

Village Voice



March 2021

21st Great Year

Vol 21-12

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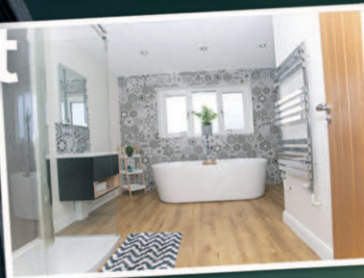
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Village Voice

March 2021

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

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We welcome your news, views, letters and articles and 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 April 2021 edition of Village Voice is 15th March 2021.

All contributions to
beltonvveditor@gmail.com and
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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



After two months of being restricted to digital editions, it is particularly satisfying to return to print this month. Many loyal readers of this magazine, in our villages and beyond, have spoken warmly about how much they look forward to getting their copy every month and catching up not just with local news, but also the much loved columns from regulars. It reminds all of us of how the stoic predictability of small pleasures like this can be useful in a year of uncertainty and trial. I am very grateful to all the Village Voice board members who apart from their usual duties, also volunteered to take on distribution responsibilities so as to make this print edition possible.

Our cover story this month features the proposed introduction of car park charges at the Roman Fort in Burgh Castle. Suffice to say that it has generated a range of opinions, some of which we feature this month. I shall look forward to hearing more of your views and please do keep writing in.

In the digital editions of January and February 2021, this magazine introduced a new column, Life in the Time of COVID 19. Since many of you may have missed out on reading that, those pieces are reproduced in this issue. While hospitalisation and death rates are slowly stabilising, COVID 19 continues to cast its malevolent shadow over our daily life. It continues to be a test of endurance, stretching our capacity for hope and optimism. As a country though, we will carry on, living the creed of a quiet commitment to duty, an understated and unshowy desire to do the right thing. The average citizen has done that unflinchingly during these times of peril and we should all hope sincerely that our leaders too will show the same degree of wisdom and strength.

Finally, a word about the results of the 2020 writing competition, which I have published again in this issue. If the rhythms of our daily life go back to normal soon, I shall hope to have an award ceremony some time in late summer. In the meantime, this magazine will continue to publish some of the prize winning entries.

*Professor Regi T Alexander
Editor*

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Brian Swan retires after 14 years

As the chair of the village voice board I would like to take this opportunity, on his retirement, to personally thank Brian Swan. Brian has been on the board since the conception of village voice and over many years has contributed to its running with enthusiasm and professionalism. The amount of work that Brian did can be acknowledged in that we have taken on three more board members to take up his work load. Brian as did the other board members support me when I was invited to take over the chair, often sending me "gentle reminders" of deadlines.



It is with the likes of Brian, our old and new board members, who along with others in the villages, who give their time willingly for others, that in my view continue to create a community spirit within the villages that is often not there in other areas of the country. So thank you Brian and all the other volunteers who contribute to our society in such positive ways.

Adrian Myers Chair Village Voice Board.

POLICE WARNING

Norfolk police are warning everyone to be very be vigilant if they receive a phone call from a fraudster purporting to be a police officer. During the call the victim was encouraged to transfer large amounts of money from her bank account, after being coerced into believing that she was part of an undercover police operation. The Police will NEVER ask anyone to do such an action. Hang up and report it on 101 or better on another phone if possible or leave it at least 15 minutes before doing so to prevent any line hacking.



BELTON WITH BROWSTON PARISH COUNCIL

www.beltonwithbrowston.norfolkparishes.gov.uk/



FEBRUARY COUNCIL MEETING

Ten Parish Councillors, County Councillor Andy Grant, Borough Councillor Tracy Cameron, the Parish Clerk and three members of the public were present at the February 2nd Zoom meeting of Belton with Browston Parish Council. Following the recent death of Peter Nichols Mick Graystone was elected as chairman of the Parish Council.

County Councillor Grant reported that flood water on New Road was due to be pumped away and then the soakaways will be checked for condition, the land owner will be contacted to see if the original pond can be reinstated and if a hedge can be planted.

The land is currently too wet to clear the Sandy Lane dyke, it is hoped that work can be completed by the end of March, responses received from landowners (over 50%) whose land adjoins the dykes had all given a favourable reply to contributing to the total cost of the clearance.

Clearance of shrubs at the front and back of the Bell Lane field was agreed and following quotations received a contractor was selected, it was noted that some fencing repairs and replanting would be needed following this work.

After extensive enquiries and contact with adjacent landowners it was agreed to replace a long section of the New Road Sports Field fence and to install two extra gates to make recovery of stray balls easier, it is a condition of the Parish Councils lease from the Borough Council that this fence is maintained in good condition.

Members were informed that the contract for works on the New Road cycle path did not include provision for edging on the side nearest to the fields and County Councillor Grant agreed to arrange an overall inspection when the works are completed.

In planning there were no objections to the following, Wild Duck Holiday Park (new arrivals lodge), Belton Rectory (felling or removal of deadwood to some 20 trees) and revised plans for a single story extension at 5 St. James Crescent. There were also no objections to plans to convert old barns at Beech Farm on Beccles Road to four residential dwellings however it was requested that all access points be on Beccles Road rather than Church Lane and that the old iron railings at Beech Farm be retained, it was suggested that the Historical Society be contacted to take photographs of the site before work commences. The Borough Council had refused to give permission for a first floor extension at 7 Fern Gardens and it was noted that applicants for a low carbon dwelling at Greenfield's Nursery, Browston Lane and for demolition of a stable and erection of a dwelling at land on Browston Lane, Both in Browston, had both put in appeals against the Borough Councils refusal of their proposals.

Following from a request to undertake excavation work on an area in Bland Corner it was agreed that confirmation of ownership of the specific area was needed from the Bell Lane Charity and that if any work was undertaken safety fencing would be required to be installed.

It was agreed to extend the closing date for the Belton Citizen of the Year award 2020 to early April, it is still hoped that the presentation can be made at the Annual Parish Meeting in May this year.

The next meeting of the Parish Council will be on Tuesday March 2nd using the Zoom on line system, for details of how to join the meeting contact the Parish Clerk, Kate Ruddock e-mail beltonparish@yahoo.co.uk.

ATTENTION CARERS ETC. FACE SHIELDS (Visors) AVAILABLE

Both Burgh Castle and Belton with Browston Parish Councils have been donated a quantity of individually packed face shields which we would like to pass on to members of our local communities. If you live in either councils area and work as a carer or in a similar close contact occupation and would like to receive some please contact one of the numbers below, they will be available for collection (socially distanced) from an address in either Belton or Burgh Castle, all are individually polybagged. For Belton or Browston call Lin on 01493 782224 or for Burgh Castle its Brian on 01493 780776.

FRITTON WITH ST. OLAVES PARISH COUNCIL

Seven Parish Councillors, Borough Councillors Adrian Myers and Tracy Cameron, one member of the public and the Parish Clerk, Kate Ruddock were present for the January 28th meeting of Fritton with St. Olaves Parish Council held via Zoom, Stannas Bellaby was in the chair.

The resident reported on continuing issues with parking at New Road, Fritton, not as serious at the moment due to Lockdown, but expected to increase again later. Newcombe Forestry had reported that they are still taking legal advice over possibly reopening the parking area, whilst Paul Sellick from Norfolk County Council had advised that this type of rural road will not be considered for yellow lines, he will highlight the situation to the Community Parking Officers. County Councillor Andy Grant had replied that even if available Great Yarmouth Borough Council would not consider purchase of the parking area due to its current condition and ongoing maintenance costs. Borough Councillor Myers stated that there might be some improved signage available and confirmed that a Borough Council purchase was not an option, he also stated that the site is not on the current County Council minerals extraction possibilities and the earliest that it can now be added is 2035. It was agreed to contact Brandon Lewis, M.P. in an attempt to seek a solution to the problem.

The new defibrillator is installed and available 24/7 on Buckworths Garage at Fritton, Jayne from Heart2Heart had checked it over and provided extra signage however more was felt necessary. Les Buckworth was thanked for his work arranging the position and installation of the unit.

Increasing the width of the path on the bend by Fritton Village Hall was not considered a good idea, it would only encourage HGV drivers to mount the kerb. Two parish councillors will check the section of footpath by Somerleyton Estate where there has recently been some clearance works to confirm that it is still in a suitable condition, whilst there was no confirmation of a residents concerns that a gate has to be installed on the bridle way between Fritton and Blocka Run this will be further investigated. Flooding near to Cherry Lane Garden Centre and sand on the road by the Redwings/Angles Way entrance will both be reported to Norfolk County Council.

There were no planning matters to discuss at this meeting.

The next meeting of the Council will be on Thursday March 25th (7.30pm) again remotely using Zoom, for information and the code to take part please contact the Parish Clerk, Kate Ruddock, e-mail fritton.stolaves.clerk@outlook.com

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ELECTIONS 2021

It has been confirmed that local elections will take place on Thursday 6th May 2021 and that they will take the usual format of using polling stations combined with postal/proxy voting. The important dates are that the lists of candidates will be published on April 9th, Postal applications to vote need to be in by April 5th and requests for proxy votes by 27th April.

