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Vol 21-8

Delivered MONTHLY FREE

DAUGHTERS' CHARITY TRIBUTE



Twin Sisters Portia Doolan and Victoria Poskitt raised in total £482.00 by taking part in a Memory Walk for Alzheimer's Society on Wednesday 30th September. Their walk commenced from St Peter and St Paul Church in Burgh Castle, around the Roman Ruins, along the footpath of St Angles Way for a short distance and back to the church. They walked 3.54 miles in 2 hours.



Their father Andrew 'Mick' Poskitt, died on 29th May 2020, aged 83 years old. He was diagnosed with vascular dementia about 3 years ago.

Originating from Yorkshire he lived in Burgh Castle for 59 years. He owned a butcher's shop on Butt Lane in Burgh Castle for 32 years, to which people came from far and wide to buy his quality meat at a reasonable price.



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VILLAGE VOICE

NOVEMBER 2020

Issue: 237

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We welcome your news, views, letters and articles & photographs for publication. No anonymous items will be accepted. If you have a complaint, please write to Adrian Myers, Chairman, Village Voice Board by post at 49 Heather Gardens, Belton, Gt. Yarmouth, NR31 9PP

YOUR VILLAGE VOICE

The closing date for the December 2020 edition of Village Voice is 14th November 2020 (13th November for advertisements). All contributions to beltonvveditor@gmail.com and advertising enquiries to beltonvvadds@gmail.com.

Please produce information in Arial Rich Text and images as jpeg files 1meg max file size. Please do not embed images in the text.



FROM THE EDITOR'S DESK

The VV writing competition closes on 31 October and I am heartened by the large number of entries received so far. This month also sees the Village Voice returning to a 32 page format which I hope you will enjoy.

As the country braces for the second wave of COVID 19, the VV Health Check column this month tackles the sometimes hidden toll that is taken by the pandemic's mental health consequences. This article is the first of a series of 12 that will address some common mental health problems and psychiatric conditions. Tackling the interface between the extremes of normal human emotion brought about by events in our everyday life and the qualitatively different experience of mental illness, these columns will attempt to give factual information in an accessible format. I am very grateful to RADIANT (Research in Developmental Neuropsychiatry) for helping put this series together. Many in our villages are members of this network's advisory board and a special thank you to all of you.

Professor Regi Alexander, Editor



VILLAGE VOICE APPOINTMENTS

I have the greatest pleasure in being able to announce that the three posts that we advertised over the last two months regarding Village Voice have now been filled. The posts became vacant because after fourteen years sterling work Brian Swan has decided to take a step back and relax a little more and you can see that by having three people take over Brian's work, just how much he has contributed to Village Voice over the years.

Bryan Diggory is taking on the advertising side. Bryan became interested in print when at school where the school had a printing press. After working at the school press for three years he was appointed head printer and it was here he produced his first magazine. He went on with his father's help to secure a six year apprenticeship with a printer as a Compositor in North London at Patina Press. Their publications were magazines such as Country Fair, Antiques and Collectors Fair to name a few. Bryan stayed in General Print until the early 80's when he started his own business 'Typestyle'. This involved producing brochures and leaflets and any general work. In the 90's his son took over the business and diverted to newspaper production. He helped to produce "Commuter" which was free and available from Bus & Rail Stations throughout East London and Essex and then the Enquirer which was free and available through Councils and shop outlets in Essex and East London. The Enquirer ran until its demise in September of 2019. He produced a magazine for his old Village of Ramsden Bellhouse, Essex for 30 years until Covid19 stopped production. As can be seen, Bryan brings a wealth of experience to the post and will clearly be a valuable asset to Village Voice.

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Suzanne Craig will take on the administration role in Village voice. Suzanne says "I have lived in the Belton for many happy years. I moved here with my parents when I was a child after spending family holidays in the area. I went to school, firstly in the village, and then onto Oriel High School as it was then. I met my husband Peter here and we moved to Lowestoft for a time when we brought our first house. We moved back to Belton when our son started school and we have been here ever since. I worked for 20+ years at a well-known local insurance company and for past 10+ years I have been working for a local Telecommunications company. I am looking forward to giving something back to the village that has been so good to me over the years

Anneka Gearie has volunteered to run the finances. Some of you may already know Anneka through her work with All Saints Belton or from delivering Avon around the Belton area. Anneka has a young child who attends Moorlands. She grew up in the Belton and after some time away returned four years ago to the same road in which she grew up in. Anneka says, "It has been great to see the village community continuing to work together and look after each other. It is what makes our little corner of the borough such a great place to live. I am looking forward to working with the Village Voice team to ensure that this amazing publication can continue to bring us together and keep us informed for many more years to come".

I wish to extend the warmest of welcomes to all three to the board of *Village Voice*. It is with their added contribution in supporting the Village Voice, that this most excellent community based and led magazine will now be able to continue its work in publishing local events and supporting groups, and allowing local businesses to advertise to its readership which reaches over three thousand four hundred residents in addition to its online presence.

Adrian Myers, Chair Village Voice Board.

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Church Wardens Belton	Anne Howell Pete Lamin	01493 780476 01493 780747
Church Wardens B.C.	Maureen Grey Margaret Greenacre	01493 781747 01493 780126
Norfolk County Council	County Hall	0344 8008020
County Councillor Lothingland Breydon	Andy Grant Carl Smith	07833 083903 01493 662176
Great Yarmouth Borough Council	Switchboard Planning Environmental Health	01493 856100 01493 846690 01493 846478
Borough Councillor	Adrian Myers Tracy Cameron	07824 313792 07968882240
Parish Clerk Belton	Kate Palmer	01493 602960
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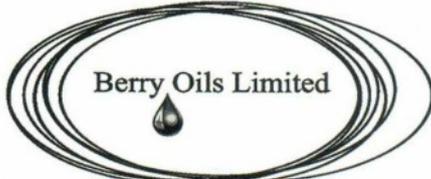
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OCTOBER COUNCIL MEETING

All eleven Parish Councillors, Borough Councillor Tracy Cameron, one member of the public and the Parish Clerk were present for the October 6th meeting of Belton with Browston Parish Council held remotely via the Zoom system, Peter Nichols was in the chair.

The chairman and Councillor Botwright confirmed that the Surveyors Allotment land to the south of Beccles Road, Belton is now in the Parish Councils name and just awaiting a scheme (future plan) before being registered with the Charity Commission.

New quotes are being obtained to maintain the councils security camera system and a further quote is also to be obtained for clearance of the dykes on Bland Corner.

Consultations were due to take place the weekend after the meeting with residents near to the Bell Lane Playing Field to seek ideas for future long term use of the 'blue' piece of play equipment. There had not been any updates from the Borough Council on hedge cutting at Rosedale Gardens and Councillor Cameron agreed to liaise with County Councillor Grant to see when various overgrown hedges on the parish were to be cut by highway workers..

The clerk reported that the council had been given a 'clean bill of health' by its external auditors concerning its financial records.

Regarding the Parish Partnership scheme where the County Council pays 50% of the costs members were advised that funding of additional 'brown tourist signs' would qualify however they were usually paid for by the holiday business concerned, however a suggestion to widen the footpath over the Bell Lane Playing Field appeared to fall outside the scheme as it is not a highway but the County Highways Engineer had promised to double check this point.

At The New Road Centre a new soakaway has been dug and the roller doors repaired however prices were still being obtained for fence repairs and two new gates in the far side of the field.

In planning there were no objections to a two story extension, swimming pool and garden room at Woodland Lodge, The Loke or for revised plans at 39 Selwyn Drive or for change of design from chalet to bungalow at Ploe2, Brentwood on St. Johns Road. However, the Borough Council had refused a one bedroomed detached dwelling at Cool Running, Farman Close, Belton.

The next meeting of the Council will take place on Tuesday November 3rd again remotely using Zoom.

BELTON ALLOTMENTS

The AGM for the Belton Allotments has been postponed to a date to be fixed due to the current situation however plot rents are due and should be paid either on line, to the Parish Clerk or to Councillor Graystone, rents will remain the same as for the current year as there as wan increase at last years AGM.

There are currently several names on the waiting list however if you live in Belton or Browston and would like yours added please contact the Parish Clerk, Kate Palmer on 01493 602960 beltonparish@yahoo.co.uk. Please remember that there might be a long delay before you are contacted with an offer of a plot.

BELTON WITH BROWSTON PARISH COUNCIL PORTFOLIOS

Who to contact on particular matters on Belton with Browston Parish Council

Peter Nichols (Chair)
Sports fields / Play areas & buildings / Compass Centre
01493 780703

Michael Graystone (V/Chair)
Village Maintenance / Allotments / Compass Centre
01493 780586

Nathan Brown
Youth matters / Allotments
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Village maintenance / Browston representative
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Lee Staff
Youth matters
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Ian Walpole
Village Maintenance
01493 789028

Hillary Williams
Village Groups/ The Church / School
01493 781294

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ROADWORKS

Village Voice is aware of the following roadworks in our area, please note that dates can change and other works can be scheduled nearer working times.

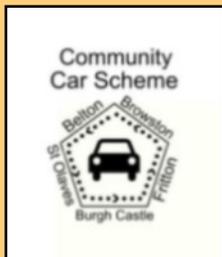
Butt Lane, Burgh Castle (At its junction with Mill Road). Closed between November 9th and 13th for electrical connection works, The road running from Mill Road to Stepshort at the junction is scheduled to remain open. (See next paragraph)

New Road Belton - This is a major closure in two halves from Waveney Drive to the A143 Roundabout from November 9th to February 19th 2021 which will effect all the Belton busses and other traffic to enable works to the cycle path and footpath from Waveney Drive to the A143, the diversion being via Beccles Road Belton and the A143. The first section of works will be from Waveney Drive to the mini roundabout and then following on from the mini roundabout to the A143, no split dates are available yet, the two phases will follow one another, but the road will be open between December 18th and January 4th for the holiday period This work is likely to be followed by the Stepshort resurfacing project (another closure).

Riverside Footpath (Burgh Castle Church to Great Yarmouth) - This is an 'on going' closure between August 10th 2020 and February 6th 2021 for flood defence works at Breydon Water

Riverside Footpath (From where Angles Way meets the riverside at the bottom of Mash Lane, Belton northwards, to half way towards the Fishermans Arms in Burgh Castle) Another long footpath closure in stages from October 19th 2020 to April 18th 2021 for river bank pile replacements.

COMMUNITY CAR SCHEME



We have been happy to offer support to those in need during this strange time. Obviously demand has dropped of greatly as most of our regulars will be shielding or self isolating for health reasons. We are prepared to do lifts for those in need but will expect our passengers to wear a face covering as on public transport.

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.

Want to know more please contact: mgreenacre532@gmail.com
Tel 01493 780126.

NORFOLK CONSTABULARY Community Engagement Co-ordinator



Hello, I'm Daisy Woodward-Smith - I'm the new Community Engagement Co-ordinator for Great Yarmouth District at Norfolk Constabulary. I'm new to the organisation so please bear with me while I find my feet. I work closely with the Beat Managers across our 9 Safe Neighbourhood Areas; Rural Flegg Villages, Caister and Coastal Villages, North Yarmouth, South Yarmouth, Southern Villages (Belton with Browston, Burgh Castle, Fritton, St Olaves and Hopton), Cobholm and Southtown Area, Bradwell, Magdalen and Gorleston. My role is to provide communication and updates within these areas as well as co-ordinating Volunteers, Specials, Community Speed Watch and Police Cadets. Please feel free to contact me if you have any queries. My email is Daisy.WOODWARD-SMITH@norfolk.pnn.police.uk or you can call me on 07917 642073. You can also find out more about your local Policing team, their roles and how to contact us on our website www.norfolk.police.uk/your-area

CRIME FIGURES - OCTOBER 2020

Below are the list of crimes recorded in the Southern Villages police area for October 2020, as in recent months we can only access one overall set for the whole of the Southern Villages area (Belton, Browston, Burgh Castle, Fritton, St. Olaves and Hopton) for publication.

