

Village Voice



JANUARY 2021

21st Great Year

Vol 21-10

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SEE PAGE 16

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VILLAGE VOICE

JANUARY 2021

Issue: 239

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

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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, NR31 9PP

YOUR VILLAGE VOICE

The closing date for all items for the February 2021 edition of Village Voice is 15th January 2021. All contributions to beltonvveditor@gmail.com and advertising enquiries to beltonvadds@gmail.com.
Please produce information in Arial Rich Text and images as jpeg files 1meg max . Please do not embed images in your text.



FROM THE EDITOR'S DESK

As indicated last month, the January issue of the Village Voice is reaching you about a week later than usual. In this, the first issue of 2021, I am very happy to announce the results of the 2020 writing competition (page 16). As with the previous two years, this time too there was very wide participation from people of all ages. A special word of thanks to the teachers and parents at Moorlands Primary who encouraged the children to put in their entries. In the regular columns, this month, the Village Voice Health Check continues its series on well being and mental health related topics with a double bill (pages 14 and 15).

MAGAZINE OF THE YEAR 2020: As usual we entered this competition organised by a national magazine printing company in 2020 and came a very creditable 13th out of 267 entries in the section for A4 sized magazines. My thanks to all our contributors who helped us achieve this very good position,. Without your news and events and advertising it would not be possible to produce this magazine for our community.

Our region is poised for a massive vaccination drive in an effort to contain the COVID virus and go back to our normal lives. While we wait for that, please continue to abide by the hands-face- space dictum (page 28) that may help keep you and others safe.

Professor Regi T Alexander
Editor

VILLAGE VOICE GRANTS

Due to the special circumstances in 2020 with many clubs and groups out of action 'Village Voice' decided not to advertise to award grants in the usual way but Management board members left the door open so that they could award grants to any specially deserving causes as they saw fit and this resulted in three awards being made and paid out at the board meeting in December 2020.

The Pantry (Belton Foof Bank) - This has proved to be an even bigger lifeline than usual to those families in difficulty on 2020 and we decided to make a payment to them of £300.

1st. Belton Scouts - Many of you will have seen that the Belton Scout Hut was broken into in the Autumn of 2020 and we decided to spend £300 on purchasing specialised equipment to help them get back to normal.

Friends of Moorlands - The school has had a very expensive year due to extra items required to make the school 'Covid safe' and we awarded £300 to the Friends of Moorlands to help them purchase additional/replacement teaching aids as required.

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YOUR PARISH COUNCIL NEEDS YOU Why not be a Parish Councillor??

Both Belton with Browston Parish Council and Burgh Castle Parish Council currently have vacancies to fill. There are currently three vacancies on Belton with Browston and one vacancy on Burgh Castle.

To be a Parish Councillor is very rewarding. To be able to help your local community, bring problems to the attention of the appropriate authorities and generally give something back to the area where you live.

Councils usually meet face to face monthly but are currently using the remote Zoom system. You can attend the zoom meetings either using online access, or using a dial in system using a landline telephone. It is very simple to use, the details of the two Councils are given below.

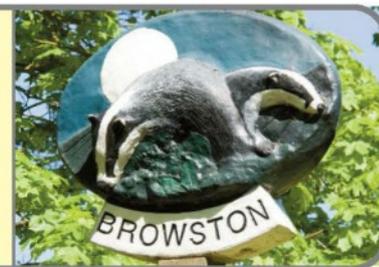
Belton with Browston – Meets on the first Tuesday of the month at 7.00pm by Zoom or at the New Road Centre, for information contact Parish Clerk, Kate Ruddock on 01493 602960 or e-mail beltonparish@yahoo.com .

Burgh Castle – Meeting on the second Monday of the month at 7.30pm either by Zoom or, as soon as we can return, at Burgh Castle Village Hall, for details contact Kate Ruddock on 07948 705218, e-mail burghcastleclerk@gmail.com.



BELTON WITH BROWSTON PARISH COUNCIL

www.beltonwithbrowston.norfolkparishes.gov.uk/



DECEMBER COUNCIL MEETING

The December 1st. meeting of Belton with Browston Parish Council commenced with a minutes silence in memory of chairman Peter Nichols who had died suddenly a few days earlier. There were nine Parish Councillors, the Parish Clerk and both Borough Councillors, Adrian Myers and Tracy Cameron present, Michael Graystone chaired the meeting.

Borough Councillor Myers reported that he had been dealing with fly tipping issues at The Loke plus other confidential matters. The chairman reported on a meeting with a representative from Great Yarmouth Borough Council who will cut back various overgrown hedges in the parish, probably in January, on behalf of Norfolk County Council, this will then be funded from County Councillor Andy Grant's highways budget.

After discussion it was agreed to keep the same level of charge for the Parish Councils part of the 2021/22 council tax however it was reported that there is a review of the Borough Councils payment of its concurrent functions grant towards parish councils expenses and this could have an adverse effect on budget figures.

Members agreed to accept a quotation for the clearance of the dykes at Bland Corner which take surface water from the New Road area however a decision on replacing a large quantity of the worn fencing and installation of two new gates at the New Road Sports Field was deferred till the January meeting pending receipt of a further quotation.

Members agreed to set the closing date for the parish's Citizen of the Year award at January 18th, the award will run similarly to previous years (see article in this VV), they also agreed to publish in this Village Voice a public notice at the request of the Charity Commission before that organisation can prepare a draft scheme for the management of the Belton Pit Surveyors Allotment land which has on the A143 towards Fritton and has just been officially taken over by the Parish Council.

Those present agreed to three grants from the councils Social Inclusion Fund, £800.00 to The Pantry (The local food bank), £160.00 to purchase two village Christmas trees and £60.00 towards replacing items stolen from the 1st. Belton Scouts during a recent break-in at their H.Q.

Possible plans to widen the footpath over the Bell Lane field with the help of Norfolk County Council Parish Partnership funds were put on hold till next years round of financial support as various items needed to be clarified including the cost, if required, of a formal closure of the path whilst the works take place.

There were no planning objections to the following four applications, 16 Heather Gardens (first floor extension), Barn 3, Hall Farm Beccles Road (rear extension), 7 Fern Gardens (First floor extension), and 5 St. James Crescent (single story extension). Members did however object to plans to construct a separate bungalow in the garden at The Nursery, Station Road South (outside the Boroughwide Plan, over development of the site and concern about vehicle access). Borough Councillor Myers agreed to contact County Councillor Andy Grant over works which have taken place to install a dropped kerb in Rosedale gardens to check if all necessary permissions had been granted.

All members agreed to contact Tesco, both locally and through their

head office, to request that they remove the recently installed large coffee machine, this will affect trade at the next door café and is causing difficulty with social distancing in the store in the area near to the check outs as space has been restricted.

The next meeting of the Council will take place on Tuesday January 5th 2021 remotely by Zoom.

CITIZEN OF THE YEAR

Belton with Browston Parish Council are inviting nominations for the Citizen of the Year **2020** award which will be presented in the Spring of next year.

To make a nomination send the person's name and address together with the specific details of your nomination to Kate Rudock, Parish Clerk, Belton with Browston Parish Council, 56 Victoria Road, Gorleston, Gt. Yarmouth, NR31 6EF by **Monday January 18th 2021**. You can nominate someone for the help and assistance to an individual or with a group or organisation based in the Parish

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

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.

Stepshort Belton & Burgh Castle - This is scheduled to be closed from February 21st to February 25th for the long awaited total resurfacing. (Confirmation in next months Village Voice.)

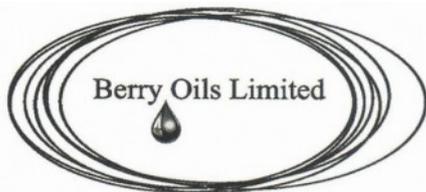
New Road Belton - The closure of the section between the mini roundabout and A143 roundabout should now be back in place till February 5th with the section between Waveney Drive and Deben Drive following on and due to close from February 8th to the 19th

Riverside Footpath - (Burgh Castle Church to Great Yarmouth) - This is an 'on going' closure for flood defence works at Breydon Water however it should be completed on February 6th 2021

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 now in place until April 18th 2021 for river bank pile replacements.

CRIME FIGURES - NOVEMBER 2020

Below are the list of crimes recorded in the Southern Villages police area for November 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. (Yes we headed up the article in last months VV



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as November but they were the figures for October - these are the real November totals!

