

Village Voice

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Vol 19-10

Delivered MONTHLY FREE

2018: HIGHLIGHTS FROM THE YEAR THAT WAS



The 28th Belton and Lotingh and Village Show (VV, Oct, page 5)



Loneliness and Mental Health Day (VV, Sept, page 1)



Tommy on the Tower- 5000 poppies, countless hours of volunteering, dedication and commitment. The result- a 6 metres tall art installation on the round tower of All Saints Belton that attracted visitors from far and wide (VV, Dec, page 28)



Village Green Children's Centre protest against possible closure (VV, Nov, page 5)

The Friends of Moorlands Summer Fayre was a massive success with a substantial turnout from a wide cross section of the local community. It raised £1500 towards the new Trim Trail at the School. (VV, Aug, page 1)



Village Voice gave £3750 as grants to 17 local groups (VV, Dec, page 1)

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VILLAGE VOICE

JANUARY 2019

Issue: 215

This Magazine is a Community Enterprise professionally printed by Blackwell Print - but written, edited & delivered free - entirely by volunteers. After printing costs, any profits from the Magazine are paid out in the form of grants to community organisations & groups in our circulation area.

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YOUR VILLAGE VOICE

The closing date for the issue February 2019 edition of Village Voice is 14th January 2019 (12th January 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 TWITTER
[@Beltonvveditor](https://twitter.com/Beltonvveditor)
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FROM THE EDITOR'S DESK

It is a pleasure to convey my best wishes for a very happy Christmas and New Year to all of you. 2018 has been a good year for Village Voice: 12 issues, 32 pages now more or less the norm, contributions from local groups, clubs & schools, steady advertising support, thriving regular columns including one every month from the evergreen *Malcolm Metcalf*, 10 *Health Checks*, 9 *VV Kitchens*, 8 *Book Club Reviews*, 5 *Out & Abouts* and significant coverage of issues that concern our everyday life in these villages.

While covering local issues, the Village Voice has been equally keen to place it against the context of what is happening elsewhere in our country. That is why last year, the magazine organised a well attended hustings before the parliament elections. This year, we brought national opinion leaders on mental health to talk to us about problems in that field and highlighted other issues including education, proposed closures of children's centres and crime figures. The system of *elected* representatives- be they MPs or councillors being offered a column, is in keeping with that tradition of framing the local against the background of the national. As one expects, these views may not be universally accepted (see letter below). When that happens, do feel free to write in with your comments to me and I shall do my best to publish those too.

Finally on a personal note, I was rather unexpectedly ill last month and owe an enormous debt of gratitude to the staff at James Paget and Norfolk & Norwich Hospitals who were literally life savers for me. To the very many of you who have been supportive in more ways than one, I am truly grateful.

Regi Alexander, Editor

LETTERS TO THE EDITOR

Dear Sir

I have just received my copy of the Village Voice and am very unhappy that Mr Brandon Lewis is again using this platform for political comment. I understood the VV was about what was happening locally, to our villages not for making political statements. This month's article addresses something that affects everyone across the country and not about anything that is entirely relevant to our villages. I feel only village items should appear here and not be used as a political forum for Mr Lewis's use.
Angela Curtis

Dear Sir

On leaving church last Sunday (2 December), I was saddened to find that during the service someone had gone round and put notes on people's windscreens saying "have you no respect"! Every grave in the churchyard has been logged, photographed and catalogued, even if there is no headstone. The places where cars park is not on any graves and would never be allowed to park where there is a grave. Belton church does a huge amount for the village- having a pantry scheme for those who are struggling, working with the school, Young At Heart group for anyone wishing to come and have coffee and friendship, visiting those who are struggling, fetes for the village, singing carols at the pubs and many more things that probably go unnoticed. If you have a problem with where cars park, then please do talk to the vicar at the church or at the Rectory and you can see the catalogue of graves for yourself. Leaving anonymous notes cause unnecessary upset to people.
God Bless
Tracey Phillips

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VILLAGE VOICE WRITING COMPETITION:

DEADLINE

31 January 2019, Submit to
beltonvveditor@gmail.com

CATEGORIES

Children: Age 11 and below, 12 to 18
Adults: Age 19 and above

TYPES

Short stories, poems, essays or any other piece of creative writing, 600-800 words ideal, maximum 100

PRIZES

£100 in the children's categories, £200 in the adult category, book vouchers for special commendations. Best selling



author
Joanna Cannon will be the chief guest at the prize giving ceremony on 21st March 2019.

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.



BELTON WITH BROWSTON PARISH COUNCIL



www.beltonwithbrowston.norfolkparishes.gov.uk/

NOVEMBER COUNCIL MEETING

Ten Parish Councillors, County Councillor Andy Grant and three members of the public attended last weeks meeting of Belton with Browston Parish Council, Peter Nichols was in the chair.

Two of the members of the public raised concerns over the speed with which the resubmitted plans for changes on the Wild Duck Holiday park and Belton common were handled, it was explained that there is a time scale which has to be kept to which prevented all applications being listed on agendas, also this time, when the council agreed 7 votes to 4 to raise no objections having objected previously they were assured that the concerns raised in January including the need for an environmental survey had been addressed, it was pointed out that habitats could be destroyed by the works proposed. County Councillor Grant urged the two residents present to ensure that they arrange to speak when the application comes before the Borough Council Development Control Committee who actually make the final decision. In other planning matters members had no objections to three plans, front extension at 1 The Staithe, rear side and front extensions at 11 Berry Close and a storage unit in the front garden at 12 Dashwood Close. The Borough Council have approved a pitched garage roof at The Hideaway, on Bure Close and a sun room extension at 7 Amhurst Gardens.

Members agreed to run the villages Citizen of the Year award again this year, the closing date will be February 11th 2019, full details which will be as in previous years, will be published in December. In financial matters it was agreed that the Parishes share of the Community Charge for 2019/20 will be increased by 3% to cover increased costs.

The County Councillor is seeking ownership of diseased trees on Church Lane, a name was supplied to him, he is looking at getting funding from a pot of grant supplied money held at the Borough Council to improved the condition of the cycle track on the New Road leaving the village, this has had little or no maintenance since it was installed some 30 years ago, he will also investigate the condition of the pavement at Stepshort, and the on going water leak there but it will be 2019/20 before any major work can be undertaken to the road surface due to it needing to settle after the Anglian Water excavations (three years is allowed for settlement).

The Allotments AGM had agreed that rents remain the same for the current year however a refundable £25 deposit will now be charged to new tenants which will only be returned if plots are left in a reasonable condition.

Concerns were again raised on two highways matters, vehicles parking on the grass at the village sign in Belton, a request is to be made to County Highways for barrier posts, also an issue is the fact that two large delivery lorries were attempting to deliver at the Tesco store at the 8.30am school run time although there have been promises that this would not happen again. There was a short discussion on community web sites and the questions thereon raised locally, if residents have an issue with the community such as roads, policing they are urged to attend the monthly Parish Council meetings where the matter can be raised, as a matter of course councillors do not get involved with discussions relating to community issues on public chat sites of any nature.

The next meeting of the Council is at the New Road Sport & Leisure Centre on Tuesday January 15th (7.30pm), questions can be put to councilors at the start of the meeting.

COUNCIL DIARY

The next meetings of Belton with Browston Parish Council will take place at the New Road Sport and Leisure Centre on Tuesday January 15th and February 19th, both commencing at (7.30pm) Any residents are welcome to attend and questions can be put to councillors at the start of the meetings. The Parish Clerk, Kate Palmer, is available monthly, in the week before the council meeting date to meet informally with and take note of residents' queries (Parish Clerk's Surgery), however please note the changes to the first two dates in 2019 - Tuesday January 8th at the New Road Sport & Leisure Centre (1.30 - 2.30pm) and Wednesday February 13th at the John Green Institute (10.30 - 11.30am) and 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.

ALLOTMENTS IN BELTON

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

CITIZEN OF THE YEAR

Belton with Browston Parish Council are inviting nominations for the Citizen of the Year **2018** awards which will be presented at the **2019** Annual Parish Meeting in April or May.

To make a nomination send the person's name and address together with the specific details of your nomination which can be for help and assistance to an individual or with a group or organisation based in the Parish to Miss K Palmer, Parish Clerk, Belton with Browston Parish Council, 56 Victoria Road, Gorleston, Gt. Yarmouth, NR31 6EF by **Monday February 11th 2019**

As previously there will be one award and as well as being open to residents of Belton with Browston it will available to non residents of the parish provided the work for which that person is nominated is within the parish, anybody who has received an award covering the previous two years will not be eligible this time round. (Parish Councillors cannot be nominated for the award).

COMMUNITY CAR SERVICE



November was a very busy month 47 lifts undertaken which must be a record. Thank you to the drivers who give up their time so patiently to help those in our community who struggle to access public transport. 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 telephone 01493 780126 or e-mail mgreenacre532@gmail.com

FRITTON & ST. OLAVES PARISH COUNCIL

Six members of Fritton and St Olaves Parish Council along with Borough Councillors David Drewitt and Brian Lawn attended the 27th September meeting of the Council, Alan Mendum was in the chair. The update on the application for mineral extraction at Waveney Forest was read, it stated this was not a planning application but an initial review of 41 possible sites in Norfolk. Fritton was considered unsuitable for several reasons. The next stage, in early 2019, will be a preferred options review consultation and the final plan for sites will be published in late 2019.

Councillor Lawn stated that he had been advised by the Borough Council that permission to change the use of the Fritton Village Hall bowling green into car parking would be unlikely to be approved. Donations were confirmed for the Community Car Scheme (£50), St. Edmunds PCC (£330) and St. Margarets PCC Herringfleet (£165). Grants of £150 each to Fritton and St Olaves Village Halls were not approved, it was decided that these be paid every other year. In planning members had no objections to rotating the angles of plots 22 and 23 at Caldicott Hall (Fairways Village). These had now been approved by the Borough Council but with a holiday use only condition. The Parish Council raised objections to a new dwelling at 'Watergate', Beccles Road, St. Olaves with concerns over deviation from the Broads Plan, access for emergency vehicles and the shape of the roof line. Members were told that there is a defibrillator at the GDC works at St Olaves in working hours, The Decoy Tavern at Fritton has agreed to the installation of a unit and the Belle at St Olaves has an ongoing collection fund for a unit.

The Parish Council meets every other month, the next meeting is on Thursday January 30th at Fritton Village Hall (7.30pm). The Parish Clerk is Kate Palmer, 56 Victoria Road, Gorleston, Gt. Yarmouth, NR31 6EF. Tel. 07827681269, e-mail fritton.stolaves.clerk@outlook.com

MOBILE LIBRARY - CHANGES

There are now different days for Mobile Library visits to Belton from those for Fritton and St Olaves. The next visits to Belton will therefore now be on Wednesdays January 9 and February 6 with the following details
14:00 – 14:25 : Belton - St Robert's Way.
14:30 – 15:30 : Belton - Moorlands Primary Academy / Children's Centre.
15:35 – 15:50 : Belton - Alderslea, 7, Station Road South.
15:55 – 16:10 : Belton - Amhurst Gardens.

The cycle and times of visits for Fritton and St Olaves are January 23. and February 20.
11:35 – 11:45 : St Olaves - Priory Close
11:50 – 12:05 : Fritton - New Road.
For more information please contact Norfolk Mobile Library Service on 01603 222303 or email central.mobiles.lib@norfolk.gov.uk

BURGH CASTLE PARISH COUNCIL

All seven Parish Councillors plus Borough Councillor David Drewitt attended the December meeting of Burgh Castle Parish Council along with five members of the public, Trevor Greenacre was in the chair.

Mrs Greenacre reported on behalf of the Village Hall Committee that there is now new heating and lighting in both rooms at the hall funded by the Village Hall Committee from summer fundraising and a donation from The Community Council. In the main part of the meeting Chairman Trevor Greenacre thanked everybody who was involved in the fundraising that made the improvements possible. It was reported that bulbs have been purchased for the beds at the village sign, the old planting was due to be cleared and bulbs set in the few days following the Council meeting.

In planning there were no objections, subject to neighbours' comments to a single story extension to replace a conservatory at 33 Butt Lane and members welcomed the Environment Agencies plans to strengthen the river bank from Porters Loke to Burgh Castle Marina. The Broads Authority have finally given permission to a replacement property for the bungalow at The Lodge, Church Farm but they have placed over 30 conditions on the permission. It was reported that there has been a delay over a decision on the plans for 10 properties behind Dovedale on Butt Lane due to a particular objection being investigated and there will not be a Development Control meeting at the Borough Council that can decide the application till into the new year, it was also noted that there have been Norfolk County Council Highways objections to the plans.