- 1 x Anti Social behavior (ASB)
- 3 x Criminal damage
- 5 x Domestic
- 1 x Possession of controlled substance
- 2 x Public fear, alarm or distress caused
- 1 x Theft or unauthorised taking of a motor vehicle
- 1 x Theft from a person

Total 14 (39 last month)

For a comparison with other local areas their totals for the last two months are as follows.

- 45 (43 last month) - Cobholm and Southtown,
- 11 (13) - Bradwell North,
- 98 (64) - Magdalen and Claydon,
- 25 (45) - Gorleston and St Andrews wards.

YOUR MOBILE LIBRARY IS BACK

We look forward to welcoming you back! We've made some changes to keep you safe.

- (1) There will only be 1 person or household (of up to 3 people)

aboard at a time.

Please bring your library card with you or join in the library or online.

We may ask for details from you to help with Test and Trace.

You will need to wear a face covering in the library.

Hand sanitiser is available for use on the way in and out of the library.

Surfaces and computers will be regularly wiped down.

Returned books will be quarantined for 72 hours

Your routes are:

BELTON (CEN315):

- 14:00 – 14:10 Station Rd South nr no. 7
- 14:15 – 14:30 Amhurst Gardens
- 14:35 – 15:25 School/children's centre
- 15:30 – 15:45 St Roberts Way
- 4-weekly on a Wednesday: 18th Nov 2020, 16th Dec 2020, 13th Jan 2021

FRITTON & St.OLAVES (320)

- 15:15 – 15:35 New Road – nr Playground (Fritton)
- 15:40 – 16:00 Priory Close off Herringfleet Rd (St Olaves)
- 4-weekly on a Wednesday: 4th Nov 2020, 2nd Dec 2020, 30th Dec 2020

PLANNING DECISIONS

The following planning decisions made by Great Yarmouth Borough Council were scheduled to be 'rubber stamped' at their Development Control committee meeting on October 14th.

Plot 0642/0156 Lound Road, Browston.

Prior approval for building for animal welfare
PERMITTED DEVELOPMENT.

Empala, Sandy Lane, Belton, 2 Story building (Garage on ground floor/living above) APPROVE

Cool Running, Farman Close, Belton 1 Bedroomed detached bungalow REFUSE

Fairview Farm, Stepshort, Belton. Install new double glazed window in south elevation ACCEPT AMENDMENT NOTICE

The Old Farm, Marsh Lane, Burgh Castle.

Orangery extension
APPROVE

Land Next to Burgh Castle Post Office

Demolish existing buildings and construct 4 new residential dwellings
APPROVE.

BELL LANE PLAYING FIELD 'Blue' Play equipment



Belton with Browston Parish Council would like Parishioners' suggestions as to the fate of a piece of play equipment, please see photo, which is located on the Bell Lane Playing Field. The equipment is currently used by young people as a meeting place where alcohol is consumed and litter is left. It has been the subject of repeated vandalism over the summer months and the Parish Council now need to decide whether to continue to repair it or to get it removed. This was an expensive piece of equipment when purchased. Would you like see it removed or repaired? Can you think of a better use or re-purposing of it? Realistic suggestions only please. Please email any suggestions to the Parish Clerk at beltonparish@yahoo.co.uk

BURGH CASTLE SPEEDWATCH

Burgh Castle Speedwatch are out in the community recording the speeds of drivers who think it's ok to speed through a small village. If you are concerned about the speed motorists drive around the village then please volunteer we need new recruits to continue with the sterling work our volunteers are already doing, the more volunteers we have the more times we can go out. **If yes,** can you support us and become a speed watch volunteer. All training and equipment will be provided. Support our village and contact the co-ordinator wendygriffiths.2k@btinternet.com or 01493780452.

BURGH CASTLE PARISH COUNCIL

Five Parish Councillors and the Parish Clerk were present for the October 12th meeting of Burgh Castle Parish Council held via Zoom; Brian Swan was in the chair.

Councillor Greenacre stated that she will be collecting records relating to the former Bowgins Charity in the Village which it is hoped can be placed in the Norfolk Records Office. Members agreed to write to the owner of a vehicle that is repeatedly parked on the extended white lines at the entrance of Porters Loke causing visibility issues for drivers coming from the loke on to Butt Lane.

Members confirmed their objections to any developments behind 'Dovedale' on Butt Lane adding concerns that there are now proposals to remove two trees recently covered by a Tree Protection Order, the latest, reduced, revision to the plans is for seven properties plus a replacement to Dovedale itself.

Planning applications approved by the Borough Council are for four new properties on land next to Burgh Castle Post Office and an enlarged orangery at The Old Farm on Marsh Lane, the applicant for a five bedroomed property next to Three Ways on Mill Road has lodged an appeal against his application being turned by the Borough Council..

A tree protection order has been put on two Oak trees in Oaklands Drive at the request of the land owner, this will finish securing a line of oaks running from Mill Road to the site..

During a check at the Parish Burial Ground the chairman had identified two headstones that are coming away from their bases and the respective next of kin will be informed, the spoil heap at the same site should be removed shortly now that outstanding queries have been resolved.

Regarding The Norfolk County Councils Parish Partnership scheme where Parish and County Councils share the cost members agreed to obtain the costs of new name boards at the three village entrances along with some further 30pmh signs and a claim is to be made against Borough Councillor Tracy Cameron's remaining Ward Budget for the cost of the new notice board on Butt Lane, she has about £375.00 remaining that needs to be spent in October.

Members agreed to remind County Councillor Smith that there had been further serious flooding on High Road, possibly an issue with the roadside drains and members were informed that Butt Lane was about to be closed at the Stepshort end for five days for electrical connection works and that Stepshort, both in Belton and Burgh Castle will be closed for between four and six weeks in early 2021 for resurfacing which should see the dips by the dyke levelled out.

The next council meeting is scheduled for Monday November 9th 2020, probably again using the remote Zoom system, any residents who would like to join in should contact the Parish Clerk for the link code.

BURGH CASTLE VILLAGE HALL Tea Room & Bargain Stall

The helpers would like to thank everyone who has supported us over the last few months. We are really sorry not to be able to continue with weekly openings. However we will be open on one Friday each month until next spring when we hope to be back to normal. The first one day opening will be on Friday 20th November 10 – 2pm, it would be lovely to see you there. We would ask you to wear a face covering inside the building, use the QR code or complete a Track & Trace form. There will be tables outside for refreshments if the weather is suitable, if not tables are available in the small hall.

Please continue to save your good quality bric-a-brac, and books,(especially paperbacks), we also always need jigsaws, we will collect if you wish or can arrange for you to drop off at the hall. Any 'new stock' is quarantined for a week before being put on display. Please contact mgreenacre532@gmail.com Telephone 01493 780126.

FRITTON WITH ST. OLAVES PARISH COUNCIL

Seven Parish Councillors and the Parish Clerk, Kate Palmer plus Borough Councillors Adrian Myers and Tracy Cameron were present at the September 24th meeting of Fritton with St Olaves Parish Council which was held remotely using Zoom, in the absence of the chairman and vice chairman Councillor Nunn was voted in to chair the meeting.

Councillor Stephens raised concerns that some passing places on Fritton New Road were still blocked and it was agreed to contact Norfolk County Council to ask for their clearance and also to ask which passing areas were officially designated and which, if any, had developed naturally over the years.

The budget to spend report, cash book and asset register were all unanimously accepted and Councillor Bosworth reported no concerns with finances as the councils Internal Control Officer.

There was one new planning application, for a double garage at 'Cirrus' on Herringfleet road, St. Olaves, there were no objections but points raised to be taken into account were that it should only be used in relation to that property and that access needs careful consideration due to its proximity to the A143 junction. Following this there were calls for a Tree Protection Order to be requested for a specimen next to the applicant site which is a focal point in the village.

There were discussions about locations used for the SAM2 speed awareness sign, and it was asked how New Road at Fritton could be justified as a location as it is a 'dead end' road against the busy A143. It was agreed to discuss further at the next meeting as the police had stated that they should be located at 'places of priority'.

The Norfolk County Council 'Parish Partnership' scheme was discussed, one suggestion was widening the path on the A143 at the Fritton bend but Councillor Stephens suggested flexible posts as an alternative. Both options are to be put to NCC for comments and costings as they pay 50% of any approved scheme. Councillor Myers reminded members that Borough Council ward budget funding applications are needed by mid October the criteria being to improve existing assets or enhance assets for the village.

FRITTON SPEEDWATCH

Our last outing was on Friday 9th October when we were outside the Decoy Barn in the middle of Fritton on the main A143 Beccles Road from 7am to 8am. In all 71 speeding motorists were recorded at over 30mph, of these, 45 motorists speeding at 40mph and above and five at 50mph plus.

INVITING BOOK REVIEWS FOR THE VV BOOK CLUB

WHAT MONEY CAN'T BUY: THE MORAL LIMITS OF MARKETS
Michael J Sandel

FREAKONOMICS
Steven D Levitt & Stephen J Dubner

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Cast your minds back to a slightly warmer day (but rather damp!) 8th May to be precise. It was a day planned with many exciting things that couldn't happen, but the fancy dress competition did, with photographs submitted by friends, family members and neighbours. Mr Lee, Headteacher at Moorlands Academy was asked to judge the competition and here is his report....

I've had a good look at the photographs and the marks from the Norwegian jury are now in.....

General comments:

There were lots of very appetising afternoon teas. Well done to Nursery Close, a fantastic effort. Was it possibly their finest hour? I loved the Anderson shelter! I imagine they were unpleasant, smelly places in 1940 though! The Rectory looked excellent and the afternoon tea sumptuous!

Well done to the Leach family, your afternoon tea looked amazing too! A great effort from Colin and Marion. I lost count of the Union flags! I loved Mary's crown. Was it knitted? Genius. Superb outfits from Des and Karen, I liked the setup of their afternoon tea.

A great effort from Tanya and Harley, it looks like Tanya was just off for a shift in a munitions factory! Brilliant to see the Burgh House Party. The fish and chips reminded me of Dad's Army...."Don't tell him Pike."

A real accolade for Belton that Elvis was involved. It's good to see he is alive and well and living in Norfolk...Well done An and Sammy for not letting the weather get in the way. Great British spirit. To the esteemed editor of The Village Voice; your family afternoon tea looked delicious. It's really hard to judge a winner..... But.....if pushed.....

Best dressed Adults: Des and Karen Mallion (Sorry Elvis, you looked amazing, just not quite 1945...)

Best dressed children: Gracie and Imogen Durrant . That Anderson shelter was inspired too.....

Best Street/Tea-Partyreally hard to judge.....Nursery Close.....by a whisker.

Our thanks to Mr Lee. My apologies for the delay in reporting to the Village Voice.

The winners have been presented with commemorative mugs, or hamper containing VE Day memorabilia.

Rosie Bunn



Winners with their prizes

Nursery Close

Des & Karen

Gracie & Imogen



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**Belton Poor's Allotment Charity
Charity No. 209755**

Parishioners of Belton and Browston who wish to be considered to be added to the "Allocation Fund" list of recipients of the Belton Poor's Allotment Charity, please apply in writing by

Monday 16th November 2020 to the Secretary of the Trustees, Belton Poor's Allotment, 6 Station Road North, Belton NR31 9NF



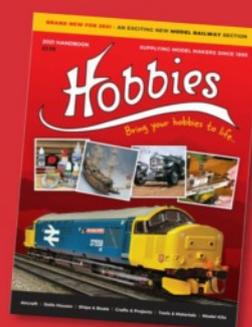
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**James Paget
University Hospitals**
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VISITOR RESTRICTIONS AT JAMES PAGET HOSPITAL

The James Paget University Hospital is temporarily re-introducing general visitor restrictions as of hursday, 8 October, as a precautionary safety measure in the local management of the spread of Covid-19.

