

# Village Voice

July 2021  
22nd Great Year  
Vol 22-4

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## Empathy Day at Moorlands School

National Empathy Day is always an important date in the Moorlands calendar and this was no different this year, despite the Covid situation. Although not able to take part in collective events, the children were still able to take part in a virtual assembly, a fun run organised in their bubbles and also participated in a host of live online sessions with authors and illustrators including Michael Rosen, Malorie Blackman, Kwame Alexander and the current Children's Laureate, Cressida Cowell. The children also wrote over 250 Empathy resolutions as a result of the day.

Founded in 2017, Empathy Day aims to help everyone understand and experience the transformational power of empathy through stories and it is celebrated nationally by a growing number of schools and organisations. Moorlands has been working with Empathy Lab for the past five years, being one of their original twelve pioneer schools.

*Continued on page 21*



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# Village Voice

**July 2021**  
**Issue: 245**

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 August 2021 edition of Village Voice is 23rd July 2021.

All contributions to  
beltonvveditor@gmail.com and  
advertising enquiries to  
beltonvadds@gmail.com.

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

## FROM THE EDITOR'S DESK



June tempted us with the promise of a vibrant summer although as I write this, rather perilously close to the printer submission deadline, the sky sports a more familiar grey look and rain is beating on the window. The promised freedom day has been postponed again and though that is a bitter disappointment for many, one hopes that it is a decision based on sound professional advice. We cannot afford the spectre of avoidable deaths haunting us once again, particularly when we know so much more about the pandemic than we knew when all this started last year. Hope endures and we will continue to look out for each other.

Your magazine's cover story this month is on the National Empathy Day and the way in which Moorlands Primary marked the occasion. Empathy is our innate ability not just to understand another person, but also feel their emotions and to be in their shoes. It is an integral part of what defines us and I warmly congratulate the teachers for marking this occasion with a series of innovative initiatives with the children at Moorlands. It was truly heart-warming to read the children's resolutions on this topic in the cover story.

Talking of things heart-warming, all of us in the magazine board were touched to receive the letter from J Saunders of Browston (see below). Words of appreciation like that are always much valued and reminds people that volunteering does count.

This month sees the introduction of a new column - a poetry corner. This magazine is introducing a striking new voice, Swati's Penweave, an unpublished author whose vivid imagination and striking verse predicts a promising future. Please do send any unpublished work you may have to beltonvveditor@gmail.com and I shall consider it for future issues.

*Professor Regi Alexander*  
Editor

## Letter to the EDITOR

### Dear all at Village Voice

May I say a big thank you for your magazine over the last 20 years. I will be moving at the end of the month, but couldn't go without thanking you all, especially the lovely lady who kindly delivers it to my door. I have always looked forward to receiving it and I have always appreciated the hard work that goes into producing it. I thought that I would enclose my very first one that Tracey (darling) delivered along with a warm welcome to the village. You have come a long way in the last 20 years. Once again, many thanks.

Yours, J. Saunders, Browston

### Reply from the editor:

*All of us at the Village Voice feel heartened and touched by your letter. We wish you all the best on your move and please do continue to follow us on-line, if you can. If you let us have your new address, we might even continue sending you a copy of the magazine by post.*

## St. OLAVES VILLAGE SIGN

I'm sure most of you will have noticed that the two tubs either side of the St. Olaves Village Sign have now been replanted, and our thanks to Stefan for sourcing and planting them up and Eileen & John for keeping them



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## St. Olaves Village Hall

As lockdown restrictions are gradually eased, we hope to see use of the hall return to normal in the coming months.

With this in mind, we are looking for new people to join our management committee, bringing new ideas and energy to the organisation and development of the hall. The committee meets every two months or so, in the evening, to review current operations, help with organising events traditionally held throughout the year, and bring forward new proposals for the future.

This is a chance to make a real difference to your community and, if you think you might be interested in joining us, please contact Sue on 01493 488268 or Robin on 01493 488115



# YOUR PARISH COUNCIL REPORTS

**D**ue to issues nationally with regulations relating to dates and times of Parish Council meetings following on from Covid restrictions both Burgh Castle and Belton with Browston Parish Councils have delayed their June meetings and therefore reports have missed this month's Village Voice (we will catch up next month).

*Meetings of our local parish councils in July are expected to be as follows:*

Belton with Browston - Tuesday July 6th (7.30pm) at New Road Sport and Leisure Centre.

(This date could be delayed by 1-2 weeks due to the lateness of the June meeting, please contact the Parish Clerk, Kate Ruddock on [beltonparish@yahoo.co.uk](mailto:beltonparish@yahoo.co.uk))

Burgh Castle - Monday July 12th (7.30pm) at the Village Hall on Church Road. (details from Kate Ruddock, Parish Clerk, e-mail [burghcastleclerk@gmail.com](mailto:burghcastleclerk@gmail.com))

Fritton with St. Olaves - Thursday July 29th (7.30pm) at St. Olaves Village Hall.

Details from the Parish Clerk, e-mail [Fritton.stolavesclerk@outlook.com](mailto:Fritton.stolavesclerk@outlook.com)

## NHS, SOCIAL CARE & FRONTLINE WORKERS DAY - 5th JULY 2021

As we all start to gradually emerge out of 'lock-down', it has been agreed nationally that it is really important to pay tribute and thank all those within the NHS, Social Care and those working on the Frontline, for all they have undertaken for us, without any thought of their own safety, twenty four hours a day, seven days a week and fifty two weeks a year, and Parish Councils have been invited to take part on Monday July 5th.

The reason for this date is because it is the annual birthday of the NHS and it is hoped to make this an annual occasion on this date each year.

Locally, Belton with Browston and Burgh Castle Parish Councils, along with the local church, have agreed to take part and both invite residents to join them for a few minutes on July 5th to offer their thanks, details are as follows:-

### BELTON with BROWSTON

There will be one event which will encompass the two minutes silence, the toast to NHS staff and a

prayer at 11 am outside Belton Church, when we will be joined by the Rev. Viv Redpath (curate for Belton and Burgh Castle) if raining, we could hopefully go in the church, it was felt that outside in the fresh air would be more favourable and appropriate.

It was also agreed that the toast will be with lemonade, some fresh lemon slices and mint.

## BURGH CASTLE

The Parish Council will also be holding one event, at the Village Sign at 8 pm when we will be joined by the Rector of Belton and Browston, Rev. Rosie Bunn, again to include the silence, toast and a prayer hopefully on a bright Summer evening.

Both Councils and the local church hope that as many residents as possible will attend these events.

### BURGH CASTLE VILLAGE SIGN

Burgh Castle Parish Council would like to thank Charlie and Jasmine of Burgh Castle Nurseries on Mill Road for their very generous donation of the plants for this year's summer planting at the village sign. We look forward to a very colourful display.

