAY 30TH OCTOBER AT THE JGI AT 7PM COME AND LEARN A SKILL THAT COULD SAVE A LIFE FREE AND EVERYONE WELCOME

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Members of History Society and Wednesday Drop in at Christ College, Cambridge on September 23, 2018

THE TAVERN MacMILLAN COFFEE MORNING

Holding a Macmillan Coffee Morning we made £259.22 and had incredible support from the locals of at The Tavern on Station Road South in Belton, unfortunately only one other lady came in from the



village, all those that use the car park and live in the village never bothered, which was a shame as I'm sure they've all been affected my cancer at sometime in their lifetime. We would like to thank Bradwell Butchery for their donation of sausage rolls for the event.

DUNCAN'S 'THREE PEAKS CHALLENGE'

Following on from Duncan Wyer's report in last months 'Village Voice' (Page 19) about taking part in the Three Peaks Challenge he has informed us that the total collected so far for Nelsons Journey is £5300 which with a planned Quiz Night should increase to about £6000, personally Duncan collected £455.00. Well done to all concerned.

MOBILE LIBRARY - A STOP NEAR YOU

Why not make use of the Norfolk Mobile Library service, now with longer loan periods and no charges for overdue books, take full advantage of the mobile library by reserving, for a 60p charge, your books online, or on the library, and having them brought to you and your family, there are plenty for you to choose from, such as: large print, audio tapes and children's titles. Visiting 4 weekly on a Wednesday the current stops are:

- 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.

The next visits are on October 31st and November 28th. For more information please contact Norfolk Mobile Library Service on 01603 222303 or email central.mobiles.lib@norfolk.gov.uk



BELTON FOOTBALL CLUB

Belton Football Club have had another great month of results with things continuing to look on the up at the club. The First team continued their 100% start to the season with an 8-3 victory in the first round of the Norfolk Junior cup away at Hickling. The following weekend saw the club start their league cup run; following a bye in the first round we faced unbeaten Hellesdon Res coming out 4-1 winners with Top goalscorer Callum Ingram grabbing all four. A fantastic performance by the lads with Hellesdon only managing 2 shots

on target all game.

Back to league action again against bottom of the league Freethorpe reserves saw us win 9-0 to keep up the unbeaten run. We are currently sitting 4th in the league with games in hand on the teams above us. The latest result was one in which the squad of players can take a huge amount of pride. Facing Gorleston Reserves, 3 leagues above us, the lads put in a hardworking display managing a 0-0 score line at half time but with chances that could have perhaps changed the final result of 4-0 to Gorleston. Congratulations to Gorleston; their fitness killed the game off in the later stages. Our first defeat but we will continue to battle in the two remaining competitions.

Onto the reserves who have finally managed to kick their season into gear, 1 defeat 1 draw and 2 victories in the last month mean that the reserves sit 3rd in the league and 2nd currently in their league cup group. The management team hope that the reserves team will start to bond and form partnership so that they can push on as a team in the hope of some silverware.

Nathan Brown, Club Secretary

ROADWORKS IN NOVEMBER

Bradwell: Since our last edition we have been advised of a considerable speeding up of the Essex and Suffolk roadworks, the provisional completion date is now mid March rather than the original end of June, with that in mind individual closures are now expected to be as below although apparently nothing is for definite, it all depends on weather conditions and if any unforeseen obstructions are located.

- Phase 2** Road Closure from Primrose Way to Church Lane, this should have been completed by 24th October
- Phase 3** 25/10/18 – 2/11/18 Multi-way lights at 5 way junction (Long Lane). With a left hand restriction into Long Lane.
- Phase 4** 3/11/18 – 21/12/18 – A143 Road Closure from Mill Lane to Crab Lane.
- Phase 5** (Crab Lane to Mallard Way) commences 2/1/19 The current best estimate of worst case scenario (If we get a foot of snow....) is for completion in mid March.

We have no updates on if the work scheduled for October 29th for six weeks for both the entry and exit slip roads on and off the A47 Gorleston Bypass is still taking place for traffic light replacements.

Belton: We are advised that Station Road North in Belton is scheduled to be closed outside No 37 between November 19th and 23rd for gas main works

Browston: Browston Lane at Browston is down for closure on November 12th and 13th for water connections to be made to a property just south from Cherry Lane.