No visitors will be permitted in the hospital, except in the following situations:

One person will be able to accompany a child or a vulnerable patient – including those with learning disabilities, autism or dementia – to A&E or an appointment.

A partner can attend a 12 or 20 week antenatal ultrasound appointment, and be present in the delivery suite to support their partner during birth.

A patient/carer can visit a child who is on our children's ward.

One person can accompany a patient attending a cancer clinic appointment.

One person can visit a patient receiving end-of-life care. We're asking that this is the same person in any 24-hour period, unless there are exceptional circumstances, which can be discussed with the ward team providing care to your loved one.

JPUH's Director of Nursing Paul Morris said: "This isn't a decision we take lightly as we know how it can impact on patients and their families. Protecting our patients - some of whom are extremely vulnerable – is always our top priority and we must do all we can to minimise the spread of the virus at a time when our community has one of the highest rates of infection in the region, and we have seen an increase of patients with Covid-19 needing hospital care. We will keep this decision under regular review, and we appreciate the patience and support of our community. Please continue to help us and each other by following national social distancing, face covering and hand washing guidelines, as these measures really do make a difference."

While the visiting restrictions have been introduced, all hospital services are continuing to operate.

If you have an appointment or are booked in for an operation/procedure, you should attend as planned but please follow public health advice at all times:

Wash your hands

Wear a face covering in the hospital.

Keep your distance from others

You should not attend hospital if you have coronavirus symptoms (a high temperature; new, continuous cough; loss of taste or smell) but should stay at home and book a test at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 119.

You should use the NHS 111 online coronavirus service if you cannot cope with your symptoms at home or your condition worsens or you do not improve after 7 days.

Only call 111 if you cannot get help online.

Remember, if we all play our part, together we can control the virus, protect ourselves, protect others and protect Great Yarmouth.

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Sunday 1st November 1-5pm

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THE MALCOLM METCALF COLUMN

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

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

MALCOLM'S NATURE NOTES MUSHROOMS AND TOADSTOOLS

Mushrooms and Toadstools have long been regarded with suspicion. Of around 6,000 species recorded in the British Isles only around 29 are known to be poisonous and of these just a few have proved to be fatal, including the infamous Death Cap (*Amanita phalloides*), said to be the most poisonous fungi in the world. There is no antidote and a kidney transplant is the only way to save the victim who has eaten it, although they would have died before any chance of receiving one. Its cap, slightly shiny when wet, is variable in colour, but usually greenish or yellowish with an olive flush. When it first appears it is rounded or egg-shaped, but later opens out to become almost flat, up to 10 cm. (4 inches) across.

Even just a quarter of a Death Cap can be fatal to humans, but a Rabbit can eat it without ill effects. The Death Cap acts in a particularly insidious way, the first symptoms are not felt until 6- 15 hours after it has been eaten. The poison damages the liver and kidneys, with the victim suffering agonising pain and stomach upsets. However after two days the symptoms disappear, only to return a few hours later and much more violently. One of its most distinguished victims was Pope Clement V in 1534.

The *Inocybe* are small conical fungi of which there are 87 species found in Britain, some of which are poisonous, including the deadly poisonous Red Staining *Inocybe* (*Inocybe patouillardii*, often confused with the Field Mushroom with tragic consequences, since its flesh contains a high concentration of muscarine (An alkaloid poison found in certain fungi). This fungi is widespread, growing in pathsides in deciduous woods and especially under Beech trees. At first its cap is conical, but it expands and flattens up to 8 cm. (3 inches) across. The cap when young is white, later pale - orange yellow, or reddish yellow and when mature it has a brownish red hump in its centre.



This highly poisonous fungi can cause death in a few minutes, when the heart stops or the victim suffocates. It is distinguished at once by the fact that it immediately stains red when touched or handled.

One of the best known of all fungi is the Fly Agaric (*Amanita muscaria*) with its bright scarlet cap, covered with white warts (See photo by Julie Bailey) It's a firm favourite for illustrations of fairy tales. It is poisonous, but in spite of its popular reputation it is not

deadly. However in 1893 an Italian diplomat in the United States ate two dozen Fly Agarics for breakfast and died the following day after a bout of violent convulsions. The caps used to be mashed with milk and sugar and the mixture laid out as bait to attract flies. Typically there is a period of hallucinations, simulating alcoholic intoxication, followed by a deep coma and on awakening complete forgetfulness. The poison appears to reside principally in the skin on the cap which peels. It is common in coniferous woods and plantations, typically under Birch trees and Pines. Several tribes in Siberia used to eat it in dried form to induce hallucinations and delirium, however this practice has been more or less taken over by Vodka drinking. The earliest known picture of it is in a famous fresco in a ruined church at Plaincourault France dating from 1291.

Verdigris Agaric (*Stropharia aeruginosa*). The cap is at first domed and round, but expands to form a flattened cone with age. The cap surface is a blue - green colour, very unusual for a fungi, this later tends to dissipate and leaves the cap rather yellowish. A common and widespread species is found in woodlands, grassy places, meadows, hedgerows, and mature gardens.



Poison Pie (*Hebeloma crustuliniforme*) This also has the name of 'fairy cake fungus' which is dangerously misleading, and poison pie much more accurately describes it. It is a common and widespread species in Britain. It grows in deciduous and mixed woodlands, in association with Birch trees. Its smooth cap is yellowish buff, broadly, flattened and slightly sticky in damp weather. It has a characteristic smell of radishes, especially when the flesh is broken. Definitely not one to be eaten (See photo above).

All of these fungi can be found in November.

I am indebted to Lewis Green of Gorleston for his invaluable help with these notes.

INVITING BOOK REVIEWS FOR THE VV BOOK CLUB

DOUGHNUT ECONOMICS
Kate Raworth

THE JOY OF TAX
Richard Murphy

THE VALUE OF EVERYTHING
Mariana Mazzucato

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.

COVID 19 & MENTAL HEALTH



About the author: Professor Regi Alexander is a Consultant Psychiatrist at Hertfordshire Partnership University NHS Foundation Trust. Editor of the Village Voice, he is also Associate Dean of the Royal College of Psychiatrists and President of the Intellectual Disability Forum at the Royal Society of Medicine. He is the Convenor of Research in Developmental Neuropsychiatry (RADiANT), a network with representation from around 20 NHS Trusts, university academics and experts by experience. This is the first of a series of 12 articles on key mental health topics that this column will highlight.

What is COVID 19?

COVID-19 is an illness that primarily affects your lungs and airways. Its common symptoms include fever, cough, loss of smell or taste, shortness of breath, sore throat, body ache and tiredness. You can already see the similarities with an attack of the flu, but COVID 19 has the potential to be much more serious, particularly in the elderly and those with underlying health conditions and hence the concern.

How does it affect mental health?

Firstly, as an understandable response to stress, people can have higher risk of anxiety, low mood and sleep disturbances. Secondly, those with pre existing mental illnesses or developmental conditions can have an aggravation of their mental states.

Is there any advice to the general public on well being?

Think about your new daily routine: Think about how you can adapt and create positive new routines. You might find it helpful to write a plan for your day or week.

Consider how to connect with others: If visits are not possible, consider telephone contacts or the social media. The NHS Volunteers Service provides a telephone 'check in and chat' for if you have mental health issues and are feeling isolated. Call 0808 196 3646 (8am to 8pm).

Talk about your worries: It is quite common to feel worried, scared or helpless about the current situation. Talk about it with family and friends. If you don't feel able to do that, there are people you can speak to via NHS recommended helplines which you can find here <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Look after your physical wellbeing: Your physical health has a big impact on how you are feeling emotionally and mentally. Eat healthily, be aware of any excessive smoking or drinking, get regular exercise. There are some useful 10 minute workouts from Public Health England available here <https://www.nhs.uk/conditions/nhs-fitness-studio/>

Look after your sleep: Feeling anxious or worried can make it harder to get a good night's sleep. Try to maintain regular sleeping patterns and keep good sleep hygiene practices, including avoiding screens before bed, cutting back on caffeine and creating a restful environment. More advice is available here <https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

Try to manage difficult feelings: Some people may experience intense anxiety and it is okay to acknowledge some things that are

outside of your control right now. This NHS website gives useful information <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

What about those with pre-existing mental illnesses or developmental conditions?

If you already have a mental health problem, then you may be finding the COVID-19 pandemic particularly challenging. If you are already receiving mental health care, contact your mental health team to discuss how care will continue and to update safety or care plans.

If you have an existing mental health problem, but are not currently receiving care from a mental health team and feel that you can no longer adequately manage your condition yourself, discuss options for accessing further support with your GP.

People with Learning Disability and/or autism can find the changes in routine brought about by the pandemic particularly stressful. Information, including easy read sources is available on the websites given below.

Further help on a range of conditions like psychosis, OCD, panic, anxiety, eating disorders, phobias, dementia, substance abuse, etc is also available on the websites given below.

Older People: People 70 years of age and older are at increased risk of severe illness from COVID-19 and need to be particularly stringent in following government advice including social distancing. It is natural therefore for those in this group to feel concerned or affected by changes to their daily life. Staying connected with support from friends, family and other networks through means like the telephone, post or on line becomes particularly relevant. . If advised to stay at home, please let people know how you would like to stay in touch and build that into your routine. If you need help for practical errands, but are not sure who to contact, Age UK runs an advice line (0800 678 1602 – lines are open every day, 8am to 7pm) that can help put you in touch with local services.

Domestic Abuse: One of the saddest things about the COVID pandemic is the reported increase in domestic abuse cases. Abuse is unacceptable in any situation, no matter what stresses you or others are under. If you are in immediate danger, call 999 and ask for the police. If you suspect that others in your community are victims of domestic abuse, do report it to the police. Further information is available here <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

Information taken from:

COVID-19: guidance for the public on mental health and wellbeing <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>
Responding to COVID 19. Royal College of Psychiatrists <https://www.rcpsych.ac.uk/about-us/responding-to-covid-19>
Guidance for the Treatment and Management of COVID-19 Among People with Intellectual Disabilities <https://onlinelibrary.wiley.com/doi/pdfdirect/10.1111/jppi.12352>

Disclaimer:

The content of the regular Village Voice Health Check Column is provided for general information only. It is not intended to, and does not, amount to advice which you should rely on. It is not in any way an alternative to specific treatment advice.



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



LOVE INTERRUPTED: NAVIGATING GRIEF ONE DAY AT A TIME by SIMON THOMAS Reviewed by Rosie Bunn

Simon Thomas is a "Norfolk boy", a life-time supporter of Norwich City, a former *Blue Peter* presenter and for a long time one of the leading faces of *Sky Sports Football*. He wrote his book *Love, interrupted* following the loss of his wife, Gemma, just three days after being diagnosed with acute myeloid leukaemia. In the pages of this book there is a moving story of love, loss, faith and family and Simon is brutally honest about his journey through grief and how close he came to ending his own life. Simon shares how he didn't know how to carry on without his wife, but that he knew he had to find a way, for the sake of his eight-year-old son, Ethan.