The Burgh Castle Speedwatch team reported 20 speeding motorists in October (14 from outside the parish) but at the time of the Council meeting details from November had not been received back. Members were pleased to hear that a site meeting has been arranged with the area manager for Norfolk County Council Highways to discuss the quality of the improvements at the Church Triangle and to emphasise that more work is required on Cherry Tree Corner clearance, it was suggested that then would be a good time for him to look at the ongoing water issues in the road surface at Stepshort although that is just over the boundary into Belton.

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

BURGH CASTLE FUN DAY PLANNING MEETING

If you enjoyed this event in 2018 please come along and get involved in the organisation of the 2019 event. The first informal meeting is on Wed 9th of January 7pm in the Village Hall. The provisional date for the event, to be confirmed at the meeting in January, is Sunday June 23rd.

SCAM LETTERS

Please be aware of the latest in a long line of scam letters that is going the rounds and has reached Burgh Castle. It is important to take NO ACTION except to put them in the bin and ensure that any elderly relations or neighbours are aware of what is going on and if possible contact the police. This latest communication (in early December) purports to come from Hong Kong and says that a person with the same surname as the recipient has died and left no family and that the writer has access to the funds, half of which can come to you to avoid the government benefitting. No doubt if you reply by e-mail (the only means of contact) you will be asked to make a payment to release these funds and once you have handed over the money that will be the last you will hear from the writer (unless he/she clears out your bank account! The police have been contacted by the local recipient (who did not reply) and say they are aware of this latest fraud - If you get a letter please also contact them so that they are aware of the size of the problem.

BURGH CASTLE CHRISTMAS FAIR & VILLAGE HALL

The Community Christmas Fayre held recently at The Village Hall was one of the best ever, raising the record sum of £724. After a slow start the sales stalls, fancy goods, cakes and bric-a-brac were soon kept busy with eager bargain hunters. In a bright, happy, relaxed atmosphere people sat to chat, enjoy refreshments and try their luck at the various games which proved popular with both children and adults. Almost 175 prizes were on offer on tombola, ping-pong and raffle. Visitors were impressed to see the new lighting and heating in the meeting room and it has now been agreed that similar work in the main hall and general updating of electrics will be financed by community funds and this work has now been completed.

CRIME REPORT FOR OCTOBER

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

Burgh Castle (Total 8)
4 x Violence / Sexual offence, 1 x Anti Social behaviour, 2 x Criminal Damage / Arson, 1 x Drugs related

Belton (Total 12)
1 x Dugs related, 1 x Anti Social behaviour, 3 x Violence / Sexual offence, 1 x Public order, 2 x Theft Other, 2 x Criminal Damage / Arson, 2 x Other Crime

Browston (Total 1)
1 x Other Crime.

Fritton (Total 1)
1 x Anti Social behaviour

St. Olaves (Total 1)
1 x Anti Social behaviour

FRITTON CHRISTMAS BINGO

All are welcome to our monthly Bingo at Fritton Village hall on Friday January 18th (Eyes down 7.30pm). Still only 50p per card and there are some great prizes to be had.



BRANDON LEWIS MP WRITES

Normally sitting down at the beginning of December to write a review of the political year, both here in the constituency and in Westminster, would be an easy task. Usually, the run-up to Christmas and New Year would be a politically quiet period and little would change by the time you read this column in January. Yet as I write these words just two days ahead of the historic parliamentary vote to decide the Brexit Deal, political affairs have never looked so uncertain.

Looking back across the year, nearly every column I've written for Village Voice has included a reference or update about delivering the referendum result and making arrangements to leave the European Union. Whatever the outcome of the votes in Parliament I am still committed to ensuring that the democratic choice made by the British people becomes a reality and we leave the EU in 2019.

2018 hasn't all been about Europe. There were important government announcements both locally and nationally. The 98 million pound commitment from the Transport Secretary will ensure that a Third River Crossing for the town will be built and is a massive vote of confidence in our area's economic potential. Planning issues were at the forefront of discussions whenever I popped into the Belton Coffee Mornings or spoke to people on the doorstep. There was concern that Fritton Woods was at risk from new quarrying plans. Residents wanted a say on future development in their villages, as the council looked at producing a new local plan.

And this year, as we celebrated the 70th anniversary of the National Health Service, over a million health workers received a significant pay increase to reflect the incredible work they do in our hospitals and communities. Alongside this came a new funding package that will see the NHS receive an extra 600 million pounds a week. With this extra money came a government commitment to focus on increasing cancer survival rates and improving mental health. The Chancellor of the Exchequer continued to support hard-working families in his Budget with another freeze on fuel tax that will help everyone when they fill up their car. Bringing forward planned changes to income tax allowances means everyone will get to keep more of their money before having to pay tax. My hope is that in 2019 we can concentrate on building a better Britain outside the European Union – seizing all the amazing opportunities that will be open to us as an independent country.

BOROUGH COUNCILLOR DAVID DREWITT

I hope all residents had a happy and joyful Christmas and wish all a very Happy and Healthy New Year. This year will be a very important year as the borough's residents voted for a change in the Council election system, this will see the whole council- some 39 seats up for re-election. We have two seats in the Lothingland Ward. This year will see myself and Paul Wells standing as Conservative candidates. The easiest way to vote in the local elections is still by postal vote and it is easy to register for. If you have any enquiries as to how to register please contact Great Yarmouth Borough Council. Some good news for the start of the New Year- the roadworks on Beccles Road finished at the beginning of December some four months ahead of schedule. However I am still looking into some issues in relation to parking and speeding within the ward, with the help of County Councillor Andy Grant these will be dealt with soon.

clr.david.drewitt@great-yarmouth.gov.uk

Mobile:- 07500 125781

A NOTE FROM VILLAGE VOICE

With elections due soon not just to the borough council, but also our three main local Parish Councils, we will try and keep you up to date with information on the election processes, candidates and other information. This will start from the March 2019 issue.

BELTON TREE SWITCH -ON

The weather on December 4th was a bit of a concern, but it all came right on the night for Belton's second Christmas Tree Lights switch-



on. With all the children and parents from the free children's party plus our residents at least 150-170 were there to see the lights being turned on and carols led of by Rev Rosie Bunn, the vicar, ably accompanied by Derek Mill. Although the tree doesn't seem as big as last year it's as

tall but a very nice shape which heightened the effectiveness of the lights in the dark. Special thanks to PCs Lawson and Lay-Flurrie who safely escorted everyone across the road from the Kings Head to the precinct and back. On arriving back at the pub Andy laid on a lovely spread of hot and cold food, and the kids were in for a treat with Pepper Pig and later Elsa from 'Frozen' to the great excitement of all. As at all these functions a very busy team came together, all with a common interest to entertain all the local children and bring our community together. A big thanks to Anna and all the girls who are now the Christmas party team. I had it pointed out to me that for a very few this would be the only party they will attend. The



evening's events were made possible by cash and goods donations by the Village Voice, Tesco's, Belton Pet and Hardware, Mad Cutz and from the Event 'Us' Fund. Also a huge support from our Parish Council. Many thanks to every one.

Mick Graystone, Event 'Us'.



LOTHINGLAND COMMUNITY LAND TRUST CONSULTATION

Building Houses, Building Communities

Dear Resident,

Below is a fill in and pull out, or copy consultation document.

This is to obtain the views of the residents of the 5 villages of Lothingland to identify the housing needs of those villages.

This is an important piece of work to evaluate the type of housing we are going to build, along with determining the allocation protocols.

The Trust will build housing at Council House rents with no 'right to buy'.

They will be built for the residents and their immediate families of the 5 villages and will NOT be allocated to those who have never lived in any of the 5 villages.

Visit our Web site at lothinglandclt.org.uk for more information.

The survey is also available on the three local Parish Council web sites.

Please delete / complete as applicable

Which Village do you live in?	Belton / Browston / Burgh Castle / Fritton / St. Olaves
Do you currently rent your home If yes - is it Private or Council?	Yes / No Private / Council
How many adults (18 & Over) currently live in your home?	_____
Are you currently on either GYBC or Waveney District Council waiting list?	Yes / No
What type of home would most meet your needs?	House / Bungalow / Flat / Sheltered accommodation
How many bedrooms would best meet your present needs?	_____
How many bedrooms would best meet your future needs (If you were to perhaps have a family)?	_____
When would you need a property?	Now, 1, 2, 3, 4, 5+ Years time
If your current property is not meeting your needs why is that?	Too large / Too small / Too Expensive / Need to be independent Need to be closer to family Other (Please state)

Any other comments can be submitted on a separate sheet
Please return forms to Belton Pet & Hardware, Burgh Castle Post Office
or Buckworths Garage St Olaves By Friday January 31st. 2019

BOOK FRITTON VILLAGE HALL



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Myhills Nurseries, Fritton Plant Centre & Flea Market, The Owl Sanctuary & Pet Centre.

Wishing Everyone Good Health for 2019

Winter Opening 10.00am-4.00pm 7 days a week.
except

Seasonal Opening: Christmas Eve 10.00-12.00.
Closed: Christmas Day, Boxing Day, New Year's Day.

Camellia, Rhododendrons, Azalea, Conifers,
1,000's Shrubs,

Bags of Potatoes, Veg. in season.
The Weekend Home Made Bakery

25 Stalls in Fritton's High Class Flea Market

including The Vintage Home Makers Store, Vintage Clothes,
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Charity Owl Sanctuary Stalls, Garden architectural items,
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Lots to see:

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For more information on any of the above
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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.

TRIGGER FINGER



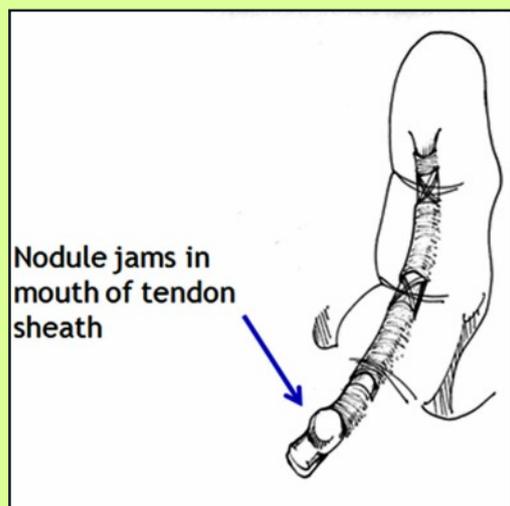
About the author: Mr Sunil Garg is a Consultant Orthopaedic Surgeon, specialising in treatment and surgery of the shoulder, elbow, wrist and hand. He completed his Orthopaedic Training from London and South-East England working in prestigious hospitals like Kings College Hospital London and Guys & Thomas'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

What is it?

Trigger finger is a painful condition in which a finger or thumb clicks or locks as it is bent towards the palm. This condition should not be confused with Dupuytren's disease (described in my column last month) where the finger is permanently bent and cannot be straightened manually. Also, Dupuytren's is a pain free condition whereas trigger finger causes pain on unlocking.

What is the cause?



Nodule jams in mouth of tendon sheath

Thickening of the mouth of a tendon tunnel leads to roughness of the tendon surface, and the tendon then catches in the tunnel mouth. People with insulin-dependent diabetes are especially prone to triggering, but most trigger digits occur in people without diabetes. Triggering occasionally appears to start after an injury such as a knock on the hand. There is little evidence that it

is caused by work activities, but the pain can certainly be aggravated by hand use at work, at home, in the garden or at sport. Triggering is sometimes due to tendon nodules in people known to have rheumatoid arthritis. It is not caused by osteoarthritis.

What are the symptoms?