FRITTON BINGO

Why not come to Fritton Bingo and bring your friends. Held monthly at Fritton Village Hall, next session Friday November 16th eyes down at 7.30pm. Excellent prizes, all welcome.



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

The laying of a new water main by Essex & Suffolk Water on the A143 in Bradwell has necessitated the diversion of the few No. 7 buses that still operate between Belton and the Town Centre via Bradwell. In the morning the No 7 which leaves Bracon Road at 0752 (0800 Sats) and evening departures at 1922, 2022 and 2152 are running via the link road, Lowestoft Road and Middleton Road with its first official stop at St. Andrews Church, Gorleston- **it doesn't call at the James Paget Hospital.**

The inbound (to Belton) morning No. 7 leaving Market Gates at 0745 and evening 2000 and 2130 will follow the same route to Belton. In the evenings the last bus from Market Gates, 6B, departing at 2230 will follow its normal route via Shrublands and Bradwell until Laurel Drive, where it will turn right into Lords Lane then Mill Road, Stepshort and Belton. **There are no changes to the X11 Service.**

ENTUA has recently published its aspirations for the future rail development for Great Yarmouth. With the work that has been on-going to significantly improve the forecourt at Great Yarmouth Rail Station, ENTUA feels the time is appropriate to improve rail services to the town. Great Yarmouth has seen a disappointing drop in rail passenger numbers over the past 5 years, in contrast to growth seen elsewhere. ENTUA feels that some of the possible reasons for this could include the lack of through trains beyond Norwich (Great Yarmouth is more or less treated as a branch line from Norwich), infrequent services and a competing bus service operated by First Eastern Counties that offers 4 buses per hour (between Great Yarmouth-Norwich) for most of the day; Town Centre to City Centre.

Once the new Stadler bi-mode trains enter service in late 2019, ENTUA is suggesting a ½ hourly frequency to and from Norwich with some services extended beyond Norwich to such places as Cambridge, Peterborough, Stansted Airport, plus the opportunity to travel from Great Yarmouth to London via Norwich in 120 minutes which we feel is achievable in the long term. Finally, the journey experience into or out of Great Yarmouth needs to be seamless. Great Yarmouth Rail Station is on the outskirts of the town and to get to the town centre you can get a taxi or walk. We are aware that there have been improvements to the walkway from the station up The Conge to the market place, but it is still a long walk if you are laden with suitcases or worse still it is pouring with rain. We need an all year-round bus service between the rail station and town centre to provide joined-up travel, something that happens in Kings Lynn and Norwich, but not in Great Yarmouth.

ENTUA welcomes new members, we only ask for a minimum donation of £5.00 per annum which helps us cover the cost of printing and postage of our very informative quarterly newsletter and hire of venues for public meetings. To join please write to ENTUA, 18 Wensum Way, Belton, NR31 9NY

TONY GRICE

NORFOLK WILDLIFE TRUST - SURVEY

As part of **Wildlife in Common** the Norfolk Wildlife Trust are inviting people to visit a local common and submit records of wildlife found there. From September 2018 to April 2020 we are asking people to document 20 of the many species which have declined elsewhere but still find a habitat and home on our common land.

During the project we will be surveying 60 commons, some of which are marked on the map on the Trusts web site, one of these being Howards Common in Belton. If your common is not on the map it does not mean the Trust are not interested in your wildlife record, all you need to do is to submit your wildlife record by emailing wild@norfolkwildlifetrust.org.uk and stating what you saw, when and where you saw it.

The survey can be found at <https://www.norfolkwildlifetrust.org.uk/wildlife-in-norfolk/commons/common-survey>

BELTON COMMON PLANNING

The planning application that was first seen at the end of last year for changes on Belton Common and then delayed for technical/legal reasons is back on the public agenda.

The application states *'Proposed change of use to convert existing touring and camping site to form additional 63 static caravans, relocation of existing touring site to provide 75 pitches, new touring services building on part of existing golf course and change of use existing Belton Common for new golf course'*.

The application is currently on the Borough Council web site (reference 06/17/0745/F and according to press notices comments need to be at the Borough Council by November 2nd. It is expected that a decision will be made in the first week of January 2019.