1 x Arson, 7 x Criminal damage, 6 x Domestic, 1 x Burglary business and community, 2 x Robbery, 3 x Public fear, alarm or distress caused, 1 x Theft or unauthorised taking of a motor vehicle, 1 x Theft from a motor vehicle

Total 22 (24 last month)

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

27 (41 last month) - Cobholm and Southtown, 11 (9) - Bradwell North, 53 (47) - Magdalen and Claydon, 25 (44) - Gorleston and St Andrews wards.

MOBILE LIBRARY SERVICE

At the time of writing the Norfolk County Council mobile library service is up and running again, having resumed for the second time on December 2nd, locally we have monthly visits as follows:

Belton - January 13th and February 10th (Outside No 7 Station Road south (2.00-10pm), Amhurst Gardens (2.15-2.30pm), Moorlands Primary Academy 2.35 - 3.20pm) and St. Roberts Way 3.30 - 3.45pm).

Fritton & St. Olaves - January 27th and February 24th New Road Fritton, by the Playing Field (3.15-3.35pm) and St. Olaves - Priory Close (3.40 to 4.00pm.) .

BURGH CASTLE PARISH COUNCIL

The December 14th meeting of Burgh Castle Parish Council commenced with a silence in memory of Councillor Peter Nichols who had died suddenly since the previous months meeting, Peter had been on the council for five years and will be missed by his colleagues.

The meeting was chaired by Brian Swan and present were the six Parish Councillors, Parish Clerk, Kate Ruddock plus Borough Councillors Tracy Cameron and Adrian Myers. The chairman thanked Councillor Cameron for using her ward budget funds to cover the cost of the new notice board by the Kingfisher Park bus stop. He also reported that he had a supply of face visors, donated to the council which are available to anybody working in the care industry or in similar community-based occupations.

Councillor Myers agreed to request the Parking Enforcement Officers to attend at the Mill Road and Butt Lane junction where there are a number of ongoing cases of vehicles parking on the yellow lines. Councillor Hogg asked the clerk to ensure that the new village entrance signs that were recently agreed go at the correct locations, he said that the current ones on Lords Lane and Market Road are both in incorrect positions. Councillor Swan stated that he had discovered that the awaited repairs on Mill Road where there is a small area barriered off cannot take place until New Road Belton is reopened as a temporary road closure will be needed to enable safe working.

Councillor Grimmer reported two recent instances of sewage flooding on to fields at Porters Loke caused by pumping station issues, he detailed the ongoing story of this pumping station and Borough Councillor Myers said that with full information he would contact Anglian Water and copy the information to the Environmental Health Department at the Borough Council.

The Tree Protection Order at Dovedale on Butt Lane has been confirmed for two groups of trees but the clerk was asked to enquire as to why it had not been amended to include a Walnut Tree, which had been requested by the Parish Council.

Members agreed to the price for 2021 for the grounds maintenance contract with Garden Guardian but were reminded that a full

tendering procedure would be needed from the summer of 2022, it was agreed to take a further look at marking out the area of the burial ground where the spoil heap had been recently removed at the next council meeting.

It was confirmed that the January meeting of the Council will take place remotely by Zoom on Monday January 11th, anybody wishing to join in can get full details from the Parish Clerk.

FRITTON WITH ST. OLAVES PARISH COUNCIL

Eight council members and the Parish clerk attended the November 26th meeting of Fritton with St Olaves parish Council held via the Zoom system due to the current situation. There had been a lot of concerns raised over parking at New Road, Fritton due to the public visiting Fritton Woods and it was felt the problem had increased due to the current lockdown situation. Members agreed to ask the police and civil parking officers to visit during the weekend directly following the meeting and to contact Newcombe Estates to see if they would reopen the car parking area. If this does not happen it was agreed to contact the Borough Council to see if they can purchase part of the area so that it can be opened up in future.

There were no objections from the members to plans to replace a conservatory with a garden room at Firdale, Beccles Road, Fritton whilst the Borough Council had approved a double garage at Cirrus, Herringfleet Road, St. Olaves. It was confirmed that there is a tree protection order on the large tree by Buckworths Garage and that it has been trimmed with permission. Having looked at various options for speeding signs it was agreed to use the Parish Partnership scheme to purchase a second SAM2 anti parking machine for Fritton (50% of the cost will be met by the County Council under the scheme).

Members agreed to a 2% increase in the Parish Precept for the 2021/22 accounts this to include money towards a second defibrillator and the new anti-speeding sign. Various options were discussed for the location of the new defibrillator funded by the Personal council budgets of Borough Councillors Myers and Cameron there needs to be a good mobile phone signal where the unit is located and this was a major problem when seeking an acceptable location. It was eventually decided to locate it at Buckworths Garage at St. Olaves, they are happy to have it, it is well lit and there is a good mobile signal in that area, details will be published when it is installed.

The next council meeting will be on Thursday January 28th remotely using Zoom, Parish Clerk, Kate Ruddock can be contacted for details if you wish to take part.

PLANNING DECISIONS

The following planning decisions were set to be ratified at the Great Yarmouth Borough Councils December development Control Committee meeting.

'Heath Liveries', Browston (Amend conditions on new 5 bedroomed property) Approve.

77 Amhurst Gardens, Belton (2 metre high fence) Approve.

Plot 2, 'Brentwood', St. Johns Road, Belton (amend from chalet to single story bungalow) Approve.

'Farewell Hales', formerly 'Fourwinds', Stepshort, Belton (New 2 bedroomed bungalow within plot) Refuse.

15 Amhurst Gardens, Belton (change of use from 'sui generis' to within garden curtilage) Refuse.

New Road, Land off, Belton (Agricultural store) Approve.

'Strawlands', west of, Mill Road Burgh Castle. (New residential bungalow with garage) Refuse.

Mill Farm, Mill Rd., Burgh Castle, (Paddock changed to caravan storage – conditions) Approve.

Caldicott Hall, Beccles Road, Fritton, (redevelop driving range and part of golf course to accommodate 157 static holiday caravans) Approve,

'Firdale', Beccles Road, Fritton, (Replace conservatory with garden room) Approve.

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BELTON ACTIVITY MORNINGS



As I write, the New Year of 2021 is around the corner. 2020 has been a very strange year and I for one am glad it's behind us. We all live in hope that 2021 will bring us some normality and will be a better one. Before I continue, we were shocked to hear of Mr Nicolls sudden passing. Our thoughts and prayers are with his family. He was a huge supporter of the group.

During Lockdown 2, Belton Activity Members were invited to a coffee morning on Zoom at 10 am. This was to be a learning curve for all of us. Basically Sallyann would send an email to invite members to the coffee morning, then by clicking on the link in the email you can link up and take part. I believe it's better if you have downloaded the Zoom app first to get an easier link up. It really did help us to keep going. Unfortunately some members were not able to and that's why I decided to run the walks instead when we came out of lockdown.

Once out of lockdown, Sallyann postponed Monday indoor exercise sessions till the new year and organised Nordic Walk & Talk sessions on the 7th and 14th of December 2020. On both occasions about 10 people attended and we walked around the field a couple of times then kept warm with some exercises in the car park. We all brought our own refreshments while social distanced outside or sat in our cars. Sadly we were not able to have our Christmas

Mince pie meet up like last year as the 2019 picture shows and sadly some of the group has passed on. Finally we have sent our donation in memory of Dorothy Knight of £50.00 to Cancer Research UK. The other photo included is of our two walk & talk session in December 2020.

In 2021 Sallyann of up4fitness plans to reopen the 11th January for 5 weeks till half term, all assuming we do not go into lockdown. If we keep to the rule of 6 for classes we can be Covid secure and open. On opening we have a one way system, good ventilation, 3 meter square for each person and your own chair for your session. The class times will be 10am, 11am and 12 noon. All classes are 45 minutes to allow for change over and you are advised to arrive 5 minutes before your booked time.

All classes are £5.00 and must be booked to reserve your place & seat. Nordic Walking will take place only with past Nordic walkers at the 10 am class only.

Sallyann of up4fitness will also be working from a unique Personal Training studio for individuals or couples. This brand new studio will only allow 6 people in at one time. All clients have to book with a personal trainer or buy tiny group training sessions Each personal training client will have person specific training throughout their visit. If you would like to find out any more about the above please email up4fitness@gmail.com telephone 07599044806 or private message Sallyann through messenger on my Facebook pages Sallyann Protheroe and up4fitness Thank you.