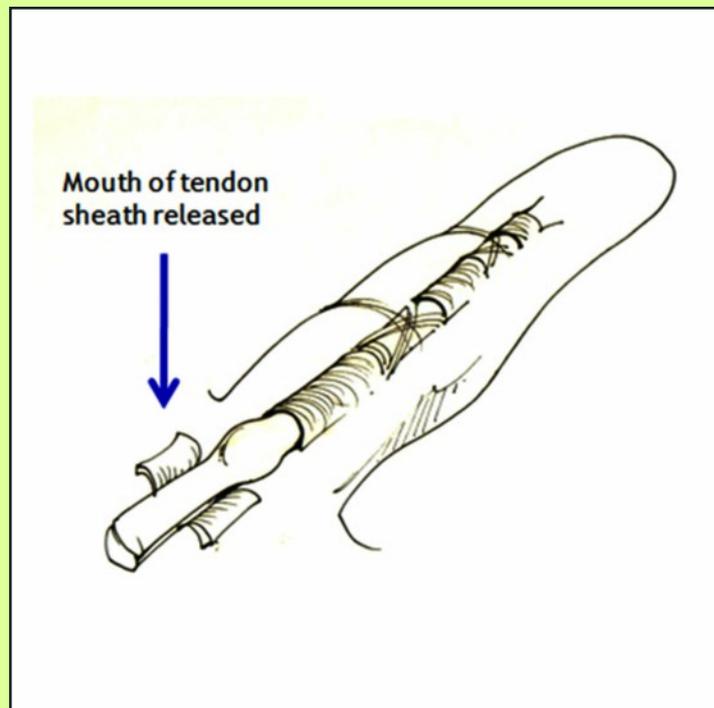
1. Pain at the site of triggering in the palm (fingers) or on the palm surface of the thumb at the middle joint, usually in a person over the age of 40.

2. Tenderness if you press on the site of pain.
3. Clicking of the digit during movement, or locking in a bent position, often worse on waking in the morning. The digit may need to be straightened with pressure from the opposite hand.
4. Stiffness, especially in trigger thumb where movement at the end joint is reduced.

What is the treatment?

Trigger finger and trigger thumb are not harmful, but can be a really painful nuisance. Some mild cases recover over a few weeks without treatment. The options for treatment are:

1. Avoiding activities that cause pain, if possible.
2. Using a small splint to hold the finger or thumb straight at night. A splint can be fitted by a hand therapist, but even a lollipop stick held on with tape can be used as a temporary splint. Holding the finger straight at night keeps the roughened segment of tendon in the tunnel and makes it smoother.
3. Steroid injection relieves the pain and triggering in about 70% of cases, but the success rate is lower in people with diabetes. The risks of injection are small, but it very occasionally causes some thinning or colour change in the skin at the site of injection. Improvement may occur within a few days of injection, but may take several weeks. A second injection is sometimes helpful, but surgery may be needed if triggering persists.
4. Surgical decompression of the tendon tunnel under local anaesthetic. Through a small incision, and protecting nerves that lie near the tunnel, the surgeon widens the mouth of the tendon tunnel by slitting its roof. The wound will require a small dressing for 10-14



Mouth of tendon sheath released

days, but light use of the hand is possible from the day of surgery and active use of the digit will aid the recovery of movement. Pain relief is usually rapid. Although the scar may be red and tender for several weeks, it is seldom troublesome in the longer term. Recurrence of triggering after surgery is uncommon.

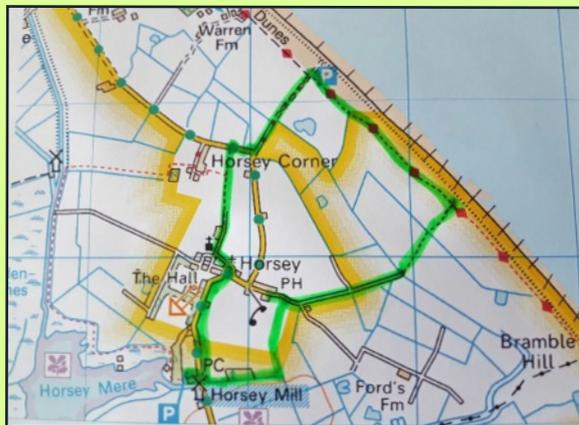
OUT AND ABOUT IN OUR NEIGHBOURHOOD

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



THE SIGHTS AND SEALS OF HORSEY

Peter Birtchnell



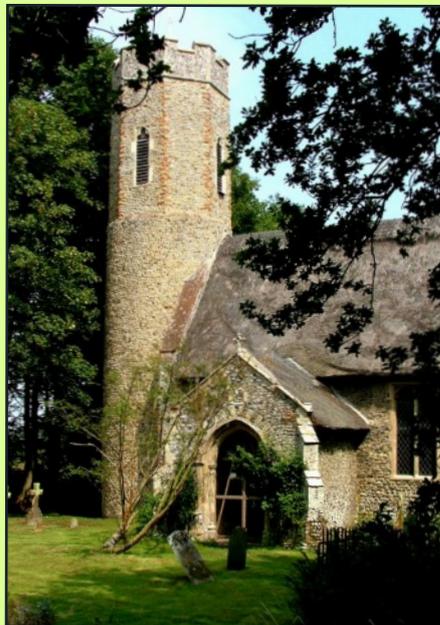
This circular walk is best commenced from the National Trust car park at Horsey Mill, situated on the coast road between West Somerton and Waxham. Horsey Mill has had a dramatic history. It has survived

floods, a lightning strike, a collapse, storms and gale force winds. It is however one of the youngest wind pumps, formerly used to drain the land, on the Norfolk Broads. In the last 2 to 3 years a restoration project has seen the replacement of the cap and sails. Now looking a fine sight, the Mill should be fully open to the general public in 2019.

Our walk leaves by the car park entrance, crosses the road to a gate, where we immediately turn left and walk N on a footpath, alongside a hedge



running parallel to the coast road. The footpath then continues on a roadside verge for 1/3 m to the hamlet of Horsey. At a sharp right hand bend, we cross the coast road to enter a short side road, and then turn left, heading West on a wooded lane. Ahead of us, we soon have the pretty sight of the old Church. All Saint's Church, Horsey probably dates back to the 10th century- a single building including a Saxon round tower, the octagonal bell tower being added in the 15th century. Inside the church you will see a painted chancel screen installed about the same time, together with a piscina, or stone water basin, and wooden benches with beautifully carved bench ends. Our walk now heads continues generally North past the Church and Old Rectory, before continuing on a footpath along a field boundary to again meet the Horsey road. Turn right here walking East along the road for a short distance, before continuing North East along a wide rough lane to reach the coastal car park at Horsey Gap. This is also the nearest parking point from which to walk and see the seals. There is often a refreshment van parked here. Volunteer wardens will point you in the direction of the seals. Head South East on a good track, then follow a roped path up and over the dunes. What awaits you is the magnificent sight of hundreds of grey seals and pups, spread out along the beach in both directions, as far as your eye can see.



The Grey seal is the larger of 2 species found in the UK. It can be distinguished from the Common seal by its larger size and longer head with sloping 'Roman Nose' profile. Grey seals spend most of their time out at sea where they feed on fish. They come ashore to give birth with several large colonies on the east coast of England. Fluffy white pups are born between September and December. They remain on land until they have moulted their white coats and tre-



bled their birth weight; at which point they head out to see to hunt for themselves. Having taken time to view the seals, return to the main path and continue South East for a further 1/2 mile or so, until you see another track joining from your right. Walking generally South West this track leads us back towards Horsey. It joins a lane and soon reaches the Nelson Head Public House, a welcome sight after spending some good time on your feet! This is a fine old country pub serving good food and real ales. Suitably refreshed, retrace your steps for a short distance, then turning right and heading South on a gravel track and footpath for 3/4 mile, to reach a gate and stile. Turn right here and walk West on a field edge, beside some trees, to the gate at the coast road, where our walk started. Cross back over to the car park. This is a good walk at any time of year, but if the seals are the main attraction, it is best completed between late November and February.

If you visit a Seal colony, please observe the following code:

Remember seals are wild animals and should not be approached. Stay at least 10 metres from the seals. Look out for seals in the dunes and give them a wide berth. Be careful, seals have a nasty bite. Keep dogs on a lead. Keep to the marked viewing areas.



THE MALCOLM METCALF COLUMN

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

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

During one of my visits to stay with my American friends in Bogart Georgia, I observed in their garden a bizarre looking insect (see photo) named the Northern Walkingstick (*Diapheromera femorata*) but known there as the Devil's Darning Needle. I had been looking at one of the many species of Swallowtail Butterflies which had settled on a bush



when suddenly I became aware of this extremely long - bodied insect, brown in colour with long legs. It closely resembles a leafless twig. After turning away to call my friends to take a look, it took me a while to find it again, such was its marvellous camouflage. These insects are strict vegetarians and can strip a bush, leaving it entirely devoid of foliage. They are very slow moving and don't fly and looking like part of a bush they have few predators, if one comes near, they emit a foul -smelling substance, which works like a pepper spray causing intense burning in the eyes or mouth of the predator. If the insect loses a leg or injures one it can grow a new one, after several moults. The female drops her seed - like eggs wherever she feels like. The eggs survive two winters on the ground before hatching and the delicate young emerge in June. If there are no males in the area the female still lays healthy eggs , but the babies will all be female. Walkingstick insects belong to an order called Phasmatodeo. The name comes from the Greek "phasma", a word meaning " apparition " or phantom" - and refers to its cryptic appearance and behaviour. Its food is the foliage of deciduous trees and shrubs. Besides the Devils darning needle the walking stick shape has earned it several nicknames including Devils horse, Prairie alligator, Stickbug and Witches horse. Despite searching on every visit since I have never seen another one.

The weather in winter is a hard time for many wild animals and mam-



mals. Survival for some is to hibernate, one such is the Dormouse (*Muscardinus avellanarius*, picture above) It looks like a large mouse with large black eyes and is the only British mammal with a furry tail and

it is becoming rare. In autumn, the Dormouse prepares for hibernation by increasing its food intake and becomes very fat. Hibernation takes place late October to May. During this time its metabolism is severely reduced, its body shows little sign of life as its energy reserves are used. Its sleep may be interrupted by foxes, badgers, weasels and stoats.

The Hedgehog is the lightest sleeper to hibernate, but from December it will retire to hedge bottoms, under tree roots and curls up among leaves, grass and moss. Squirrels do not hibernate, but live in their dreys through spells of severe weather in a lethargic state. At the end of autumn Bats have fed well on insects and have built a thick layer of fat that almost covers its body under the skin, this provides the energy for its metabolism.. However Bats are not complete hibernators, if the night air temperature reaches 10c (50f) or more they may wake up and can sometimes be seen flying around outside in late February. Being cold blooded snakes spend the colder months of the year in hibernation. In Britain this begins about the end of September, or October if the weather is warm and sunny. Hibernation lasts about five months, but shorter if spring arrives early. The Adder is the most resistant to cold and can remain active at a temperature as low as 8c. Most snakes hibernate singly, but sometimes a communal hibernacula containing dozens of snakes entwined together, has been observed in this country. Many spend the winter buried in loose soil, around tree roots of a bush or among heather roots, disused rabbit holes are also used. It is unusual to find snakes hibernating beneath dead logs or stones.

MY ADVENTUROUS LIFE

Copies of Malcolm's book about his lifetime of travels (see *19 December Village Voice*) are still available for £9.95, call him on 01493 661138 for details and to purchase.

NEW DEFIBRILLATORS

Jayne Biggs of Heart 2 Heart Norfolk has contacted us to advise of two new defibrillators available 24/7 in our area and writes:-



Goodchild Marine have purchased a public 24/7 unit and it is on the outside of their offices opposite the river at Burgh Castle. It is very much needed here as there is no public defibrillator nearby, well done for protecting your workforce and the community. The unit is also in memory of one of their employees who passed away suddenly. Jayne goes on to say - The other unit is at the **Kings Head, Belton**, a very big 'Thank you' to their staff and customers who brought bottles of Gin for the hamper and those that supported the 'Heart 2 Heart Norfolk' quiz night, pool competition and many raffles they held.



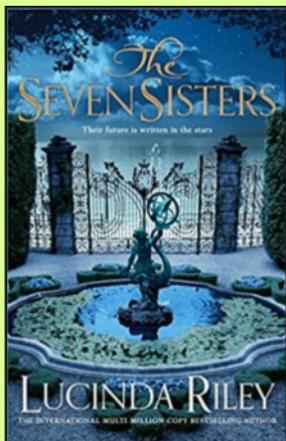
THE VILLAGE VOICE BOOK CLUB

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



THE SEVEN SISTERS BY LUCINDA RILEY

Reviewed by Sue Richmond



This is the first book of what is developing into a series of excellent novels. 'The Seven Sisters' introduces us to the six sisters whose luxurious home is on an island in Lake Geneva. Their adoptive father, who they fondly refer to as Pa Salt, has adopted each of them in turn and named them after the Seven Sisters of The Pleiades star constellation. They have been brought up in a caring and loving atmosphere with all comforts, but directed towards being able to use their individual talents in a useful way outside the confines of their sheltered island, in order to live independently.