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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 01493 780121

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

Refreshments (Health Visitor 3rd Monday of month) 01493 789562

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

Bingo Night (7.30pm) JGI All welcome

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

Belton Bowmen - For Winter - Wroughton Junior Academy - 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 OR Baby Bloom (10-11.30am) Village Green Children's Centre 4 week parenting course for parents/referrals, must be booked/paid in advance £8 01493 789562 (*these two groups alternate on the same time slot*)

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))

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)

EVERY THURSDAY

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 985767

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

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

Rock Solid (5-6pm from 13 Sep) Ages 8-11 - Belton Rectory Stables Free 07783573210

New Road Crafting Group (6-9pm) New Road Centre, Belton

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

Youth Group (7-8.30pm) From 13 Sep Belton Church Exploring Christian Youth & Fun. Free 07783573210

EVERY FRIDAY

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

The Hub (Open youth group) (6-9pm Nov 9th & 23rd.) Belton Church - years 6 & above - 07783573210

EVERY SATURDAY

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

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

EVENTS THIS MONTH

Fri Oct 26 (7.30pm) JGI Team Quiz Night (teams Max 4, £1 per person)

Sat Oct 27 (Noon - 4pm) Burgh Castle V/Hall - Jumble Sale (items to sell 01493 780126)

Sun Oct 28 (9.30am) Morning Prayer @ Burgh Castle

Sun Oct 28 (10.30am) Morning Celebration @ Belton

Tue Oct 30 (7pm) JGI - Defibrillator Info & Training Evening - open to ALL.

Wed Oct 31 Mobile Library. Priory Cl., St Olaves (11.35-11.45am), New Rd. Playing Field Fritton (11.50-12.05), Belton from 3pm (Times in article)

Wed Oct 31 (5.30-7.30pm) Belton Church -Light Party Halloween alternative

Fri Nov 2 (7.30pm) JGI - Digital Camera Club - 780822

Fri Nov 2 (8pm) Burgh Castle Queens Head -Team Quiz max 6 per teams

Sat Nov 3 (From 8.45am) Belton Scouts Collecting Newspapers - Belton only

Sat Nov 3 (9.30am) Belton Church Poppy Worship (Fixing poppies to the frame)

Sun Nov 4 (9.30am) Holy Communion @ Burgh Castle

Sun Nov 4 (10.30am) Holy Communion @ Belton

Tue Nov 6 (11am) Traditional Service of Holy Communion @ Belton Coffee from 10am

Wed Nov 7 (10.30am) Traditional Holy Communion @ Burgh House

Wed Nov 7 NO Messy Church

Thu Nov 8 (5-7pm) Rock Solid & Messy Church BBQ & Bonfire

Thu Nov 8 (7pm) B/Castle V/Hall Remembering WW1 talk by David McDermott + meal - tickets £10 01493 780126

Fri Nov 9 (7pm) New Road Sports Centre - Belton Allotments AGM

Sat Nov 10 (10am-11.30am) JGI Monthly Coffee Morning

Sun Nov 11 No Morning Service at Burgh castle

Sun Nov 11 (10.30am) Remembrance Sunday Service @ Belton (with Belton Scouts)

Sun Nov 11 (3pm) Remembrance Service @ Burgh Castle

Sun Nov 11 (6.30pm) Evening Celebration @ Belton

Mon Nov 12 (7.30pm) Burgh Castle V/Hall - Monthly Parish Council Meeting

Tue Nov 13 (7.30pm) JGI - Belton W.I, Demonstration & Workshop 'Winter Decoration' . 780822 / 780494

Wed Nov 14 (1.30-2.30pm) New Road Centre -. Belton Parish Clerks Surgery

Thu Nov 15 JGI (7.30pm) Southern Villages Action Group Meeting (Police issues) all welcome

Fri Nov 16 (7.30pm) Fritton Village Hall - Bingo

Sun Nov 18 (9.30am) Holy Communion @ Burgh Castle

Sun Nov 18 (10.30am) Cafe Church @ Belton

Sun Nov 18 (2.30pm) JGI - Belton History Soc. Talk with Anne Edwards 'A Full Circle Career'