## Citizen of the Year 2021



Ken Botwright Parish Council Chairman presenting Brian Swan with the award. Brian (and wife Gloria) have been instrumental in fundraising for the village over many years, and until this year Brian had been heavily involved in the production of the Village Voice magazine. A well deserved recipient.

## Burgh Castle Tea Room & Bargain Stall

Please come along and enjoy a cuppa with us, we have missed all our regular customers. We are open Thursday's and Friday's 10am - 2pm. We would ask you to wear a face covering inside the building, use the QR code or complete a Track & Trace form. Tables are available in the small hall for refreshments and we have some new items for you to browse.

Please continue to save your good quality bric-a-brac, and books, (especially paperbacks), we will collect if you wish or can arrange for you to drop off at the hall. Any 'new stock' is quarantined for a week before being put on display.

Please contact [mgreenacre532@gmail.com](mailto:mgreenacre532@gmail.com)/01493780126

Margaret Greenacre





# A WORD FROM YOUR LOCAL MP AND COUNCILLORS



## BRANDON LEWIS

MP writes

It won't surprise any reader that every week I receive a large amount of correspondence. This isn't just emails and letters from constituents – either requesting assistance or sharing their views on government policy. A large proportion of what requires my attention comes from lobby and special interest groups, charities, our local councils and numerous public agencies. It can be a bewildering experience to decide which are the most important and require immediate attention.

In the last months two letters and reports came across my desk that could impact on the Great Yarmouth constituency for many years to come. The first from the Boundary Commission for England revealed their initial plans to reshape the constituency boundaries across the country. This is long overdue as the current boundaries were drawn up twenty years ago.

Since then, population has shifted, some areas have

grown whilst others declined. This leaves our parliamentary constituency hopelessly out-of-kilter meaning the principle of every vote is worth the same is broken. Whilst Great Yarmouth is within the current criteria for number of voters to help balance things out across Norfolk it is recommended that areas around Stalham and Potter Heigham are added to the constituency. This is a minimal change that would go unnoticed by most. What is important is that the borough of Great Yarmouth remains in the same constituency. It would be a disaster if the borough was split up into different constituencies.

Alongside this announcement was communication from Highways England setting out how they plan to decide strategic priorities for our trunk roads in the East of England. These priorities will decide future investment. I've already responded to say that improvements to the Acle Straight and A47 roundabouts must be included in this strategy. It is frustrating that after a decade of campaigning involving Norfolk MPs, councils, businesses and local communities that Highways England still fails to recognise how vital this is to improve both safety and our economic opportunities. My determination to secure these changes remains undimmed.

## ADRIAN MYERS

Borough Councillor



It has been an interesting time with council meetings now taking place in the physical world as opposed to the virtual one. The precautions necessary to accommodate these meetings is massive. Tables set out with two people at a time seated on them. Physical barriers between those people. Bottled water supplied as we cannot move around the meeting room for tea or coffee, hand sanitation and a request to have a Lateral flow test at least 24 hours prior to the meeting. It is costly in both resources and officer time, who do a fantastic job facilitating these meetings. All of this could have been avoided if the government had met the request of LGAs in extending the legislation to continue zoom meetings. In my view the government's stance on this was ridiculous. Indeed, with the extension of the

lockdown restrictions it would seem that the government's intransigence in the matter of zoom meetings is totally unfounded, and I cannot for the life of me understand the reasoning behind it. This is taxpayers money folks.

Parish councils will now meet physically, but with social distancing rules still in place, public number will be limited, and I would ask any member of the public if they wished to comment on anything on the parish agenda to email the parish secretary with your questions so they can be heard at the meetings. The answers will of course be in the minutes and there for all to read.

I have asked and been given an answer as to how many students will be moving from Moorlands to Lynne Grove in September. It is 31. At the request of one of the parishioners, I am looking at what transport provision is available to get these students to and from Lynne Grove. I will keep you updated.

I hope you keep well.

*Adrian Myers Independent Councillor.*

# Barbara Clark (1931 - 2021)

It is sad to write this tribute to Barbara who was a wonderful stalwart in our Village for over 20 years. Although due to ill health she had to move from her home in Belton in 2018 to live with her daughter in South Wales, she will be buried in Belton at All Saints Church on Monday 28th June at 2pm to be with her long partner John. They will then be back together for ever in Gods care.



Barbara will be remembered for her wide involvement in our community with connections in so many ways. She was a long standing member of Belton with Browston Parish Council. She joined in 2001 and served as Vice Chairperson for a period around 2010. During her time on the PC she was also a member of the 'Village Plan' committee which sadly did not come to fruition.



*The WI Diamond Jubilee Party*

In 2005 when the JGI was opened as our Village Hall, Barbara was a key person in its operation and became a Trustee for many years playing a vital role in its organisation.

Again as a vital member of the organisation Barbara was on the committee of the Village Show which was a great success through the early years of 2000. Sadly due to lack of public support the annual show had to end in 2017.



*Barbara at the Village Show 2015*

Her main interest through the first two decades of this century was the local WI. After joining in 2000 she became president in 2002 a post she held until 2018. During that time she took the group through their Golden and Diamond Jubilee celebrations. There was a grand party at the JGI in 2015, with invited guests from the WI Federation, celebrating the Diamond Jubilee.

Barbara and Nora Bensley, a dear friend of hers, also headed up the Events Committee. This was a small group that provided and organised wonderful entertainment at the JGI, (The John Green Institute) on various Saturday evenings throughout the year.



*Barbara with Nora*



Another string to her bow was the 'Luncheon Club' that provided a wonderful two course lunch at the JGI once a month. Again this was always well supported. Sometimes she had to refuse a booking due to capacity.



*Barbara overseeing a Luncheon Club Event*

*Barbara was a lovely lady who was always willing to help people. She was sadly missed when she had to leave Belton and will always be kindly remembered forever.*





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# NEIGHBOURHOOD WATCH NEWS



## Residents across Norfolk are being urged to have their say about community safety in the county

The Norfolk County Community Safety Partnership (NCCSP) has launched a consultation to understand what residents believe will make Norfolk a safer place to live, work and visit.

The NCCSP develops a Community Safety Plan which sets out the priorities which partners will focus on. Having carried out an assessment of crime and community safety issues, the NCCSP has drafted a new three-year plan which proposes seven priorities. The partnership now wants to hear from Norfolk residents whether they feel the priorities correctly reflect the issues which matter most to them.

### The proposed priorities are:

Serious violence, Domestic and sexual abuse. Preventing terrorism Criminal exploitation, including modern slavery and county lines drug dealing Neighbourhood crimes like robbery, burglary, anti-social behaviour, vehicle crime and other theft offences Hate crime and community tensions Fraud

The NCCSP brings together organisations from across Norfolk to tackle crime and disorder, and ensure the county remains a safe place for all.

The partnership is currently supported by the Office of the Police and Crime Commissioner for Norfolk (OPCCN) and is chaired by the OPCCN Chief Executive Mark Stokes.