BRADWELL PARISH COUNCIL

Bradwell Parish Council has just launched a new website. It has been designed specifically for ease of use and can be found at www.bradwellparishcouncil.co.uk.

The latest edition of The Bradwellian magazine has been delivered to all residents of Bradwell, but can also be found online for the first time and also in magazine dispensers placed in Morrisons and Tescos, Bradwell. This edition has a new editorial team, benefits from a new look and is a full colour edition for the first time. The Clerk is currently mostly working from home, so should you wish to contact her, please email on clerk@bradwellparishcouncil.co.uk. We wish everybody a safe and happy New Year.

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**ADRIAN MYERS
BOROUGH COUNCILLOR**

With the announcement of the Pfizer vaccine being rolled out, the media and many voices were hailing this as the light at the end of the tunnel. Unfortunately once again we find this government over promising and under delivering. The media trot out high

profile figures having the vaccine, which I can only assume is to promote the good "message of the vaccine" and, to encourage us to have. On the latter point, I believe that a reality check is needed. It was announced that the priority was for over 80s and front line workers for receipt of this vaccine. There is available 800,000 doses of which two are required meaning that only 400,000 can receive it. These figures appear substantial but they are not when put into the context of reality. In England the population of over 80s is around 1.43 million. In Norfolk about 31,000 in the East of England 174,000. So just vaccinating the over 80s in the East of England would take up to nearly half the available doses. This of course does not include the front line workers mentioned. So how many people will get vaccinated?. The simple answer is we don't know. The government is not releasing figures, make your own mind up on that one, but we can deduce that at least 1.0 million over 80s will not get it.

Only today I hear that the mass vaccination programme will still only reach about half the population by the end of 2021. The point is, we are going to be stuck with the restrictions that we have for many months to come. Even when the Oxford vaccine comes online, the distribution and administering the vaccine is a gigantic logistical task, and to date this government has failed at every hurdle in its delivery of large nationwide programmes. Along side this was the announcement of mass testing in schools. When is the training going to take place, who is going to be trained to do it and if it is the teachers, when are they actually going to find the time to teach.

The government must stop making grandiose announcements only to find itself spinning the failures in deliverance time and again. Just be honest with the people and I am sure the people will trust you, because there seems to be very little of it at the moment. I know my articles about Covid seem to be somewhat gloomy, but it is my view that it is better to have a gloomy realistic outlook and experience the joy of having that gloom proved wrong than taking an over optimistic unrealistic outlook and to have it dashed time and again.

One thing that adversity does bring out in the vast majority of the human race, is the kindness and benevolence shown to others who, for one reason or another, find themselves in less fortunate circumstances. I have always believed that we humans are basically and overwhelming a kind and caring species and I have seen nothing to dispel that view in my many years of being one. I wish all the people of Great Yarmouth and indeed the country, a healthy and bright future

Adrian Myers. Independent, Lothingland Ward.



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 please visit our website at www.entua.org.uk

As you may have noticed the diverted X11 service has changed its inward journey into Belton as follows:- From Belton crossroads the bus travels along Beccles Road past the Rectory into Bracon Road, it then turns right into New Road then left into Waveney Drive then follows its route along St. Johns Road into Station Road North then left into Bracon Road to the terminus. On leaving

Belton terminus it turns right into Station Road South, Station Road North, St. Johns Road, Waveney Drive then turns right into New Road then left onto Bracon Road past the Rectory and onwards to Belton crossroads.

This arrangement will continue during Phase II of the New Road closure when there will be no access between Waveney Drive and the mini roundabout, although there are discussions on the exact details of whether this closure will only go as far as Deben Drive. However as far as buses are concerned the diversion will stay in place. We don't have any details yet on how the early morning 6B and the two evening 6B's will be diverted.

First Eastern Counties buses will be curtailing their services on New Years Eve. The daytime X11 services will not be affected, however there will be no evening 6B services to and from Belton. How safe is it to travel on public transport during this pandemic? The early advice from Government was to avoid public transport. To make up for the lack of passengers, the Treasury has been stumping up £900m per month to keep trains running. There has been this inference that public transport is a hotbed of infection, which is certainly not the case. During the Summer the RSSB assessment was that there was a 1 in 11,000 chance of Covid 19 infection on a train. Research from both France and Germany showed that infection rates on trains are less than 1% and even in Hong Kong (one of the most densely populated areas in the world and one of the most heavily reliant on public transport) has an overall infection rate ten times below that of Western Europe. One major rail provider GTR has stated that they have not detected a single case of Covid 19 on any of their trains or at any of their stations. The head of Rail Delivery Group Head of Engineering has stated that "Nobody has detected any residues of Covid 19 on any surfaces in any rail environment, anywhere in the country – not on handrails, escalators, door buttons or ticket machines"

It would appear that as long as people are careful when using public transport eg wearing face masks, social distancing and washing or disinfecting hands regularly, there is minimal risk, unlike recent evidence of (crammed) car sharing has shown linked to an outbreak at a Norfolk food factory. We need to get passengers back onto buses and trains to avoid losing them once the Government subsidy ends.

ENTUA wishes all of its readers a Happy, Healthy Christmas and better times to come in 2021. ENTUA always welcomes new members, all we ask is a minimum £5.00 annual donation 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

BROWN BIN COLLECTION DATES 2021

There is a different system to find your Garden Waste brown bin collections dates from January 2021, instead of the full diaries being on the Great Yarmouth Borough Council web site take the following steps.

- 1) Visit <https://myaccount.great-yarmouth.gov.uk/find-my-waste-collection-days>.
- 2) Enter your post code.
- 3) This will give the next few weeks dates for all services at your address, brown, green and black bins plus bulky items collection days updated for bank holidays and any special arrangements.

Hard copies of the calendars are still available from Great Yarmouth Borough Services (GYBS).

**2020 VILLAGE VOICE
WRITING COMPETITION
MUCH AWAITED RESULTS ARE NOW OUT
PLEASE SEE PAGE 16**

221 Squadron Air Cadets are **BACK!**

After 9 long months of being closed due to government restrictions, 221 (Great Yarmouth) Squadron Air Cadets have re-opened.

▲ Who are we?

We are a UK-wide cadet force with more than 40,000 members aged between 12 and 20 years. We are sponsored by the Royal Air Force and can give you hands-on experience of activities and courses that will challenge and develop your skills to help you succeed in whatever you want to do.

▲ How old do you have to be?

You need to be a minimum of 12 years and or in Year 8 at school.

▲ What do we do?

As a cadet you'll have the opportunity to do things that others only dream about. Want real flight experience? No problem. How about heading out on adventurous training and camps, sometimes overseas? Normal for cadets. Competitive sports, drill, shooting, music, abseiling, engineering projects? Our list of activities is long, varied and open to all cadets. Yes, it's a challenge, but that's what life's all about. Let's face it - where else would you be given the opportunity to fly solo in a glider or powered aircraft when you're 17? Whatever you do with your life, at the end of your time as a cadet you'll be self-motivated, confident and ready for anything.

You will also be supplied with a uniform free of charge (except for footwear).

▲ When and where do we meet?

We currently meet on Monday and Wednesdays 19.00 – 21.00. We are in our own building which is situated on Suffolk Road (near the bridge over William Adams Way).

Want to come along and see what we are about? In the first instance please contact Flt Lt Tracie Cameron by either email on oc.221@rafac.mod.gov.uk or telephone 07968 882240 and we can arrange a suitably agreed date for you to visit us.

We can also be found on Facebook and Instagram – 221 Great Yarmouth Air Cadets. On here you will find an assortment of activities that we have done.



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REV ROSIE WRITES



As I started to write this article looking back on 2020, I took a look at what I wrote a year ago. I am going to begin with the final paragraph....

So it is in any faith walk with God; we learn to trust through the continued practice and exercise of our faith relationship. It starts with a small step of saying "Yes!". Put your hand into the hand of God, and find HOPE for the future in 2020.

The year of 2020 has certainly been a testing year. None of us could have imagined what we were going to face when the clocks turned midnight launching us into a fresh decade. This pandemic has brought fear to most, if not all of us. We have suffered loss in so many ways; the people we have known and loved; loss of freedom; isolation and loneliness; poor health and well-being; job losses and fear of loss of employment; struggles for businesses to keep going or survive, and so much more.

In recent weeks we have had the good news of the vaccination being rolled out, and a number of the older members of our community have already begun to receive these; but now we have fresh news that the virus has mutated, and we have had fresh limitations imposed upon us, when we had just begun to hope we were seeing the light at the end of the tunnel.