Locally elections will take place for all members of the Norfolk County Council and for the Norfolk Police and Crime Commissioner. There are no Borough Council elections as they now take place on a whole council at once basis every three years whilst no Parish Councils on our patch come up in 2021.

Regarding Norfolk County Council, Burgh Castle is part of the Breydon Ward, currently served by Carl Smith whilst Belton, Browston, Fritton, St Olaves and the southern end of Bradwell are all part of Lothingland Ward where the present County Councillor is Andy Grant.

CITIZEN OF THE YEAR

Belton with Browston Parish Council have extended the closing time for nominations for the Citizen of the Year 2020 award which will be presented at this years Annual Parish Meeting to Sunday April 4th. 2021.

To make a nomination send the persons name and address together with the specific details of your nomination which can be for help and assistance to an individual or with a group or organization based in the Parish to Kate Ruddock, Parish Clerk, Belton with Browston Parish Council, 56 Victoria Road, Gorleston, Gt. Yarmouth, NR31 6EF

As previously there will be one award and as well as being open to residents of Belton with Browston it will be 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).

BURGH CASTLE PARISH COUNCIL NEEDS YOU

Why not be a Parish Councillor??

Burgh Castle Parish Council currently has a vacancy for one member.

It is very rewarding to be a Parish Councillor and 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.

The Council usually meets face to face monthly at Burgh Castle Village hall but is 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 although that is not ideal, meetings are held on the second Monday of each month commencing at 7.30pm. for details contact Kate Ruddock on 07948 705218, e-mail burghcastleclerk@gmail.com.

BURGH CASTLE PARISH COUNCIL

All six Parish Councillors, County Councillor Carl Smith, Borough Councillors Adrian Myers and Tracy Cameron and the Parish Clerk were present for the February 8th meeting of Burgh Castle Parish Council held via Zoom, chaired by Brian Swan.

County Councillor Smith confirmed that surface repairs are now needed on Lords lane after removal of the recent flood water, the remainder of his personal highways budget for 2020/21 will be used to finally clear the paths on the bend at Cherry Tree corner.

Borough Councillor Myers reported that he had not received a reply from Anglian Water over his complaints on behalf of residents about flooding from the Porters Loke pumping station and promised to chase this up, it was also agreed that the Parish Clerk contact the Environment Agency and Borough Council Environmental Services on the same issue.

In planning there were no objections to ground loop energy collecting system on land at Back Lane for The Laurels on High Road. Members were totally against plans for two large residential properties on Mill Road,

facing the chicken hatchery, issues raised included the area being outside the Borough wide Plan and highways concerns including nearness to a dangerous junction, no footpath and the distance from and difficulty in accessing local services. The Borough Council had approved revised layout plans for the four new properties on land on Butt Lane to the north of the former Post Office.

The next meeting of the Council will be on Monday March 8th (7.30pm) gain remotely using Zoom, for information and the code to take part please contact the Parish Clerk, Kate Ruddock e-mail burghcastleclerk@gmail.com. Members have confirmed that the Annual Parish Council meeting and Annual Parish Meeting will both take place on Monday May 10th, it is currently not known if they will be held remotely or take place in the Village Hall.

A MESSAGE FROM BRIAN SWAN

Many of you will know that as of the Annual Meeting of the Village Voice Management Board on February 6th this year I had decided to stand down from my management position with the magazine. I have been involved from day one, initially as a Belton Parish Councillor and deliverer through a time as editor to doing all jobs in between from administration to accounts and distribution and decided that with the publication having passed its 20th Anniversary last year it was time to take a back seat although I will still process a few articles and deal with the distribution in the Burgh Castle area however I will not in future be involved in the organization and publication..

The remaining Board members, Adrian, Bill, Regi and Martin, have succeeded in finding three keen volunteers to join them in Anneka, Suzanne and Bryan and I would like to wish them all a long and successful association with the magazine.

Finally I would like to thank all my fellow board members, contributors, advertisers and deliverers and anyone that I might have missed for your help and support over the last 20 or so years please continue with your support of Village Voice, without that it will not succeed.

Brian.



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A WORD FROM YOUR LOCAL MP AND COUNCILLORS



BRANDON LEWIS MP writes

The only way we are going to come through this pandemic crisis, and get back to any normality, is by the mass vaccination programme we are seeing rolled out across the country. The United Kingdom has proven how it is leading the way with the development of new vaccines and the complicated logistics of immunising the population. As I write this column, we have passed the 15 million mark. To have offered the vaccination to so many in our communities in such a short space of time is incredible. It seems we are the envy of many countries across the European Union, who are shackled by a lumbering bureaucracy that is failing to respond at speed.

At a local level, I know what a fantastic effort the various public bodies are putting in to make sure that the vaccination roll out is delivered efficiently. It is impressive to see how our local councils are working so closely with the National Health Service in Norfolk. We should thank the medical teams at the James Paget University Hospital, Park Surgery, Falklands Surgery and Millward Surgery who are vaccinating. They've already had a tough year dealing with the impact of the virus and they

continue to deliver a first-class medical service. They are supported by an army of volunteers helping them on the ground.

Whilst we focus on the immediate task at hand, it's important we look to the future and how we bounce back. I've met with tourism businesses – who are vital to the Great Yarmouth economy – to discuss their priorities in the months ahead. They highlighted the need to consider the tourism industry when the government review Covid-restrictions and the potential for a summer season. Alongside this, businesses are seeking an extension of the VAT reduction scheme the Government introduced last year. I've made sure these concerns are heard in Whitehall and know the Chancellor will consider them carefully as he prepares the Budget.

And I caught up with local farmers, to discuss post-Brexit agriculture. Now we are free from bureaucratic Brussels there are great opportunities to boost British farming. We looked at how border arrangements are affecting farming exports and how the sector will benefit from new trade deals. The crazy rules and ineffective deployment of the Common Agriculture Policy is gone. We can now target agricultural support to where it is needed. I was impressed by the desire to make the best use of this support to boost environmental schemes that will improve natural habitats and safeguard our countryside.

The Prime Minister uses the phrase "Build Back Better". The work that is going on locally will make sure we build back better in Great Yarmouth.

ADRIAN MYERS BOROUGH COUNCILLOR

In a previous article I wrote about the roll out of the vaccine. In that article I expressed my reservations regarding that roll out and the government reaching targets that it sets. I also wrote that "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". I cannot express how delighted I am at having the gloom of the vaccine roll out, proved wrong. This country is way ahead of others, especially those in the EU who were slow to approve and even slower to roll out a vaccination programme.

I know there are issues with exports, imports and returns of good to and from the EU, and these need to be addressed without delay and is one of the consequences of a "last minute deal". However, being independent of EU legislation and red tape regarding the vaccine seems to have allowed this country to act independently in securing and vaccinating millions of its citizens, and credit where its due, this government has got this one right.

It is interesting that the Bank of England is predicting good economic growth once we are out of the Covid-19 restrictions in that "The B.O.E has forecast a rapid recovery for the economy as



vaccines are rolled out - but downgraded its growth outlook for the year as a whole and added that GDP is projected to recover rapidly towards pre-COVID levels over 2021, as the vaccination programme is assumed to lead to an easing of COVID-related restrictions and people's health concerns," it said: "For 2022, the Bank predicts growth of 7.25%, up from a previously forecast 6.25%."

Let us hope that these forecasts are correct, because this country needs good economic growth to pay back the massive borrowing that the government embarked upon to reduce the financial impact on many businesses, to be able to continue its investment in infrastructure projects and ensuring, that financial burden, does not fall upon today's youth for years to come.

One thing that does affect all of the UK especially on a local level are business rates. On average bricks and mortar rates are about 2.3% of turnover where as online rates are about 1.3%. With the buy up by online retailers of high street chains and where that buy up does not include the high street presence of those chains, then it is clear that more needs to be done to address the imbalance between online business rates paid and those same rates paid by those who have a presence in the high street. Otherwise jobs will continue to go, local rates will continue to fall, without being replaced by central government, and our already beleaguered high street will all but disappear.

As always these articles are written two to three weeks before publication.

Adrian Myers Independent Lothingland Ward.

COUNCIL AGAINST FORT PARKING PROPOSALS

Natalie Butler, new director of the Norfolk Archaeological Trust was present at the February meeting of Burgh Castle Parish Council to outline new proposals by the Trust to introduce car parking fees at the Roman Fort. The Trust owns and manages ten sites around Norfolk and now needs to urgently raise funds to be able to protect the sites and to ensure they remain fully open for members of the public to visit. Previous funding received from the Government has now been phased out, the current annual income to maintain the Fort is £6000, however only £2000 is expected next year. The Trust wants to improve the management of the car park by introducing a car parking fee which it is thought would discourage fly tipping and anti-social behaviour. The Trust have approached a National Company which uses cameras that recognize vehicle registration numbers, and the Trust have been assured that each case where a fine is going to be issued is looked at by a person and not automatically generated by the system. The following charges have been put forward: £1.00 - To park for up to one hour, £3.00 - To park for up to three hours, £5.00 - To park all day up until 8.00pm. It has been suggested that frequent users of the site could purchase an annual membership from the Trust for about £20. The Trust feels another advantage would be the car park would no longer need to be closed by the caretaker, any visitors that leave their cars in the car park after 8pm will automatically receive a fine.