The story begins when the sisters gather together following the tragic death of Pa Salt – an accident and burial at sea. His lawyer gives each sister an envelope containing an individual letter from Pa Salt plus a small item, giving a clue to their true origins. To assist their hunt (if they wish to) they are also provided with a Latin quote and map co-ordinates. The eldest sister, Maia, is the first to start her search. She travels to Rio de Janeiro in Brazil and discovers historical family connections with the studio of Paul Landowski (sculptor) and Heita da Silva Costa (engineer) as they plan and work on the statue of Christ the Redeemer that now stands overlooking the harbour in Rio de Janeiro.

The story itself is fictional, but much of the historical background has been thoroughly researched. I enjoyed this book so much that I have read the subsequent books, following each sister's search and discovery. I am now waiting impatiently for the fifth book in the series to make an appearance. There are several mysteries that seem to emerge as one reads. Pa Salt, himself, is an enigma. He is obviously very rich, but the reader is never informed regarding his wealth or work. The question that continually arises is how he came to be in the right place at the right time in order to adopt each baby girl. I also wonder why there were only six girls. What happened to number seven? I shall keep reading as the books appear and hope eventually to have my curiosity satisfied. I can thoroughly recommend this book. Once started, the reader is held, and it is almost impossible to put down until the end.

(The Seven Sisters is published by Pan Macmillan and is available on paperback from £7.99)

AGATHA CHRISTIE AN AUTOBIOGRAPHY

Reviewed by Jim Channell

Christmas time and the gloomy days of January are a good time to get into a biography and I have seldom read a better one than the above title. Agatha Christie herself needs no introduction as her reputation as the Queen of Crime is still largely unchallenged and her literary creations feature endlessly on television. What is less well known however is her interesting life and her ability to recount it with a best selling novelist's flair.

Written in secret during her lifetime and published posthumously, there is a much to delight in the book's 532 pages. To be sure her inspirations, techniques and life as a writer are well told, such as her

long walks on Dartmoor speaking dialogue out loud to finish her first novel *The Mysterious Affair at Styles*. But it is her many reflections on her own life and the people she meets that I most enjoyed. For instance, awaking as a child; "Always when I woke up, I had the feeling which I'm sure must be natural to all of us, a joy in being alive. I don't say you feel it consciously-you don't- but there you are, you are alive, and you open your eyes and here is another day; another step, as it were, on your journey to an unknown place". Reflecting on the gathering darkness that led to her famous disappearance she writes, "A terrible sense of loneliness was coming over me. I don't think I realised that for the first time in my life I was really ill. But I was upset one day when I was just about to sign a cheque and could not remember the name to sign it with. I felt exactly like Alice in Wonderland touching the tree". The book starts with her early childhood at the end of the 19th Century, spans two world wars and finishes in the mid-sixties. It's wonderfully easy to read and engrossing, I thoroughly recommend it!

(Agatha Christie An Autobiography is published by Harper Collins and is available on paperback from £14.99)



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THE VILLAGE VOICE KITCHEN

Do you enjoy cooking or at least watching someone else cooking?

Do you love hearing the stories behind the dishes as much as learning how to make them?

This new column in the Village Voice introduces you to culinary experiences, *just that little bit different*.

Please send in your suggestions, comments and contributions to Beltonvveditor@gmail.com



CHRISTMAS FLAPJACKS

Sonia Shephard

When my 3 children were at school, I did a part time job cooking at various Norfolk schools. I just took over when there were problems usually. Then I got my own School, The John Grant in Caister where I spent many happy times with these children before moving onto a school closer to home, Fairhaven in South Walsham. I needed to be home when my children were home and so this was the best option.

Now working for the NHS, it still makes me smile when I make flapjacks because I remember this was one of the favourites with the children wherever I went. Their faces used to light up, especially when there was a special decoration on the top. My children and their children still like them today, not accounting for my naughty husband. The first place they visit at our house is the pantry, I wonder why? Hope you enjoy them as much as us.

Ingredients:

250g Rolled Oats, 100g Condensed Milk,
120g Caster Sugar, 2tbs Golden Syrup,
150g Hard Butter



Method:

Preheat the oven to 170C, gas mark 3, grease a small baking sheet. (This is half the size of a regular swiss roll tin).

Melt the butter, golden syrup and sugar in a large pan over a low heat. Add the condensed milk, remove from the heat and mix with the oats until coated by the mixture.

Pour into the tin and pat down with the back of a spoon. (Make sure its pushed into the corners of the tin and not too thick in the middle). Cook for about 18-20 minutes. When the flapjack starts to brown around the edges of the tin, take it out of the oven - it should still be relatively pale in the middle.

Leave to cool for a few minutes before cutting into 9 pieces.

Decorate with your choice of decoration. I have put a small square of chocolate in the centre of each one whilst still warm, after the chocolate has melted sprinkle stars or whatever you like on the top.

Wishing you all a Happy Christmas and a Prosperous New Year.



BURGH CASTLE CHURCH & VILLAGE HALL

BURNS NIGHT : The next event for our Church Restoration Project is our Burns Night on Saturday 26th January. (7pm) This will follow the usual format, with a three course meal, raffle, table draw and games. Please book early as we do have to limit our numbers to 60 to make sure everyone is seated comfortably and can enjoy the evening. Tickets £10.00 per head, (bring your own drinks) available from mgreenacre532@gmail.com Tel 01493 780126 or any church member.

QUIZ EVENINGS : The quiz on Friday 7th December Raised £75 for funds As usual there will be no quiz in January, but we look forward to seeing everyone on 1st February 2019, 8pm Queens Head Burgh Castle. Please come along to support us.

HALL IMPROVEMENTS : The Village Hall Committee are delighted to have been able (with support from the Community Council) to have the heating and lighting in the hall upgraded. We have also had the good fortune to have had a Projector and screen donated,

our thanks to Dorothy and Eric who gave so generously.

STOCKS NEEDED : With 2019 in mind, we are always looking for donations of good quality bric-a-brac, books, produce etc., to run our very successful Tearoom. We will take donations at any time and can arrange to collect from you.. mgreenacre532@gmail.com Tel 01493 780126.

MONEY & DEBT ADVICE

Free, impartial and confidential advice and guidance on a range of money and/or debt issues is available at the Village Green Children's Centre, Belton from a representative from D.I.A.L usually on the last Thursday of every month (1.00 – 3.00pm).

The next dates are January 31st and February 28th. See childrenscentre@moorlands.norfolk.sch.uk or ring 01493 789562.



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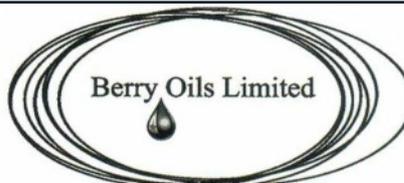
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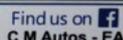
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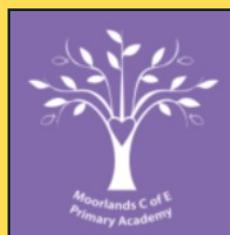
ENTUA had one of its twice yearly meetings with the local manager of Greater Anglia on November 30th, we raised a whole raft of issues, not least the significant number of cancellations (particularly early mornings) on the Great Yarmouth to Norwich service. The main reason for non-availability of trains on certain days is put down to the numerous maintenance issues arising with the ageing fleet of trains. Greater Anglia are confident that their maintenance matters will be resolved when the new fleet of trains are in regular service – we sincerely hope so.

We are informed that four of the new 4-car bi-mode units manufactured by Stadler in Switzerland have arrived in Norfolk, a total of five are expected to be here by the end of the year, this number will rise to 20 by May 2019 and while there will be a series of tests carried out over the coming months it is not expected to see them all in service until the May 2020 timetable changes. Other matters discussed were the installation of ticket machines at Acle, Brundall, Cantley, Lingwood, Oulton Broad and Reedham., they are card only machines – no cash. Another thing worth noting is that there is a facility at the ticket machine at Great Yarmouth that enables the ticket purchaser to talk to ticket sales staff at Norwich station.

During the first six months of 2019, Greater Anglia will be consulting with stakeholders on their views for the changed timetable changes now likely to be introduced from the 2020 timetable. ENTUA's view is that there should be additional trains that travel beyond Norwich, for example through trains to Stanstead Airport, London and Peterborough, this would cancel out the need to change every time at Norwich. What ENTUA cannot understand is that Lowestoft station is planned to have four direct trains per day (Monday / Saturday) to London when the new trains are fully operational while Great Yarmouth is confined to an hourly service to Norwich plus the additional peak hours services mornings and evenings. We feel this devalues Great Yarmouth station and will do nothing to encourage patronage of this line. We are convinced that most passengers travelling between Great Yarmouth and Norwich travel by bus rather than train. Bus services are frequent (every 15 minutes), cheaper (£6 return against £8.40) and unlike the railway, buses take you from town centre to city centre. Therefore, Greater Anglia need to supply through services to attract additional passengers.

The railhead treatment trains have done a good job this year, they are the odd-looking arrangements of wagons that appear on our lines from time to time pressure washing the leaves off the tracks. At long last the real time information screen has been installed at the Gorleston Feathers bus stop, We now await the installation of one opposite – outside Boots.

ENTUA welcomes new members, we only ask for a minimum £5 annual donation which helps cover the cost of printing and postage of our very informative quarterly newsletter and the hire of venues for public meetings. To join please write to ENTUA, 18 Wensum Way, Belton, NR31 9NY.



MOORLANDS IRON AGE MUSEUM

Year 3 and 4 pupils at Moorlands hosted their very own Iron Age museum on Friday 7th December, which was open to parents, carers and families. The hall was packed with people who had come to see the array of exciting artefacts.

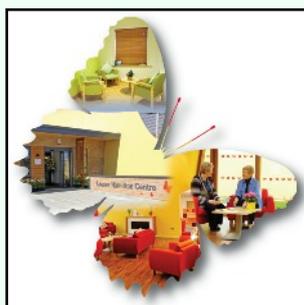
The children had made every exhibit on display and these included jewellery, artwork, weaving, model hill forts, Iron Age weapons and research. There was a great turnout

from the community and the children acted as curators for the afternoon.

This is the second time that the school has held its own special exhibition, after hosting a Year 1 and 2 Art Gallery earlier in the year. Mrs Surridge, a member of the Year 3/4 teaching team said, "It was fabulous to see the children so engaged with their learning, which was given a real purpose by us hosting the museum. The feedback from parents and carers has been really positive."



LOUISE HAMILTON CENTRE



This centre within the grounds of James Paget Hospital is a haven where people can get information, advice and support when they need it most; providing services for people with life limiting and progressive illness, their family and carers. Some of the services on offer include **Look Good Feel Better (LGFB)**- the only international cancer support charity that helps ladies and gentlemen manage the visible side effects of cancer treatment through workshops offering Skincare and Make-up Tutorials and Advice, **Art in action support group** and a 10 week **Journey through Art Therapy**. More information from 1493 453100.



AMBULATORY CARE UNIT EXPANDED AT JAMES PAGET HOSPITAL

An expanded unit which helps patients receive care quickly while reducing pressure in A&E and preventing unnecessary admissions was officially opened at the James Paget University Hospital. Ambulatory Care is being delivered from this purpose-built facility which is double the size of the old unit and can see three times as many patients.



LITTLE SHOP OF HORRORS

Students, staff and professional musicians came together to deliver an enthralling rendition of the musical - Little Shop of Horrors at Ormiston Venture Academy, sponsored by Ormiston Academies Trust. The show ran over 3 nights in November and included nearly 90 performers.



as the plant, and Jake Needham as Seymour. Their performance was complemented by a tremendous display of lights and pyrotechnics, thanks to Miss Cornwell. Mrs Simm, Director and choreographer said that the best thing about putting on an Academy production was the transformative change that it brought about in the young people.



A rigorous audition process was followed by numerous rehearsal and practice sessions where staff and students worked alongside professional musicians to deliver a knockout production that played to sellout audiences.