The book begins with the death of Gemma Thomas, and then reflects back over the previous few weeks as Gemma's illness had begun to show itself, and the stresses and strains of what, at the time, seemed normal life: Simon working away mainly at weekends and Gemma looking after Ethan. He reflects over those last days that he and his family had with Gemma, those special times, and the times that he wished he had handled things better; the silly story for Ethan about why there was a wig shop in the hospital, trying to momentarily divert him from the seriousness of the situation.

Through the pages of the book, Simon grapples with the what-ifs and his guilt that things could have been handled so differently – something many of us will experience when we are bereaved, and he remembers the special times that he and Gemma had shared in the sixteen years of loving one another. The titles of the chapters tell something of the story that is told in this book: 50:50, After all hope was gone, You always will be..., A woman of compassion, A boy without a Mum, All I want for Christmas, Finding light in the darkness, Stop all the clocks, Life in a parallel universe, Like Mother like Son, The bacon boys, Jumping puddles, Are you feeling better yet?, December mourning, Stealer of dreams, Daddy's little helper, Widowed but young.

In my introduction I mentioned that Simon was brutally honest. He is! He deals with the early struggles when friends stepped in to help with everything, his temptation to take his own life, how he resisted drinking heavily to numb the pain of his loss, and his worries about how he would cope with his own mental health struggles when Gemma, the one who had got him through previously, was no longer there for him. His conversations with his son, Ethan, are what brought tears to my eyes; especially the one which crops up when they are out walking when he asks why his Mum didn't come home from the hospital. Ethan says "Okay... so was Mummy a bit like a car that had broken down and they couldn't fix?" and the one when he gets into the car for the first time with his Dad and he just asks where he should sit.

In the final chapter, there are twelve things that he learnt about grief and he concludes with the phrase, "Being another year older isn't something to moan about, it is a blessing"

Why would you read a book like this? It certainly helps to understand something of the experience of losing a loved one, which is likely to happen to all of us at some stage of life, and equips the reader in caring for friends and family, colleagues or neighbours. It is also a love story, but with an unhappy ending, except that in the acknowledgements you discover a new story yet to unfold.

(*Love Interrupted: Navigating Grief One Day at a Time* is published by Trigger and available on paperback from £12.32)



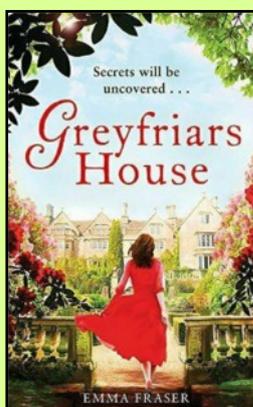
WORLD CLASS HAPPINESS By DOMINIC KING Reviewed by Gloria Swan

This book is a first for me, my usual choice is a 'Who done it', *World Class Happiness* is more of a 'How to do it'. Dominic goes from birth to death with just about every aspect of life in between. It was rather like having a cuppa and a chat with a friend with the good advice being written rather than spoken, with muttered replies from the reader, in agreement or not - as the case may be.

Some subjects might not be in everyone's comfort zone for a face to face chat but here they are dealt with by a touch of humour and good sense. I thought the chapter on religion could cause a few 'raised eyebrows' its probably what many people think but wouldn't put into words for fear of causing an offence. That Dominic is happy is not in doubt, coming through a dreadful illness that would have floored some people has probably made him stronger.

I think Belton has cause to be proud of one of its own and hopefully some of his happiness will rub off on to readers of his book which is easy to read through or to dip in and out of as you please.

(*World Class Happiness* is published by Dominic King and available on paperback from £14.99)



GREYFRIAR'S HOUSE By EMMA FRASER Reviewed by Sue Richmond

The story begins with Charlotte, a defence lawyer, who has just completed a successful, but controversial court case. To avoid the attention of the Press, she visits her mother, Olivia, only to find that she has cancer and not long left to live. Olivia has received an unexpected letter from her two aunts who still live, in seclusion, at the family home of Greyfriars House, on a small island off the Scottish coast. They request that Olivia comes to see them, as they have important things to tell her.

As Olivia is unable to travel, she extracts a promise from Charlotte to go in her stead, after her death. To help enlighten Charlotte's confusion, Olivia tells her the history of her connection with Greyfriars House, starting with her memories of a happy childhood there in the years just before the start of World War II.

The house closed down after a disagreement between the aunts, one a socialite (Georgina) and the other (Edith) a nurse. Both parted company, but came together again in Singapore and Malaysia when they were prisoners of the Japanese. After the war, they both returned to Greyfriars House and lived in reclusion, having supplies delivered weekly by boat from the local village. They were the subject of much local speculation.

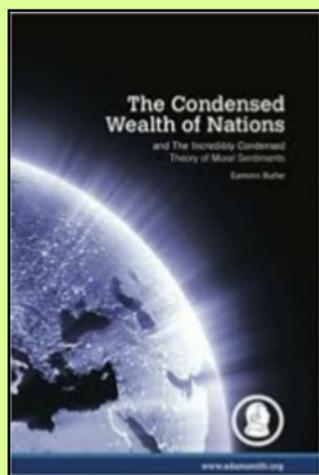
Olivia told Charlotte that she had gone to the island when pregnant and that, after being cared for by her aunts, Charlotte had been born there. During her time in the house, odd things had occurred that she could not explain and eventually, fearing for herself and her baby, she left and had had no further contact until receiving this letter.

After her mother's death, Charlotte reluctantly travelled to Greyfriars House to meet her aunts and discover the secrets of the house. The mystery is eventually revealed when Georgina relates the story of herself and Edith. I could relate the rest of the story, but it is good to leave a mystery still for the reader to discover. "Truth is stranger than fiction!" I found this to be a very enjoyable, at times heart rendering and intricate tale that leads through many twists and turns before reaching a satisfactory conclusion.

(Greyfriar's House is published by Sphere and available on paperback from £4.99)

to understand but it is accessible to read too as it is available free to read on the internet.

(The Condensed Wealth of Nations is published by Adam Smith Institute (Research) Ltd and available free to access on <https://www.cis.org.au/app/uploads/2015/07/op126.pdf#:~:text=2%20The%20Condensed%20Wealth%20of%20Nations%20A%20nation%20E%2080%99s.of%20the%20population%20who%20are%20in%20productive%20work.>)



THE CONDENSED WEALTH OF NATIONS
BY EAMONN BUTLER
 Reviewed by Daniel Tharian

The *Wealth of Nations*, written by Adam Smith in 1776, is often referred to as the Bible of capitalism; he criticises mercantilism, which was the primary economic system at the time, where a country attempts to become more prosperous through trade and exporting more than it is importing, through tariffs and other protectionist policies. He laid the foundations for a completely new field of study which we call economics, rendering past views regarding trade and public policy void. In order to achieve truly higher standards of living, he highlighted the importance of specialisation, resulting in increased levels of productivity, and co-operation, heavily criticising the shared view during his time that countries must protect their trade from others. He argued that when governments intervened, whether that be through tariffs or taxes, it was actually a detriment to the majority of people, and when there is free trade between nations, it actually leaves both sides better off.

He concluded that the best economic system was one where there is open competition both domestically and foreign, with no government controls or regulations. This idea has had a great influence on economic theories and the growing levels of the world's prosperity in the 19th century must be attributed to the trade treaties, tax reforms and removal of tariffs, as proposed by Adam Smith.

However, as an A level student studying Economics, I found this book challenging to read. As Smith wrote this piece in the 18th century, so much of the language is perplexing, and moreover he adopts a very dense writing style, that makes his concepts rather difficult to comprehend.

That is why I would thoroughly recommend Dr Eamon Butler's *The Condensed Wealth of Nations*, which is far more accessible to modern readers, as it condenses Smith's work, explaining his key concepts methodically. In addition, some of Smith's notions have become outdated as time has progressed and this book not only has effectively updated the language but provides marginal notes to explain how much of today's economic concepts, though different, are derived from Smith's early ideas. Not only is this book accessible

LIANA MOO FACE MASKS



Photo of **Helen Roe** presenting a certificate to Liana Moo re for her effort of making face masks and selling produce to raise £500 for the intensive care unit at the James Paget Hospital. Liana thank everyone who helped throughout the past months to make this happen.

Hockey Players Wanted

Yarmouth Hockey Club, Junior Development team are looking for girls aged 10-15 that are interested in playing hockey and developing their skills. Matches are played on a Saturday.



For further details
 Please contact Wendy Griffiths
wendygriffiths.2k@btinternet.com
 01493 780452 or 07971 816655



All Saints Church Belton
Christmas Fair Take Away
Saturday 28th November
 Items viewable online to buy between the 14th-27th November
 Link via allsaintsbelton.org.uk or All Saints Belton Facebook

- Raffle
- Christmas Cakes
- Christmas Crafts & Gifts
- Homemade Sweets, Cakes & Biscuits
- Crafts in Wood Bird Boxes Bowls
- Mincemeat
- Christmas Fabric Face Masks

Supporting the work of **The Pantry** (foodbank for Belton, Burgh Castle & Browston)



DOWN THE GARDEN PATH

Elizabeth Myhill

With all the wet weather that we have had of late I doubt if many have ventured into the garden to plant spring flowering bulbs. Ideally, **bulbs** should be planted at least six weeks before any hard, ground-freezing frost can be expected which in this area, near the coast, can be as late as December or even January. (Bulbs that are planted too early can lead to fungus or disease problems.)



The most popular of the bulbs must be the Daffodil (Narcissus) which many of us grow in our gardens and can be seen in spring sometimes on verges. (Planting time September – October.) If you have Narcissus to plant then do so as soon as possible. All bulbs hate wet conditions so when planting add 50% grit to the soil.



Next in popularity I would put the Tulips of which there must be thousands of varieties so it is very much personal preference as to choice. However, they all require the same treatment when planting. Well-drained soil is necessary – thrive best in full sun. (Plant November – December.) Planting depth: Garden tulips 15-20cm. Out of the wind. Dwarf tulips such as 'Red Riding Hood' plant 10cm. Don't forget the grit!



In the Spring swathes of Crocus can be seen when approaching Great Yarmouth in the middle of the dual carriage way before you reach the old Yarmouth Suspension Bridge. If you want Crocus in the garden or in containers then it is not too late to plant them now. Soil must be well drained in sun or light shade. They can also be planted in shallow bowls. Place the containers outdoors and leave them there until the flower buds have begun to show

colour. Move them indoors in a shady cool spot for a couple of days after which move to where you want them to flower. After they have finished flowering let the leaves die down and later plant them in the garden.

For those interested in growing plants from bulbs (there are varieties for every month of the year. I have found The Bulb Expert by Dr. D. G. Hessayon very useful and very good value for money.

Happy gardening
Liz Myhill



A SPRINGER'S TAIL

Lesley Chalmers



BRANDON LEWIS MP writes



Understandably, two big issues continue to dominate my work as both a Government minister and as a constituency Member of Parliament. Our response to COVID and our negotiations for a trade deal with the European Union, ahead of our final Brexit departure, remain vital to our nation's future. However, this month has also seen a raft of announcements that will impact on our lives and the Great Yarmouth economy on a more localised basis.

After years of campaigning, and then detailed design and construction planning, we received the all-important government approval for the Third River Crossing in the town. This unlocks the funding package, including the £98 million from government that is needed to build the bridge. I was delighted when I, along with all the project partners, convinced Transport Ministers to provide government finance. And now we are just a few months from seeing construction start. The crossing will be transformational. It will improve traffic flow making it easier for businesses, residents, and visitors to get around the area.

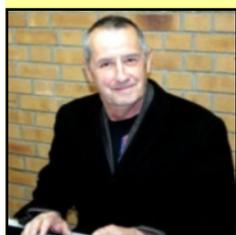
This is just one road network improvement that is needed for Great Yarmouth. Since before my first election, I have campaigned for an upgrade to the Acle Straight. Suggestions that government funding had been ruled out caused immediate concern. Following my intervention, the Roads Minister confirmed that no decision on funding future road projects has been made. The Acle Straight has not been ruled out! Dualling of the road is still under consideration, and I will continue to argue that this work is vital.