Urging residents to have their say, Mark Stokes, said: "It is vital we hear from as many people as possible to ensure the partnership's priorities best reflect what matters most to Norfolk residents. "We have developed an evidence-based plan that we believe will make Norfolk a safer place to live, work and visit but we need to hear your views "This is why we are asking your opinions on the proposed priorities and desired outcomes of the plan.

"The survey only takes a few minutes to complete but will help safeguard the safety of Norfolk residents for years to come."

The NCCSP wants to make the public and professionals aware of a variety of community safety issues in order to enable them to better protect themselves and others.

Once the priorities have been agreed, the partnership will use a variety of approaches to promote important community safety messages to both the people of Norfolk and professionals.

### The consultation closing date is 16 July 2021.

For more information on the priorities and proposed outcomes and to take part in the survey visit <https://www.norfolk-pcc.gov.uk/police-and-crime-plan/working-in-partnership/community-safety/nccsp-strategic-plan-consultation/>

## Top reported crimes

### Most commonly reported crimes during April 2021



#### Violence and Sexual Offences 23

**Violence:** includes a range of offences from minor offences such as harassment and common assault, to serious offences such as murder, actual bodily harm and grievous bodily harm.

**Sexual Offences:** A broad category of sexual offences, including Indecent Assault and Unlawful (under age) Sexual Intercourse and Rape

#### Anti-social Behaviour 15

Anti-social behaviour is defined as someone acting in a manner that causes or is likely to cause harassment, alarm or distress to one or more people not living in the same household as the perpetrator.

#### Public Order 12

Public order offences e.g. from a verbal alarm or distress altercation to offences just short of violence

#### Criminal Damage and Arson 8

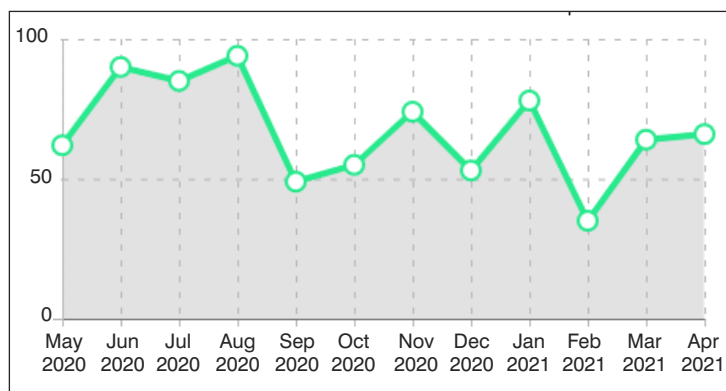
Where property is intentionally destroyed or damaged, not necessarily to gain entry to premises or a vehicle.

**Arson:** Damage caused as a result of fire

## Crime levels overview

### Crime for last year

Crime per Month





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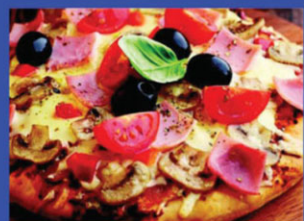


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# THE VILLAGE VOICE HEALTH CHECK

Health Check is a regular column in your Village Voice.

Each month, a health topic of interest to the general public will be discussed by a health or social care professional.

Please feel free to write to [beltonvveditor@gmail.com](mailto:beltonvveditor@gmail.com)

with suggestions about topics that you would like covered in the future.

## ALCOHOL MISUSE

**About the author:** Professor Regi Alexander is a Consultant Psychiatrist at Hertfordshire Partnership University NHS Foundation Trust. Editor of the Village Voice, he is also Associate Dean of the Royal College of Psychiatrists.

*Alcohol is implicated in more than 60 medical conditions including cancer, high blood pressure, cirrhosis of the liver and depression.*



### Risk guidance on alcohol consumption

To minimize health risks from alcohol, both men and women are advised not to regularly drink more than 14 units of alcohol per week. A unit of alcohol is about half a pint of normal-strength lager/ beer/ cider or a single small measure (25 ml) of spirits. A small glass (125 ml) of wine contains 1.5 units. If you drink 14 units, it is best to spread it evenly over 3 or more days. The risk to your health is increased by drinking any amount of alcohol on a regular basis.

### Alcohol misuse: dependence and harmful use

Alcohol misuse can take the form of either dependence or harmful use. Dependence is characterized by features like a strong desire or compulsion to drink, a loss of control once drinking starts, the presence of withdrawal features when drinking is stopped (eg: tremor, sweating, anxiety, nausea, agitation, sleeplessness), evidence of tolerance (ie, needing increasing amounts of alcohol to produce the same effects as before) and adverse personal, social or occupational consequences. In harmful use, many of the above features may not be present, but there is clear evidence of physical or psychological harm including impaired judgement or dysfunctional behavior.

### Some facts and figures: pre and post COVID

Between 2016 and 2019, it was estimated that about 24% of adults in England and Scotland regularly drank over the Chief Medical Officer's low-risk guidelines. In 2018, it was estimated that there were just over half a million drinkers with alcohol dependence in England of whom 82% were not accessing any specific treatment. Information about the total alcohol consumption in the country during the COVID pandemic has varied. Analysing Public Health England's data on indirect effects of COVID, the Royal College of Psychiatrists found in September 2020 that over 8.4 million people were drinking at higher risk, up from just 4.8 million in February.

### Self assessment

You can ask yourself four key questions to recognise if you have a problem with alcohol: do you often feel the strong desire or compulsion to have a drink, do you often get into trouble because of your drinking, do other people warn you about how much you are drinking and do you think that your drinking is causing you problems. If the answer to these questions is yes, you may want to consider seeking more help.

### Further interventions

If your drinking falls in the harmful use category, while cutting down or stopping may be the first step, you are likely to need some additional help to stay that way. This additional help may need to be more than that from family and friends. You may want to consider making an appointment with your GP or other local services as a first step. There are a number of screening instruments (CAGE, AUDIT, etc) that professionals use to find out if you have a problem with alcohol misuse. Self-help or mutual aid groups (listed below) are accessible in most areas. If you have an alcohol dependence, then stopping overnight could be potential harmful. You will need advice on how to stop in a planned way and how to use medication to combat some of the unpleasant physical and psychological withdrawal symptoms. Withdrawal symptoms like sweating, tremors, nausea and retching in the mornings, vomiting, hallucinations or fits suggest the need for medical advice and medication to manage the withdrawal phase.