All Parish Councillors voiced many concerns about the proposals. It was felt visitors to the site simply would not pay to use the car park, they would instead park on other roads neighbouring the Fort such as Butt Lane, High Road and the Church Triangle that do not have parking restrictions. It was agreed the scheme would be very unfair to the residents that live on the roads next to the Fort, and the Parish Council would like the Trust to try and work out a different approach to tackle the problem. Councillor Greenacre stated the Trust would also need to discuss the proposals with the Parochial Church Council. Councillor Griffiths reported the Community Speed Watch Group would also be affected by this decision as the volunteers' cars are parked on the car park when monitoring traffic in this part of the village. County Councillor Smith stated Norfolk County Council can not support this scheme. He had already consulted County Highways. There are already major problems with parking on Butt Lane and the Church Triangle and the proposed scheme will cause major problems in the village. It was agreed one hour to park and walk a dog is not long enough and three hours would be too long. Borough Councillors Myers and Cameron both agreed the scheme would cause a lot of problems for the village. Both agreed it is a difficult problem to address as funding for maintenance of both the Fort and car park is an issue. Ms Butler confirmed that every other avenue has already been explored to obtain funding, this is the last resort for the Trust. If funding is not found then some areas of the Fort would have to be closed off to members of the public. It was confirmed the Fort will be the first site out of the ten where car parking charges are implemented, they will also be rolled out at some of the other sites. It was confirmed the majority of the fines raised will be spent on maintaining the Fort site as it is the largest site owned by the Trust.

Council Chairman, Brian Swan, ended the presentation by concluding that all members present were against the proposal. The

one-pound charge for one hour's parking would not work as this would not allow enough time for dog walkers to exercise their dogs and get back to their vehicles. Butt Lane would become even more dangerous if more vehicles started to park on the grass verge and access to the Church and the Burial Ground must be maintained at the Church Triangle. He was also concerned about the road safety aspect of people entering/exiting vehicles on Butt Lane. County Councillor Smith stated he would assist the Trust with trying to access funding to prevent having to start the car parking charge scheme. Borough Councillor Myers stated he would also be happy to work with Councillor Smith and the Trust to source funding.

www.norfolkarchtrust.org.uk

PROPOSED CAR PARK CHARGES AT ROMAN FORT

The Norfolk Archaeological Trust is a small local charity which owns or manages 10 important archaeological sites in Norfolk, including Burgh Castle Fort. We work with local communities to save Norfolk's historic sites and to share them with everyone.



We conserve and protect the historic structures and landscapes as well as the local wildlife such as plants and insects, and we provide information boards giving the history of each site. We also fund dog bins, site and car park maintenance, and waste collection. We are considering introducing car parking charges at our Burgh Castle Fort car park. Diminished funding and its effect on the standard of maintenance at our sites has forced the us to consider car park charges. We need to raise more money urgently so that our sites continue to be protected, safe and accessible for visitors.

Charging for parking will also improve the management of the car park for local users by reducing unofficial gatherings and anti-social behaviour in the evenings and by discouraging fly-tipping and littering. We would employ an external company who would install their own solar-powered contactless card only pay machines and signage, as well as an Automatic Number Plate Recognition (ANPR) camera at the site entrance.

The suggested parking charges are:

Up to 1 hour - £1.00 Up to 4 hours - £3.00

All day until 20.00 hours - £5.00

The £1 for one hour charge is for dog-walkers and local visitors who we hope will see this as a worthwhile donation towards the facilities. It is planned to offer free parking for members of NAT under the membership scheme, which we are currently reviewing and will be relaunching, which would give a substantial saving and the satisfaction of being a supporter of NAT. We will be thoroughly consulting with the local community about our proposal.

Norfolk Archeological Trust

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THE MALCOLM METCALF COLUMN

Malcolm Metcalf is the past president of the Great Yarmouth Naturalists Society. His Nature Notes is one of the Village Voice's longest standing and best loved columns.

He can be contacted on 01493 661138.

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

POISONOUS SNAKE ENCOUNTERS

I will never forget my very first sighting of a poisonous snake, an Adder (*Vipera berus*), I was 9 years old, living in a small village near Oxford, nearby was a small wood. It was here, while watching a Wren building its nest, that I almost stood on an Adder, petrified I ran for my life.

Many years later I observed several on Belton Common and along the disused old railway line. My earliest sighting there was one basking on a mild February day 40 years ago. Adders give birth to about 8 live young in late summer. They feed on Mice, Lizards, Frogs, Voles and Shrews. Their venom is painful, rarely fatal, but one should seek prompt attention if bitten. The Hedgehog is one of the Adders arch enemies.

Indian Cobra (*Naga naja*) - Cobras are the favourite performers in the snake - charmers acts. I came across this during my stay in New Delhi, India. The charmer plays music on his pipe, which is merely a stage prop, because snakes are deaf, they have no eardrums.

The explanation of the Cobra's dance is when their basket is suddenly opened exposing the snake to the glare of daylight, half blinded and shocked, they rear up in the defensive position, with hood inflated. Their attention is caught by the first moving object they see, the snake charmer, whose actions they follow. Part of the act I observed, consisted of the Cobra being handled and even kissed on the head.

Over 10,000 people die of Cobra snakebites in India. Cobras are most active by night; they are good swimmers and climbers. They feed on Birds, Eggs, small Mammals, Lizards, and other Snakes. They lay 8 - 20 leathery shelled eggs, the size of Pigeons eggs. Adults are up to 72 inches long (183 cm). The young at birth are 10 inches (25cm). Indian Cobras are easily identified by the shape of a pair of spectacles on their hood. Their arch enemies are Mongeseese.

One of the many jobs I had while working in Australia was for a water company. I was given a knapsack sprayer to spray Blackberry bushes. Filling the sprayer with water, then adding a cap full of hormone weedkiller, each time climbing down to a reservoir to refill, on one such refill and climbing to the top I got the fright of my life when just inches from my face lay a curled up Copperhead Snake (*Austrelaps superbus*) I half rolled down the reservoir bank, almost into the water, hearing a hissing noise, I thought the snake had come down with me, however my fall must have turned on the tap of the sprayer and it was this that was making the sound.

The Australian Copperhead venom is powerful and fatal if treatment is left too long. Copperheads have live young. Although they hibernate in winter, they can tolerate low temperatures and

are active longer than other reptiles. Australia has around 100 venomous snakes.

In 1968 during a visit to Tasmania I stopped in one of its loneliest places, the small town of Strahan, on the west coast, which includes the 20-mile-long Macquarie harbour. While there I got talking to the skipper of a boat, he told me he would be making an early start next morning through Macquarie to take a cargo of provisions and material for a lighthouse, via the narrow Birches inlet and invited me to join him and his mate. With the result I was to be at the boat the following morning at 6 am.

This proved to be a memorable experience, the weather was superb. On the way we came to Sarah Island, infamous as Tasmania's first penal settlement. Here we stopped for me to go ashore. While exploring the brick ruins in which the convicts once lived, I heard a hissing noise and close by was a 36-inch (90 cm) Tiger snake (*Notechis scutalus*) This extremely venomous snake is responsible for fatal snake bites in Australia. Olive brown in colour with narrow light-yellow bands. In defence it flattens its

neck and rears its body. I didn't wait to see this and hot-footed it back to the boat. It was then that the skipper told me, 'Sorry I forgot to tell you to watch out for snakes'. Tiger snakes prey include Frogs, Birds, Rats, Fish, and other snakes. They are ovoviviparous, their eggs develop inside the body, but they have live births, they can have up to 30 young. Two days later while travelling in a car the driver ran over a Tiger snake. My photo shows me holding it by the tail. (I hoped it was dead.)



The U.S.A. has 20 species of poisonous snakes. One of the most dangerous is the Coppermouth (*Agkistrodon piscivorus*). While travelling in Georgia with my American friend Charles we came across this snake laying in the road, telling Charles I would like to get a photograph of it, he yelled to me, 'Find yourself a stick before you go anywhere near it - if it moves get back quick'. I cautiously moved towards it, got as near as I dared and took a slide photograph.

This snake has another name - the Water Moccasin. Its habitats are swamps, lakes, rivers and streams. Its bite is far more dangerous than that of most snakes, when annoyed it tends to stand its ground and sometimes gapes at intruders, exposing the light 'cotton' lining of its mouth. Unlike other snakes it swims with its head well out of the water. Although it likes to bask on roads during the day it is more active at night, it preys on frogs, fish, birds, and other snakes. Its young are strongly patterned and have bright yellow tipped tails, up to 15 live young are born. We later saw a large sign 'DO NOT DISTURB OR ATTEMPT TO HANDLE THIS SNAKE!'