Hope.... the feeling that what is wanted can be had or that things will turn out for the best; a feeling of trust (*I would say in God*); a belief that God is for us and not against us; that what is going on will pass, and that the future is in God's hands. I wonder how you would describe your hope?

For me, hope and faith are over-lapping realities. I have heard hope described as *faith in the future tense*. I might not have all the answers, but I know where my future lays. My faith is in God, the God who loved the world so much that he sent his Son, Jesus, so that we could get to know him and learn how much God cares for his people. Reading about Jesus' life, death and coming back to life in the Bible, helps me understand something of God's plans for the future of humankind; his plans that gives me hope and a future. For me, the reality of relationship with God, through Jesus; knowing that nothing can separate me from his love, is the basis of my hope, which I share with you.

As many of you know, I am considered to be clinically extremely vulnerable, and like many have been shielded, and when not I have taken great care to follow instructions to take care for myself and others. There is a passage in Romans chapter 8 that I think is the source of my hope:

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long;

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

It is in God's word that I find HOPE. There are many things that I, personally, am unable to influence or change but I believe in a God who calls me to be rooted in the peace and grace of God; knowing the love of God in Christ Jesus. Through a living relationship with

God I am able to trust him for the future; He doesn't promise to make it free of hardship but he does promise to always be with me in love, support and encouragement.

Hope is important to me. It doesn't stop me feeling frustrated at the situation we are all in currently, but it does help me dig deep for strength to keep going, or to face the difficulties that cross my path. Without hope I would not be able to serve or love in the way that I try to do. We all need hope at this time.

What has the church been up to in 2020?

We had so much planned for the last year, which just fell by the wayside. The 75th Anniversary of VE Day would have been commemorated well in Belton style, for instance. Even so, wasn't our community so creative in commemorating this anniversary.

In March the churches were closed for lockdown, and my husband, Tim, and son, Andy, helped both All Saints Belton and St Peter and St Paul Burgh Castle meet on line. Services have continued on-line, although some services and one Messy Church has taken place in the buildings.

The church is not the building, it's the people! I've heard that said so many times, but how true it is.

The church has continued to work with our Moorlands Primary Academy, leading Collective Worship each week and special services for Harvest, Remembrance and Christmas through Zoom.

Leaders of Young at Heart deserve a mention for all the hard work they have put in trying to help people who were feeling isolated or lonely; dreaming up such things as Afternoon Tea deliveries on a couple of occasions, courtesy of Binkys, monthly quizzes and all sorts of activities.

A lot of work has been carried out by The Pantry volunteers supporting families and individuals in need, for which we are grateful for the donations received from many organisations and individuals, including both Belton & Burgh Castle Parish Councils, and the Village Voice. And I mustn't overlook the work done by many people in the church for the on-line Christmas Fair which raised around £650 for The Pantry foodbank.

On the pastoral side, there have been more funerals than we would have liked. Viv and I always find it a privilege to support our local families in bereavement, but this year has been a year of adapting what we have been allowed to do.

We have carried out full services beside the grave, seeking to give as good and full a tribute and send-off as we are able to; something I had never had to do before in 23 years of ministry. Sadly, most of the weddings planned for 2020 had to be postponed until 2021, although one was celebrated in February and another in December, so life and love goes on. Thank God!

There is, hopefully, much to look forward to in 2021. I hope that once again we will be able to throw open the church doors and welcome people in for coffee and cake, and to worship God in song and strong voice. I look forward to being able to invite people to The Rectory for the Summer Fete, and for all of us to be out and about greeting one another and not fearful.

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THE VILLAGE VOICE HEALTH CHECK

Health Check is a regular column in your Village Voice. Each month, a health topic of interest to the general public will be discussed by a health or social care professional. Please feel free to write to beltonvveditor@gmail.com with suggestions about topics that you would like covered in the future.

BEYOND BIRTH LIVING LIBRARY



About the author: Dr Sunita Sharma is a Consultant Obstetrician and Gynaecologist at Chelsea and Westminster Hospital, London. She is an advisor to Research in Developmental Neuropsychiatry (RADIANT), a network with representation from around 20 NHS Trusts, university academics and experts by experience. In this, the second of a series of 12 articles on topics about well being and mental health, she reflects on how the

COVID 19 pandemic has brought different challenges for parents and new families. Ways in which friends and families can support each other changed overnight and often left unimaginable isolation and loneliness in its wake. The Beyond Birth Living Library is a free peer support programme designed to support parents and grandparents. Visit www.beyondbirthlivinglibrary.org to receive or offer support to another parent with similar birth experience.

I'm an NHS Consultant Obstetrician and Gynaecologist and the Lead for Postnatal Services at the Chelsea and Westminster Hospital, London. We decided to develop the Beyond Birth Living Library after my team and I spent years listening to women and parents who came back to postnatal clinics, months after the birth, because of a difficult birth experience.

They crossed the economic divide and they came from every culture. They had one thing in common: they had left maternity care and were still not fully healed.

The majority had recovered physically and often didn't meet the formal criteria for referral to perinatal mental health services for concerns like anxiety, depression, or trauma. But this didn't mean that there wasn't a need for help and support. They felt alone and lonely in their experience. Parents sought understanding and support to make sense of their experience, without judgement.

Most of these parents in the postnatal clinic fell into one of these groups:

- Emergency operative birth (often a first birth)
- Re-admission to the hospital (mother or baby)
- Mothers who had to return to operating theatre
- Mothers or babies whose care required a stay in the intensive care unit
- Parents who had difficulty accessing care – perhaps because of language barriers, cultural differences, learning difficulties, or mobility, visual and hearing challenges

Often, they had started the pregnancy as clinically low risk, working towards a normal birth. The unexpectedly difficult birth experience had hit them at a personal level. Many seemed to believe they had failed their baby, were not good mothers, couldn't connect to their baby or feel that expected immense love, or that being deprived of this magical time they should have had with their new born would lead to problems down the road. Few still couldn't look at their baby without remembering what the birth had put them through or the consequences the birth left them with.

Many of the parents felt that friends and family didn't understand. They found it difficult to move on and be grateful that they and the baby were now well.

We recognised that there was a need that was unmet. This is why we came to create Beyond Birth Living Library: to bring the support parents needed beyond the traditional medical model.

The Qultrum Center for Learning and Innovation in Jönköping, Sweden, has a long-established internationally recognised peer support system, called a Living Library, as part of their healthcare model. The approach taps into the learnings from a lived experience to support physical and mental health care.

A Living Library is a collection of people who by sharing knowledge and understanding from their life experiences help others who are going through similar experiences.

In 2019, our postnatal team at the Chelsea and Westminster Hospital, in collaboration with ChelWest Maternity Voices Partnership and NIHR CLAHRC NWL, won the Health Foundation Innovating for Improvements Award to transfer the Qultrum living library model to develop Beyond Birth Living Library in the U.K.

Acknowledgement: *This article and images are taken from Dr Sharma's piece originally published on <https://www.beyondbirthlivinglibrary.org>*



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.

NEW YEAR QUIZ Bill Richmond

- 1 In what year was the film 'White Christmas' released?
- 2 How many reindeers are mentioned in the introduction to the song 'Rudolph the Red Nosed Reindeer'?
- 3 How many days lie between Christmas Day and New Year's Day?
- 4 In how many different ways can the letters in the word XMAS be arranged?
- 5 How many letters are in the French word for Christmas?
- 6 The scientist Sir Isaac Newton was born on Christmas Day in which year?
- 7 Christmas day is the 25th December. What is the cube of the square root of 25?

(Answers on page 22)

THE VILLAGE VOICE HEALTH CHECK

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MENTAL HEALTH AND WEIGHT



About the authors: Dr Sarah Barden is a Specialty Doctor in Forensic Psychiatry. She qualified in London in 1996 and has trained and worked locally in Norfolk since 1999. She has a specialist interest in inpatient care and the importance of the balance between physical and mental health. Reena Tharian is a clinical pharmacist at Norfolk and Suffolk NHS Foundation Trust and an advisor to RADiANT (Research in Developmental Neuropsychiatry). In this, the third of a series of 12 articles on topics about well being and mental health, they discuss weight management in general with a particular focus on those with mental health issues.