The Town's Fund has made an advanced payment of £750,000 to Great Yarmouth to assist with regeneration projects in the town. This promises to be just part of a much bigger multi-million investment that will help the council make wider changes to improve the town for both residents and visitors.

Banging the drum in Westminster for Great Yarmouth is central to my job as MP. That means taking our case into the corridors of power in London. It gets results and I am convinced we will see continued investment in our borough. I will continue to work with our local councillors and the Government to ensure this money is invested wisely and reflects local priorities, to ensure our community gets the maximum possible benefit.

Remember that if you have an issue you wish to raise with me or require advice please contact my office – office@brandonlewis.co or 01493 854550.

**BOROUGH COUNCILLOR
ADRIAN MYERS**



The Prime Minister has blamed the latest upturn in Covid-19 figures on the population becoming "complacent and a bit blasé about transmission". Well that complacency and blasé attitude can certainly be placed at the door of Mr Cummings, the previous Scottish

health Adviser, his own father, who not only failed to wear a mask whilst out shopping but during the height of the pandemic earlier this year went on an "essential foreign trip" to his holiday home, Jeremy Corbyn and in the latest episode the MP Margaret Ferrier who travelled on public transport knowing she had tested positive for the virus and a well known footballer with 20 people at his birthday party.

Members of the public have been fined hundreds of pounds, have any of these individuals been fined? It's OK blaming the ordinary citizens of this country, but if high profile figures continue to break the rules and guidelines one can see why complacency sets in. I accept that two wrongs do not make a right but if more high profile people

were fined as opposed to those who we have never heard of, then perhaps people would take more notice of the rules. Given that, the government should stop blaming the populace for doing what they were asked to do in getting the economy moving again. Instead address the appalling failures in how students were sent back to University, how the "world beating" track and trace has been an abject failure and have a real plan in dealing with this virus, because to date Prime Minister, what plan you had, is clearly not working.

Unfortunately, once again the hospitality industry has been hit hard due to the new rules put in place and the outlook for this industry and those who work in it looks very bleak indeed.

The furlough scheme come to an end this October and I fear that this will result in an increase of redundancies and job losses. The economy will take another hit and recovery will take even longer. We can only hope that despite this governments attitude to developing a herd immunity, that herd immunity will in fact develop through infection and at a later date via a vaccine, then perhaps we can start to get back to some degree of normality, get the economy moving again and create jobs for the populace.

I have continued to have virtual meetings with the borough and parish councils and I also continue to support residents via email communications and letter writing. If any resident does has a problem, concern or issue, I can be contacted via my council email address which is: cllr.adrian.myers@great-yarmouth.gov.uk. I will be away until the end of October as I have not had a holiday in 10 years, and I need to recharge my batteries. I wish you all the best of health.

Adrian Myers Independent Borough Councillor
Lothingland Ward.

RECTORY VICTORIAN POOL



I thought people might like to see how the Victorian pool at The Rectory is coming on. I have been very busy with it during lock-down. Some of the original fencing has been salvaged and put back up so it does retain some of its original features. It is a slow process but is starting to look good. We have 12 resident ducks who every morning wait eagerly for their breakfast. I would very much like to make a raft to float in the middle of the pond so they can nest safely and the chicks will be protected. If anyone has wood I can use or large plastic barrels that can be used to float it I would be most grateful.

Tracey Moore



EVENTS AT THE NEW ROAD SPORTS AND LEISURE CENTRE



**CENTRE POST CODE
NR31 9JP**

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

BELTON JUDO

Due to Covid-19, Belton Judo Club (Dominic King Judo & MMA Academy) is unable to run the full, normal judo sessions at present. Judo is a very close contact sport so for most aspects of the sport, social distancing is very difficult. Obviously, the safety and well-being of all our members and their families is our number one priority. You may be aware that some other similar types of clubs (boxing, some martial arts etc) are getting back but in our opinion if the

government guide lines and the rules our national governing body, The British Judo Association, are followed, we can only run with limited numbers to allow for the correct social distancing at all times. We have slightly more flexibility with members from the same household and we have created the groups with this in mind.

We have had to temporarily suspend our Tuesday sessions at Belton until the situation improves but are continuing with our Monday sessions at Corton and our Wednesday sessions at Belton.

As our numbers are severely depleted at present, we regret that we cannot take any new members right now but please feel free to contact Dominic if you are interested in joining and we will get back to you as soon as the situation allows us to take on new members

Anyone wanting further details of any of the above sessions can contact Dominic on 07977 432756 or email on dominic@fightingfitjudo.co.uk or contact him via Facebook or WhatsApp.

kind the club would struggle to continue to improve the facilities and as such these are greatly received. Fortunately the club had some money left over from the grant which has been put towards the installation of a new boot brush outside the changing room door (Also Pictured) This will hopefully save a lot of time when it goes to the manager and secretary cleaning the changing rooms.

The club continue to be on the look out for more local sponsors to help support the club. We have a number of packages available. For more information please email the club management on belton_football_club@outlook.com

GREAT YARMOUTH STROKE GROUP

Once again we thank Brian and Village Voice for delivery of magazines which have been posted to our members. We have been sent an email from the Stroke Association saying that hopefully all groups will return in 2021 can't wait - fingers crossed.



Our October birthdays were Michelle and Jean from Belton.

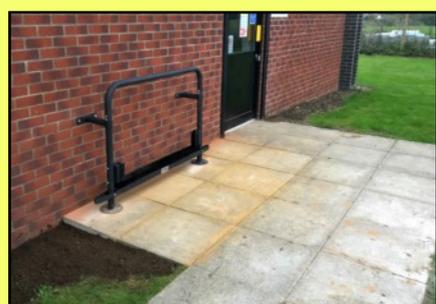
Marilyn, Peter, Denise, Roger and Mary who had a special surprise 90th birthday party held in the garden organised by her daughters (see photo). For information about the group contact Sue Casey 01493 781846.



BELTON F.C.

Another steady month at Belton with lots happening on and off the pitch. the first team have had a difficult month with 3 defeats on the trot leaving them out of the county cup and 5th in the league. With such a young side this year we just need to stick together and see where the season takes us.

The reserves managed to get their first win on the board leaving them 6th in the Great Yarmouth district league. Both sides have games in hand so will look to get themselves further up the league tables. With both leagues deciding not to play cup games at least until after a Christmas if at all there are plenty of league games coming thick and fast that we give us some idea of where we will be playing next season. The plan is for the Reserves to progress into the Anglian combination but this requires a top 4 finish in their league.



Off the pitch developments continue with the installation of a new fixtures board (Pictured) this was due to the grant received last year from the Village Voice. Without grants and donations of this

MUSICAL MOVERS

Musical Movers is proving such a success that I have now increased the number of sessions per week. I am happy to offer:

Wednesdays at 0930hrs & 1100hrs, and Fridays at 0930hrs & 1100hrs. All sessions are held at New Rd Sports Hall, Belton. Please join the Musical Movers Facebook page where you can find all the information of up coming classes.

Musical Movers is a preschool development class for ages 0-5yrs, encouraging confidence and self esteem, speech and language development, coordination and rhythm, listening skills, social skills and sharing, enhancing the bond between child and caregiver, but most of all fun! Booking is essential. Join the Musical Movers Facebook page or call Amanda 07974173216

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

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Safe Secure Environment, Ample Parking

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

EVENTS AT THE JOHN GREEN INSTITUTE



HALL POST CODE NR31 9JG

Hall Trustees

Bill Richmond
Roger Gowen (Chair)
Robert Goffiin
Terry Ladbrooke
Bridget Lawrence
Michael Farrell
Faye Green (Sec)

DIAL - MONEY & DEBT ADVICE....And More

Another month has flown by and Christmas, by the time you read this magazine, will be less than 12 weeks away. Sadly, it is possible that it will be very different this year and whilst this may be very disappointing for many of you it may help you spend less. At a time when many are losing their jobs finances are likely to be tighter than normal and there are lots of things that you can start doing now to reduce the financial stress that overspending causes and the unwelcomed stress when the bills start dropping through the letter box in January. Here are a few simple money saving ideas to get you started:

Work out what you can afford to spend on gifts and festive food and drink. Ban unnecessary presents to friends and extended family, remember they are probably in the same situation and needing to reduce spending. Set a limit for each person you must buy for and stick to it. Look out for Cashback deals at major supermarkets. Do not take out loans or credit/store cards unless 0% interest. Many of you may give store cards as presents – this is being advised against by Martin Lewis this year as with many high street shops struggling to stay afloat gift cards will be worthless if the company goes into liquidation.

The above will hopefully be of use but as always if you are worried about your finances

please get in touch with us as we can liaise with creditors on your behalf set up manageable repayment plans and talk through other options that may be available to you.

In addition to providing help and advice on finances we are also here to help with advice on benefits and can undertake benefit entitlement checks to make sure that you are receiving the correct benefits. Our benefit advisors can help you complete the complex benefit claim forms for PIP, Carers Allowance and Attendance Allowance and will support you with Mandatory reconsiderations and tribunal hearings when necessary. You can make an appointment with one of our experienced and qualified advisors by calling our office on 01493 856900 between 9am and 5pm Monday- Friday and 9am until 4pm on Saturday or by calling in at our office on King Street which is open from 9.30am until 4pm Monday-Saturday. Our impartial and confidential advice service is open to all with fully accessible premises so please do not hesitate to contact us.

We are updating both our website and Facebook page on a more regular basis with information that may be of use so please have a look.

Our website is www.dialgreatyarmouth.org.uk and Facebook page is www.facebook.com/DIAL-Great-Yarmouth

The Covid virus is on the rise in our area so please help stop the spread of the virus.

Remember to wash your hands more often. Carry and use alcohol gel when you cannot wash your hands. Wear a face covering in public indoor spaces. Keep your distance from others. Stick to the rule of six.

Take care everyone, stay safe and well and we will update you with more information in next month's newsletter.

Jo Howes Manager.
DIAL (Great Yarmouth)

THE JGI TRUSTEES

Another month has passed and the hall is still operating well with all necessary precautions in place to make the hall Covid secure and safe to meet in. We only have five groups that have returned and they are working very well with the restrictions that are in place. It is becoming obvious that meeting again in your groups, in a safe environment is very beneficial to both your general and mental health.

As only a few groups have returned there are several times during the week when the hall can be hired. If you would like to do so and want to know more information then call 01493 780822.

WEDNESDAY MORNING DROP IN

We meet at the JGI between 10.30am and noon with seating laid out with safe distancing. Since we have been operating again real positive feedback has been received stressing the advantage that meeting again has had on the health and well being of individuals. Come and give us a visit and find out for yourself. You will be made very welcome. A chat over a cup of tea or coffee can do wonders. Call Sue on 01493 780822 for further information.



GET YOUR FLU JAB LOCALLY

It is that time again to get your annual Flu Jab. It could be more important than ever this year. If you don't feel like travelling to

Gorleston or Bradwell to your Doctors then remember you can get it at our local Wellbeing Pharmacy in Station Road, Belton. You don't need an appointment unless you want to go at a specific time then call 01493 222299 to discuss this. If you are over 65 it is free at the Pharmacy just as it is at your Doctor's.

OVER 60s CLUB

As we will not be meeting in our standard format this side of Christmas, Norma and your committee would like to wish all members a happy and peaceful season. Stay safe and well are the most important things.

We will try and meet as soon as guidelines allow but it unlikely to be for several months unless we change our format and meet in smaller groups. All factors will be considered come the New Year.