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Bill Richmond		01493 780822
Robert Goffin		07526 201088
Bridget Lawrence		01493 780160
Terry Ladbroke		01493 782213

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Art Group	Jan Pitcher	01493 488683
Bingo	Hazel	01493 781916
Guides	Louise	07826 919517
Needlecraft	Linda	07721 599559
Choir	Hilary	01493 780060

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Tracie Cameron	07968 882240

COUNTY COUNCILLORS:

Andy Grant	07833 083903
<i>Lothingland Ward which covers Belton/Fritton/St Olaves</i>	
Carl Smith	01493 662176
<i>Member for Breydon Ward which covers Burgh Castle</i>	

Norfolk Highways

Jonathan Taylor	01603 224200 or 0344 800 8020
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MEMBER OF PARLIAMENT:

Brandon Lewis	01493 854550
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Fire	999

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Moorlands Academy Reception		01493 780007
Ormiston Academy		01493 662966
Compass Centre		01493 923122
Well Being Pharmacy		01493 222299

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Allotments Parish Clerk	01493 602960
Scouts/Beavers, Jane Clarke	07572 882177
Community Car scheme	07767 063986

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Camera Club		07867 636387
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Yoga	Lexi	07841 985767
Pilates	Jan	07766 103141
Belton Football Club		07771 731235
Bohemians Football Club		01502 732690
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Belton Judo	Dominic	07977 432756
Belton Fun Day		07841 716677

REV ROSIE WRITES



Did you enjoy pancakes on Shrove Tuesday? It seems quite a long while ago now, and if you are someone who gives up something for Lent, this year it may seem even longer than usual. We all have given up on so much this last year; going without things in our lives that are so important to us and have a powerful influence on our wellbeing. It may be that some of us will need to go back to watching what we eat and drink a bit more, once the lockdown pressures have begun to ease, but there are some aspects of life that we have worked harder on because of the situation we find ourselves in.

Social media is one part of life that many of my friends have been known to give up for Lent. The ability to be able to be in virtual contact via the various Apps and platforms at this time is so, so important, especially for those who live on their own, and for friends and family members who we have not been able to meet up with for weeks, months, or even a year. I haven't heard of one person wanting to lay aside social media this year, and I am not surprised.

So Lent 2021 seems to be a good opportunity to do something extra; new or different. A challenge sheet (or two) originally intended for the children and young people at All Saints Belton has actually been something that we can all join in with. Both came from the Muddy Church organisation, to whom we are grateful. Suggestions on the 40 Moments sheet include help someone, be silent, paint a picture for a window, plant some seeds, as well as some fun activities like go for a walk backwards, giggle for a minute, and jumping in puddles; actions and pursuits that we adults might not naturally choose to respond to, but might find surprising pleasure in if we take up the challenge.

My parents always taught me to be generous; that it is better to give than to receive. Actually, I think to be well-rounded human beings we have to be able to do both, graciously! The second Lent challenge is called 40 Bags! Participants are asked to give a bag, perhaps containing some sweets, fruit, baking, flowers or goodies, to bless someone, or fill a bag of items to recycle for a charity shop (when they can open once again) or a bag of supplies for the Pantry, the local foodbank. Obviously giving bags away needs to be done with care and following current coronavirus restrictions, but doing something for others is a really positive way to get through these difficult times.

Even if you didn't start doing something extra for Lent at the beginning of Lent, you can always start now! Lent is the period of six weeks preparation leading up to the celebration of Easter Day, which this year is Sunday 4th April. It is a season for unwinding and stripping back the layers with which we surround ourselves, helping us to discover again what is at the heart of God's love for his people. For me, and for many, it is a time of prayerful discovery by reading God's word, through his creation, and being with other people on that journey. It is of finding ways to express the love and care we receive, sharing that with others.

Life these past twelve months has felt rather like a rollercoaster ride, with all the ups and downs, twists and turns and scary bits. The last days of Jesus' life on earth were a bit like that. On Palm Sunday, 28th March the churches will remember Jesus' entry into Jerusalem riding a donkey, and all the cheering and celebrations that ensued. A real high! In the following few days there were highs and lows for Jesus as he faced people trying to do him harm, and Judas planning to betray him, as well as meals and gatherings with friends, all culminating with his arrest late on the Thursday evening, his rushed trial and subsequent crucifixion on Good Friday (2nd April). This year,

as always, I will be reading through the gospel accounts of Jesus last days, with all the emotions that are stirred by those events, but with the hope of Jesus, the light of life and his resurrection promises as my foundation.

There is light at the end of the tunnel! Easter Day is a glorious day of celebration of Jesus' resurrection from the dead. As Christians, we believe Jesus opens the way to our Heavenly Father and the promises of eternal life given to us through his teaching. Churches full of flowers and music; people worshipping and receiving Holy Communion; children enjoying all the excitement of an Easter egg hunt, and even getting up before dawn to see the sunrise and celebrate with others. All these things that were not possible last year, and may not be possible this year..... but there is light at the end of the tunnel, and God, as always, there to lead us through.

God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defence; he has become my salvation. (Isaiah 12: 2-3)

CHURCH OPENING & CHURCH SERVICES

Church Services have been held each week for both churches, on-line, but I am well aware that this does not reach everyone who belongs to the church fellowship. On the other hand, some people who can't always get to church have been able to join in or access the recorded service from All Saints, Belton on Facebook at a time convenient to them. The situation we are in is not satisfactory, but it is the best we can do for the time being.

There is light at the end of the tunnel; that's what people keep telling me regarding coronavirus and lockdown, and as someone who has been shielded as CEV I am grateful that there is. I am hoping that infection statistics, and the high numbers of people hospitalised, will have reduced sufficiently by Easter to allow a service of Holy Communion in both All Saints Belton, and St Peter and St Paul, Burgh Castle on Easter Day. This is what we are planning to do, but obviously it is dependent upon the local situation and current guidelines.

Obviously, many people will have had one dose of vaccine by the beginning of April, and some may have had two doses. Many more will not have been fortunate to be eligible for vaccination at this stage. When we open the churches for worship again it will be following all the requirements laid down by the government and the Church of England to ensure COVID secure premises, and we shall be limited to smaller numbers and social distancing (certainly not able to have a full-house as we sometimes do at All Saints, Belton).

I know that the members of Young at Heart, Rock Solid and Messy Church are all keen to get back to meeting in the church building. At the moment, social gathering and anything with food and drink, or close contact is not allowed, and has not been allowed within church buildings for the past 12 months. As soon as we can open up for these groups to meet safely, we will do so. And won't it be great to get together again, with so much to say to one another. At Young at Heart, I suspect the chatter will be deafening

Stay Safe. Bless you. Rosie Bunn

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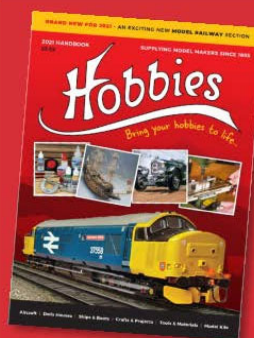
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Belton Activity Morning

It never ceases to amaze me how quickly it comes round to write for the Village Voice again. March is now around the corner and we are all in the process of getting our vaccines to start our road to recovery. However I feel it is a long road yet and we need to be patient.

Many fitness classes have taken to going online to do them. That's fine if your clients are technology minded. However, Belton activity morning members have risen to the challenge again. So with lots of patience and determination we held our first pilot exercise session on Monday 7th February 2021 and held our Coffee session 1 hour later. If last Monday is anything to go by then we will continue with this type of class. Fabulous, I say!! Everyone did really well.

It's not an easy alternative to face to face classes and so many members are not able to participate which is a shame. The upside is we can learn together. Certain requirements are needed to make it work, like an email address, a smart phone or tablet. Contact Sallyann and join our next coffee or class.

The online Zoom exercise session is based on Monday mornings as a group, so if you have any ideas what to call the online class let me know. Monday is a great day to wake up those sleepy muscles and get rid of that over weekend stiffness. We aim to improve our range of movement using the sleep stiff muscles.

Also included is some walking and balance practise because we are doing less and less at this time of year and with restrictions. So we need to practise indoors ready for our unleashing in the spring.

Our online coffee morning runs at a later time of 11.30am. This allows those who have been on the class to make their coffee, it also allows others to come along who couldn't make the class.

Sallyann has signed up to save Postage Stamps for the RNIB this is our way of contributing to a charity while in lockdown. Save your stamps and trim them tidy to 1 cm away from stamp. Hopefully by next January we will have a pile of stamps to send off from our group.