Introduction

Obesity rates among the general population rose from 15% in 1993 to 26% in 2014. However, for those with severe mental health problems, the rate of obesity is even higher which may at least partly be due to the effects of medication, poor diet, less active life styles and in some cases alcohol or substance misuse. Life expectancy of people living with serious mental illness is 15–20 years less than the general population and the need for parity of esteem between mental and physical health is a current priority.

Managing my weight in 2021.

This article is to help support you make the first steps to ask for help if you are concerned about being overweight.

The language around increased weight.

What we look like and how we perceive ourselves is central to our self-esteem. We can be our own harshest critics so how much harder is it to ask for help? Even the medical terminology used can feel pejorative.

A complex disease involving all of our bodily systems and deeply affecting our mental state.

Obesity is defined as a chronic, relapsing and multi-factorial neuro-behavioural disease caused by an increase in body fat. The additional fat then takes on its own structure and function. This is known as adipose dysfunction and along with the physical effects of carrying extra weight results in adverse consequences. The balance between healthy mind and healthy body are central in managing the condition.

The risks of carrying excess weight.

The way that fat tissue starts to exert its own control over body function is called Cardio-Metabolic Syndrome. It is important to address other risk factors within this such as the presence of high

blood pressure, type 2 diabetes and blood lipids. We are concerned about these factors as they contribute to life changing illnesses such as heart attack or stroke. This can be compounded by smoking. Other consequence of carrying extra weight such as osteoarthritis and sleep apnoea should be reviewed. We know sadly that one of the risk factors for severe Covid-19 infection is increased weight.

Eating and our psychology:

The nurturing first attachments we make are around feeding. It is not surprising that for many of us food and drink become part of how we regulate our response to stress or exert control of our immediate environment. It can help neutralise unpleasant thoughts and feelings. In a modern world it is easy to consume large amounts of processed food and alcohol with little nutritional content beyond empty calories that make us pile on the pounds.

When things go wrong?

In a psychiatric assessment the clinician will focus on what are known as biological symptoms. These include how we are sleeping and eating? What our appetites and energies are? Our weight over time can become a barometer of our internal world. The science behind this is of a complex interaction of body chemistry, hormones and neurotransmitters that govern these processes at a deep biological level that influences our primal drives. It is not surprising then that mental illness itself and the drugs used to treat it can lead to changes in weight.

Some, but not all, antipsychotics (eg: Clozapine, Olanzapine), mood stabilisers (eg: Carbamazepine, Valproate) and antidepressants (eg: Mirtazepine, Clomipramine) can lead to dramatic increases in weight. Most commonly this will happen in the first phases of treatment. We know that this can be worse for people that have already had a weight problem or who have a family history.

NICE 2014 guidelines recommend checking weight, weekly for the first 6 weeks, then at 12 weeks, at 1 year and then annually (plotted on a chart) and waist circumference annually.

The risk of weight gain is different for different drugs. However, it is not as simple as just picking the drug with a low risk of weight gain. There may be other things to consider too. This can include the nature of your symptoms, what medication you have responded to in the past, what medication has been tried so far, other side effects, etc. The doctor and treating team will discuss this carefully with you.

It is much easier to prevent obesity than to help someone to lose a large amount of weight gain and measuring your bodies response to any treatment should be a core part of starting and continuing any treatment. This is something that GPs are commissioned to undertake for those with severe and enduring problems with their mental health.

What can I do?

It is important not to make sudden or dramatic changes to your treatment plan without consulting your clinician. Care plans around your mental health are a negotiation between the you and your doctor and should bring in themes of concern including weight changes. It is important to try to achieve a collaborative holistic approach.

If you have already gained weight then your clinician should be helping you with specific guidance on healthy lifestyle choices and considering the degree of risk posed to you by your weight. It may be possible in some cases to consider other treatment options to help you to lose weight and help you stay well mentally. These can include the use of directed medications or referral to a specialist.

Treatment of obesity by using medications is only after dietary, exercise and behavioural approaches have been started and evaluated. The decision to start drug treatments will be done after discussing the potential benefits and limitations with the person, including the mode of action, adverse effects and monitoring requirements, and the potential impact on the person's motivation.

Medications such as Orlistat (licensed in UK for treating obesity by preventing intestinal fat absorption), Metformin (there is some evidence to support off-label use of antidiabetic agent metformin for the management of antipsychotic-induced weight-gain) and Saxenda (can be prescribed in secondary care by a specialist following specific guidelines) are some of the options considered.

Cycles of change:

All of this takes time and can be frustrating. You will see many quick fix solutions. It is worth considering that the most effective changes that you can implement will be a sustained combination of diet and exercise and keeping the mindset in place to see it through. It is common for people to not be able to acknowledge a problem or want to commit to taking action at the beginning.

First steps in preparation for change may be to weigh yourself and measure your BMI. The NHS tool to do this is excellent. Use this as a way into seeing your GP and looking at any additional risks. Assess what support you have at home and in your local community. If you are emotionally distressed think about some form of independent talking treatment. Start to think about your relationship with food and consider the use of mindfulness, meditation and visualisation as tools.

Then it is time to take action. Think of how best you can be supported by your family, friends, colleagues, professionals. Think about community weight loss groups and exercise groups longer term when it is safe to do so. Consider a weight loss journal and recording daily your food and activity. Look at short-term and long-term goals and find ways to reward yourself not involving food.

Maintain your progress. Sustained change is where new behaviours replace the old. Having a good support network is imperative. Be aware that relapse is almost certain and that the differentiation in making this work or fail is your commitment to get back into the healthy grooves you have established even if you falter.

Final word:

For many of us this is an ongoing battle. There is no magic tablet or cure. The most important factor is sustained small changes consistently over time. Yes, it is a source of sadness that we have to control our eating behaviours and the key is to replace the unhealthy with the healthy we can enjoy. Cardio-metabolic syndrome is eminently treatable and can be put into remission. A simple, measurable and practical goal might be a reduction in your body weight by 5-10% in 3 months. You can do it!

Reference:

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator>

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.

2020 VILLAGE VOICE WRITING COMPETITION WINNERS



The 2020 Village Voice writing competition was a resounding success attracting almost 200 entries. It was a difficult task to judge as the quality of writing was quite high. The magazine board at its last meeting agreed to introduce an extra category for 'children aged 8 and below' to the other categories that had already been announced earlier.

Due to the uncertainty about the COVID 19 situation and lock down, we do not yet have a date fixed for the prize distribution ceremony. It is expected that we will be having it in early summer 2021. The prize winning entries will start appearing in the pages of Village Voice from the next issue.

Congratulations to the winners and all those who participated in such large numbers.

Children 8 and below:

Winner: Olive Smith (My Best Day Ever)

Judges' commendation: Noah Leach, Isabelle Harrison, Harry Ruddick, Ella Bloomfield, Lilly-Joy Leach, Sam Crawford, Tiana O'Sullivan

Children 9-11:

Winner: Sophie Long (My Special Place)

Judges' commendation: Lilly O dell, Bryony Chesneau, Edwin Muir, Maisie Edwards, Marly Frankin, Layla Ventom, Isla Dickson

Children 12-18:

Winner: William Chesneau (Battle of the Biscuits)

Judges' commendation: Ryan King

Adults:

Winner: Piers Colby (Lorica)

Judges' commendation: Anita Abel, Heather Andrews, Charles Buddery, Lillie Carter, Jim Channell, Lesley Chalmers, Alison Crane, Victoria Dyson, Terry Jordan, Pauline Parkinson, Sue Russell, Ann Wilby, John Welsby, Jill Waters

Editor's commendations for people with a learning disability:

Matthew Gay, Paul Last, Owen Green



LIFE IN THE TIME OF COVID 19

This new column in your Village Voice
features
personal reflections
of love and life
in the time of Covid 19.

Please send in your contributions to beltonvveditor@gmail.com

There have been many discussions and articles written on how the Covid pandemic has affected people mentally. After struggling with my mental health for over a decade, I wanted to share with you how I have both struggled and overcome over the last year.

Before the pandemic I was doing OK. A few dark days within the year but I was managing my mental health well, and was getting the support I needed from various professional and non-professional networks. The pandemic has affected everything though; home life, work, daily routines and my mental health.

During the first lockdown I relied on helping others to get set up with the technology they needed to stay connected, as well as volunteering for several roles to act as a distraction from any depression/anxiety I could potentially spiral into. I saw others starting to struggle and by helping to support them, I wouldn't have the time to let my own struggles affect me. (Or that was the thinking I had at the time).