### Sources and other useful websites

#### General

NHS: <https://www.nhs.uk/conditions/alcohol-misuse>

NICE: <https://www.nice.org.uk/guidance/cg115>

Royal College of Psychiatrists: <https://www.rcpsych.ac.uk/about->

[us/responding-to-covid-19/](https://www.nhs.uk/conditions/alcohol-misuse/responding-to-covid-19/responding-to-covid-19-guidance-for-clinicians/community-and-inpatient-services/managing-individuals-with-alcohol-problems)[responding-to-covid-19-guidance-for-clinicians/community-and-inpatient-services/managing-individuals-with-alcohol-problems](https://www.nhs.uk/conditions/alcohol-misuse/responding-to-covid-19-guidance-for-clinicians/community-and-inpatient-services/managing-individuals-with-alcohol-problems)

### For individuals with alcohol dependence:

Alcohol change: <https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub>

Alcoholics Anonymous <https://www.alcoholics-anonymous.org.uk>

Smart Recovery <https://smartrecovery.org.uk>

### For families and children:

Al-Anon <https://www.al-anonuk.org.uk/> or NACOA <https://nacoa.org.uk/>

### Local information

You can type in your postcode into this NHS website to find alcohol support services.

<https://www.nhs.uk/service-search/other-services/Alcohol-addiction/LocationSearch/1805>

Some of local services identified through that website include CGL, 148 Kings Street, Great Yarmouth NR30 2PN Great Yarmouth (Tel: 01603 514096), East Coast Recovery Ltd, 231 Whapload Road, Lowestoft NR32 1UL (Tel: 01502 587269), Turning Point- Lowestoft Recovery Hub, Woodbury House, Mill Road, Lowestoft NR33 0PP (Tel: 01502 5331138).

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

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## MATHEMATICS TUITION

**BY DANIEL**

**TUITION:**

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**CREDENTIALS:**

I am an 18-year-old academic scholar at Norwich School who had ten 9s/ A\* at GCSEs, including Maths. Taking A levels in Maths a year early and getting an A\*, I am currently awaiting A level results in Further Maths, Economics and Latin. I have firmed an offer to read Economics at Warwick University, which is heavily focussed on Mathematics and Statistics.

**WHAT YOU CAN EXPECT:**

Having frequently tutored my peers in a range of subjects, I have become quite accustomed to helping those of all abilities. I will help you improve and boost your potential in a kind and supportive manner that helps you to engage with the subject and continue to improve outside of our sessions. The sessions will be online due to current COVID guidelines, but I will ensure that they remain as interactive as possible.

Rate: £16-20/hour. Please contact:

**07484 647991**  
or mathswithdaniel@gmail.com  
for a preliminary discussion.

# The Village Voice

Do you enjoy cooking or at least watching someone else cooking?  
Do you love hearing the stories behind the dishes as much as learning how to make them?  
This new column in the Village Voice introduces you to culinary experiences,  
just that little bit different.  
Please send in your suggestions, comments and contributions to  
Beltonvveditor@gmail.com



## Easy Lemon Meringue Pie

*This is a family favourite, always comes out if anyone is visiting, its super easy, won't go wrong and always goes down a treat. Plus you can even freeze it.*

### Ingredients:

#### FOR THE BASE:

75g (3oz) butter  
1 Tablespoon golden syrup  
175g (6oz) digestive biscuits, finely crushed (see tip below)

#### FOR THE FILLING

1 x 394g tin of full-fat, sweetened condensed milk (see tip below)  
3 egg yolks (see tip below)  
Finely grated rind and juice of 2 large lemons  
3 egg whites (see tip below)  
175g (6oz) caster sugar  
Preheat the oven to 190C/170C fan/gas 5

### Method:

1. Put the biscuits in a plastic bag and crush with a rolling pin
2. Melt the butter over a low heat and add the golden syrup
3. Mix the butter mix in with the crumb
4. Line a 9inch loose bottom tin with the crumb base and put in the fridge
5. Separate the eggs
6. Into a clean grease free bowl put the egg yolks, lemon juice, peel and condensed milk
7. Mix until double in size
8. Pour into the crumb base and put back in the fridge
9. Put the egg whites in a grease free clean bowl and whisk until they resemble clouds
10. Slowly add in the sugar beating continuously between each addition
11. Spoon the meringue over the filling in the base making small peaks
12. Cook for 10-15 mins until just browned on top
13. Enjoy with cream or ice cream



Sonia Shephard

## Lemon Yoghurt Cake

### Ingredients:

100ml/4floz natural yoghurt  
200g/7oz castor sugar  
100g/3 ½ oz butter - melted  
2 medium free range eggs  
Grated zest of 1 lemon  
250g/9oz self raising flour  
100g/3 ½ oz lemon curd  
Icing sugar to dust

### Method

Pre heat oven to 180c/350f/gas 4. Lightly oil and base line an 18cm/7inch cake tin with baking paper.



## Banoffi Pie

### Ingredients

10oz butter  
9oz ginger biscuits crushed  
6oz caster sugar  
14oz can of condensed milk  
2 bananas sliced  
½ pt double cream - lightly whipped  
1oz dark chocolate



Melt 4oz of the butter. Stir in the crushed biscuits. Press into the base of a 7 ½ inch loose-bottomed flan tin. Chill.

Place the remaining butter and sugar in a non-stick saucepan. Heat gently stirring until the butter has melt. Add the condensed milk and heat gently stirring continuously until simmering.

Simmer on a low heat for exactly 5 minutes to make a light golden caramel. Pour over biscuit base and allow to cool in the refrigerator.

To serve: Slice the bananas and layer most of them over the toffee. Spread with the cream. Top with the remaining sliced bananas and grated chocolate.

**Tips.** Slice bananas into a little lemon juice to prevent discolouring. To prevent the caramel mixture from burning stir continuously over a steady heat.

Serve chilled or at room temperature for a softer toffee.  
*For safety reasons it is best not to boil the can of condensed milk.*

Some supermarkets sell tins of caramelised condensed milk which can be used and heated through with the melted butter and sugar.

Joan Wright

In a large bowl whisk together the yoghurt, sugar, melted butter, eggs and lemon zest then quickly but thoroughly beat in the sifted flour.

Pour the cake mixture into the prepared cake tin and cook in centre of oven for about 1 hour or until a skewer inserted into the centre of the cake comes out clean.

Leave the cake to cool in the tin for 10 minutes, then transfer to a cake rack to cool completely.

When cold cut the cake in half to make 2 equal discs, then sandwich them back together using the lemon curd.

Dust the top with icing sugar or drizzle over icing made with icing sugar mixed with lemon juice.

Can be served with Greek yoghurt or crème fraiche if wished.  
Cake will freeze but is best decorated after defrosting.

Joan Wright



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# Village Voice

## 2021 Writing Competition Winners

### BATTLE OF THE BISCUITS

William Chesneau

(Winner, Children 12-18 years category)

It was a cold September morning when it all began. I was just opening my eyes to see my dull, ordinary bedroom when I heard a shrill, high-pitched scream coming from beyond my window. Quickly, I clambered out of bed and ran to the window. Looking out, I saw a few hundred bourbon people running for their lives between the 2 cities: Colindale and Sethwell. The 2 cities were completely different; Colindale, a beautiful place full of happy people and Sethwell, a nasty place, covered in litter and grime.