If you already send stamps to another charity that's fine every little helps. up4fitness@gmail.com telephone 07599 044806 or private message Sallyann through messenger on my Facebook pages Sallyann Protheroe and up4fitness. Thank you

Sallyann

Gt Yarmouth Stroke Group

Just what we need to bring us up to date with village life. Thanks to all the volunteers who are involved with the best ever magazine I know that our members will be glad to receive their copy. Love and birthday wishes to much missed members Francis (Caister) Jack (Gorleston) Angie. Eddie (Yarmouth) Keith (Bradwell) Maureen (Caister) Rex (Bradwell) Pauline (Belton) Dawn (Holt) Lisa (Halvergate). Some sad news of our dear member Chris of Burgh castle who died just recently you will be missed by all the members. Let's hope we will meet up soon what a party we will have can't wait. Contact Sue Casey 01493781846 Thanks to all who run the Village Voice

BELTON JUDO CLUB

LATEST UPDATED NEWS

CONCERNING THE JUDO CLUB:

Due to the latest Covid-19 lockdown, Belton Judo Club (Dominic King Judo & MMA Academy) is unable to run any actual Judo sessions at present.

At the time of writing this update (the situation may well have changed by the time you read this) there have been over 15 million people vaccinated against the virus accounting for over 25% of the adult population so the hope is that by the summer, every adult in the country will have been offered a vaccine so the light at the end of the tunnel is getting increasingly brighter. Hopefully, this could mean that in a very few short weeks or months, we could get our Judo club back to some sort of normality. We still have everyone's contact details so as soon as we have any sort of date, we will make sure everyone is informed.

On a lighter note, during the recent heavy snow we experienced, Dominic and his family decided to go out and make the most of the snow. Did they make a snowman like other families...no!, did they play snowballs like other families...no!, they put on their judo jackets and threw each other about in the snow!! Dedication indeed!! (footage available on Facebook and YouTube)

Dominic is presently running Zoom sessions for any members that wish to take part. He is hoping to be able to help members to practise and improve their techniques as well as keeping up their fitness levels in preparation for returning to actual Judo sessions that we all know and love. Anyone wishing to take part in any of these sessions, please contact Dominic for details.

Dominic also runs a YouTube channel available to all during these difficult times called "World Class Happiness". It is a spin-off from his book of the same name (available on Amazon) and it is well worth a look. You can subscribe and get regular positive messages to help you through this pandemic and life in general. You can also join the Facebook group of the same name and also join the group and like the page titled "Dominic King Judo & MMA Academy", You will find regular training videos and advice on these which will prove useful to keep ticking over until we can all get back to "normal"!

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 (the YouTube and Facebook mentioned above are obviously open to all, not just club members)

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



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Bland Corner SMB, Stepshort - Belton by Alistair Graham Kerr



All that is left of the 29-mm 'Spigot Mortar Position' (SMB)

This can be found on the right of the footpath in the wood. This 29-mm 'Spigot Mortar Position' (SMB) or Blacker Bombard came under the category of sub-artillery for use by the Home Guard. It fired a 14lb. [6.4kg] anti-personnel, or 20lb. [9kg] Anti-Tank projectile from a mortar which could be mounted either on a permanent concrete pedestal, or on a field tripod constructed from scaffold poles, secured with spade-grips.

The normally cylindrical, but occasionally square or hexagonal, concrete pedestal, the size of a large oil-drum, whose only visible part was the protruding stainless-steel pintle on its domed top, onto which the mortar was placed. The thimble usually sat in a pit containing ready-use ammunition lockers set into the side walls.

The rule was that each spigot mortar should go into action having two such prepared positions, close by. Whilst there are some few instances of such provision, there are many more single ones, and more units still which must have relied solely on field mountings. As pits have silted up or been back-filled, often the only

visible sign of a SMB is its domed concrete top with the steel pintle showing.

Where the water table precluded the excavation of a pit, or the position was built into existing structures such as bridge parapets, then above-ground, waist-high concrete walls were built. This SMB was placed here to cover the former railway bridge along what is now Stepshort, just the other side of the Rose Farm Caravan Park.

In WWII German tanks would use the railways, as they were the most direct and unoffensive, whereas roads had buildings along and could be defended. A mortar fired could knock out a tank, on the railway bridge, holding up any invasion force behind.

This SMB at Bland Corner should remain as a MEMORIAL to the local Home Guard who lived and defended both Burgh Castle and Belton Villages.

Further information on this and other wartime defences:
pillbox-study-group.org.uk



Unknown photograph showing the mortar on its base from PSG Home Guard Archive

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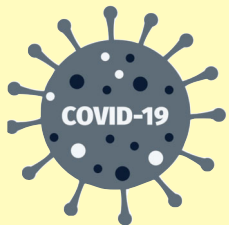
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LIFE IN THE TIME OF COVID 19

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How do you cope in Lockdown?

Words from Committee Members

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 volunteer-ing 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 house-work 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

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

Continued on page 14



Emergency Department Expansion Project Continues



James Paget
University Hospitals
NHS Foundation Trust

A new waiting area for children and young people has opened at the James Paget as part of a significant programme of improvements to the hospital's Emergency Department (ED).

The new waiting area has been developed as part of the first phase of the programme, which has already seen the opening of an expanded assessment and treatment facility, with 14 'majors' cubicles, in an extension at the front of the hospital.

This was completed on schedule, with the first patients using the new facility at the end of last year.

Completing the new waiting area means that our children and young people now have their own designated space to wait for treatment, replacing a small area which was no longer fit-for-purpose.

£2.2 million from the Department of Health and Social Care has helped finance the programme of improvements, following a successful bid by JPUH for central funds.

JPUH Chief Operating Officer Joanne Segasby said: "The first phase of our project to expand our Emergency Department has been completed on schedule and is providing us with improved facilities and additional space at an extremely busy time for the hospital.

"But the work doesn't stop here – we are about to embark on the second phase of the project which includes a full refurbishment of the existing adult waiting room, the reception area and constructing a new main entrance to the department.

"We will continue our efforts to minimise any disruption to visitors while construction work continues at the front of the hospital but would apologise for any inconvenience caused."

While the new children's waiting area is open for patients, it will be further enhanced in the coming months, thanks to the James Paget Hospital Charity.

It is a year since the charity launched its Raise a Rainbow appeal, which is raising funds for



projects including the creation of a children's play environment, as visiting an emergency department can be daunting for our youngest patients.

The appeal is already more than halfway towards its £20,000 target.

Charity Chair of Trustees Anna Davidson said: "The aim of the charity is to provide funding for projects which would not be covered by NHS funding – so enhancing the new children's waiting area to provide a comforting environment fits perfectly with this remit.

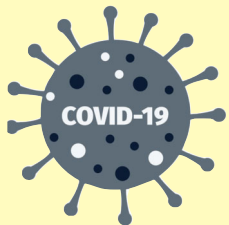
"I would like to thank everyone who has made a donation to the charity over the last year, and shown their support for their local hospital during the most challenging of times – and hope that the local community will continue to support our Raise a Rainbow appeal so that together we can reach our target and further enhance the James Paget for all our patients."

If you are interested in giving a donation to the Raise a Rainbow appeal, please visit our charity website www.jpaget-charity.org.uk, where you will find full details and different ways to donate, or contact Maxine.Taylor@jpaget.nhs.uk phone 01493 453348.



**RAISE A
RAINBOW**
FOR THE PAGET

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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

Continued from page 12

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



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.

There is also facebook and other social media platforms that could help to stay in touch with family and friends.

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

STRANGE TIMES An & Sammy Howell

What a strange time going through, a time when although we may all be caught up in the same storm our experiences though it will all be different. Personally, I've found out quite a lot about myself and found a bit of time to think about the things that are really important to me, I've also eaten too much and found myself drinking more wine than usual.

My main focus throughout though has been and is maintaining my daughter's wellbeing and keeping her safe. Many of you will know or at least recognise Sammy as we may have met you on our walks around the village (Belton). Sammy has Down's Syndrome and although this is something that she in no way suffers from (she has a great life) there are associated issues that could make her extremely vulnerable to the effects of Covid-19. It is also important that I protect myself and keep well to ensure Sammy's safety. This means that like many we need to take extreme care which brings with it the risk of feeling isolated. Being a sole carer/supporter/cheerleader even at the best of times this risk of

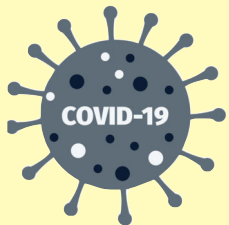


feeling isolated is always present with this only being enhanced during the current situation. I never thought that I would be so grateful for the technology that enables us to maintain contact via video calls, although I do look forward to the time when we are able to safely meet together again.

Sammy and I are making our way through this by trusting in God, taking things one day at a time and with thanks for the love and support of our biological and our Belton Church family and friends along with support received

from Clink's Care Farm we're doing okay, well at least most of the time, I only have the occasional blip. I am also grateful to all the people that wave, smile, say hello or briefly chat with us when we're out walking. These seemingly small actions actually play a very big part in preventing our feeling isolated and in maintaining our mental wellbeing, thank you.





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EASTER 2020: CORONA THOUGHTS FROM THE UK

Regi T Alexander

(This is the English translation of an article that I wrote in my mother tongue, Malayalam, for a regional newspaper in Kerala, India. It was written on Easter day 2020 as a letter from the UK, after the COVID death toll had crossed 10,000. Almost, a year down the line, as our death toll has climbed to ten times that figure, one cannot but ponder how much of that was avoidable).