This experience, however, has highlighted just how trapped in our thoughts we can get. Even knowing I was not alone in my experiences of these struggles, and pointing others to avenues of support, it has been extremely difficult to know what would help me the most. The pressure I put on myself to achieve/succeed was too much. With how uncertain the immediate future is, just getting through the day had to be enough. I was starting to struggle to wake up on time, had a period where I lost interest in eating and struggled to focus on the tasks I was attempting. Pressure from online sources to come out of the pandemic looking and feeling better than ever also added to the struggles.

During this more recent period, with the tiers system and such, I have been noticing the effect on my health (both physical and mental) a lot more. I have experienced increased anxiety about what the future holds; with everything becoming more and more uncertain it kept me constantly on edge. With working from home, not being able to travel to see family, meeting with friends online, helping the children with their home learning, school governor meetings, and all my church meetings taking place in front of a screen, it was very easy to become overwhelmed.

Keeping busy with tasks that have identifiable outcomes, has always been my go to method when I know I am going to be experiencing a tough time with my mental health. The extra time at home this pandemic has provided has been both a blessing and a curse. I have challenged myself to stay positive one day at a time, as I know I don't help myself or my family by withdrawing. The open plan living area we have is normally great for the family to spend time together, but it has become almost impossible to find my own space for meetings or for time to look after myself. I had to learn to understand and accept my own limits. If I wasn't committed into a task I gave myself permission to leave it for another time.

The extra time has provided me the opportunity to try new activities as a way to focus my thoughts. I have been able to take up my artwork and crochet again, in addition to learning new games to play with the children. Talking to my life group from church about my worries and struggles has also been really helpful. They have supported me a lot, and even though it can be harder to open up on a digital platform than it is when face to face, I am really blessed to have each one of them in my life.

As it says in Matthew 6:27, we can't add a single hour to our lives by worrying. I don't want to waste the time I have been given, so I

acknowledge the thought when it comes into my head and then look for ways it can be a positive instead. Having the children at home constantly under my feet is very stressful, but any other year I would not have been able to see them grow so much within themselves or learn from them as much as I have done. Yes, there is more housework that never seems to get finished but by focusing on the things we have achieved I have a positive to remember rather than the negatives to spiral under.

I no longer allow my mental health to define who I am. Having people around me to remind me of what I offer, the relationships I have developed with the people of the village, and my relationship with Jesus all help towards putting the jigsaw puzzle of my identity together. I am so much more than a diagnosis on a piece of paper, and thanks to the experiences of this year I have so many memories to help remind myself of that when those dark days come around.

Anneka Gearie

As we all know this has been a strange year, I think that very early I felt that Covid was going to lead to a very serious situation and was certainly proved correct.

The first lock down was strange but taken as it came – something different, I don't think I felt the full implications of this but with version two passed and a probable version three coming (this being written on December 18th) I think we have all 'had enough' but have to make the best of what is happening making day to day changes as we go along, I think we have coped well in the circumstances. I am not sure how anyone can say they have not been affected in some way, fortunately I have not had any deaths close to me but do know of cases and we have all had to adapt making life strange and at times difficult, moving on Christmas this year is going to seem very odd.

At first the whole situation was a novelty in a strange sort of way but now that we realise the full implications we can only wait, accept what is happening and hope that by sometime in 2021 things will improve, let's hope that we all take the vaccine as soon as it is offered.

Brian Swan

I am very fortunate in having a wonderful wife by my side in supporting things that I do and we jointly are involved in. Unfortunately many people are now on their own as they have lost a partner and during these past many months have found isolation and loneliness affecting them in different ways. Even those who have a partner have commented they have found it tough at times. Yes, we have as well but by talking about things together we have found ways to get through the bad times. Being part of the Village Voice team and running the JGI with other Trustees has also helped in many ways. Ever since arriving in the village 21 years ago Sue and I have always enjoyed being involved in village activities, including the Church.

Although many of these have been curtailed due to the Covid virus through 2020, we have still been able to keep many things going, but equally have felt the effects that this lack of freedom due to Covid have had on us.

Like many others, social media like Facetime, Whats App, Zoom and Chime have played their usefulness in being able to see and chat with family and friends. It is not the same as a hug and kiss when meeting them. We are lucky again that we can use this technology but not all can or have that facility.

Talking is a great healer that can be used at any distance, either by landline or mobile so please always feel free to call if you would like to chat at any time.

We have a great community in the village so let's make it grow during 2021. If you see something that looks suspicious and could be a crime then report it, don't assume someone else will. It is our eyes that are likely to see an incident. Call 101. Action will happen especially if several calls are made about the same incident. Please also get your Covid jab as soon as you can.

I wish everyone a bright and cheerful New Year and truly pray that it will be a much better year than we have just experienced.
Bill Richmond

With the Covid 19 pandemic keeping yourself occupied is very important. What Carol and I have done to keep our minds working is doing jigsaw puzzles, this can keep you busy for hours. Playing Rummikub a game where you have to concentrate or a game of cards.

Having a dog to exercise we have walked every day for our own benefit as well as the dogs. In the warmer months one could do things outside, gardening, cleaning windows or the car. Sitting in the sunshine was very relaxing but as winter drew ever closer we had to think more as how to keep busy, that doesn't mean keeping on your feet, cleaning, decorating or pottering around. Reading is a good time consumer. I have been lucky I have spent many hours on my PC creating pieces especially for the VV, and designing and printing my own Christmas and Birthday Cards.

Keeping the mind active is essential for good health and well-being and that is what Carol and I have been doing.
Bryan Diggory

We would ask you to wear a face covering inside the building, use the QR code or complete a Track & Trace form. Tables are available in the small hall for refreshments and we have some new items for you to browse.

Please continue to save your good quality bric-a-brac, and books (especially paperbacks). 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 or Tel 01493780126)



1ST BELTON SCOUTS

Beavers

The Beavers are lucky enough to be back with face to face Scouts in 2 small groups again as we met in the summer months. The Beavers made drinks coasters with rainbows on as presents for their parents, played Simon Says and finished with saying head shoulders knees and toes, but we all got caught out by Bounce Beaver who



added cheese on toast, completely confusing Brown Beaver.

Cubs

The Cubs have continued to zoom call this month with numbers getting to unlucky for some but not for us at 13. We have made some coconut ice actually on zoom call and then shared pictures via WhatsApp, a truly great meeting!! We have played bingo, charades and competed in cryptic clue quizzes which tested everybody's mind including Akela's. Played a game Scattergories where Akela has a subject and 5 answers connected to the title of the game for instance "school" and you have to associate 5 things with this subject. Well done to Amelia for winning Scattergories and to Oliver and William B for winning 2 fiercely fought games of Bingo.

Scouts

Would you be interested in helping to support the Scout section, you don't need to help every week just when every you are able to help we are looking for a team of people to support them. For more information please contact John (Gov) Group Scout Leader 07443 567326

Group

Paper Collection next on Saturday 9th January 2021 please have your paper outside property by 8.45am ready for collection. February's collection Saturday 6th February 2021. We would be grateful of any books has for sales they can either be dropped at 6 Station Rd North Belton or phone 01493 780965.

Wanted petrol mower- please phone the above phone number if you can help.

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. As we remain in Tier 2 the decision has been taken to reduce our capacity for January to one driver,

Please call the mobile to arrange your lift 07767063986

We hope to have vetted a new volunteer driver by then and again once Tier's change to less restrictions we will offer a better service

We desperately need some new drivers, if you have recently retired or are just looking a something to do to help your neighbour this could be the very thing for you. All you need is a clean driving licence, the agreement of your insurance company and to undertake a DBS check. Want to know more then contact: mgreenacre532@gmail.com or Tel 01493780126

BURGH CASTLE TEA ROOM & BARGAIN STALL

Thank you to everyone who came along on 11th December, it was great to see you all!

We plan to open again on Friday 22nd January 2021 10 – 2pm (circumstance's allowing of course) Thank you to those who have donated this month, we have some lovely new stock for you to browse.

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Can the Scout Group say a very big thank you to the Village Voice with the help with security lighting at the Scout HQ.

Can we also a very big thank you for the gardening tools from Belton Parish council which will be used by leaders and young people.

May we say a very big thank you to everyone who has supported the Scout Group over the last year by saving your recyclable paper/cardboard, books, items of bri-a-brac , toys, gardening tools and strimmer . It has been a very difficult time for us all, but thank you for your support.