I had been watching the battle for nearly 10 minutes now, and my mum had managed to get up and put her head around the door to give me my chocolate spread on toast. Sitting on my bed, I messily ate my toast, then chucked my coat on my back and shoved on my shoes, then shouting to my mum that I was going out.

As I stepped outside onto the frosty earth, the morning air felt like fingers on my bare skin. I sprinted as fast as I could to Colindale to see what had happened. As I came to a stop outside the high walls of the city, I smelt the delicious odour of freshly-baked biscuits and the sight of custard cream cars, gingerbread roads and

bourbon people came in like a punch from a boxer, making me stumble back in awe.

Recovering myself, I started towards the high gates to enter Colindale city. As I passed into the city, a group of tough-looking bourbon people marched in perfect time past me, followed by 5 custard cream army trucks, racing onto the no man's land between the cities. A young person, dressed in an uncreased, purple velvet marched past me, so I stopped him abruptly to ask him what was going on. He told me in a strong Irish accent 'we are preparing our troops to fight Sethwell and get back our captured people'.

The war raged in the city of Sethwell, with biscuit crumbs ricocheting off houses, clanging into lamp posts and thudding into innocent victims.

I headed back to my house, pondering on what to tell my family, soon deciding to tell them that there was a war between the 2 cities. When I opened the front door though, they were all ready to go out and see for themselves. As I explained what was happening, we all walked out the door again, just in time to see all the bourbon people running out of Sethwell, shouting in triumph. Soon after, we were all at the gates of Colindale as a sergeant told us that they had won. Sethwell had closed down, and all the weary-eyed people from it were coming to work at Colindale's factory, to help the city thrive even more.



### THE LEAFMAN

Charles Buddery

(Special Commendation, Children 12-18 years category)

The garland, hastily created in the frenzied run-up to Christmas, looked most attractive hanging on the front door, moving gently backwards and forwards in the sea breeze.

The scarlet holly berries, glossy green leaves, sprigs of pines and variegated ivies created a splendidly seasonal effect.

David had been telling his daughter about the story of the Leaf Man, who was drawn to the Old Vicarage on Christmas Eve by the beauty of the Christmas garland. Legend had it that he was the wraith of a former incumbent who had been engaged in some nefarious activity, perhaps smuggling, for underground passages had been discovered leading down from the cellars of the mansion to the riverside. He had been imprisoned and hung, severe penalties having been exacted years ago.

David said that his father had dismissed these tales as rubbish. Nonetheless he would never allow a garland to be displayed, saying it had unfortunate associations, originating maybe in the Roman saturnalia.

"Oh, for goodness' sake, Father!" Angela had replied, laughing, as she smoothed his hair affectionately. "I don't think I can swallow this story about the so-called Leaf Man. It's rather far-fetched. Don't you think it's all been exaggerated?"

David pondered, but it was her family home now, so she could do as she wished.

"Do you fancy some tea, Father? I'm going to butter some scones and open the tin of shortbread." His daughter said and left the room.

David kept mulling over the strange turn of events. He was in the same sitting room, looking out of the same windows, where he had stood with his own brother and sister on Christmas Eves in his childhood. Memories of excitement and fear resurged. Would the Leaf Man come? Of course, he never did.

He observed the garden darken. The snow, which had threatened all day, began to fall in steady drifts, eddying through the branches of the trees.

Suddenly his eye was caught by a swirl of leaves on the far side of the garden where there was an old gate in the wall which was creaking ominously. The leaves were tumbled in profusion and, silhouetted despite the snow, started to move in a mesmerising, menacing manner towards the house.

The garland began to jerk and twist violently on its hook, the rhythmical sound of its movement startling David, causing him to glance over his shoulder.

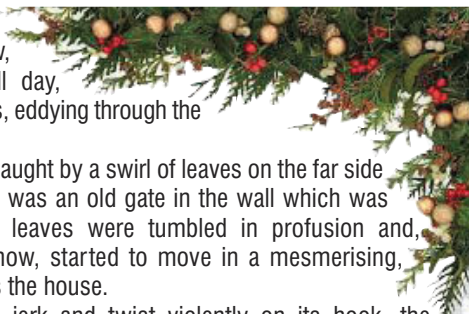
The leaves reached the windows, rising up black and sinister beyond the glass. David instinctively backed away. The mass of foliage appeared to take on human shape, as a pair of scrawny bare brown arms flapped and clawed wildly at the window. Tendril-like, skeletal fingers forced their way violently between the old, loose fitting window panes.

The windows burst open and in a flurry of snow a malign, terrifying being with a furious face was in the room, leaping with outstretched arms upon David, arching over his body. David tried to beat it off, but in vain, and he fell to the floor, desperately attempting to protect his head and face. Angela found her father lying on the carpet which had cushioned his fall.

He was still alive. The garland was lying in the snow, having been torn off the door and hurled to the ground. David revived, sensing his daughter's presence. and hearing her close the curtains, shutting out the icy draught and the leaves billowing in through the window.

He stirred and said insistently. "You must get rid of the garland. You must . . . !"

"It's all right, Father," she said reassuringly, kissing his forehead and gently taking his hand. "It's outside in the snow which is covering it, I'm sure. Tomorrow I'll burn it on the wood burner. Whatever happened?"





# THE THING ABOUT FLIES

Ryan King

(Special Commendation, Children 12-18 years category)

The life of a fly isn't so great,  
often due to their horrible fate,  
there's no pretending  
that the risk list is never ending:  
Caught in a sticky spidery trap,  
hit by a racket that crackles and zaps,  
newspaper bats,  
pounced on by the family cat,  
or even eaten by a rat.



Freddy the fly puzzled,  
as his bedtime milk was guzzled.

"Having feathers,  
flying in all weathers,  
oh if only I could squawk  
just like a hawk."

"Yes a hawk!"

he continued to talk.

"Hawk instead of flies",  
then he slowly closed his eyes.

Freddy soared high up into the sky,

"I have a beak,

I'm no longer small and meek,

and now hopefully I'll live longer than a week.

I'm no longer a fly!"

"I'd love to taste some revengeful rodent rump,  
although I can imagine the meat to be full of lumps.

I could fly for acres

just to malevolent those malicious web makers"

Throughout the skies he searched

and he scanned from the trees on which he perched,  
but no food was found.

"It's starving work being a hawk", Freddy frowned.

"I'd much rather be an exciting animal.

Wouldn't it be fun to jump and run,

or snarl and growl,

guarding your territory in which you prowl.

Having paws, claws and teeth within your jaws,

a coat, silky and red.

Maybe I'd find some food as a fox" wondered Fred.

"Fox instead of hawk" he said.

Freddy strolled down a winding wildlife track,

ready to pounce and/or attack.

The ground was littered with leaves and gnarled roots,

no footprints to follow, not even human boots.

Strange?

To try a fly,

would that be going too far?

Something seemed a little...BIZZARRE.