The principal cast members included Daisy Jennings as Audrey, Kieran Edwards as Mr Mushnik, Jake Halimi as Orin, Kayleigh Rynn

'DOUBLE TOP' - LOCAL SITCOM PROJECT



Belton resident Katherine Nicholls writes

' I am very proud to be producing 'Double Top' a pilot for a sitcom about darts, the players and darts championships for which the cast is made up totally by actors from Norfolk and was shot at Caister. When I first read the script I knew that it did not deserve to be hidden away on John's laptop (John is the writer/director) and knew that I had to take the project on and show what he

head been hiding away!. As well as producing I am also playing Abigail Wentworth (a local news reporter) and am enjoying the combination of acting and producing.

We are currently editing a 'trailer' which should be released in the next month, our long term aim is to get this on to television, by producing the trailer we aim to get funding by people seeing what we have achieved ourselves and the potential that it offers for development.

I am excited to move to the next stage of production with our lovely cast, they have been very supportive and a joy to work with'.

2018 - ANNUAL REPORTS

VILLAGE VOICE

'Village Voice' has had another very successful year with advertising income holding up and a regular supply of club news and special items along with items from our regular contributors arriving for publication. Highlights of our year were the success of our Norfolk Day event at Belton Church in July which exceeded all expectations, and our ability to issue £3750 in grants to help local clubs and groups in our villages.

We would like to take this opportunity to thank all advertisers, contributors, our printers, Blackwells for an excellent job with the printing, and of course our deliverers. This was a special year, we said farewell to some very long serving deliverers but were able to find replacements to keep deliveries running in all areas. This has however left us with a 'non existent' reserve list, if you have an hour or so to spare once a month please consider putting your name down, we deliver the magazine to you towards the end of each month (Please call 01493 780776, e-mail details on page 3).

All things being equal we look forward to another successful year in 2019, if you have any local news or information please get in touch, we would live to hear from you, thank you to everyone for your support

BELTON & DISTRICT HISTORICAL SOCIETY

The History Society has had another excellent year with regular monthly events at the JGI in Belton on Sunday afternoons. We have been getting a steady attendance but always welcome guests for the first time, it only costs £3 per session and there is no obligation to join the group.

Away from the hall we have again supported Belton Football Club and continue to support Moorlands Primary Academy, this was the seventh year that we provided cups for their Learners of the Year and we are now working with the school to get a history wall area set up (for those with a long memory it's on a wall in what used to be the Community Centre, and is now used as the dining area). We were also able to invite the top two years from the school to a special viewing of the items that we had on show at our History Day in June, that went down really well with both pupils and staff. Please remember to take a look at our web site at BeltonHistory.Com, there are hundreds of local photographs and a selection of locally based articles to view or read and you can keep up to date with forthcoming events. If you have any old photographs or documents we are always pleased to see them, we can copy and return anything provided.

We will start 2019 on Sunday January 20th at the JGI (2.30pm), when Jackie Cole will give a talk on the history of St. John Ambulance and follow on with a general 'Q&A' on first aid. Admission is just £3, (members £2). For further information about the group please contact our chairman, Ian Walker on 07887640385.

OVER 50-60's CLUB

Once again we have had a successful year with a strong membership. During the year we had a Fish & Chip lunch at the JGI, and twice visited the Pier Hotel for lunch. We also had our annual trip to Southwold and Dunwich where we enjoyed Fish and Chips. Whilst our Christmas Lunch will be at The Imperial Hotel, our last meeting of the year will include our large Christmas raffle. I would like to take this opportunity to thank all our helpers without whom I could not manage. The club meets at the JGI every Tuesday, 2-4pm. Reopening on January 8, 2019. Wishing everyone a Happy New Year.

Norma Hadden, Group leader

VILLAGE WEB SITE

www.beltonandbrowston.com is available to all to supply data to be posted on the site if you wish. It would be good to see more input from the community and clubs and groups on the various pages. Just email via the web site for information and to supply data.

BELTON W.I.

Our membership stands at 19 (including 1 dual member). Yet again, we have had an active year that started, in January, with a Line Dancing session led by Jane and Tony. This has been followed during the year with a talk giving advice on dealing with Tax Issues, our Photography competition and a very enjoyable evening at Myhills Nurseries, hosted by Liz. Our Birthday Meal was celebrated on April 10th at the Bell Inn, St Olaves. We enjoyed an excellent meal. Our resigning President, Barbara, was presented with flowers and wished all good luck for the future with her family in South Wales. After a members' vote, Liz Myhill became our new President. The Harvest Supper, in September, was an evening full of singing and laughter with entertainment from The West End Waiters. We look forward to making a Winter Floral Arrangement in November with Kim to guide us.

This year has been momentous for Belton WI in another sense. After much discussion and questioning, it was decided that leaving the WI would be best for Belton ladies. An Extraordinary General Meeting was held on Tuesday 9th October 2018 (in the presence of our Adviser, Carole Cousins) and a ballot was held which confirmed the wish to leave. We shall start anew in January 2019 and continue to meet as 'Belton Ladies Group' (BLG). My thanks go to the Committee and all the members for their help throughout this year. Next year, 2019, will see a new start for the ladies of Belton.

Sue Richmond, Secretary, Belton W.I.

DIGITAL CAMERA CLUB

All who read our comments each month will know we are a friendly club which aims at furthering digital photography techniques. We also like to help new comers to the art and can give any information they like to maximise their enjoyment of their camera. You can come for a few months and then stop if you want but many stay on after joining us. There is no yearly membership fee. We have a monthly photo project on a variety of subjects plus outdoor sessions to gain experience. Please contact Bill on 780822.

WEDNESDAY MORNING DROP IN

A friendly meeting of people for coffee/tea and a cake or two. It is a great way to meet people and come out for an hour or so. We will keep you up to date with news affecting our community as well as helping on small problems with phones, tablets and laptops. As well as the regular morning meets, we also have an annual trip out to a venue within an 80-mile radius and also a visit to a local theatre. If you want to know more contact Sue on 780822.

SHORT MAT BOWLS

This new group at the JGI set up about seven months ago has been a total success. It is more of a social bowls group than a competitive one and there is music playing with tea and biscuits supplied by Doff Howard whose husband Mike runs the group. There has been little turn over of membership and the group, which meets on Monday afternoons, is currently at full capacity for the two rinks available. Mike and Doff are very pleased with how the group has taken off. Surplus from subscriptions are used for the group and a Christmas Lunch is planned for members for December 17th.

YOUNG AT HEART

The name's Sue and along with Margaret we co-captain the good ship, 'Young at Heart'. We are ably supported by our hard-working crew who work tirelessly to make the club the success that it is. Well, we are now entering the home harbour after another year's voyage which, looking back, has been mostly plain sailing but sadly with some turbulence along the way as is always the case in life and we were all very sad when we lost two lovely members in Ola and Heather. Also, our Sylvia moved to a new house to be near her

2018 - ANNUAL REPORTS

family, but she has promised to come back and visit us when she can - starting with our Christmas celebration lunch at the Pier Hotel. Our club is quintessentially for friendship and we bond together to discuss,

laugh and commiserate over cups of tea and coffee and tasty snacks. The adage that a trouble shared is a trouble halved is very true and there is always a friendly ear waiting if there is something, we want advice on or just merely want to get off our chest. Similarly, it is great to share the happy times and the good things that happen with our friends. Reverend Rosie is one of our members and she regularly find the time amidst her busy schedule to pop in and share a cuppa and friendly chat which we much appreciate. Tracey also who does pastoral work for the church comes to support us. She brings Cody, the big, soft, Standard Poodle and, as in the photo, they sit together. He is



lovely to stroke and is not averse to helping us finish off a ham sandwich.

During the course of the year, we have done many things including a competition to toss pancakes for Shrove Tuesday, the making and modelling of Easter bonnets, a day out in Wroxham with the chance to shop till we dropped and then have lunch, another summer lunch date this time and not forgetting the trips to Cherry Lane to look at what they have to offer and then share in some of their delicious gateaux and coffee. We also have had in house activities such as Jim's general knowledge quizzes and we have made regular donations of money to sponsor, Wilson, a young man in Ecuador who we hear back from, from time to time. In the course of the year, various people have found poems or written passages to read out to amuse or amaze us. Added to all of these, any information that might be pertinent to life in Belton or Burgh Castle has been shared. We could not have such a successful club if it was not for the kindness of friends to whom we are very grateful. This includes the Village Voice who very generously made us a grant of £250 which we put towards paying our share of the church's heating bill. Finally, might we in Young at Heart wish you all a wondrous and peaceful Christmas and a really Happy New Year when it comes.

Scouts from across the world. There were other activities to do from skittles, backwards cooking, playing a game called CUB and another called Flags, making kits. The Beaver section have welcomed a new Young Leader Fluffy Beaver, an adult leader Golden Beaver and



wished good luck to Stripy Beaver who has moved away from the area. The Beavers have done a sponsored silence half has gone towards the RNLI in Gorleston as a thank you for the great visit we had, and half is going to go towards a sleepover at the Sea Life Centre we hope in the New Year. The Beavers have done activities from sleepovers, learning how to play rounder's, archery, play

new games, tried new crafts, looked at our national saints, had a look at recycling, had a visit from our local food bank to tell us about their work, we sent them home with lots of donations, visited different countries looking at customs and foods. This is just a small amount of our programme; the Beavers get to do different activities at each meeting. If anyone is interested joining Beavers, we will have some places coming up in the New Year, please contact Jane 01493 780965

Cubs

The cubs have had an action-packed year as usual gaining lots of badges, learning lots of new skills, and having great fun along the way. We started the year having a bring a friend evening as lots of our older cubs had moved up to scouts with their silver chiefs' scouts award, this yielded 5 young people to join our thriving cub pack. We gained our art and DIY Badge by creating a whistle and painting the fleur de lie on wood as well as learning the safety of the tools we needed to use and created a picture of the landscape where the scout hut is. In February we started our home help badge which included sewing a button on a piece of material, learning to iron and fold our group scarf and cooking spaghetti Bolognese and garlic bread, as well as cleaning up afterwards which I have to say they did very well. In March we started and completed our personal challenge, the young people take a challenge home with them to do over Christmas and their parents then mark their effort for us, we decided this year that we would learn some sign language. The young people learnt how to sign their name, then each other's name and the final week culminated in them standing up in front of everyone at the pack meeting and signing their full name to the whole pack, a wonderfully inspiring activity. April saw us finish the Our Skills challenge trying 2 new sports- Kwik cricket and martial arts (thanks to East Coast karate), a joint meeting with the beavers and a visit to seething observatory to finish the astronomer's badge, a great meeting. Through the spring/summer term up to summer we completed the backwards cooking badge learning how to light fires and use them to cook food, a visit to the Caister lifeboat, learning what collections the young people have to gain the collectors badge, gained the cyclist badge by learning how to signal properly on our bikes, and a bit on the maintenance side of things, we learned how to read a map and

1st BELTON SCOUT GROUP



Beavers

The Beaver Scouts have had a very busy year, they have had the opportunity to visit Gorleston Lifeboat station, walk in Gunton Wood looking at different types of trees, bird boxes to try and watch if there were any birds living inside. We joined the Cubs on the Gorleston beach for an evening making sand castles, looking for stones with holes in and playing games. The Beavers have grown flowers from seed, learned how to pick them out, then spent an evening planting them out on Rectory Corner. They also had a go at growing potatoes at the Scout HQ but have learned the lesson about them not being watered enough as they died in the heat of the summer. The Beavers joined the rest of the Scout Group for a St Georges Day Event, we played lots of games, higher and higher to raise funds for brain tumour research. The Group planted an apple tree in memory of Alfie (a Beaver Scout who died from a brain tumour aged 6) which did produce 5 apples this summer. Two older Beavers had the opportunity to join Cubs at District Cub Camp in June at Eaton Vale Activity Centre where they had a go at grass sledging, catapults, played some games. They joined in a group activity along with Scouts from North Great Yarmouth for Jamboree on the Air, our thanks go to Great Yarmouth Amateur Radio Club who gave those present the opportunity to talk to

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use that on a hike from Burgh Castle, gained our athletes badge, had a beach night with the beavers on Gorleston beach, and as a final treat went tubing at Norwich ski slope at Trowse for the final meeting of the summer term. In the autumn term from September after a summer 1-night camp we learned about all different ways of communicating such as talking to someone, taking and listening to instruction and Morse code. We have had a visit from the police to finish our personal safety badge, celebrated Diwali and Halloween and bonfire night, visited the fire station to gain their Fire safety badge, and created knowledge of our world badge and what it means, learned about different promises in the world of scouting and how they differ from ours, and will this week cook some things from the countries that the young people chose to research. Things to look forward to for next year are a summer camp to Gilwell Park the home of European scouting for a 4 day 3 night camp. Thanks as always go to my leaders Rama, Raksha, Bagheera, and Chil for your help and support in the last year. If your young person ever wants to come and join the adventure at Belton cubs please contact Peter Clarke 07900 494 344 and we would be happy to accommodate you.