CHILDREN IN NEED APPEAL AND CHRISTMAS CELEBRATIONS AT ORMISTON VENTURE ACADEMY

Bright yellow clothing adorned the corridors at Ormiston Venture Academy in Gorleston on Friday 13th November in support of the BBC's Children in Need appeal.



The students attended the school day looking amazing dressed in yellow, sporting children in need Pudsey ears, socks, jumpers, t-shirts and onesies. Students made a contribution to the charity to show their support. College clash points were received for the students who embraced the cause and were dressed to impress.

The students were committed to donate towards the charity which supports over 2,400 projects helping children facing a range of disadvantages, such as poverty, abuse or physical disability.



A pie the teacher contest drew hundreds of students to virtually watch the eventual winner (some might say loser) Mr Scotney get pied at the beginning of the day on the playground. Head boy Alex Riches took delight in his responsibility of administering the 'prize!' Students Elijah Palmer, Tobie-Regan Walden and Madelaine Marten created a huge Pudsey poster which students were able to collaborate on colouring in during lunch times to raise awareness of the charity.



Mr Waters who leads the Union of Venture students commented:

"It was a great effort by all staff and students in these difficult times the students and staff really took to the yellow theme as there were so many Pudsey outfits and ears on show during the day. Raising £522 for such a worthy cause along with the £106 raised in the Macmillan coffee morning earlier in the year is a key priority for the Union of Venture Students and something we are

incredibly proud off."

Continuing in the Spirit of Christmas the academy hosted its



annual Christmas Fayre. Sadly we were not able to invite the community in this year, but the show must go on and students attended in their year group bubbles to continue with our COVID safety measures. Students and staff again this year were invited to swap their blazers to wear a Christmas jumper, donating food items to the foodbank drive lead each year by our very own elves ((Union of Venture Students), having donated over 800 items last year.

Students enjoyed live music and entertainment, buying Christmas related gifts, treats, sweets and drinks, and having a go on a whole host of games and activities along with the raffle with our top prize being a Nintendo Switch, kindly donated by CEX.



Each College participated in making decorations, decorating their college Christmas tree and their very own Nutcracker to ensure everyone was getting into the Spirit in the countdown to Christmas.

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Elizabeth Myhill



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Cambridge**

This month I am writing about hardy geraniums – sometimes referred to as cranesbills (not to be confused with the annual geraniums with their large heads and showy blooms that we use in our borders and containers).

Botanically these are varieties of Pelargonium) Hardy geraniums are among the most popular garden perennials. And it's easy to see why. They're easy to grow, take a wide range of conditions, are tough and need little in the way of care and attention. They are fully frost hardy.

Most varieties prefer light shade but Geranium sanguineum and Geranium pretense varieties are happy and thrive in full sun provided there is moisture in the soil. They can be planted at anytime during the year.

Flower colour ranges through strong or subtle shades of violets, blues, pinks, magenta and white, and many have attractive veining in a contrasting stronger colour. Many varieties flower for months on end throughout summer and well into autumn, and some start flowering as early as late spring.

The flowers are generally quite small, but produced in huge abundance to almost cover the plants when in full bloom. The foliage of geraniums may be green, red, grey or bronze coloured with deeply divided or lobed leaves.

Some varieties are evergreen whilst others lose their leaves in winter. These plants make for ideal ground cover or grow them in pots or in mixed perennial containers. Height and Spread will depend upon the variety.

There are around 70 species and 700 varieties of hardy geraniums, so it is said that there's at least one for every garden, every gardener and every situation!

NEW YEAR QUIZ ANSWERS

1. 1954
2. 9
3. 6
4. 24
5. 4
6. 1642
7. 125



A SPRINGER'S TAIL

Lesley Chalmers



Lesley Chalmers



Lesley Chalmers



Lesley Chalmers



THE MALCOLM METCALF COLUMN

Malcolm Metcalf is the past president of the Great Yarmouth Naturalists Society. His Nature Notes is one of the Village Voice's longest standing and best loved columns. He can be contacted on 01493 661138. You can also write to him at 43 Magdalen Way, Gorleston, NR31 7BW or on 43ironhorse@gmail.com

THE BEARDED TIT

(Panurus biarmicus biarmicus)

The Bearded Tit is so called by the males black moustache, the female lacks these stripes. Despite its common name, it is not a Tit at all and many ornithologists prefer he old country name the Bearded



Reedling. Its nearest relatives are a group of birds known as Parrotbills, which mainly occur in China. Bearded Tits are similarly gregarious, acrobatic and garrulous (talkative). They are instantly detected in their reedbed habitat by the sound of their pinging call. They have a very long tail.

Bearded Tits build a deep cup nest of grasses, reeds and sedge, lined with a few hairs, feathers and reed flowers. The nest itself is resting on the ground or on a clump of dead plants a few inches from the water. Both sexes build the nest with the male adding the lining, the clutch of 5 - 7 creamy white eggs are heavily blotched with brown or black and are equally rounded at both ends. Both male and female birds incubate for a period of 12 - 13 days.

The fledgling period is 9 - 12 days. Breeding begins in April and can be multi-brooded. In my copy of the 2019 Norfolk Bird and Mammal Report, 44 sites were recorded during that year. Among breeding records in Norfolk were 16 pairs at Holkham, 7 pairs Burnham Norton, 12 pairs Titchwell, 10 pairs Cley and 3 pairs at Breydon Water. One of the most remarkable features of the Bearded Tit concerns its diet. During the summer, like so many other small birds it lives mainly on insects and other small invertebrates, but during the winter it adapts its way of life to feed on seeds such as the common reed. A change in diet involves a rapid change in the digestive system when its stomach swells to twice its summer size, this is reversed during the lengthening days of spring.

Between 1880 - 1889 the population of Bearded Tits in Norfolk was in its hundreds, but in 1890 it became increasingly scarce due to dealers demands for both birds and eggs, one individual obtained 60 eggs from Hickling, whilst a Yarmouth dealer received 113 eggs in a fortnight, not surprisingly there were only two pairs at Hickling in 1900, however by 1917 the stock there had risen to 40 breeding pairs. Bearded Tits are vulnerable to heavy snow and frost. The population crashed after the severe 1947 winter and afterwards there were only 10 birds alive in Britain but they have a remarkable ability to recover from these losses. There is a huge population of Bearded Tits in the Netherlands of several thousands, some of which have been observed in Norfolk carrying Dutch rings.

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EVENTS

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JGI UPDATE

Bill Richmond

As I am sure you are aware while in Tier 4 we are not allowed to open the Hall. Like all we hope this level is reduced in a few weeks which will then allow us to reopen. Please will all groups who were returning keep an update note to the Village Voice and the Village Web Site to inform members what your situation is. Please send all inputs for VV and website to beltonvvgraphic@gmail.com or contact Bill on 01493 780822.

Editor's note: I have published below the updates regarding JGI events that had come through before news of the latest lockdown.

JGI TRUSTEES

It is good to have groups returning to the JGI after a year of turmoil. We hope you can all return in safety with all that we have introduced into the hall. Those who have returned have noticed how important it is to meet again to help to relieve the long isolation and loneliness that many are experiencing. If any past leader would like to visit the hall to assure themselves of what has been done to make the hall as Covid safe as possible then please contact us.

We now have Yoga on Monday and Tuesday mornings, Drop In on a Wednesday morning, Art Group on a Wednesday afternoon, Slimming World late Wednesday afternoon and evening, Line Dancing on both Thursday and Friday mornings and Needlecraft on a Thursday evening.

We have done all possible under the guidelines of ACRE who are our overseer of guidelines. The rest is up to you to observe the rule of six and mask wearing etc when in the hall. This is your Village Hall and the Trustees do their utmost to provide the best facilities possible, so it is there to use.

WEDNESDAY DROP IN

We are up and running again with all necessary guidelines being observed. It is very warming to see the change in many people from when arriving on a Wednesday morning to when they leave with a smile on their face. This is mainly due to being able to talk to others and have safe distance contact. We welcome anyone who would like an hour and a half to chat and have a tea or coffee with a cake. We will tell you all about what's going on including how to be aware of the latest nasty scams that are floating around. It is still very easy to get hooked into one and that is what we want to prevent. For further details call Sue on 780822

MONDAY/ TUESDAY YOGA AT THE JGI

I wish all Yoga members a Happy New Year and hope you are all continuing with your exercises and relaxation. A big thanks to Julie for taking over the classes, sorry to drop you in it Julie, but I know you will be a excellent leader. Best wishes to everyone and I hope we get no more lock downs in the coming year.