ENTUA (East Norfolk Transport Users Association) is a voluntary independent body which monitors bus and rail provision in the East Norfolk Area. To learn more about us and to view current bus and rail news please visit our website at entua.org.uk.

ENTUA has recently submitted its aspirations and views on the proposed Ely

THE JGI Belton Village Hall 46, Station Road South

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



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

For further information and hiring rates please contact Bill on 01493780822 or go to www.beltonandbrowston.com

Station and Ely North junction upgrade proposals in accordance with the current consultation process.

ENTUA has long campaigned for improved rail links between Great Yarmouth and destinations including Peterborough and Cambridge/Stansted Airport, and upgrading Ely junction would be key to improved paths between the coast and major cities of diversity. Currently Great Yarmouth is served by an hourly service from Norwich. This is increased to half-hourly by 3 extra trains each way at the morning and evening peaks.

It is a well-known fact that most passengers travelling between Great Yarmouth and Norwich use the X1/X11 bus service provided by First Eastern Counties. The bus service has the advantage of a more frequent service at 15 minute intervals, goes direct from Town Centre to City Centre and the fares are considerably cheaper. Therefore the majority of passengers travelling by train from Great Yarmouth are going to destinations beyond Norwich.

We have often argued the case that potential passengers are put off rail travel by incurring too many 'changes' in their journey.

As an example, passengers travelling from Great Yarmouth to Stansted Airport tend to drive as this avoids changing trains at Norwich with all that this entails with suitcases etc.

Great Yarmouth, being a holiday centre, attracts its clientele from the Midlands and the North. Currently such rail journeys require a change of train at Peterborough or Ely then another at Norwich. Not much 'fun' when moving suitcases and family of children on and off trains.

In ENTUA's dealings with Greater Anglia we have suggested that if services were provided between Great Yarmouth and Cambridge/Stansted Airport and between Great Yarmouth and Peterborough it would prove attractive for passengers and help boost the Great Yarmouth holiday industry.

We could see a role for the Ely west curve for passenger trains operating east to west and also

enhancements to track and signalling. So therefore it should be included in the study.

Consideration should also be given, once the Norwich-Ely line is electrified, that this route be considered as an alternative route for trains to London, should the Great Eastern Main Line be disrupted and also enhance connections to Eurostar services. Another opportunity that should be looked at further down the line is direct Norwich-London King's Cross services.

It is from this aspect that ENTUA fully supports the upgrade of Ely North Junction as this would allow a more frequent service from Norwich and the East Coast, with hopefully, eventually the additional services from Great Yarmouth to Cambridge/Stansted Airport and Peterborough.

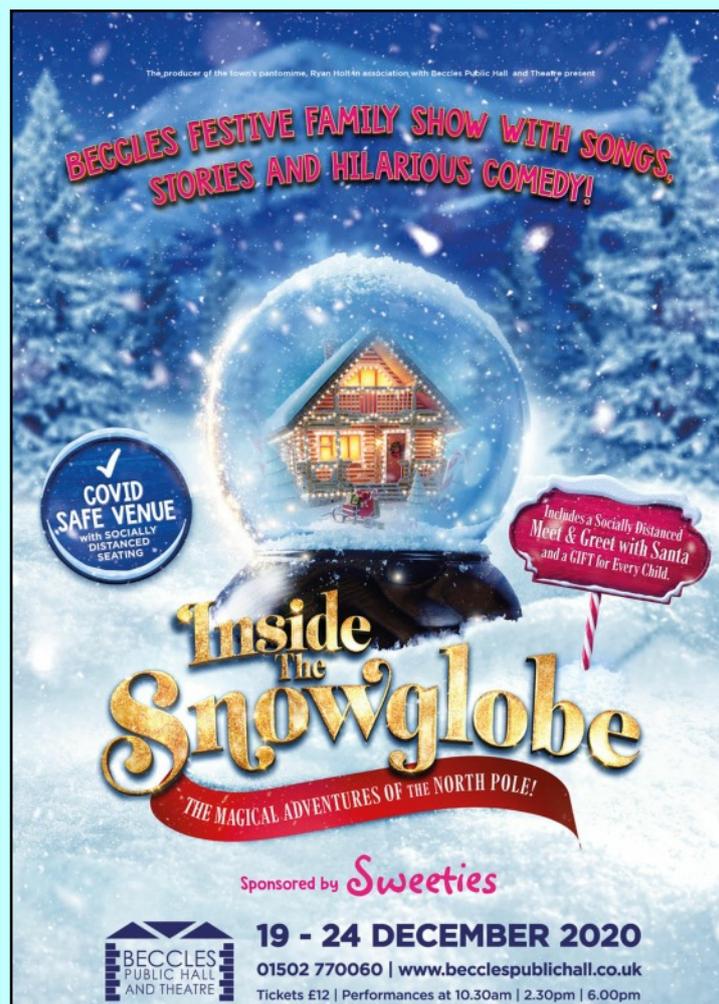
Nothing much to report on the buses, except the re-branding of the X1/X11 buses with the new Yellow/Blue 'Coastlink' livery continues apace and all should be completed by the end of October. ENTUA has not been able to hold its regular meeting with First Eastern Counties due to limitations, firstly with lockdown and latterly with social distancing criteria, but hopefully current discussions may lead to a meeting in the near future.

There is still roughly a half-hourly service from Belton Bracon Road commencing at 0700 hours, 0730,0810,0855 then half-hourly until 1625 through to Norwich, but from 1655,1725,1800,1830, 1900 and 1930 the buses only go as far as the Town Centre (Market Gates). After this there is a 6B leaving Bracon Road at 2102 returning to Great Yarmouth (Market Gates) via Burgh Castle and Bradwell. At 2300 there is a 6B and this travels via Burgh Castle terminating at Bradwell Blue Sky at 2316.

ENTUA is always looking for new members. All we ask is a minimum annual donation of £5.00 which helps us cover the cost of printing and postage of our very informative quarterly newsletter and the cost of hiring venues for public meetings. To join please write to ENTUA, 18 Wensum Way, Belton, NR31 9NY

TONY GRICE

**CHRISTMAS SHOW COMPETITION
WIN Tickets to Christmas show!**



We are delighted to be able to offer a reader the lucky chance to win two tickets to the Beccles socially distanced Covid safe Christmas production of 'Inside the Snowglobe'. The production has been specially designed to work with the current guidelines and to offer families something truly magical this festive season with dazzling costumes, scenery and special effects.

The story follows a child who believes life does exist inside there snow globe and when they believe they are magically transported to the north pole, where they become one of Santa's elf's and go on a whole host of an adventure. An action packed family production full of songs, stories and laughter. At the end of the show, children will be able to take part in a socially distanced meet and greet with Santa where they will each receive a present.

The production runs from 19th - 24th December 2020 with up to three performances a day at Beccles Public Hall & Theatre. Tickets are £12 and can be booked online at www.becclespublichall.com

QUESTION: On what day of the month of December is Christmas Day?

Please e-mail your entries to beltonvveditor@gmail.com the deadline is Saturday November 14th 2020. The winner will be drawn out from all correct entries and notified directly by the promoter.

INVITING BOOK REVIEWS FOR THE VV BOOK CLUB

HAVE YOU EATEN GRANDMA
Gyles Brandreth



REV ROSIE WRITES

The first day of November (All Saints Day) ushers in a season of remembrance within the Christian church. It is a season in which helps us to celebrate and remember significant people through whom the grace of God has been seen to be powerfully at work.

I often describe saints as people through whom the light shines, and who spur us on to better living and greater things; not just the stained glass windows portraying the lives of some of the saints. Burgh Castle certainly has some beautiful stained glass windows where this is the case, and the east window of All Saints Church, Belton contains the names of many well-known saints. These saints have been ordinary people who have become holy in the ordinary day-to-day circumstances of life as well as the extraordinary crises of human living, recognised by others.

All Souls Day (2nd November) is a day for the commemoration of the faithful departed; a time to remember with thanksgiving, the people we have known, who gave us life or nurtured us in faith and love. Both my parents died in the month of October, so for me this is a special time to remember them and thank God for them (which I often do) but in a more structured format.

Earlier in the year, I had hoped to introduce this autumn a *service of remembrance and thanksgiving for those we love but see no longer*, but because of the limitations of current times, we have had to postpone this until next year. Such a service offers a safe space and an opportunity to:

- Remember, with a personal act of remembrance, individuals who we hold dear;
- to thank God for the good times in the context of music, poetry, readings;
- to support one another in prayer that God's kingdom will be revealed finally and in all its fullness,
- and encourage one another in our on-going walk of life in the hope we have in Jesus Christ.

Many churches have a service on All Souls Day, and this year there will be one live-streamed by the Church of England from St Paul's Cathedral in London. Some of you may find that helpful, especially if you have lost a loved one in recent times.

This year many people will watch the **Remembrance Sunday** service on television rather than attend a service at their local church or war memorial. Remembering past conflicts and the costliness of war is important if we are to avoid similar conflicts, but more importantly we acknowledge our debt of gratitude to those who gave their lives in the service of their country.

Remembrance Sunday is on 8th November, and there will be an act of remembrance at both Belton and Burgh Castle churches. At All Saints Belton we intend to have a short service at 10.30am outside in the churchyard, so that we can accommodate more people safely and socially-distanced. At Burgh Castle the Remembrance Service will be at the usual time of 3pm in the church. Please do come and join in the Remembrance Service at your local church.

This year we have commemorated the 75th anniversaries of both VE Day and VJ Day; seventy five years since this land has faced the violence of war on our shores (although obviously our armed forces have been involved in many conflicts in recent years); something to be thankful for.

The season of Remembering and Remembrance is rather bitter-sweet. Remembering with thanksgiving the good times, the people we have loved and the people we are thankful for, but holding together the pain of loss and the costliness of lives lost too soon. Particularly, this year, when many people in our villages are feeling isolated, lonely, bereft, it is important that we are kind to ourselves, and one another. A conversation on the telephone with a friend or over the garden fence

with a neighbour; a "thinking of you" card received in the post, or even a bunch of flowers for someone special, could go a long way to helping the recipient through these dark autumn days.

For me, this time of remembering ends with the focus on Jesus, with Advent Sunday focussing on the light of Christ, and so begins our family tradition of the advent candle that burns down a little each day until Christmas. Jesus, the light of the world, who shines in the darkness and the darkness cannot overcome his light. The Bible tells us that Jesus stands at the door and knocks and if we open the door, he will come in and be with us. We are invited to open the door. Everyone is invited, not just me!

A SPECIAL MESSAGE FOR YOUNG @ HEART.

This is an invitation to all our members to contribute to a journal we plan to create entitled '**A Village Winter during COVID**'. Starting from now until March 31st 2021. Contributions can be stories, poems, paintings or photos. Any craft projects can be photographed. All welcome. Items will be gathered into a 12"x12"scrapbook, to be displayed and stored in Belton church and shared with other groups.

During the Autumn term Moorlands Primary has been completing a 'time capsule' of their experiences of COVID and I have used some of their ideas. When we can all meet again we can compare notes between the generations. Your journal offerings can be collected.

Suggested themes;

- 1) Members experiences and feelings during the Winter with or without others.
- 2) What has pleased you and what has saddened you during Covid. We hope members will be able to keep in touch over the phone and share ideas for our journal.

P.S. Sadly we have cancelled our Christmas lunch but, 'Santa is still coming!' God bless all of you. Any questions please contact Sue Angell, 01493-782443. or Margaret Greenacre, 01493-780126.