Scouts



The Scouts had a great opportunity to join Scouts from across the world at a camp called Norjam at the Norfolk Show Ground this summer. They had the opportunity for lots of different activities from archery, air rifle shooting, abseiling, craft barn, go charting, a day out and so much more. They joined in District Camp in June, Water activities camp in May learning to canoe and have a go at sailing on Decoy broad. The Scouts have taken part in a night hike which they helped to

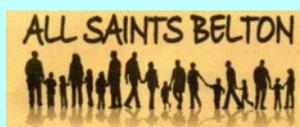
plan. They have been looking at different survival techniques and what equipment could be used. They went to the Eaton Vales Halloween night and got to do lots of activities in the dark. The Scouts have been doing their commutator badge looking at Morse code, semaphore, started to learn sign. They had a go making fire works out of oil and food colouring. The Scouts have said goodbye to Badger who has gone onto do another roll in the District. Sharky has taken over as Scout leader. This is just a small taster of what the Scouts have been up to this year.

Group

Our thanks need to go to everyone who has supported the Scout Group over the last year with newspaper collection, bri-a-brac and books which have helped towards fundraising for the Scout Group.

JGI TRUSTEES

We look after the JGI for the village and welcome groups to use it if available. There are a few times when it is free, mainly late Thursday mornings and Thursday afternoons plus Friday afternoons. Besides the main hall, a smaller meeting room is available most times that can take up to 15 to 20 people depending on the activity. If you would like to get involved in running the hall and helping in even small ways, please contact any of the trustees or call Bill on 780822 for further details.



Rev Rosie writes....

New Year is often a time when we look back over the past year, remembering the good and the bad times that we have experienced; assessing whether it has been a good year or not. So, what has your year been like? I suppose 2018 might be remembered for its weather; the heavy snow we had in March and the hot summer with very little rain. Or, for the endless discussions about what *Brexit* would look like, with no one knowing for sure, but with many having a strong opinion on it. For some it will be remembered for the wedding of Megan Markle to Prince Harry in St Georges' Chapel, Windsor and the amazing long sermon preached by the American Bishop Michael. For others it could be the performance (or the lack of it) of their football team. 2018 could hold a deep sadness for the passing of a loved one, or the struggle through ill health by a family member.

Personally, a highlight in my year was going to Malawi for my son, Chris's wedding and welcoming Sharifa into our family, and becoming a Grandma to Elijah. The flights to and from Malawi were long and arduous but so well worth it for the quality time we had with our family and for the experience of Africa that I had never had before.

A highlight for the church and village community must be the creation of the WW1 "Tommy" outline filled with hand-knitted/crocheted poppies which we hung on the church tower. Such an amazing work of art made possible by the knitting and crocheting and crafting by so many; visited by endless visitors from far and wide and photographed and shared worldwide on social media. A significant achievement this year has been the response to needs through The Pantry Scheme with more and more people supporting the project and giving food which is distributed to people in need, through crisis or sickness, within the villages of Belton & Burgh Castle. All Saints Church, Belton works with Moorlands Academy consistently throughout the year, leading collective worship twice a week and contributing in various ways to the life of the school. Some of the highlights for me are the workshops at Easter and Christmas when the children come into church to enjoy a prayer space constructed in the chancel, singing, and activities that help them learn more about the subject in hand. At Easter the older group enjoyed using a hammer and nails to create a heart or a cross, then needlework silks to finish it off, as well as a huge rainbow made from buttons which is intended for the school hall. This Christmas we made holly wreaths that told the Christmas story, and beautiful Christmas cards with a swinging angel containing the Christmas message.

In May, in the 10 days leading from Ascension Day to Pentecost, the church joined with many churches nationally and internationally to pray "Thy kingdom come". It was an opportunity to pray as individuals but also to join for special events. At All Saints we created a prayer labyrinth where we walked through two party tents erected inside the church to several "prayer stations" focussing on different parts of the Lord's Prayer. Hundreds and hundreds of fairy lights lit the way and what an experience it was to pray in this creative way – one not to forget and one to be repeated in the coming year, I hope. Many of the children at Moorlands Academy also came to join in and learn to pray the Lord's Prayer. As I sit writing this and thinking of the New Year, my mind is saying let's get Christmas over first! So often we hear the phrase Merry Christmas and a Happy New Year; it's what we say! Yet for many "Merry" and "Happy" are not words that describe their experience; the highlights of the year may be few or non-existent and the struggles great. The Bible talks about God's gift of joy and peace which can be ours in whatever circumstances we find ourselves. Joy and peace that we cannot attain for ourselves but are gifted to us by God when we seek him. So, may I wish you a joyous and peace-full 2019 through Jesus, the Christ-child, who is for every day, not just for Christmas.

Every blessing to you and yours.

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BELTON ST JOHN AMBULANCE BADGERS AND CADETS

It is with regret that we announce that Belton St John Ambulance Badgers and Cadets are coming to the end of an era in 2018. The current leaders have decided to retire and unfortunately no other leaders have come forward to take on the running of the unit. St John has been in the village for over 35 years. During that time hundreds of



young people have learnt first aid skills with us. Many have achieved their Super Badger and Grand Prior awards. Many have competed very successfully in national First Aid competitions, have camped, have learned to teach and to lead. The present leaders would like to thank all the young people and parents who have supported them over the years they have been in charge. The local Gorleston St John Ambulance unit meets on a Wednesday and starts back on January 9th. Not only do they run Badgers and Cadets, but they also have a thriving adult unit. Further details can be obtained from the Area Manager Sue Skoyles on 781336

(Photo: Some of the Badgers and Cadets attended the opening night of the pantomime 'Sleeping Beauty' at Gorleston Pavilion- what a colourful production with great costumes and excellent singing! We were lucky to be in the front row and we sang, clapped and yelled our way through the whole evening. It was good fun and a great time was had by all).

1st. BELTON GUIDES

The girls of 1st Belton Guides have been having lots of fun over the last month, we have seen two of our teams undertake their cooking challenge for our Come Dine With Me style challenge. This has seen mixed reviews and the scoring has been interesting. For the girls not cooking, there was Christmas bauble making. Our Christmas party saw some hotly contested games including musical chairs, musical statues and pin the nose on the reindeer. Pizza and cupcakes were eaten - some of the guides ate their own body weight in pizza - our last week saw prize bingo, making 3d snowflake decorations as well as some reflection over the activities and challenges that have been part of 2018. The year has seen the launch of our new programme, which has been exciting and more in tune with girls interests and lives. We have been trialling different aspects of the programme including activities to improve life skills and our understanding of fairness.

We have celebrated 100 year since women were given the right to vote, during which the guides discovered the difference between suffragettes and suffragists and the struggle that formed part of this important change. We have visited the beach a few times and undertaken challenges such as the Unicorn Badge and the Seaside Chal-



lenge, made slime, the road safety badge and went on an outing to the Big Gig at Wembley.

We have seen many new members to 1st Belton Guides, both volunteers and Guides, as such we recently enrolled seven girls. When Guides make their promise it is an opportunity for us all to think about our promise and what it means to be a member of guiding. It was nice to see some mums in attendance for the enrolments. 2019 is promising to be an exciting year for Belton Guides, we are already planning a weekend away and lots of exciting new challenges and activities. We currently do not have any vacancies in our unit, however more information can be found on www.girlguiding.org/information-for-parents regarding other local units or being placed on our waiting list.

ANNUAL YOUTH REPORT

It has now been 2 years since I took over as Youth and Children's Worker for All Saints Belton and this year has gone well.



With Rocksolid we took what we were teaching them during assemblies at school and expanded upon the subjects. Overall the group has been doing well with new members joining and the older ones leaving. During the summer the Rectory stables were buzzing with the sound of the group playing football, using the trampoline or generally having a good time. During the winter period being at the church hasn't made the members any less active and we've enjoyed playing parachute games as well as various craft activities.



With the Church Youth we have had some ups and downs. This year we lost a few members due to behaviour problems and at one stage we were worried whether people would turn up. Eventually though that was rectified and now we have a solid core group and the youth has become a lot more focused on discipleship and Bible study. Recently we've also been invited to join in Encounter, a monthly project run by 'Identity' in Gorleston. This has enabled our church youth to meet others from different schools and to help form new friendships. Over the next year we will be continuing our discipleship and studies to help build a stronger foundation for the group to build on.

Cornerstone and The Hub hasn't changed much. We've dropped cornerstone from the name and joined the 2 groups together but apart from that it is the same. Again, we have had some money donated to us from the *Village Voice* which we will be spending on board games for the group to play. Overall it has been a good year, numbers for most groups have grown and it has been a joy to see all the hard work that my volunteers and I put in come to fruition. At the start of December, the church held its first Christmas Fayre to raise Money for the Youth and Children's work. It was a wonderful day and it was great to see everyone who came. Overall the total raised was over £850. A big thank you to all who arranged the Fayre and a bigger thank you to all who came down to support us. Another big thank you goes out to all who came to coffee morning at the JGI on December 8th where we had the monthly raffle. We raised just over £100 which again will go to the Youth and Children's work. Thank you all who bought tickets or donated prizes.

The dates for the start of the new year are as follows: Rocksolid will be starting again on the 10 January 2019 at the church, Youth on 10 January and the Hub on 11 and 25 January. We all hope you all have an amazing Christmas and look forward to seeing everyone again after the New Year.

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

EVENTS AT THE NEW ROAD SPORTS AND LEISURE CENTRE



**CENTRE POST CODE
NR31 9JP**

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



MONDAY ACTIVITY MORNINGS

Members have supported the group through thick and thin this year. We were so thrilled to be awarded a grant of £250.00 from the Village Voice, to help our group to continue safe, stimulating exercise in a safe environment that contributes to its members keeping mobile and flexible to do the things that make them happy at an affordable price. To see who could receive this cheque on our behalf,

names were put into a hat to go to the John Green institute. Janet Jones name was picked out. So, thank you Janet for attending the presentation. The grant meant we could keep the session fee to £2.50 till March 31st 2019. Since the early part of the year we have seen members return to the group it is a great pleasure to know they can come and join us again after a break.

Mid-year we attended the Burgh Castle Fun Day on Sunday 24th June, a blistering hot day. We had a great time performing our exercises for all to see. Thanks again to those who took part and supported this fundraising event. Sallyann invited family and friends along to a lovely 60th birthday party on July 16th which gave her some lively memories. She would like to say thank you for the wonderful birthday presents and cards. She recently took her girlfriend for the High Tea present at The Cliff Hotel Gorleston, which was lovely.

As part of the commitment to Belton, Sallyann attended the Norfolk Day event held at All Saints Church, Belton, on July 27th. The amount of information available on the day was inspiring. The speakers shared some staggering statistics as well as down to earth information on what's happening right now in our communities. Well done to all those involved.

At the end of July, we finally finished our Winter Circuits sessions. We started Nordic Walking on 13th August when we had 11 people join us, this session continued till the end of November as the weather has been so good. August also saw Sallyann attend a 3-day Pulmonary Rehabilitation Instructors course in Southend. This will ensure those with respiratory conditions will be able to work safely within our classes. Sallyann has completed and passed her assessments and course work and must complete her placement at the James Paget Hospital before fully completing her Qualification. On a sad note, we have had a few members pass away this last year; our thoughts and prayers are with their families at this time. On September 8th, 2018, Sallyann completed a 22-mile Hike around the North Norfolk coastline, for Cancer Research UK which raised £150.00.

Monday 7th January 2019 would be a great time to come and have a chat if you're thinking of joining us. This first session in 2019 will be to complete our Annual health questionnaires and discuss what the members would like included in the sessions for the year ahead. You can arrive at The New Road Centre in Belton 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. This session will be for legalities and means we start our exercise session the following week. Refreshments will be provided for on the day. Finally, Sallyann would like to thank everyone for their support over the last year. It's remarkable how the group which was set up by the NHS in 2012 (I think!) is continuing to thrive. Thanks to the Tea ladies who come in every week and prep up our refreshments. Classes remain the same- 9.30am Seated Exercise. 10.45am Winter Circuits. For further information email up4fitness@gmail.com or contact 07599044806.