Maisie

SLIMMING WORLD

Slimming World are returning to the JGI from Wednesday January 6th 2021 from 4.15pm to 9pm. For further details contact your local representative Debra Fielder on 07551 975800

Public Notice from Belton with Browston Parish Council

BELTON PIT - SURVEYORS ALLOTMENT

The aforementioned land (now woodland) was allotted to the Parish of Belton with Browston by the Inclosure Act of 1809. The designated purpose of the land was for the extraction of sand and gravel for the repair and maintenance of the parish roads, overseen by the Parish Surveyor of Highways. This was obviously before there were tarmac roads, when roads were just compacted earth.

When the land was allotted, the repair of highways was considered to be a charitable purpose, as mentioned in the Preamble to the Statute of Elizabeth and deemed a purpose beneficial to the community. This charitable status persists as a perpetual trust. The land has recently been officially registered with the Land Registry as parish owned, with the parish councillors continuing as Trustees, as was instigated in 1809. It has not been used for the repair and maintenance of the parish roads for a period of in excess of 100 years and has reverted to a very appealing woodland.

The charity trustees are required to publicise the (object) change of use of this land i.e. from sand and gravel pit TO "The object of the charity is the general benefit of the inhabitants of the parish of Belton with Browston in such charitable ways as the trustees think fit." Over the years, the land has reverted to woodland and the trustees consider that this would make a pleasant natural habitat within the parish. The land is located on the south east side of the A143, just past the Cherry Lane Garden Centre and before the parish boundary with Fritton. Unfortunately, there is no parking available, and being adjacent to the A143, the creation of an entrance/exit is unlikely to be permitted by NCC Highways. The parking of cars within the site is not viable nor conducive to this natural habitat. The land, however, is unfenced and accessible on foot.

The trustees would like to know parishioners' views on this change of use, specifically, any objections to this proposal by **31st January 2021**. Please send any comments to: Kate Ruddock, Parish Clerk, 56 Victoria Road, Gorleston, Great Yarmouth NR31 6EF Telephone: 01493 602960 Email: beltonparish@yahoo.co.uk

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James Paget
University Hospitals
NHS Foundation Trust

JPUH Launches Historic Vaccination Programme

The James Paget University Hospital (JPUH) has started playing its part in the historic COVID-19 vaccination programme.

The James Paget was among 50 hospital hubs from where the first vaccines were given to the most vulnerable in our communities, including over 80s and care home staff, earlier this month. Here are some photographs from the first day of vaccination at our hospital – and the thoughts of those who were first in line to receive the vaccine:

The first person to receive the vaccine at the James Paget University Hospital was 41-year-old Karen Brown, head of house-keeping at Ritson Lodge care home in Hopton. She said afterwards: "I am normally petrified of needles but I didn't feel a thing! Hopefully this is the beginning of normality now. I just want people to smile again."



And for 82-year-old Joseph McNicholas, from Great Yarmouth, being among the first in the area to receive the vaccine was an early birthday present; he was 83 just a few days after receiving the jab. "I wanted to be one of the first in the queue for the vaccine," he said.



Following Karen was Hannah Fulcher, 22, who works as a trainee deputy manager at the Beeches Care Home in East Harling. She said that she was



receiving the vaccine for the residents at the home – to give them hope. "They haven't been able to see family, they cannot hug – it's getting towards Christmas now and we just want them to be happy. I will be able to go back and say 'we are getting somewhere now.'

Administering the first vaccines at the hospital on the first morning were Samantha Blowers, Michelle Eichhorn and Siji Dileep, with Siji giving the first vaccination to Karen. "I am proud to be part of this big vaccination programme and thank you for being my first patient," said Siji.



YOUR VILLAGE VOICE FREE ADS

It is free to advertise jobs, events, property or items for sale.

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Text to 07950 039455 or email beltonvvgraphic@gmail.com

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)

PLEASE NOTE

As you read in last month's edition of the Village Voice we have new people taking on the different roles to get the Village Voice published. This applies to the **Village Free Ads** as well.

The new contact information is in the header of this page and you can now send your smalls in by TEXT as well.

Thank you for your understanding while this transition takes place over the next 3 months.

February edition deadline for entries is January 15th

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)

New in this month

2nd month

3rd month - will not be in the next edi-

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Ladies Regatta size 6 walking boots hardly used Tel 07950 039455

15 Barbie DVD's, 7 various childrens DVD's all £1 each. Pine DVD cabinet £3. Tel 01493 780737

BMX Stunt Bike, good condition £40

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Pair of Trainers, White with blue trim. Size 6. Brand New and boxed. £25

Pet Carrier. Medium size. Brown and Cream. Used once. £17

Hard Plastic Pet Bed. Medium size. Very good condition. £12

PC Trolley on castors. Wood effect, fixed shelf and Keyboard shelf. As New. £25

CD Carousel Storage Unit. Holds 72 CD's. Size:- 13" x 11.5" x 11.5". Good Condition. £50. [Tel:- 01493 781094](tel:01493781094)

8 Vols The Waverly Children's Dictionary

80 years old VGC suit Collector £20 for all

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want to know about fauna and flora £30

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Greenhouse 8ftx8ft. Double doors, 2 auto roof vents, 2 side vents, staging. 15mths old cost £1080. £400.00 Tel 07500898911

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

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

Dates for the Diary

Tuesday 5th January (7pm) Remotely by Zoom

Belton with Browston Parish Council meeting

Wednesday 6th January Slimming World meeting at JGI 4.15 to 9pm plus every Wendesday in month

Saturday 9th January

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

Sunday 10th January – The Baptism of Christ Holy Communion at 9.30am at St Peter & St Paul Church – in church

Morning Celebration at 10.30am for All Saints Church, Belton

On Amazon Chime ID no 8124 15 0737

Messy Church 4-5pm for All Saints

Church, Belton – in church or on

Amazon Chime ID no 8124 15 0737

Please see website for further details

Monday 11th January (7.30pm) Re-

motely by ZOOM Burgh Castle Parish Council meeting

Wednesday 13th January Holy

Communion (Baptism of Christ) at 2pm

at All Saints, Belton – in church

Sunday 17th January Morning Prayer

at 9.30am for St Peter & St Paul-

Church, Burgh Castle

On Amazon Chime ID no 3564 43 5416

Morning Celebration at 10.30am for All Saints Church, Belton

On Amazon Chime ID no 8124 15 0737

Friday January 22nd

Burgh Castle Village Hall

10am-2pm Hall open for bargain Stall

and refreshments (eat

outside/takeaway) funds to Burgh Cas-

tle Church & Village Hall

Sunday 24th January Morning Prayer

at 9.30am for St Peter & St Paul

Church, Burgh Castle

On Amazon Chime ID no 3564 43 5416

Morning Celebration at 10.30am for

All Saints Church, Belton

On Amazon Chime ID no 8124 15 0737

Thursday 28th January (7pm) Re-

motely by ZOOM Fritton with St. Olaves

Parish Council meeting

Sunday 31st January - Candlemas

(if you are joining us for either service,

please have a candle that you can light,

close at hand)

Morning Prayer at 9.30am for St Peter

& St Paul Church, Burgh Castle

On Amazon Chime ID no 3564 43 5416

Morning Celebration at 10.30am for

All Saints Church, Belton

On Amazon Chime ID no 8124 15 0737

Tuesday 2nd February by Zoom

Belton with Browston Parish Council

meeting (7pm)

Saturday 6th February

Belton Scouts collecting old

newspapers from 8.45am (Belton only)

Groups that have started will have a

separate mention in the magazine but

due to restrictions many are not

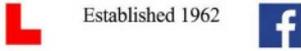
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Coronavirus COVID-19

REMEMBER

HANDS

Wash your hands with soap and water for at least 20 seconds, or using hand sanitizer, regularly throughout the day will reduce the risk of catching or passing on the virus.



FACE

Coronavirus is carried in the air by tiny respiratory droplets that can carry the virus. Larger droplets can land on other people or on surfaces they touch while smaller droplets, called aerosols, can stay in the air indoors for at least 5 minutes, and often much longer if there is no ventilation. Face coverings reduce the dispersion of these droplets, meaning if you're carrying the virus you're less likely to spread it when you exhale.



SPACE

Transmission of the virus is most likely to happen within 2 metres, with risk increasing exponentially at shorter distances. While keeping this exact distance isn't always possible, remaining mindful of surroundings and continuing to make space has a powerful impact when it comes to containing the spread of the virus.



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