Tue Nov 20 (7.30pm) New Road Sport Centre. Belton & Browston Parish Council meeting

Fri Nov 23 (7.30pm) JGI Team Quiz Night (teams Max 4, £1 per person)

Sat Nov 24 (2.15pm) Burgh Castle V/Hall - Community Christmas Fair

Sat Nov 24 (10am-1pm) St. Olaves V/Hall - Christmas Crafts Fair

Sun Nov 25 (9.30am) Morning Prayer @ Burgh Castle

Sun Nov 25 (10.30am) Holy Communion @ Belton

Wed Nov 28 Mobile Library. Priory Cl., St Olaves (11.35-11.45am), New Rd. Playing Field Fritton (11.50-12.05), Belton from 3pm (Times in article)

Thu Nov 29 (1-3pm) Village Green, Children's Centre. Money/Debt Advice

Thu Nov 29 (7.30pm) St. Olaves V/Hall - Fritton & St Olaves Parish Council meeting.

SOME EARLY DECEMBER EVENTS CONTINUE AT THE END OF THE SMALL ADDS PAGE

VILLAGE SMALLS

It is free to advertise jobs, events, property or items for sale. Send details to Village Voice Small's, 'Skelmorlie', Butt Lane, Burgh castle, NR31 9PU Tel 01493 780776 or email beltonvadds@gmail.com by noon on November 13 to appear in the December 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

Bric-a-brac wanted by Belton Scouts. Tel 01493 780965 or leave at 6 Station Rd. North, Belton.

Wanted - Young person to sweep paths round bungalow every 2 weeks (Belton) £8 paid. Tel 01493 780145.

WORK

General odd-job man available 1-2 days a week Tel 01493 789049

FOR SALE

Guest Bed with some linen £10 Tel 07960 913116

3 piece 16cms stainless steel steamer £5. Tel 01493 781815

Yearntree 10 drawer desktop unit Grey & blue D 15.5in, W 11.25in, H 13.25in. As new. £40 Tel 01493 781094

Electric Typewriter (unused) £50. Tel 07960 913116

Dimplex CDE2Ti Cadiz ECO Oil-free radiator. Switch, thermo & digital timer. 2000 watts. New Oct '17, used 1 month cost £129.99. Exc. Cond. £50 OVNO Tel. 07983 457750

Large George Foreman grilling machine £10 Tel. 01493 781815

Electric Compressor £100, Pressure washer £50 Tel 07960 913116

Fletcher Framemaster Point Driver. Adjustable tension. With box of framer points (All boxed) £50 Tel 01493 781094

Walking frame, with seat £20 Tel 07960 913116

Large 2 seater sofa bed (dark blue fabric) Good cond. £75 (Cost £400) Tel. 01493 781815

Assortment of Photo Frames . Various sizes/ styles, various prices Tel 01493 781094

Bread maker £10 Tel 07960 913116

Electric Mobility Ultralite mobility scooter. Max. User weight 16st. /100Kg., Range 10 miles. Good used cond. New batteries £160 ONO Tel. 07375558120

Portfolio Android super fast 9" quad core table & keyboard wallet with stand Still packed/unused. £80 Tel. 01493 780443

Table top Bagatelle Game Exc. Cond £10 Tel 01493 662323

Drench Shower head, used cost £50, accept £10. Tel 01493 781662

3 wheeled Mobility Walker (used 3 times) Exc. Cond. £55 ono Tel 01493 602228 / 07561 164338

Golf practice net. As new, boxed. £20 Tel 01493 603860

'Waiting for God' DVDs Complete 1st, 2nd, 3rd & 4th series. £15 the lot Tel 01493 781662

All New - 10 x XI men's shirts, 2 x Pair pyjamas, dressing gown, slippers (size 8) & brown leather Vital Route3 sandals. All half price. Tel 01493 494549.

Calvin Kline Holdall/back pack New Cost £30, accept £12 Tel. 01493 662323

White wooden high chair £10. Tel 01493 780965

Set of 4 Drakes Pride bowls in canvas carrier. Professional plus size 5M. Tel 01493 655080

Toaster - Perfect Cond. £5. Tel 01493 662323.