This weekend, the body count crossed 10,000. Those powerful people who sought to reassure the nation with a nudge and a wink now watch in trepidation. They watch as fear stalks the land and that 'flu like illness' which was only ever supposed to affect a few elderly people with underlying conditions, lays low people of all ages. As the horror unfolds, I cannot help but note that this scourge which lays low everyone, still doesn't treat everyone the same. I cannot help but note that one in three of those battling death in intensive care units are from particular communities. I note that well over two in three of those from the caring professions who lose that battle are from those communities too. A scourge that they say doesn't discriminate, still does.

For an immigrant from a black and minority ethnic community working to care for others in this nation's health and social services, these are worrying times- worries about the society that they are a part of and dearly care about, worries about their fellow workers and worries too about their partners and children who work in the same field. And in the midst of all this, I heard the nation's leaders warn that PPE has to be used sensibly and frugally- in the midst of anxiety and worry, an intervention as unnecessary as provocative.

A friend of mine rang this morning from Kerala with Easter good wishes- a friend who works in a private hospital there, a hospital which has no shortage of masks or PPE- frugal use or otherwise. We talked

about the people who were wearing masks all the time there and laughed about how the only time they moved the mask to one side was when they needed a good sneeze! Don't get worried by that- she meant it as a joke, the uncanny ability of the Keralite to find humour, humour even in the darkest of moments.

With a population of around 65 million, the United Kingdom has a large mental health survey held every 7 years. These were the headlines from 2017. 1 in 5 women and 1 in 8 men have a common mental disorder- anxiety and depression chief among them.



Only one in 3 of them seek help, about 20,000 are being treated in hospitals. The unemployed, those with chronic physical illnesses, those receiving social security benefits, those living alone and those who experience loneliness- all at particularly higher risk of mental ill health. If you were to think of suicide as the highest form of mental distress- then that number was a sobering 6859 in 2018. I think of Ovid who told the story of those who, in times of plague, hanged themselves to kill death with their own hands. In times of COVID 19, I think of the active

discussions here about the mental distress that it can cause. After all, this distress and its long term consequences are going to be worst for those in the high risk groups that I named before - for they are, aren't they, the people who most internalise their misery.

Psychiatry out-patient attendances seem to have come down, come down in line with elective clinics elsewhere in healthcare; in-patients are being discharged home even as some wards become covid wards; the discharged patients are being cared for by available services from local authorities; doctors, psychologists, social workers, nurses, pharmacists and a host of other professionals becoming part of this infra structure, working alongside patients and their families.

As face to face conversations across a table come down, those conversations move on to on-line platforms like Teams and Zoom. I think too of my friends and colleagues in the acute general hospitals, in the frontline of treating people with COVID 19 and how they need help too. As the number of patients increase, as the facilities to care for them become scarce, as they are faced with decisions that determine the life and death of others, as they start questioning whether those decisions are in line with their own ethical and moral values - they too experience extreme mental distress. What Neil Greenberg and colleagues described as moral injury becomes a real and tangible concern and that too has its long term consequences.

And in the midst of all this, I still have some thoughts that provide comfort and solace - thoughts anchored in the small and yet significant certainties of my everyday life. It includes the solace of knowing that I have a blessing called the NHS that will care for me without checking my income first; the comfort of knowing that I will never have to face the heartbreak of weighing up whether to feed my child or to pay for his healthcare and the pride... the pride of knowing that I live in a society that looks after those who face adversity. It is indeed a source of enormous comfort and solace to know that, however small, I too have a role in sustaining that society.



THE VILLAGE VOICE HEALTH CHECK

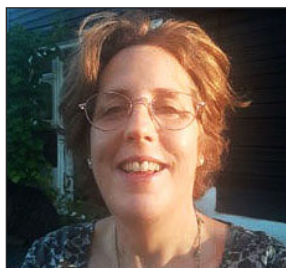
Health Check is a regular column in your Village Voice.

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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 RADIAN (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.

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

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.

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 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 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>

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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 Qulturum 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 Chelsea and Westminster Maternity Voices Partnership and NIHR CLAHRC NWL, won the Health Foundation Innovating for Improvements Award to transfer the Qulturum 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>

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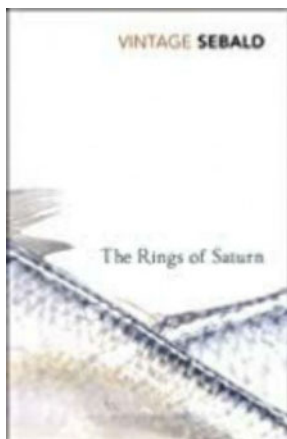
Do you enjoy reading? Do you enjoy sharing your thoughts with others who enjoy reading? It doesn't matter whether you are an aspiring critic or an established one. This column in the Village Voice invites book lovers to write about the books that have touched them. From fiction to poetry, biographies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

RINGS OF SATURN

By W. G Sebald
Reviewed by M Julius Roche

W Seabald's *Rings of Saturn* is a melancholic journey along the Suffolk coast from Lowestoft to Southwold.

Sebald's trip starts by train from Norwich, going through Brundall, Blofield, Halvergate. Reedham and Haddiscoe. He alights at Somerleyton station and walks across the fields to Somerleyton Hall, commenting on the ascent of Sir Morton Peto, M.P. who at one time had rebuilt the hall in an Italianate style. He guides us through his tour of the hall mentioning the stuffed polar bear in the entrance hall. On his walk through the grounds, Hazel, the gardener tells him how he vividly remembers two Thunderbolt jets crashing into the lake in 1945 killing the two young airmen.



In early April 1945, not long before the war ended, said Hazel, sweeping up the vine shoots he had cut, I saw two American thunderbolts crash here over Somerleyton. It was a fine Sunday morning; I had been helping my father with an urgent repair job up on the campanile which is really a water tower. When we were finished on the platform, from where there is a view right out to sea, we hardly had time to look around when the two planes, returning from a patrol, staged a dogfight over the estate, out of sheer high spirits I suppose. We could see the pilots faces clearly in their cockpits. The engines roared as they chased after each other or flew side by side in the bright spring air, till their wingtips touched as they banked. It had seemed like a friendly game, said Hazel.

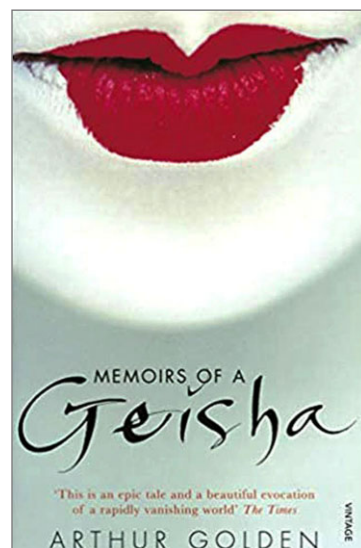
On reaching Lowestoft he describes how he is shocked to see the deprivation the town had suffered since the loss of its past heyday as a bathing resort for the aristocracy. He continues along the coast to Southwold, via Ditchingham and Bungay, during his journey he makes observations of the countryside, conjoined with his poignant thoughts of man's inhumanity to man meditatively seeking the truth in art and history but always bringing us back to his connections with Lowestoft. The Times literary Supplement called it 'The finest book of long-distance mental travel that I have ever read'. I do not think it is possible to describe it any better! Five-star reading! *Rings of Saturn* is published by Vintage and is available from £5.72

MEMOIRS OF A Geisha

by Arthur Golden
Reviewed by Sue Richmond

These are the memoirs of a geisha known as Sayuri (as told to a professor of Japanese History in New York, in the 1950's). The story spans a period from 1929 to the post war years. This is a fascinating novel that transports the reader into another time and another very different culture. In her early childhood years, Sayuri, then known as Chiyo, was the daughter of a poor fisherman from the little village of Yoroido, on the coast of the Sea of Japan. When her mother died, she was nine years old and her father gave her into the care of Mr Tanaka, a local businessman, in exchange for a sum of money to help him survive. Mr Tanaka arranged for Chiyo and her elder sister, Satsu, to be taken to Kyoto where they were separated and sent to different establishments. The fact that Chiyo did not know the whereabouts of her sister troubled her for a long time. Chiyo found herself in an Okiya (a geisha boarding house) in the Gion district of Kyoto. She was frightened and did not know what was to happen. She did not realise that this was where she would start her years of training to become a geisha. Her first weeks were spent as a general dogsbody, cleaning in the house, working in the kitchen, being ordered around by existing geishas and learning how to speak with a Kyoto accent. After a month of this treatment she was taken to be registered at the Gion Registry Office and in between continuing her household tasks, was sent to the geisha school to continue her learning of reading, writing,

traditional dancing, singing and learning to play the shamisen (Japanese stringed instrument). This intensive training continued for a number of years until she had achieved an accepted high standard. Lessons still continued, but it was then time to be taken under the wing of an experienced geisha to begin her apprenticeship. This was the time when Chiyo adopted her geisha name of Sayuri. From this point, the reader is then sensitively led through the traditional, formal and intimate world charting the hectic life of a geisha in the almost cloistered world of the Gion district of Kyoto. I found this to be a really engrossing story. It was possible to empathise and sympathise with Sayuri during her various successes and disappointments. It was a book well worth reading. As well as being interesting and enjoyable, it gave an insight into a different way of life, the traditions and lifestyle of which are slowly being lost as time moves on into the 21st century. *Memoirs of a Geisha* is published by Vintage (1998) and is available from £8.19.