Sue Angel

THE PANTRY

Thank you to all those who helped us, in any way, to keep supporting people living in this area, throughout the past difficult months of the pandemic. We have and still are supporting 13 families [64 people], many who have received weeks/months of help, to enable them to move forward, to continue their support by using Tesco Fair Share. Tesco Fair Share, in this area, is given from Belton Tesco to be shared in our community. We have a key worker who sorts & delivers this twice weekly donation, so releasing The Pantry Team to concentrate on new families requiring help. We all work together as one big team. The Pantry Team have worked tirelessly, and are ready to support those who find themselves on reduced or no income, in the coming weeks as a consequence of the pandemic.

To be able to give the necessary support expected, we need to collect/stock up on extra supplies to see families through the next difficult weeks or months ahead. With this expectation, our stock will reduce very quickly. So, we are asking for donations of food/money from those of you who, in the past, have offered to help when necessary with items or funds, if you are still in a position to do so. Also, with Christmas not far off, we are beginning to think about what "little extras" we might provide to help our families in need over the Christmas holiday period. We are always very grateful to everyone who is able to contribute in any way. Thank you.

Please ring Marion and Colin on 07514458186, for delivery or collection.

ROCK SOLID

I hear that you are all keeping safe at school. We are planning to relaunch after Christmas but if it is possible to open before we will let you know. In the mean time keep washing your hands, wear a mask, if you can and give people space. Hope to see you all soon. For more information speak to Colin on 781474 or speak to Paula.



MOORLANDS PRIMARY ACADEMY
Positivity Pebbles from Rabbits

Hello, we're Rabbits Class at Moorlands Primary Academy. We're a Year 1 and 2 class and we're taught by Mrs Murison, Mrs Thompson and Miss Blower. We love learning and our favourite subjects are English, Science and Art.



We've been very busy in Rabbits class over the last few weeks working on our positivity pebbles. This is a project that every class is doing after reading the story 'Only one You' by Linda Kranz. The story is about how everyone is unique, and that each of us has something special to give to the world.



Mrs Murison spoke to us about how we could make a difference to other people's lives

by spreading some joy and positivity. We decided to design and create a pebble fish using special artist pens. We are then going to display the pebbles around the school or maybe leave them for people to find in the village. We have written positive messages on the stones to make people feel good. We know that because of Covid, some people have been feeling very sad, so we wanted to do something to make them smile.

Mrs Murison said 'The children thoroughly enjoyed designing and creating their pebble fish. Every fish is colourful and unique just like in the story, and it was lovely to provide them with an opportunity to get creative. We hope that this whole school art project with its positive message, will encourage others to be themselves and help spread kindness and positivity during these difficult times.'

'I think our pebble fish look really colourful and I hope they make people smile when they see them'. Laila

'I loved making the pebble fish because we got to use the special artist pens'. Harry

'I like how all the fish are different. The designs look really colourful'. Sam

We hope you enjoy spotting our positivity pebbles when you are out walking in the village. If you are lucky to spot one please tag us on twitter @moorlandsbelton

Kevin Lee (Headmaster).

EAST NORFOLK FOOTBALLERS EXCEL

East Norfolk Men's Football Team 1 have had a great start to the season, beating Ipswich Town FC 6-0 and Watford FC 6-2 in their first two games. In previous years, the team have competed in the AoC Championship League however, they have recently stepped up into a new league that comprises of college programmes attached to professional clubs from the English Football League, including their first two opponents and Charlton Athletic and Southend United.



The squad consists of players who also represent local teams within the Thurlow Nunn and Anglian combination League and it is great to see them develop both with the College and within their club.

Men's First Team Manager Ricci Butler

says; "It has been great to work with such a talented group of young players this season. Our aim is to not only to get results on the pitch, but also support these young players in transitioning into senior football." Footballer Joshua Williams, said; "My start to the season with the first team has been great, we are currently undefeated in the league and I have managed to score in both games. The team are performing really well, and I hope I can keep scoring and maintain this run of form."

This week see's the team in their first Cup fixture of the season at home against Ipswich Town FC. We wish all the players the best of luck and hope to continue the winning streak.

1ST BELTON SCOUT GROUP



Beavers

Beavers started outdoor face to face scouting at the beginning of October after having the risk assessment signed off by the groups GSL



Group's management group, and District Commissioner. The Beavers have been split into 2 groups of up to 10 Beavers meeting every other week. The Beavers

have all completed the Cyclist Activity Badge looking at bike maintenance, reflective clothing, and lights the correct way to wear your cycle helmet and rode their bikes on the grass round an obstacle course. Congratulations to both Dylan and Alfie for completing their Bronze chief Scout Awards the highest award that you can gain as a Beaver. Some of the badge work was completed in lockdown with help of families. Well done

Cubs

The Cubs had their first Zoom meeting on 1st October 2020, attended by 10 young people and 4 leaders. We had a catch up and welcomed everyone. The Cubs told us a little bit about what they did since we

last saw them and then we played a game involving cutlery. We then learnt the reef knot over zoom and practiced a code word for the leaders to get their attention which we practiced several times with vigour and lots of loudness. The Cubs were told about the following weeks meeting and to expect the unexpected.

Scouts

It is with great disappointment that Skip has had to stand down as assistant scout leader because of work commitments. We would like to take this opportunity to thank him for all the hard work and different activities that he has given the Scouts an opportunity to do. Would you be interested in helping to join the Scout section team? If you are over 18 years of age please give Gov (John) a ring and have a chat. 01493 780965

Group

Newspaper Collection Saturday 7th November 2002 please leave your paper outside your property (Belton only) by 8.45am. We also collect magazine and leaflets. We would be grateful of any books anyone has for our sales they can either be dropped at 6 Station Rd North Belton or phone 01493 780965.

POPPY APPEAL 2020

Whilst the Covid-19 pandemic has impacted how we can deliver the Poppy Appeal this year, our dedicated staff, volunteers, partners and suppliers have been working hard to ensure that the 2020 Poppy Appeal is going ahead and the nation can take part in Remembrance activity.

Each year 40,000 volunteers from all across the UK make the Poppy Appeal happen. However, many of our volunteers, or someone they live with, now fall into vulnerable categories, so it is simply not safe for them to take part this year. As a result, we will unfortunately not be able to deliver boxes of poppies to every local business that has supported the Poppy Appeal in the past. However, we have developed a range of new and exciting fundraising and donation tools that the public can access via our website to enable companies and communities to support the appeal. These are available on the Legion website www.rbl.org.uk/popyyappeal

Poppies will also be available from 7,500 Sainsburys, Aldi, Morrison's and Tesco stores, and volunteers will run collection stands in other supermarkets and sites where possible. Many of our national and regional partners will also offer poppies via static boxes.

This Poppy Appeal, we are presented with huge challenges due to the impact the Covid-19 has had across our society. The pandemic has left some in the Armed Forces community, as in many others, in dire need of urgent help and support. We are asking our partners, volunteers, fund raisers, members and staff to come together and get behind the Appeal in a way not asked of them before.

ON-LINE CHRISTMAS FAIR

Following the success of last year's Christmas Fair held in All Saints Church, we are planning to hold another one this year but this time, because of the COVID 19 regulations we will be holding the Christmas Fair on-line. You will be able to view the items for sale or buy a raffle ticket between **Saturday 14th – Friday 27th November** at <https://www.facebook.com/events/356747572112503> or via the website allsaintsbelton.org.uk

Please support this event as monies raised will be used to support the work of The Pantry, our local foodbank serving Burgh Castle, Belton and Browston.

What's on offer?: There will be all the usual kinds of goodies such as Homemade cakes, Christmas Cakes, Sweets, Biscuits, and Crafts including Colin's Wooden Crafts (bird and bat boxes, bowls etc.) and Christmas fabric face masks by An.

How to buy: During the event dates, you can leave a comment on the image of the item you wish to purchase or message the Facebook page. You will then be contacted to make your payment.

Payment: We are in the process of arranging a method to take card payments. Details will be posted on the Facebook event page. If you wish to pay by cash on the collection day, please have the correct change to help us limit the cash handling during this time.

Collection: You will be contacted with a time slot to collect your items from the church on Take-Away day – Saturday 28th November. Please wear a mask to collect items, and adhere to all social distancing signs and guidelines.

THANK YOU

The front page and editorial of the October issue of the Village Voice, featured a plea from me to you to consider volunteering to keep this magazine going. It is a matter of great personal satisfaction, though not surprise, that so many of you responded with enthusiasm and interest. It is not a matter for surprise because living in this area for over 20 years, I have never ceased to marvel at how people look out for each other and go out of their way to help, even at some cost to themselves. It is this spirit of looking after the other, of having the time and effort to do things that do not directly advantage us that so marks community life in our villages. As the country and the region navigates a difficult journey, it is this spirit of service that will sustain us. A very special thank you to the three new volunteers who join the Village Voice Board from next month Suzanne Craig, Aneka Gearie and Bryan Diggory. A special thank you too to our very own Brian Swan who, retirement or no retirement, will always remain Editor Emeritus for me.

**Professor Regi Alexander
Editor**

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**8TH
NOVEMBER
10.30AM
Please
join us.**

All Saints Church Belton

Our Remembrance Service for 2020 will be outside in the churchyard. It will be a little different from our usual act of remembrance but "We will remember them". We will ask people to stand 2 metres apart.

VILLAGE SMALLS

It is free to advertise jobs, events, property or items for sale. Send details to Village Voice Small, 'Skelmorlie', Butt Lane, Burgh castle, NR31 9PU Tel 01493 780776 or email beltonvadds@gmail.com by noon on November 13th to appear in the December 2020 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

Books for fund raising stalls for 1st. Belton Scouts - Ring 01493 780965 or deliver to 6 Station Rd. North, Belton

Any Saleable items, Bric-a-Brac, Books, Games, Jigsaws unwanted gifts etc. needed for Burgh Castle Village Hall sales stall. Tel. 01493 780126 (local collection possible)

Cheap or free - slabs suitable for greenhouse base. Tel 07788 408801

FOR SALE

Mobility wheelchair £50. Tel. 07960 913116

Professional Party Tents – Steel frame, roof, sides & end covers. Tested to BS Standard (Fire retardant (incl. ground bars) 8x4 mtrs (cost £747 + ground bars) New / boxed £500.00, 6x8 mtrs (cost £1400 + ground bars) accept £900 ovno (used 3 times) Tel 07788 408801

Clarks black Mary Jayne style girls shoes size 2½ F. New/boxed Cost £36, asking £18 Tel. 01493 488549

Protech Professional key start generator. 7500w 3x 230v outlets. New / boxed / £400 ovno Tel. 07788 408801

4 wheel garden barrow £50 Tel 07960 913116

Remploy vintage school chairs A/F metal frame/green moulded plastic seats & backs £6 a pair or £20 for 8 Tel. 07980815499

Marks & Spencer girls shoes size 3 Ballet type style, navy patent. New Cost £15, asking £8 Tel. 01493 488549

7 Piece drum kit with stool. Good cond £75. Tel 01493 781520

21in Bush Colour TV (Black case) Excellent cond. £25 ONO Tel. 07796982259 (Proceeds Burgh Castle V/hall)

Swan silver under worktop freezer VGC £40. Tel 01493 780737

Fire surround in beech 1220mm wide 1120mm high £50. Tel: 01493 781815.

10 brand new cardboard boxes -12 x 9 x12. Still sealed Double walled £9 Tel. 07757393805

Sideboard in beech £60, Display cabinet in beech 2100mm high 210mm wide £30, Extending dining table & 6 chairs in beech £60. Tel: 01493 781815

Walker rollator blue with seat, new condition.£40. Tel. 07754561538

Plastic High Chair. Excellent cond. £10 ONO Tel. 01493 780193

BaByliss thermo ceramic heated hair rollers, as new used once, was £35 only £15 Tel. 07983457750

2 fence panels 6ftx5ft. 1 gate 5ft 6insx2ft2ins. 1 gate 5ftx3ft . 5 posts 6ftx3ins.squ.. 1 length timber 10ftx4inx2ins. £30 The lot ono . Tel. 01493 651077 or 07799105777.