Round table 42" diam extending to 54" (Mahog. Colour finish). £10 Tel. 07786936227

Kitchen table & 2 chairs £20, One cane armchair £15 Tel 01493 780317

Revelation suitcase. As new. 2 wheels, retractable handle 27"high, 9"deep, 17"wide £15. Tel 07554577366

2 boxes Mail Lite Plus strong sealed air bubble mailing bags Size D/1 (180 x 260mm) New £30. Tel 01493 781094

2 Paris Mens Pyjamas (XL) Still in packets £10 for both Tel. 01493 667764

Professional 8x4m Party Tent. Steel frame, Roof sides & end covers. Tested BS Standard/fire retardant. Includes ground bars. Cost £749 + bars. New boxed £500. Tel 07788408801

Hose Pipe 80ft long on manual return spool £10 Tel 01493 780197

3 burner Barbecue on wheels (No gas bottle) £40. Tel 01493 780317

Leitz 6 drawer desktop unit, Grey & blue Size D 13.75", W 11", H 9.5". As new. £40 Tel 01493 781094

Solid wood light oak table, as new. 14" Diam, 22" high. £10. Tel 07554577366

Sofa - cream 2 seater (5 lge cushions) 84"long, 39"deep, 31"high (Smoke & pet free home) £70 Tel 01493 309800

4 Stirling Gold Bowls (Medium size 3) £50. Tel 01493 667471

Constable print in glass frame 28" x 20", £10 Tel. 01493 667764

Pair Size 9 Clarks brown leather slip-on shoes. Used but good with plenty of wear left. (Can e-mail pic) £5 Tel 07757393805 jonboy378@sky.com

Professional 3x3m Party Tent. Steel frame, Roof sides & end covers. Tested BS Standard/fire retardant. Includes ground bars. Cost £219 + bars. Used 3 time £150. Tel 07788408801

Jonelle 17" Laptop bag, Adj. Shoulder strap, 3 compartments, Size H 13", W 16", D 5". As new £50. Tel 01493 781094

31" T.V. (Zinox). Good cond, No stand or H.D. £15 Tel 01493 780197

Ladies skirts £4, Ladies suits (size 16/18) £6 each Tel 01493 780317

Large garden compost bin Pull up lid & extraction slot at base. Used but good cond. £10. Tel 01493 309800

Ladies jackets & coats - New (size 16/18) £10, others £5 Tel 01493 780317

Professional 6x8m Party Tent. Steel frame, Roof sides & end

covers. Tested BS Standard/fire retardant. Includes ground bars. Cost £1400+bars. Used 3 times Accept £900 ono. Tel. 07788408801

Optic red Xmas Tree Unused, boxed 27" high cost £20 - £10 ono Tel. 01493 667764

CD Carousel storage unit. Oak effect (holds 72 CD's) W 11.5", H 13", D 11.5". Good cond. £50. Tel 01493 781094

Rotel RP-510 record turntable Direct drive with servo. £10 Tel 01493 780822

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

GUIDE TO EVENTS

Some early December dates from the main events page

Sat Dec 1 (From 8.45am) Belton Scouts Collecting Newspapers - Belton only

Sat Dec 1 (11am-3pm) Belton Church - Christmas Fair

Sun Dec 2 (9.30am) Holy Communion @ Burgh Castle

Sun Dec 2 (10.30am) Holy Communion @ Belton

Tue Dec 4 (From 5pm) Kings Head & Precinct Belton - Childtens Party / Tree switch on / Carols

Wed Dec 5 (10.30am) Traditional Holy Communion @ Burgh House

Wed Dec 5 (6-7.30pm) Belton Church Messy Christmas

Fri Dec 7 (7.30pm) JGI - Digital Camera Club - 780822

Sat Dec 8 (10am-11.30am) JGI Monthly Coffee Morning



Advertise with us and reach over 3000 Households every month. See page 3 for details

Alice's Pet Care Services & Dog Walking

Pet Care at Christmas

Belton and Burgh Castle
Insured and many local references available



Are you visiting relatives this Christmas? Do you need someone to pop in and tend to your pets? This year I will be working over the festive period. Limited spaces available. Please get in touch before it's too late.

07940967511
alice.aves@yahoo.co.uk

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



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