Not a sibling nor a cousin were out buzzin',

which was strange when they have more than a dozen.

The thought of a chicken or a fowl

made Freddy's stomach growl.

Fish and frogs?

It was hard to leap the sticks and the logs.

A hare or even a bird?

"I need food" he slurred.

He stumbled into a hole in the ground,

noise faded and drowned.

"I wanted to be a fox, all sneaky and sly,

but now all I wish is to change back to a fly"

he mumbled.

Freddy's tummy grumbled.

Darkness turned to light,

blurred but very bright,

sound drifted in,

even a soft breeze was an awful din.

Strange, things did seem,  
could this have possibly been a dream?  
His stomach bared a horrible ache,  
he'd eat anything now from poo to cake.  
His vision was dim,  
and he could just make out something behind him.  
Freddy slid on his belly  
he realised it was something disgusting and smelly,  
but still, he gave it a lick and then a bite,  
he ate until his stomach felt almost right.  
After all the recent starvation  
he noticed the activity and sudden population;  
life was back to it's old ways:  
birds blocking the sun's rays,  
humans swatting, screaming, then comes the smack  
although it still feels good to be back.

He buzzed up to the ceiling, on which he sat,  
wondering about this and that:

why was the food so scarce? (not a lot)

His brain felt it was in a knot.

The questions went on:

where had all the animals gone?

Even flies went away.

Did the humans go crazy with the bug spray?

There was a slight delay...

"I've got it we're the ultimate prey!"

Flies just can't go.

At that moment he saw a brother eaten by a crow.

The crow was being stalked by a cat.

"The food chain...well that proves that!"

Freddy then realised that everything was important.

Everything from a big cat to a tiny, little gnat.

## STAYING IN

Ann Wilby

(Special Commendation in the category for adults)

Tonight I'm staying in, coffee steams in my favourite mug,  
Books, tv, and the fashion magazine lying on the rug.

I've firmly shut the kitchen door  
And thrown my bean bag on the floor.

Unwinding, relaxing, when it's been a hectic  
week  
Something soothing on the radio is what I  
seek.

The chat and music from Radio Three  
Yes, that's going to be ideal to comfort me.

Most mornings I set my dial to Radio Four,  
Staying in means listening to Woman's Hour a whole lot more.

I have a lot of sewing and mending to do  
Zips, buttons, cottons in colours of every hue.

My sewing box is full of material scraps and pins  
Waiting for me to sort it all into separate tins.

I have cotton squares ready for hankies and masks,  
Lots of other material waiting for sewing tasks.

Interesting pamphlets are waiting to be read  
Couldn't read them all before it's time for bed.

My computer beckons me - as well it may -  
But already hours have been spent 'surfing the net' today.

Staying in need never make you feel blue  
Sometimes there really is so much to do.

I have so many choices, how will I occupy my time?  
Whatever I choose to do - this evening, at home, will be mine, all mine.



## DEPRESSION

Alison Crane

*(Special Commendation in the category for adults)*

The Estee Lauder mask is plastered in place  
A smile, if fixed is put firmly on my face,  
I brighten my eyes and shine on a grin  
So that nobody knows what goes on within

I am the shadow behind the dancing candlelight  
I am the one who lives in black eternal night  
The skeleton scarecrow of my dreams keeps close  
And my thoughts are all dark, depressing and morose

My Japanese rice-paper shell still holds strong  
And I laugh and talk and chatter along  
I bubble. Effervesce and no-one would guess  
The heartache I feel, the pain, the distress

My thoughts are the February of the calendar day  
No light, no sunshine, no smiling, just gray  
Yet still I keep on, for no one must know  
The pain, the depression, the sorrow must go

As the day wears on, I become more brittle  
And think, just carry on, it's only for a little



Knocking off time, draws close and near  
I can just hang on, keep calm, never fear

My teeth unclench and my shoulders slump down  
The tears pour forth and my head goes round  
My knees give way and I collapse to the floor  
As I finally reach home and close my own door

The gray maelstrom threatens and surges to and fro  
I must learn to hope, that's the only way to go  
Pessimism overwhelms and depression holds away  
Oh God help me, I can't go on this way

Years pass by and I slowly come to see  
That the artifice I built was actually come to be  
My smile is becoming genuine, the laughter sounding true  
I no longer need to hide as optimism seeps through

The sky is blue again and Nature's magic works its spell  
And gradually I'm made whole, discard the rice-paper shell  
Newly born optimism has filled me now with hope  
And my family and my friends have all helped me to cope

There are still the days when Darkness has his way  
But now I shake it off and look forward to the day  
But always my small spark of courage has a fight  
So that never again, will I fall into darkest night

## RUSSIAN ROULETTE

Terry Jordan

*(Special Commendation in the category for adults)*

The light was flickering green. It must be on, but what does it do?  
Jane opened the parcel carefully, like how she always did.  
Momentarily she was seven again and diligently opening her presents to savour the moment. As she cast her mind back, she was transported to that one Christmas hoping the parcel in her hand would be that lockable diary that she so craved. In her cloud of nostalgia, Jane remembered the tug of disappointment she felt when she opened the present. She stopped.

With an about turn Jane had disregarded the parcel and turned towards the kettle, idly switching it on. She grabbed a tea bag from the cupboard and fell into the routine of throwing the tea bag into the empty cup as she waited for the kettle to boil. Every now and then she would cast an eye over to the unopened package in a sense of wonderment.

Click. The kettle had boiled but she hadn't made her shot yet. Almost nonchalantly, she threw the tea bag into the air and the soft thud of it landing in the cup resonated in her ears. She smiled.

Jane took her tea into her home office and opened up her emails, the way she started every day. She sighed as she saw yet another email from Yvonne at James Haulage. She had to tell them once again as she had told them a thousand times before that their shipment had been held up in Singapore and she couldn't complete the order until it had been cleared.

She responded to her emails until she came across one that sent goosebumps shivering up her arm.

Subject: I am watching you.

Jane hesitated and let the cursor linger over the email, however she couldn't resist and pressed the left mouse button. Click.

It took a moment to load but all it said was "I have been watching you." Initially Jane put this down to a bot or spam. She didn't think much of



it until she saw that there was attachment. Curiosity got the better of her and against her better judgment she downloaded it. A picture flicked onto her screen of her discarding something in her wheelie bin. It was blurry but she could make out her red door and the hideous garden gnome she had inherited from her dad.

Jane rushed downstairs and began pacing. Her heart was thundering against her chest and she had to take several deep breaths to try and regain her composure. She struggled. She fluttered into the kitchen and opened the bread bin as she remembered that she hadn't had breakfast. She took out two slices of fruit loaf and shoved them into the toaster.

As the aroma of cinnamon and raisins filled the air, she put the kettle back on. Click.

Her mind was racing and she couldn't grab a hold of a single thought. She forced her mind back to the bread in the toaster and got the butter out of the fridge. She threw open the cutlery drawer and erratically searched for her favourite butter knife. When her hand fell on it she felt a moment of simple serenity and comfort. In this moment she was able to regain her composure and get back to the task in hand.