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Village Voice

Writing Competition Winners 2020



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 lockdown, 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)

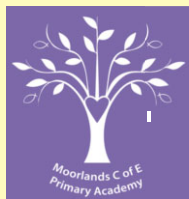
Judges' commendation: Ryan King, Charles Buddery

Adults:

Winner: Piers Colby (Lorica)

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

Editor's commendations for people with a learning disability: Matthew Gay, Paul Last, Owen Green



MOORLANDS PRIMARY ACADEMY

Reflections from Moorlands

As I write this month's article the school and country are once again in the midst of another lockdown, with the school only open to vulnerable children and those of critical workers. The Government seem hopeful of at least beginning to get children returning to school in larger numbers by 8th March, although we all know only too well how things can be delayed. I know that all of us want the children back as soon as possible and I also know how much the staff at the school miss those children who are not able to attend school at the moment.

Despite the very short notice about lockdown this time around we were able to hit the ground running on our online learning platform, Seesaw, which was in place from the beginning. Since January, we have engaged with children not only on Seesaw but via the ubiquitous Zoom sessions, with our Friday celebratory assemblies being a particular highlight!

Once again I am in awe of the hard work and commitment of both our children and parents in battling in these very challenging times, working to achieve as much as they are capable of in less than ideal circumstances. We have had some outstanding pieces of work and have shared an example of this, a poem by Rowan about carp fishing, below. Rowan's achievements in the Carp fishing world are a source of great pride to all of us and he is rightly recognised nationally as a rising star in sport fishing circles.

We are all waiting for the return to some form of normality and fingers crossed, especially with the stirring work that is being done with rolling out the vaccine, this hopefully should be in the not too distant future. In the meantime, we remain grateful to all of those who are keeping the country going, as well as those who are looking after the sick and infirm. In our Friday Collective Worship, we say prayers for a different group of key workers each week. We've also said prayers of thanks for the life of Captain Tom. It's probably fitting in the circumstances to finish with some of his words: "For all those people who are finding it difficult at the moment - the sun will shine on you again and the clouds will go away."

THE MYTHICAL MIRROR

As the morning mist is rising over the beautiful fiery sun my anticipation is buzzing.

Sipping my hot chocolate, listening for a big carp to slosh out and my nerves are fuzzing.

My hands are trembling as I lower my rig down onto a small carp enticing gravel spot, sandy and brown,

I realise quite soon I could be in for a wait

For the Mythical Mirror to take my bait.

So I settle down and feel a wave of calm wash over me.

A beautiful kingfisher swoops on by, and otters are in the rustling reeds behind me.

As I am falling into a dream world .

..

BANG my rod screams into action

As my bite alarm is echoing across the misty lake.

I strike then I say, "I'm in!"

It tears across the pond striping line from my reel

I say, "Is this the mythical mirror?"

And suddenly my body is awake and everything I feel; Excitement, fear and happiness all rolled into one.

"I have got him dad!" I shout out loud.

"Go on and land him son"

An awesome fight between me and the mirror carp

Takes all my effort and skills

To land this amazing creature.

A well matched battle of wills,

I finally land the mythical mirror

All I have to say is doing something you love always ends in a happy day.

Rowan



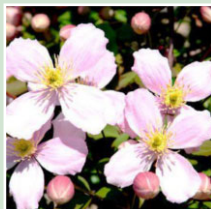


DOWN THE GARDEN PATH

Elizabeth Myhill

Looking out of my window this morning onto a winter wonderland I am met with an expanse of bare brown fencing that made me think of the clematis that I should have planted last year and never got round to! Somewhere I read that a bare fence isn't much use to wildlife – birds can't nest in it, butterflies can't hibernate in it, and bees can't use it as shelter from a sudden down pour of rain. So I will aim to rectify this by planting a climber in the spring. Even the smallest of gardens generally has a fence to give privacy from neighbours or from the road. Here are a few suggestions to brighten fences for all aspects of the garden:-

Clematis Montana Elizabeth is a vigorous deciduous climber with single, 4-petalled flowers up to 8cm across and coloured pink with oval sepals and yellow anthers opening in late spring and early summer. Fragrant on a sunny day: Montana var. grandiflora flowers May to June and is especially good for a north wall. Max Height 5m to 15m. Spread 2m to 3m.



Climbing hydrangeas are great plants for shade. Hydrangea anomala 'Petiolaris' is a good deciduous variety with heart-shaped leaves. It's self-clinging so it requires no support, and it bears white lace cap flowers in summer. The foliage goes a golden yellow colour in autumn too. It takes a year or two to establish but grows to 20 or more metres!

Clematis Mrs Cholmondeley is free flowering 6 inch blooms all summer long with tones of mauve and pale blue. Awarded 'The Award of Garden Merit' by the RHS: 'Doctor Ruppel' is another early, large-flowered variety with single deep rose pink petals with a cerise bar. Height 2.3m. Spread 1 meter. Flowers May to September. Good for planting in a container.



Passion flowers (Passiflora caerulea) have the most incredible flowers from July to October, usually followed by edible, but not particularly tasty, egg-shaped fruits. Rampant climbers, Passion flowers will quickly cover a wall or fence. Hardy. Grow passion flowers in full sun to partial shade, in well-drained soil in a warm, sheltered spot. Cut back after flowering to keep plants neat, or cut away damaged growth in spring.



Lonicera periclymenum 'Graham Thomas' Honeysuckle. A twining climber with mid-green leaves and very fragrant white flowers that turn yellow. Max. Height 7 metres: Flowers June to August: Fruit September: Full sun/partial shade: Hardy.



These are just a few suggestions there are thousands more! It has now stopped snowing, the sun is shining and the days are getting longer. Soon it will be spring. Happy gardening!

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Norfolk Area. To learn more about us please visit our website www.entua.org.uk

First Eastern Counties have introduced a temporary X11 timetable for the duration of the lockdown.

During this time X11's will only travel between Belton and Great Yarmouth Market Gates bus interchange via James Paget Hospital. For passengers travelling to Norwich you will need to change at Market Gates for an X1.

The X11 will be adhering to a roughly half-hour timetable which is as follows:

Belton Bracon Road	0700	0725	0755	0825	0855
Belton Waveney Drive	0707	0732	0802	0832	0902

Then every half hour until:

Belton Bracon Road	1625	1655	1725	1750	1820	1850	1915
Belton Waveney Drive	1632	1702	1732	1755	1825	1855	1920

For buses travelling from Great Yarmouth to Belton the times are as follows:

Great Yarmouth							
Market Gates	0745	0815	0845	0915	0945	1715	
James Paget Hospital	0804	0834	0904	0934	1004	1734	

Then every half hour until:

Great Yarmouth							
Market Gates	1715	1745	1815	1845			
James Paget Hospital	1734	1804	1834	1902			

There is no change to the Sunday X11 service which leaves Bracon Road at 0922 then at 22 minutes past the hour until the last X11 leaves Bracon Road at 1822. X11 buses from 0922 until 1522 travel through to Norwich, whereas the 1622, 1722 and 1822 terminate at Great Yarmouth Market Gates.

There is no change to the 6B service which is timed as follows:

Belton Bracon Road	0735	To Great Yarmouth via Burgh Castle
Belton Waveney Drive	0742	and Gorleston High Street
Belton Bracon Road	2102	To Great Yarmouth via Burgh Castle
Belton Waveney Drive	2107	and Gorleston High Street
Belton Bracon Road	2300	This last service travels via Burgh Castle and Belton
Waveney Drive	2305	terminates at Blue Sky Park.

The last buses from Great Yarmouth to Belton leave Great Yarmouth Market Gates at 2030 and 2230.

Remember face masks are compulsory on public transport unless you have a validated medical exemption.

For more information on First Eastern Counties call 0345 646 0707 9am-5pm Mon- Fri

Greater Anglia railway have also reduced the frequency of their services during the lockdown.

Services from Norwich to London now run hourly in the main, although there are additional trains in certain parts of the day. From Great Yarmouth to Norwich trains leave at 0545, 0624, 0658, 0817, 0917 then 2x hourly until 1717, then 1817, 1917, 2017, 2117, 2217 and 2334.