GREAT YARMOUTH STROKE GROUP

Great Yarmouth Stroke Group meets at the New Road Sport & Leisure Centre every Thursday afternoon, We try and have a variety of events that will suit most of our members who are aged from 40-99. We go for lunches, invite singers and have quizzes, games and speakers on various subjects. Our Mayor has paid us a couple of visits and we have been lucky this year with donations which we are truly grateful. We also try and celebrate our members birthdays with a cake and present, we have only had to cancel once due to the weather. The group uses Centre 81 transport with such lovely drivers as we have members from Acle, Halvergate, Hemsby, Great Yarmouth, Gorleston, Bradwell, Belton and Haddiscoe.

We thank our volunteers for giving their time each week, Margaret, Sam, Maisie, Rex, Pauline, new helper Pam, Gillian and Sue. We have a secretary first time ever, this is Pam Smith. Please contact Sue Casey for details of group on 01493 781846, we return for the New Year on Thursday January 10th.

YOGA CLASSES



Why not join our lovely welcoming YOGA group? We meet 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. We return after Christmas on 3rd January 2019! Call or text 07841985767 to book. Or email lexispallyoga@hotmail.com



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 spaces available especially in the 7.05 class, new clients will be welcomed including men. Neck/Shoulders and Back Strengthening exercises, working with Toning Circles, Weights and other equipment, building Strength, lengthening, assisting with flexibility and mobility. There are also spaces in the beginners classes at Lound Village Hall on Wednesday mornings . (10am and 11.15am beginners). A new block of classes for six week costs £48. Hayley also runs numerous other local classes. To book call her on 07767 864568 or email hayley@hayleyallpilates.co.uk . (Booking essential please).Classes resume on Monday 7th January.

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.

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.

BELTON JUDO CLUB

2018 has been a good year for Belton Judo Club. Membership numbers have held up well with new faces turning up from time to time. Existing members continuing to progress through the grading system but we would like to encourage more to enter competitions just to show them how good they would be against other players they are not familiar with. The last and probably most important competition of the year, the British Championships, ended with mix of emotions for Ryan King, assistant coach, as he picked up a bronze medal at the event. Most players would be elated to win any



medal at such a prestigious event but Ryan went there to win the title and was devastated when a split-second lapse of concentration in the semi-final cost him the match and a place in the final. He was dominating his opponents throughout the day and winning the fight for bronze

was little consolation for Ryan especially since the winner of the title was beaten recently by Ryan whilst representing England in Holland.

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 13-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 why not make it your New Years resolution to do something different in 2019 and come and give us a try. 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 8's 4.30, over 8's 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 All that's left to do is to wish everybody a very Merry Christmas and a Happy New Year, the last sessions before Christmas end on Friday 21st December and start back on Monday 7th January 2019.

NOTICE OF AGM 4B's GOOD NEIGHBOUR SCHEME

We hereby give notice that the Annual General Meeting of the 4B's Good Neighbour Scheme will take place on Tuesday 8th January 2019 at 2pm at Leo Coles Pavilion, Green Lane, Bradwell. Items on the Agenda will include the recruitment of a new committee and reviewing the future of the scheme.

BELTON SCOUTS NEWSPAPER COLLECTIONS 2019



Belton Scout Group will be collecting newspaper, old phone directories, magazines, leaflets, thin card (incl. Greeting cards) in Belton on the these Saturdays in 2019

Please leave outside your property by 8.45am.

12 th January	2 nd February	2 nd March
6 th April	11 th May	8 th June
13 th July	10 th August	7 th September
12 th October	2 nd November	7 th December

If you do not live in Belton paper can be left at 6, Station Rd. North., Belton (leave outside), any time.

Please support the 1st. Belton Scout Group and the environment by saving your paper etc.

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 Robert Goffin
 Terry Ladbrook
 Bridget Lawrence
 Michael Farrell
 Faye Green (Sec)

WEEKLY AT THE JGI

YOGA - On Monday morning at 10.15am £2.50 per session. Please bring a floor mat and towel with you. Contact 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. (No sessions December 24th & 31st.)

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.

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. (Re-start Jan 11th)

JGI TRUSTEES AGM

The trustees held their AGM following the Saturday coffee morning on December 12th. As well as all the trustees there were three others who attended. Roger Gowen took the meeting as chair of the trustees. All was satisfactory about running the hall for the community and all trustees would be staying in post for another year. Thanks were given to both Alan and Becky for all their services to the hall.

WEDNESDAY DROP IN COFFEE MORNING

We meet at the JGI at 10.30 to noon every Wednesday morning for coffee/tea, cake and a good chat with friends. You can always find out what is going on in your area with regular updates. Make an effort in this new year and come out and give us a try. I am sure you will come back after the first visit. Call Sue on 780822 for more information is needed.

DIGITAL CAMERA CLUB

We do not meet in January so our next meeting will be on Friday February 1st 2019 at the JGI at 7.30pm. We will discuss the coming year's activity and out days. If you would like to know more about digital photography both using a camera and processing on a computer then we can help. We meet mainly on the first Friday in the month and have some out evenings to locations to gain experience at photography in different settings. For further details call Bill on 780822 or find our group on Face book.



SATURDAY COFFEE MORNING AT THE JGI

Another successful morning was had by all who attended the coffee morning on Saturday 12th December. There was an attendance of 39 which was a great turnout. The Church Youth held the monthly raffle and raised over£100. The Belton Scouts had a Bric a Brac sales table and Malcolm Metcalf had a book signing for his new book about his travels. The Trustees thank all for making it a very successful morning.

LAST NIGHT AT THE JGI



A packed hall enjoyed a great evening of Christmas entertainment from "Glory Daze." It was the last entertainment that will be organised by "The Belton Events Committee". After many years of organising great evenings at the JGI for the community Nora and Barbara have retired. They will be greatly missed. We all wish them well. Thanks to all who made the evening a memorable one. If anyone would like to take on organising entertainment events at the JGI they would be made very welcome.

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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.

JGI QUIZ NIGHTS

The next village quiz night at the JGI is on Friday January 18th at, 7.30pm. Teams of 4. £5 per team - why not put a team of family, friends or neighbours together and join in the very friendly evening. No prior entry booking needed, just turn up with your team on the evening. Dates confirmed going further into 2019 are February 22nd, March 22nd, April 19th and May 24th.

JGI JANUARY COFFEE MORNING

The next Saturday Coffee Morning will be on Saturday, January 12th at 10am. The Scouts will have their Bric a Brac Stall. The raffle on the day will be in aid of Brain Tumour and Children's cancer research and support charities. There will be some Norwich City items and a cake and bake stall. We hope 3-year-old Anna Poppy who had a large brain tumour removed in December 2017 will be able to attend with her parents Ben and Lizzy. Please support us, donations of cake/bun/biscuits and raffle prizes would be very welcome, but please come and join us anyway and enjoy a social morning with friends - children welcome.

J T's LINE DANCE CLUB

Jane would like to thank all that attended the line dance classes at John Green Institute in Belton, The last class for 2018 was held on 7th December when we had our Christmas Party. We will re-commence on Friday 11th January at 10:30 am and welcome any new members to join in the fun. I look forward to seeing you all soon. (As reported earlier there will only be sessions on Fridays in the New Year). Happy Dancing!



TONY LOSES 5 STONE WITH SLIMMING WORLD BELTON

New research by Slimming World suggests that many men don't like to ask for help to manage their weight – yet a Burgh Castle man who was offered Slimming World on Referral by his GP, decided to give it a go. Since joining in July 2018, Tony Kemp of Burgh Castle has lost an amazing 5 stone (*photographs: before and after*). After walking through the doors, Tony was pleasantly surprised to find that the support provided by the group was practical and the camaraderie and sense of competition appealed to him. He also enjoyed following Slimming World's eating plan, which is based on the science of satiety and energy density, enabling him to enjoy generous portions of healthy food to satisfy his appetite. Tony says, "I've always been big, and it really never bothered me until recently. I was finding everyday



tasks like walking and getting out of my bed and chair increasingly difficult. I had lots of aches and pains and was becoming breathless very quickly. It was a discussion with my GP about an operation I needed that made me realise I needed to do something about it. I really didn't think it would work and was a bit apprehensive walking through the doors for the first time, but I wasn't the only man there. Now I look forward to the sessions. There is lots of banter and laughter and I get some really good ideas too, from new recipe suggestions to ideas to boost my activity levels". As the weight came off, Tony found he had more energy and so he was eager to use it. "From hardly being able to walk, I literally took one step at a time and now I enjoy walking several kilometres daily. There was no way I could have done it at my heaviest; I can honestly say I feel like a different man since losing weight".



Sue, who runs the Belton Slimming World group say she's incredibly proud of Tony. "We're all amazed by his transformation and he is a real inspiration to the group. We know that many men assume slimming clubs won't be right for them, but Tony shows that once they come through the doors they do brilliantly. Like Tony I would advise anyone who would like to lose weight to find the courage to take that first step".

The Belton Slimming World groups are held at The Kings Head, Belton on Wednesdays 5.30pm & 7.30pm and Thursdays 10am. Anyone interested in joining the group can pop along or for more information they can

call Sue on 07897532922.

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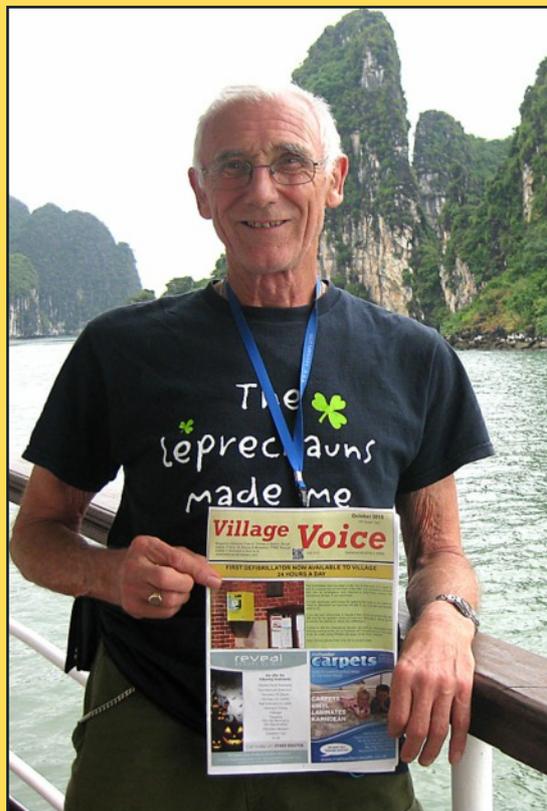
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TRAVELLING VILLAGE VOICE



Our Village Voice Magazine has been on its holidays again, this time Robin Carver from Belton has given it a ride to Vietnam. Robin writes - 'On board a short cruise on Ha-Long Bay off the north east coast of Vietnam we found almost 2000 of these enormous stacks, which have sometimes been called a massive chess game, being one of the worlds top archaeological sites. Many are hollow and we got to go inside

one which was amazing. Afterwards we took a kayak on to the bay which topped off a fantastic two days. We then spent the following two weeks heading south down Highway One to H0 Chi Minh City with a nights stop on the way, we were also able to explore the Chi Chi Tunnels used in the Vietnam War on what was a totally amazing trip.'

If you are able to take a copy of 'Village Voice' with you on that special holiday and get a suitable photograph we will be pleased to hear from you at Village Voice.



BELTON F.C. Half Way There

Belton FC's first team come to the half way point this season with an unbeaten 11 wins out of 11 in the league, so far the lads have listened to their manager Luke Miller and put game plans into action every single week. The hard work behind the scenes has this season been matched on the field with the hope of a first promotion in the Anglian Combination looking ever more possible. Since

the last Village Voice a 6-1 away win to Easton Res, a home walkover to South Walsham Res, followed by a great 0-2 away win to Scole United Res and a heavy 11-1 victory over local team Martham Res leaves the club looking forward to a Christmas break before putting the hard work in and finishing the job in the new year! The reserves have also had an upturn in results since last month, following the disappointment of exiting the county cup. 2 wins, a draw and a loss have left them sitting 3rd in the Great Yarmouth Borough league 4 points behind the league leaders, but with opportunities to play the team above them. If results go their way then there is still a league title to chase. Cup competitions will start to progress in the new year and the club still hopes the reserves can be in contention for silverware come the end of the season.