Click. Jane flung her eyes toward the toaster as the toast popped up. She grabbed the toast and started to butter it. As she smeared warm butter onto the toasted loaf her eyes cast over to the partially opened parcel. She had forgotten about that. She took her toast over to the breakfast bar where the parcel was sitting.

Calmly Jane slid her index finger under the tape to open the parcel. Slowly the paper fell away revealing a wooden box with a button on top. There was a light inside the button. The light was flickering green. Jane pushed the button.

Click.



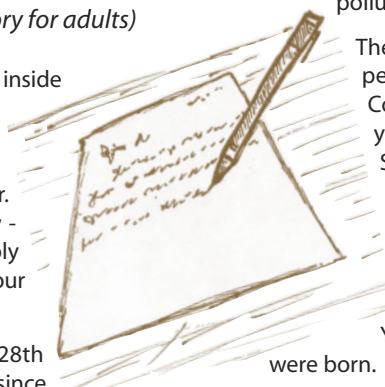
## Her Letter

Sue Russell

(Special Commendation in the category for adults)

Her letter rests, with a faded sepia image, in the left inside breast pocket of your uniform. You place your hand there and feel the outline of its edge against your palm. Your life in your hand. A comfort. You try to recall how she looked when you last saw her. You try to imagine what she must look like now - your child growing inside her. You write your reply and place that missive behind hers. Safe. Close to your heart. Waiting for the daily collection.

It's September 1914, three days after your 28th birthday, six months (with many weeks marching) since you've seen her; but although her letter is dated May it has only just arrived. You are one month into this bloody war. You can taste the French dirt, the salty grit between your teeth; on your tongue. You spit until your throat is sore and you have no saliva left. In that other life you were digging London dirt for a living. Planting. Nurturing. You think it ironic; how there is no comparison. Your body is saturated with days of unrelenting rain, your army boots wedged tight in thick mountains of mud at the foot of this water filled hell-hole trench you've lived in, ate in. Fouled in. You wonder, briefly, if you still have toes. In non-lucid moments - and there are many - you think you are already dead. Imagine that you are. You can shut out the



screams and the cries for mother that way. Shut out the stagnant stench that is all around you Pervading. Permeating. Of broken bodies putrefying. Your best friend is one of them, beside you. You heave. Your vomit paints a polluted floating picture on the stinking water at your knees.

The battle has been long, the gunfire relentless, but perhaps... perhaps, it is ending. There are signs of defeat. Your Commanding Officer is hopeful they will surrender. A guttural yell from beyond the mire. Desperate! Urgent! And then .... Silence. Voices - many! Shouting! A white flag lifts slowly. Hesitates and withdraws, then shoots up - resolute; its wave, frenzied. Here ... here is hope at last! The command is given and from somewhere deep, you find the strength to claw your weary, heavy form over a cascade of bloodied bodies and up the side of the trench, along with your comrades. Your friends. Two from the same Suffolk village where you were born.

You don't feel the bullet that shatters your chest, piercing your left inside breast pocket, through her sepia image and gentle words, through the reply she will never receive - the one that would legitimise; the difference between a blank space and a father's name on a birth certificate. You don't feel the bullet that enters your skull near the birthmark behind your left ear, as your thoughts and dreams scatter over French fields and die in a million places.

A telegram is on its way to you.

*'Arrived safely Stop. Beautiful bundle without a tassel Stop.'*

## REV ROSIE WRITES

## ALL SAINTS BELTON



"It's a good year for roses" someone said to me recently. "Take time to smell the roses!"

My two old English climbing roses have been planted 10 years now, and this year they have been better than ever. They each have a different rose smell to the other and we can smell them when we are sitting on the patio.

On Wednesday afternoon I was marvelling at the roses, the number of blooms, and how wonderful they looked. Then we had the rain, and a break on Thursday afternoon and more rain overnight and much of Friday. Now the blooms don't look so marvellous, and there are pink petals all over the place. If I had thought about it, I should have picked some of them, and gathered the rose petals to make confetti for later in the year; but I didn't.

I was thinking about how often things in life come along and mess up the things that we are enjoying. For some of us, we just get our lives on an even keel and something else happens.

Most of us will know the story of Joseph from the Bible. As a young man, he was his Father's favourite, being given a coat of many colours and everything in his garden was rosy, until he was sent by his Father to take provisions to his brothers who were minding the family sheep. They had had enough of him, and planned to get rid of him. He had no idea of what was coming to him.

His brothers bound him and put him in a deep well, planning to kill him, but God had other ideas.

He was subsequently sold to slave traders who took him to Egypt, where he was paraded in the slave market and sold to a significant household. During his time there he excelled at his job and was promoted, but just around the corner was an incident where, in trying to behave properly, he angered his Master's wife, and she schemed to get him punished, and Joseph ended up in jail. When life seemed to be improving, his hopes and dreams were dashed.

Even in prison, Joseph sought to help his fellow prisoners. In placing his trust in his God, despite what was happening to him, God gave him the



interpretations of the prisoners dreams; and they came true. Because of these dream interpretations, when the Pharaoh's wise men and advisers couldn't tell the Pharaoh what his dreams meant his cupbearer took his like in his hands and told Pharaoh about Joseph.

Now Joseph's life really began to take an upturn. He was brought before Pharaoh and asked what the dream was and what the interpretation was, and with God's insight and inspiration, he more than delivered what the Pharaoh had asked for and in doing so landed the second most important position in all of Egypt. His insight and planning brought the nation of Egypt through the seven years of plenty and then seven years of famine. For that he was remembered by the people of Israel (his own people) who sought refuge with Joseph in Egypt. It was through the provision of corn to the Israelites that Joseph was restored to his family, and they to him. I think he would be amazed to discover that nearly four thousand years later, we still know of the ups and downs of his life.

At the beginning of 2020 most of us had no idea how the bad news of the pandemic would affect our lives, or how the ups and downs and unknown pathways that we have navigated through would affect us. Even now, as a Vicar, I am navigating the ups and downs of our gradual release from lockdown; the hopes and dreams of wedding couples and the pain and frustration of families for whom I am conducting a funeral, that their loved ones might be there to support them at such a significant life event.

Joseph is one of the biblical characters who has a rough deal dealt to him; for Joseph it was his commitment and his faith in God that saw him through the devastating years, to emerge a different person. He became wise, instead of being full of youthful pride. He even managed to forgive his brothers who had sold him into slavery and had told his father he was likely killed by wild animals, and was reconciled with them. Have the last few months changed you? Have you had time to "wake up and smell the roses" and rediscover what is important to you in life? I do hope so. For Joseph it was during the hard times that he discovered the qualities that would make a difference for the rest of his life.