3 piece suite, beige fabric £60. Tel: 01493 781815

Royal Worcester 20 piece Evesham patten plates, bowls, tea cups & saucers. £30 Tel. 07754561538

Road King class 3 Mobility Scooter. Black. Good cond. Service history. 2 new tyres. Captain seat. £400 Tel 01493 780710

Pink babywalker (only used twice - as new) £15. Tel. 01493 780193

2 Oak veneer doors 2ft x 6ft 6" £15 each. Tel: 01493 781815

Glass table & 4 black chairs. Good cond. £20. Tel. 01493 780193

2 free standing speaker stands £5 lot, CD player/radio with speakers £15. Tel: 01493 781815

Road King class 3 Mobility Scooter. Black. Good cond. Service history. 2 new tyres. Captain seat. £400 Tel 01493 780710

Zumba fitness work out system 8 Exhilarating workouts in 7 DVD £10, Fitness perfect push-ups £10 Tel. 07754561538

Face Coverings - Various patterns/colours. Adult £3.50, children's £3.00. Tel 07788 408801

Revelation Suitcases - set of 4 (various sizes), all with keys. Excellent Cond £130. Tel. 01493 781094.

New 4 wheeled mobility walker with brakes, seat & bag. £80 Tel. 01493 488467

Harry Potter Books - Complete set (Never used) £30. Tel 07586935795

Framed print by Peter Scott 'Pinkfeet Coming To Stubble', also book 'Morning Flight 1950', £20. Tel. 01493 309800.

Bike Rack suitable for tow bar on car £30. Tel 01493 789049

Child's High Chair plus inflatable back cushion & some plastic plates and spoons. £15. Tel. 01493 662169.

Car trailer light board £10. Tel 01493 789049

LG Wavedom Microwave Oven 850w Good cond. £15 ONO. Tel. 01493 651077 or 07799 105777

The Hobbit & Lord of The Rings. Complete set of books £10. Tel 07586935795

Pair of well made heavy, decorative wrought iron gates for 8ft driveway, 42 ins. high, with black & gold tops. Cost £300 new. Good cond.£60. 01493 309800

Humax Foxsat HDR Freesat recorder with remote. Exc. Cond. £45 ONO. Tel. 01493 781071

Photo Frames - Job Lot of 41. Assorted sizes and styles. £225. Tel. 01493 781094.

Sherborne Royal (up to 25 stone) cream leather dual motor lift & rise chair hardly used. 18 months old. Cost new £2500 Price £500 Tel 07876352701.

Roger Black Plus Cross Trainer, adjustable resistance, with computer to display pulse, time & distance. VGC with original instructions. New cost £199, will accept £75. Tel. 01493 780562

Hard Plastic Pet Bed - medium size. Very Good Cond. £12. Tel. 01493 781094.

TV aerial suitable for loft or roof mounting (unused) £15. Tel 01493 789049

Rapide Bike Carrier. Foldable, suit-

able for 2 adult cycles £15 ONO Tel. 01493 603860

Myers 620 Mk 2 Heavy Duty Paper Cutter. £75. Tel. 01493 781094

Large white bookcase (3 shelves - 40ins wide/39ins high) Good quality £20 Tel 01493 665505

2 new rabbit hutches, well made strong 4ft x 2ft & 2ft 8inches high, 2 doors in each for easy cleaning. 1 at £55 and 1 at £45. Tel. 01493 309800

Pet Carrier, medium size. Used once. £17. Tel. 01493 781094.

3 Piece suite Cranberry Floral design. £100. Tel. 01493 719664

PLEASE LET US KNOW BY NOON ON NOVEMBER 13th IF YOU WOULD LIKE YOUR ITEM(S) REMOVED or HAVE ANYTHING TO ADD

VILLAGE VOICE TRADERS

The Advertisers listed in this directory support our community & pay for Village Voice. PLEASE SUPPORT THEM when you can and also mention that you saw their advert in Village Voice!

Aerials

Warnes Aerials - 01493 661438

Building & Decorating etc.

Paul Williams Carpentry - 01493 781942

KJ Decorators – 01493 656164

Priory Kitchens - 01493 662956

GWL Locksmiths - 01493 857434

Care / Health / Family Services

Driving Miss Daisy - 0333 0146211

Gentle Sole Therapy - 07720 316497

Margaret McNally Massage - 07973 329623

Broadland Mobility - 01493 330455

Arthur Jary & Sons - 01493 923109

Mill Tree Foot Health - 07855 539483

Carpets & Blinds

Matt Sadler (Carpets) - 01493 780998

Chimney Sweeps

East Coast Chimney Sweep - 01493 718615

Domestic Cleaning

Ovenclean - 07868 015036
Snell Window Cleaning - 07722 043922

Electrician & Electrical Repairs

Chris Youngs - 01493 441007

Fuel / Firewood

Berry Oil - 01502 715599

Gardening Etc

AS Garden Maintenance - 01493 664025
Fritton Plant Centre - 01493 48497
Lawnmaster - 0800 0622701
Garden Pro Solutions - 01493 681100

Garages

Buckworths (St Olaves) - 01493 488278

Glass & Windows etc.

Belton Glass - 01493 781454
Cloudy2Clear - 0800 6121118
UPVC Doctor - 01493 202622

Hair & Beauty etc.

Reveal - 01493 650706
Robert Shropshire - 07946 433395

Pet Care

Alice's Pet Care - 07940 967511

Plans Drawn

TBD - 01493 781030

Pest Control

Carole The Mole Catcher - 07718 187837

Plumbing & Heating

Red Van Plumbing - 07955 524969

Restaurants/ Pubs/ Entertainment etc.

Belton Fish/Kebabs - 01493 781515
Binkys Cafe - 01493 717100
Fritton Arms - 01493 484008
L&H Fish & Chips - 07943 752345
The Queens Head - 01493 780363
Youngs Chinese Takeaway - 01493 781674

Roofing

SJS Roofing Ltd - 01493 780973
B Porter - 01493 663386
T.P. Roofing - 07946 467775

Room Hire & Functions/Meetings/Sport etc.

JGI (Bookings) - 01493 780822
Premier Room - 01493 602960

Burgh Castle V Hall - 01493 780126
Fritton V/Hall - 01493 488210

Rubbish Cleared

GYBC - 01493 742142

Shops etc.

Hobbies - 01508 549330
Jewelex - 01493 484948
Londis Bradwell - 01493 441699
Intwood Farm - 01603 987037

Skip & Equipt. Hire /Aggregates

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

Solicitors /Estate Agents

Norton Peskett - 01493 652204
Bycroft - 01493 664000

Tree & Hedge Services

R & R (Rick) - 01493 780348
Tree & Woodland Services - 07789 242703

Tuition

Driving - Godbolts - 07775 833479
Piano - D Renforth - 01493 298795

Vehicles Collected & Scrapped

Mark Frost - 01508 548994

DIARY DATES FOR NOVEMBER

All Wednesdays in November

JGI Belton
Wednesday Drop in (10.30am to Noon) see article

Sunday 1st November - All Saints Day

9.30 am - Burgh Castle - Morning Prayer - on line on Amazon Chime
10.30am - All Saints Belton - Morning Celebration - on-line on Amazon Chime & Facebook Live
4-5pm - All Saints Belton - All-Age Messy All Saints - IN THE CHURCH BUILDING

Tuesday 3rd November by Zoom

Belton with Browston Parish Council meeting (7om)

Saturday 7th November

Belton Scouts collecting old newspapers from 8.45am (Belton only)

Sunday 8th November

10.30am - All Saints Belton - Remembrance Sunday Outdoor Service - in the churchyard & on-line
3pm - Burgh Castle - Remembrance Service - IN CHURCH

Monday 9th November

Remotely by ZOOM
Burgh Castle Parish Council meeting (7.30pm)

Wednesday 11th November

2pm - All Saints Belton - Holy Communion - IN CHURCH

Saturday 14th - Friday 27th November - Online Christmas Fair - in support of The Pantry

Homemade cakes, Christmas Cakes, Sweets, Biscuits, and Crafts including Colin's Wooden Crafts (birdboxes, bowls etc.) and Christmas fabric face masks by An. You will be able to view the items

at <https://www.facebook.com/events/356747572112503> during the event dates, and you will be contacted to arrange a collection time for your purchases on Saturday 28th November.

Sunday 15th November

9.30 am - Burgh Castle - Morning Prayer - on line on Amazon Chime
10.30am - All Saints Belton - Morning Celebration - on-line on Amazon Chime & Facebook Live

Friday 20th November

Burgh Castle Village Hall
10am-2pm Hall open for bargain Stall and refreshments (eat outside/takeaway) funds to Burgh Castle Church & Village Hall

Sunday 22nd November -

9.30 am - Burgh Castle - Morning Prayer - on line on Amazon Chime
10.30am - All Saints Belton - Morning Celebration - on-line on Amazon Chime & Facebook Live

Thursday 26th November Remotely by Zoom - Fritton with St. Olaves Parish Council Meeting

Saturday 28th November

Christmas Fair Take Away - collection of on-line purchases at All Saints Church and the raffle will be drawn.

Sunday 29th November - Advent Sunday

9.30 am - Burgh Castle - Morning Prayer - on line on Amazon Chime
10.30am - All Saints Belton - Morning Celebration - on-line on Amazon Chime & Facebook Live

NOTE - We have published some 'general' community dates here, some groups are meeting again, some are not, those who have contacted us will have a separate mention in the magazine but due to restrictions many are not accepting new members at present, please check with organisers before attending.

If you would like diary mentions in future months please e-mail beltonvvadds@gmail.com before noon on the 14th of the month.

DO YOU LIVE IN THE KINGS DRIVE AREA? If so 'Village Voice' needs your Help!

Can you help us, 'Village Voice' urgently needs a volunteer to deliver about 120 copies of the magazine in the Kings Drive and Clay Lane area. The magazines would be delivered to you towards the end of each month for you to distribute over the following few days. If you think this is something that you could do please call Brian on 01493 780776 or e-mail your details to beltonvvadds@gmail.com and we will get back to you.

If you would be willing to deliver in any other area please let us know and we will be pleased to put your name on our reserve list and contact you again as and when a vacancy occurs.

Contents

BOOK COMPETITION ANSWERS

There were no winners in the quiz to win a copy of Ken Botwrights new book *'Belton Suffolk - A Once Rural Market Gardening Village'*

- 1 What was the previous name of Station Road North & South in Belton? *Locklees Lane*
- 2 What was the name of the naval ship camouflage system used extensively in World War I, and to a lesser extent in World War II? *Dazzle (sometime Razzle Dazzle)*
- 3 What highly secretive project was being tested at Fritton Lake during WWII? *Amphibious Tanks*
- 4 How many Market Gardens/ers were there in Belton at the turn of the 19th/20th century? *31*
- 5 What was the weekly wage for Agricultural Workers at the end of the 1930s? *£1.19s 51/2d (£1.97p)*
- 6 What was the much used, small horse drawn farm cart called? *Tumbrel*
- 7 What affected the trains in 1926 preventing the shipping of produce? *The General Strike*
- 8 Where was the Mutford and Lothingland Show held? *Beccles*
- 9 In what year was Belton, Suffolk, transferred to the county of Norfolk due to local government boundary reorganisation? *1974*
- 10 For the last 400 years what were caught in 'decoys' on Fritton Lake? *Ducks*

The book is still available from Ken for just £9.99,

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