For more information on train times please visit Greater Anglia's website www.greateranglia.co.uk or call **0345 600 7245**

National Rail enquiries call **0345 748 4950** website: www.nationalrail.co.uk

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

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JGI UPDATE

Bill Richmond

Another month and still in lockdown so no activity at the hall. But please all remember it is being well looked after and will be ready to welcome all back as soon as we can open. Things are beginning to look a little more hopeful so now is the time for groups and clubs to ensure they are prepared for when you can return. If any new groups are considering starting when the situation allows and would like information on what the JGI can offer you please get in touch and discuss it with us. Either email nurseryrhyme61@btinternet.com or call 01493 780822

Wednesday Morning Drop In

Both Bill and I are missing our Wednesday morning meets as much as I am sure you all are. Let's hope that the progress in getting infection rates down continues and meetings will be permitted soon. Thanks to all who keep in touch by phone or who stop for an across the road conversation when out for regular exercise. I know the weather has stopped the daily walk at the moment but hopefully by the time you read this the snow has gone and there are signs of some Spring flowers appearing. Loneliness fatigue is a great concern to us all, so please if you feel you want to talk pick up the phone and call me, as I would love to chat as well. When we start again we hope to keep the mornings fun and entertaining so if there is anything special that you would like to see happen during the year please tell me so we can plan. We have come this far, jabs on board now, so keep safe and we will meet again soon.

Sue Richmond 01493 780822

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 - If things go according to plan Stepshort should be reopened with a new surface by the time you get your Village Voice

Back Lane Burgh Castle - This is scheduled to be closed again from March 1st to the 5th this time for telecom work where Marsh Lane joins.

High Road Burgh Castle - Also scheduled for closure between March 1st and 5th, this for sewer connection work between the Queens Head and the eastern entrance to Back Lane, the two closures will make it difficult for residents in that area and affect the Burgh Castle bus services, Norfolk County Highways are aware of issues that this might cause,

Butt Lane, Burgh Castle - There will be traffic control for one day on March 1st. for a manhole replacement located between the High Road junction and former Post Office.

Browston Lane Browston - This is scheduled to be closed between March 16th -18th for works to locate water service pipes.

Riverside Footpath - (From where Angles Way meets the riverside at the bottom of Mash Lane, Belton northwards, to half way towards the Fishermans Bar in Burgh Castle) Another long footpath closure in stages now in place until April 18th for river bank pile replacements.

CENSUS 2021

There is a Census in the United Kingdom every 10 years and the next one will take place this month, on Sunday 21st March and for the first time it will be digitally led.

Prior to Census Day every home will receive a Census Code so that you can log on and make entries for your household, this can be completed on any device including mobile telephones and tablets, there will be telephone and on line help services available if you need assistance..

It is important that we all complete this procedure as the information gathered by the Government Office of National Statistics is used for many local and national calculations in the coming years.

If any household does not return an on line form then from the end of March fieldworkers will start to visit them to help obtain the information.

Crime Figures for Southern Villages

Offence	Nos.	What could this entail
Burglary Residential	2	Entry and theft in a building or a structure that is lived in.
Criminal Damage	22	A person destroys or damages property belonging to someone else.
Domestic	13	Domestic incidents where a crime has not occurred. are aged 16 or over and have been intimate partners or family members regardless of sexuality.
Race or Religious aggravated public fear	1	Any crime determined to have a hate element as per above.
Possession of controlled substance	1	Unlawful possession of a drug classified in class A, B or C.
Public fear, alarm or distress	5	Public order offences e.g. from a verbal altercation to offences just short of violence.
Theft from a motor vehicle	3	Any item stolen that was in, on or attached to a motor vehicle
Theft of pedal cycle	1	From a public place, if stolen from a shed or garage this would be a BOTD

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1st BELTON SCOUT GROUP



Beavers

The Beavers continued zoom meetings by starting their Space Activity badge making a star constellation out of a

cardboard tube with dark paper on the end, they then pin pricked with help a constellation, shining a torch up the bottom so light shone on the ceiling. The Beavers found out facts about Tim Peak. They looked at the planets in our solar system, making their own solar system and handing them on coat hangers.

Most of the Beavers and leaders took part in the RSPB Great British Bird Watch they all saw a variety of birds. We finished the term by making ever ending truffles for valentines.

Looking forward there are spaces at Beavers if you have a young person 6 years or about to be 6 years and are interested please contact Brown Beaver (Jane) 07975 533572

Cubs

The Cubs this half term have been great fun playing games and touched on the Navigator Staged badge which involved looking at maps references and finding an amenity where they live. We have moved on to the our World Challenge, last week looking at Chinese New Year and this week will be looking at places from around the world and understanding our neckerchiefs as well as learning how to fold a friendship knot into our neckerchiefs. Cub numbers continue to be consistent in these tough times with a couple of scouts joining in too.



Scouts

Some of the Scouts have been joining in with the Cubs for Zoom meeting.

Would you be interested in helping to support the Scout section, you don't need to help every week just when ever 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 13th March 2021 please have your paper outside property by 8.45am ready for collection, or can be dropped at 6 Station Rd North, Belton any time.

April's collection Saturday 10th April 2021.

We would be grateful for any books for sales, they can either be dropped at 6 Station Road North Belton or phone 01493 780965.

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IN THE PAST

Over the next few months, Village Voice will feature a series of photographs of prominent local landmarks.

Answers, next month and more photographs too.

This month we feature ...

When did the lodge along the A143 catch fire?



Answers to last month's pictures ...

Poppy field:
Taken from Market Road looking towards the marsh



What was missing at Haddiscoe?



These were taken in 2005 and 2006



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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. April edition deadline for entries is March 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)

This month ads are in Black
2nd month ads in Dark Blue
3rd month ads in Dark Red -
will not be in the next edition

For Sale

Samsung 40 inch smart TV with stand and remote good condition £125 ono
Call 01493781071

Mobily walking frame with seat £10 ono
Contact either 07950 039455 or 07950 770488

Beko Dishwasher very little use £60 ono

Beko Washing machine 9Kg load as new £150 ono. **Daewoo** Microwave VG condition £10 ono. **Ironing** Board Large £5, Breville Steam Iron £5. **Reclining** motorised armchair £90 ono. Extending Dining Table, Mahogany colour with 4 chairs £30
Conservatory Cane furniture set, Settee, Chairs and Table £40 ono
Contact 07950 039455 or 07950 770488

Jole LX child's stroller, colour navy with rainwear £20 Call 01493 440314

Pine effect, 3 shelf folding bookcase £10

Vono folding card table £15

Lloyd Loom lusty laundry box, hinged lid original condition £20
Tel 07980 815499

Tuggies for dogs. Selling for Valgrays Border Collie Rescue centre. Various colours. Some are straight and some have handles £5 each
Collect from Belton Tel : 07788 408801

Mrs Beeton's Household Management 1949, 1632 pages & 16 colour plates plus 18 pages of adverts £25

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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
Tel 01493 781999

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

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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

8 Vols The Waverly Children's Dictionary 80 years old VGC suit Collector £20 for all

5 Vols The Living Countryside, All you want to know about fauna and flora £30

Heritage Railways of the British Isles £5
Lost Railways of East Anglia £3
Tel 01493 484945

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

DATES FOR YOUR DIARY

Belton with Browston PC

Tuesday March 2nd (7pm) Zoom

To take part in the meeting contact the Parish Clerk on beltonparish@yahoo.co.uk

Fritton with St Olaves PC

Thursday March 25th (7pm) Zoom To take part in the meeting contact the Parish Clerk on fritton.stolaves.clerk@outlook.com

Burgh Castle PC

Monday March 8th (7.30pm) Zoom To take part in the meeting contact the Parish Clerk on burghcastleclerk@gmail.com

Sunday 7th March - Lent 3

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

Sunday 14th March - Mothers Day

9.30 am - Burgh Castle - Holy Communion -

on line on Amazon Chime

10.30am - All Saints Belton -

Morning Celebration - on-line on Amazon Chime & Facebook Live

Sunday 21st March - Lent 5

9.30 am - Burgh Castle - Morning Prayer - on line on Amazon Chime

10.30am - All Saints Belton - Morning

Celebration - on-line on Amazon Chime and Facebook Live

Sunday 28th March - Palm 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 and Facebook Live

4-5pm - All Saints Belton - All-Age Messy Church - either in church or on line on Amazon Chime (to be confirmed) (subject to current restrictions)

Thursday 1st April - Maundy Thursday

7pm - Belton & Burgh Castle Churches

Together - on line on Amazon Chime and Facebook Live

A special service remembering the events of Maundy Thursday, the day before Good Friday.

Friday 2nd April - Good Friday

10am - Burgh Castle - A reflective service for Good Friday - on line on Amazon Chime

11.30am - All Saints Belton - A reflective service for Good Friday - in church and on line on Amazon Chime and Facebook Live
(subject to current restrictions)

Sunday 4th April - Easter Day

9.30am - Burgh Castle - Holy Communion - in church (subject to current restrictions)

10.30am - All Saints Belton - Holy Communion - in church and on line on Amazon Chime and Facebook Live
(subject to current restrictions)

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- ✓ Go to **NHS.UK** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- ✓ **Protect** older people and those with existing health conditions by avoiding contact.

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