Big plans are being put in place for the club to change its home ground hopefully back to New Road Belton which will allow the club to grow and hopefully get the help and support of the village and build something the villagers can be proud to be represented by.

The end of another year only means one thing and that's a big thank you as always to everyone that helps and supports the club. Sponsors, village groups and volunteers that allow us to be what we are, Without them this club wouldn't run.

May I take this opportunity to wish all the Village Voice readers a Merry Christmas and a Happy New Year, I look forward to updating you about news from the club in the New Year,

Nathan Brown, Club Secretary.

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NEW YEAR, NEW YOU

Just a reminder from the NHS in Norfolk and Waveney about how to help us help you this winter.

With the start of a New Year people's thoughts turn to getting fit and improving their health. To stay healthy or improve

health, adults need to do two types of physical activity each week: aerobic and strength exercises.

How much physical activity you need to do each week depends on your age. Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active daily by doing at least 150 minutes of moderate aerobic activity such as cycling or walking, and strength exercises on two or more days a week.

Why not join a local walking group, go for a swim or join a local class, your library should have information about groups near you? There are many local services that can enable older people to be more active. A wealth of information can be found on <https://communitydirectory.norfolk.gov.uk>

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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 (**Not Dec 24th & 31st**)

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

Bingo Night (7.30pm) JGI All welcome (**Not Dec 24th & 31st**)

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))

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
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 (**The Dec. 27th sessions will be on Thurs 28th (same times)**)

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 (**Not Dec 27th .**)

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 **Restart 10th Jan**) Ages 8-11 - Belton Church 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) **Restart 10th Jan..** 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 Jan 11th & 25th) Belton Church - years 6 & above -

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

Mon Dec 24 (4pm) Belton Church -Crib Service

Mon Dec 24 (8pm) Fritton Church - Christmas Communion.

Mon Dec 24 (11.30pm) Burgh Castle Church -Christmas Midnight Mass

Tue Dec 25 (10.30am) Belton Church -Family Communion (for Belton & Burgh Castle churches)

Sun Dec 30 (10.30am) Belton Church -Combined service/Carols for both congregations

Mon Dec 31 (7.30pm-12.30am) Belton Church - New Year party Everyone welcome Tickets 780476/780210

Sun Jan 6 (9.30am) Burgh Castle Church -Holy Communion

Sun Jan 6 (10.30am) Belton Church -Morning Celebration

Tue Jan 8 (11am) Belton Church -Traditional Service of Holy Communion Coffee from 10am

Tue Jan 8 (1.30-2.30pm) New Road Sport Centre - Belton Parish Clerks Surgery

Tue Jan 8 (7.30pm) JGI - Belton Ladies Group (First meeting all welcome) 780494

Wed Jan 9 (10.30am) Burgh House -Traditional Holy Communion

Wed Jan 9 Mobile Library in Belton (Times in article)

Wed Jan 9 (6-7.30pm) Belton Church - Belton Messy Church

Wed Jan 9 (7pm) Burgh Castle V/Hall - Burgh Castle Fun day 2019 First meeting Open to all

Sat Jan 12 (From 8.45am) Belton Scouts Collecting Newspapers - Belton only
Sat Jan 12 (10am-11.30am) JGI Monthly Coffee Morning
Sun Jan 13 (9.30am) Burgh Castle Church -Morning Prayer

Sun Jan 13 (10.30am) Belton Church - Holy Communion

Sun Jan 13 (6.30pm) Belton Church - Evening Celebration
Mon Jan 14 (7.30pm) Burgh Castle V/Hall - Monthly Parish Council Meeting

Tue Jan 15 (7.30pm) New Road Sport Centre. Belton & Browston Parish Council meeting

Fri Jan 18 (7.30pm) Fritton Village Hall - Monthly Bingo

Fri Jan 18 (7.30pm) JGI Team Quiz Night (teams Max 4, £1 per person)

Sun Jan 20 (9.30am) Burgh Castle Church - Holy Communion

Sun Jan 20 (10.30am) Belton Church - Cafe Church

Sun Jan 20 (2.30pm) JGI - Belton History Soc - 'History of St. John Ambulance' with Jackie Cole. 780776

Wed Jan 23 Mobile Library. Priory Cl., St Olaves (11.35-11.45am), New Rd. Playing Field Fritton (11.50-12.05),

Sat Jan 26 (7pm) Burgh Castle V/Hall - Burns Night Tickets £10. Tel 780126

Sun Jan 27 (9.30am) Burgh Castle Church - Morning Prayer

Sun Jan 27 (10.30am) Belton Church - Holy Communion
Thu Jan 31 (1-3pm) Village Green, Children's Centre. Money/Debt Advice

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

Fri Feb 1 (7.30pm) JGI - Digital camera Club 780822

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

Sat Feb 2 (From 8.45am) Belton Scouts Collecting Newspapers - Belton only

Sun Feb 3 (9.30am) Burgh Castle Church -Holy Communion

Sun Feb 3 (10.30am) Belton Church -Morning Celebration

Sat Feb 2 (From 8.45am) Belton Scouts Collecting Newspapers - Belton only

Wed Feb 6 Mobile Library in Belton (Times in article)

VILLAGE SMALLS

It is free to advertise jobs, events, property or items for sale. Send details to Village Voice Smalls, 'Skelmorlie', Butt Lane, Burgh castle, NR31 9PU Tel 01493 780776 or email beltonvvadds@gmail.com by noon on January 14 to appear in the February 2019 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.

WORK

General odd-job man available 1-2 days a week Tel 01493 78904

FOR SALE

Youngmans 6 rung steps £10. Tel. 07754 577366.

New Look Grey lined faux fur coat size 14. Almost new, Cost £40, accept £25. Dorothy Perkins ladies simulated grey fur coat, worn once Cost £80, accept £40 ono Tel. 01493 780242

Flotex carpet pink/beige pattern W145cm, L 160cm. Approx. £10 Tel. 07754 577366.

Electric recliner Armchair. Material finish, back & foot rests recline to almost horizontal. Little used, Esc. Cond. Cost £850, bargain £125. Tel 01493 781071.

4 Drawer solid wood white chest H80cm, D46, W60 £20. 2 Drawer solid wood white chest. H47cm, D44, W60 £10. Tel. 07754 577366.

Small round light oak table H56cm, Diam26cm. £10. Tel. 07754 577366.

Top Soil - In small plastic bags FREE. Collect from Bradwell Tel. 01493 658444

Solid oak dropside coffee table with grey legs 48" x 36" x 18 " £40 Tel 07718476180

Ice Skates with boots Size 5/6 Excellent cond. £30. Tel 01493 662323

Set of 4 Drakes Pride bowls in canvas carrier. Professional plus size 5M. £35.00. Tel 01493 655080

Triple breeding cage for small parrots (on wheels) £175. Amazon Parrot cage £25. Tel. 01493 780317

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camera, torch, battery, SIM cards New/boxed £17 each or £30 both. Tel 01493 780253

Set of 4 Pirelli Scorpion Ice & Snow tyres Size 235/60R/18 Good treads, hardly used (Ex Volvo XC60) £50 Set. Tel 01493 488497 / 07925 585501

Double bed headboard, metal / white £8 Tel 01493 780317

Rocking Horse £4, Childs Play Castle £4. Tel 01493 662323

AL-KO Garden Shredder Model 1100 GWO £20. Tel 01493 780889

DVD Player with handset £10 Tel 01493 780317

Gold lounge mirror 29"x 41", decorative edging £20. Tel 07718476180

Carl Lewis Treadmill, folds away, motorised incline, heart monitor. Very little used. Cost £495, VGC, Accept £250 NO OFFERS Tel. 07788 408801

Small Light Oak cabinet 26" high, 16" squ 2 drawers gap under top. Immac. Cond. £25. Tel 01493 780197

Christmas lights cost £19 (still boxed) £9. , Box of Christmas Tree trimmings £5. Tel 01493 780317

BaBayliss 20 thermo-ceramic heated rollers Model 3045BU, boxed, used once. New £30, accept £20.00 ovno. Tel 07983457750

Professional 3x3m Party Tent, steel frame, roof, side & end covers. To B.S. Standard & Fire resistant (Incl Ground bars) boxed £180 Tel 07788 408801

Nest of 3 black tables with USA design tops £35. Tel 07718476180

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

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

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

Bread maker £10 Tel 07960 913116

PLEASE LET US KNOW BY NOON ON 13 JANUARY TO REMOVE YOUR ITEM

BRADWELL PARISH COUNCIL

At some time between October 31st and November 7th, the 'public use defibrillator' and its accessories located outside the Mill Lane Centre building in Bradwell went missing from their cabinet. Initial enquiries were made as to whether it had been taken for a genuine emergency, but these drew a blank and the disappearance was reported to the Police. If anyone knows the whereabouts of this piece of equipment, please telephone 01493 444478. The defibrillator has a unique serial number, so it can easily be verified whether any such machine found belongs in Bradwell or elsewhere.

The Parish Council was pleased to recently receive as a gift one of five trees given to the Great Yarmouth Borough Council as part of 'The Queen's Commonwealth Canopy tree donation', which have been planted in Gipsies Green, Bradwell.

QUIZ: Something To Get Your Teeth Into

All answers are types of food. £20 prize to the first correct drawn, £5 consolation prize drawn from all other entries received. Closes on January 13. Please e-mail to beltonvvadds@gmail.com or deliver/post to Belton VV Quiz, Skelmorlie, Butt Lane, Burgh Castle NR31 9PU.

1. Five bars have precious end.
2. Cheesy name for a feather.
3. Amphibian down the well.
4. Bramley in Pieces.
5. Raised glasses.
6. Grievance of the Duke
7. Sharpen the unknown
8. Ovine gets the sack
9. This one has strings
10. Fail to honour unusual piece
11. Fish on board
12. Split wastes money
13. Three little ones well wrapped
14. Russian green
15. Breakfast for Norman Stanley



Christmas Refuse Collections	
Please check your days carefully as collections can be EARLIER or LATER	
NORMAL COLLECTION DAY	REVISED COLLECTION DAY
Mon. Dec 24	Sat. Dec 22
Tue. Dec 25	Mon. Dec 24
Wed. Dec 26	Thu. Dec 27
Thu. Dec 27	Fri. Dec 28
Fri. Dec 28	Sat. Dec 29
Mon. Dec 31	Mon. Dec 31
Tue. Jan 1	Wed. Jan 2
Wed. Jan 2	Thu. Jan 3
Thu. Jan 3	Fri. Jan 4
Fri. Jan 4	Sat. Jan 5

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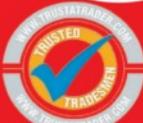
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RECYCLING AT CHRISTMAS AND NEW YEAR

Make sure you continue to separate your waste over the festive period. You can recycle glass jars and bottles, plastic food pots, tubs and food trays, aluminium foil and foil trays, juice and soup cartons, envelopes, Christmas cards and even wrapping paper.

Just make sure it's clean, dry and don't bag it when it goes into your green bin. With wrapping paper, just remove any sticky tape and do the "scrunch test" - if it holds its shape when you scrunch it into a ball then it's good to recycle. But nappies, clothing, food waste, electricals, paper towels and tissues cannot go into the green bin. You can also recycle your real Christmas trees at Caister's Household Recycling Centre, open 9am to 4pm every day except for Christmas Day, Boxing Day and New Year's Day.

Members of the garden waste recycling scheme can chop up their real Christmas trees and put them in their brown bin. **Do not put trees in black or green bins.**

YES PLEASE



- PAPER**
- Newspapers
- Junk mail
- Magazines
- Cardboard boxes
- Envelopes
- Directories
- Shredded paper
- Cartons

- RIGID PLASTIC**
- Bottles
- Pots
- Tub
- Trays
- Sprays
- Punnets

- METAL**
- Steel cans
- Aluminium cans
- Clean foil
- Foil trays
- Aerosols

- GLASS**
- Bottles
- Jars (including lids)

NO THANKS



- Plastic bags
- Nappies
- Cling film
- Tissues or kitchen roll
- Dirty or greasy paper
- Crisp packets
- Soft plastics
- Clothes & textiles

MAKE SURE IT'S CLEAN, DRY & DON'T BAG IT!