Rosie Bunn

# ormiston venture academy

## ORMISTON VENTURE ACADEMY MUSIC GURUS SHARE THEIR SKILLS WITH FELLOW STUDENTS



Students at Ormiston Venture Academy, which is sponsored by Ormiston Academies Trust (OAT), have become 'music gurus' and are helping younger students to learn musical instruments.

The music gurus are a selected group of year 10 students with a real talent in music. They have spent the last two years instructing younger students in music. The idea was



born from the opportunity to participate in the #iwill social action project and has been led by Mrs Hannah Leggett.

The music gurus have planned, designed and set up their own pre-recorded tutorials, teaching other students how to hold and play an instrument during the return from lockdown in a virtual format. The aim is to provide this tuition to every member of the year 7 community by the end of the academic year and cascade their love of music to younger students.

The year 7 students are now able to play basic chords and notes on two different

instruments as a result of the music gurus' tuition. They also now have the opportunity to 'loan' an instrument for a half term after their tuition, in order to practice and master the skills they have been introduced to as part of a 'Music Scholarship' programme the gurus have set up.



The music gurus report their confidence and ability to lead people has grown, as has their presentation skills, and more recently, their technology-based skill set. They have showcased their skills during events such as the Christmas and summer fairs, and plan to take their talents into the local community in the future.

Mrs Leggett who leads the #iwill project at Venture commented:

"The music guru students have fully committed to a 'new' way of delivering their sessions. Their confidence improved so much teaching younger students in small groups last year; coming back this term and having to learn new skills like recording blogs and clips of them teaching has added another string to their bow! I'm very proud of them all."



**Mr McNally, Assistant Principal added that:**

"We feel by delivering the tuition in a remote format coupled by having the #iwill music gurus 'on hand' to answer any questions, the project can still be delivered to the masses and have the desired impact."



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# JULIE'S CAR BOOT EVERY SUNDAY

## REMEMBER

- ARRIVE EARLY
- BE FLEXIBLE WITH PRICING
- DON'T LEAVE CAR DOORS OPEN OR RADIO ON TO GET A FLAT BATTERY
- DRESS FOR THE WEATHER
- CASH FLOAT FOR CHANGE
- TABLE/BLANKET TO DISPLAY GOODS
- MOST OF ALL HAVE FUN!

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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](mailto:43ironhorse@gmail.com)

### Hawthorn, Rare Aphids & Cygnets

Hawthorn blossom has been spectacular this year, my photo was taken on May 31st. There are two types of Hawthorn in the British Isles, the Common Hawthorn (*Crataegus monogyna*) also named Quickthorn and the Midland Hawthorn (*Crataegus laevigata*).

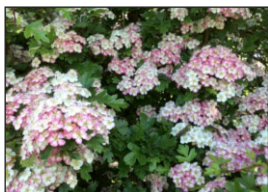
The Common Hawthorn which is a very familiar shrub or tree thrives on most soils, in open habitats, hillsides, pastures, parks, and hedgerows, in open and exposed places, especially around coasts it's growth becomes stunted and shaped by the wind. Common Hawthorn has been used for over 2,000 years as a natural barbed fencing, its tangle of thorny branches is an ideal barrier for enclosed livestock. Its Anglo-Saxon word is Haegthorn, which means hedge-tree. Signs of Hawthorn hedges have been found around the excavated Roman Forts.

During the last 300 years hundreds of miles of Hawthorn hedges were planted as an alternative to stone walls, ditches, or hurdles, although in recent years they have been grubbed out or replaced by fencing that requires less maintenance. They can live for a very long time, their natural span is usually about 100 years, but some have known to have reached 300 years old.

The Common Hawthorn has ovoid single seeded red berries or "haws", country people often call the young leaves "bread and cheese" which used to be eaten by children. The haws start to turn red in late August and provide a rich splash of colour well into Autumn, they last well into winter and are a vital source of food for birds, especially during cold spells.

Constant rubbing by cattle tends to polish the bark, leaving it with a rather glossy shine, Hawthorn logs burn well, but this tough timber is little used, except occasionally for tool handles and walking sticks.

Midland Hawthorn (*Crataegus oxyacantha*) is mainly confined to heavy soils and



more shady sites in Southern England and Europe. It is almost the same as the Common Hawthorn, but has shallower lobed leaves without bracts at the base of the stalks and its haws are more oval and two or three seeded.

The most famous Hawthorn in England was the Glastonbury Thorn. The legend surrounding this unusual tree goes back to the time when part of Somerset was called Avalon. Joseph of Arimathea was supposed to have landed there during his pilgrimage from Palestine, when he threw his thorn staff in the ground, it miraculously took root and grew. Hawthorn is easily raised from cuttings and robust when transplanted, giving the legend some truth.

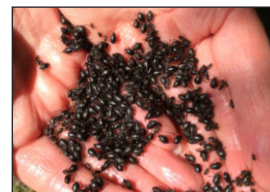
Tamara Betts of Station Road, Belton, telephoned to say she had lots of tiny black insects on her Spruce tree. The X11 bus soon dropped me off to investigate. I was most surprised to see that the Spruce tree branches and trunk had hundreds of these



tiny black insects which I had never seen before. My photo shows Tamara holding many in her hands.

Later at home I could find nothing in my reference books to identify them. Luckily her brother who was visiting for a few days suggested they maybe some form of Aphid. More research revealed that it was indeed a rare Aphid named the Greater Black Spruce Aphid (*Cinara piceae*).

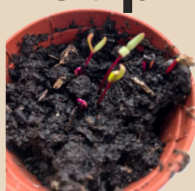
My naturalist friend David Sutcliffe who lives in Crieff, Scotland has read the "Village Voice" for the past two years and has sent me many of his nature observations, he told me he had heard and seen Cuckoo's in early May, I have not seen or heard any as I write these notes on June 8th. Recently he sent the enclosed photo of a Mute Swan with no less than 8 cygnets – this must be a record!



### 1st Belton Scout Group

#### Beavers

The Beavers this month have been on a bug hunt looking at some of the bugs we have living on our scout HQ field. They have also planted potatoes in our Beaver garden plot. We thank Carly for the seed potatoes.



Bounce Beaver organised an experiment with coke and Minto mints and what an explosion we had on the field. The Beavers had to predict how long it would take and we all got it wrong surprise at how quick we got the explosion.

The Beavers have pricked out the French marigolds into pots to grow on, ready to plant out on Rectory Corner.

We finished this month painting stones ready for our walk later this term. We thought it would be fun to leave a painted stone for someone to find. The Beavers planted a pear tree as part of the Great British plant a tree campaign after they voted about which tree to plant.

Riley and Isabella have been invested as Beaver Scouts. All Beavers have been presented with their activity badges from creative, gardener, year badges, experiment, and book reader.

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 month have worked on their Road and Personal Safety activity badges and their Local Knowledge badge. These badges believe it or not are very closely linked together. The Cubs have had great fun learning about different safety aspects of life such as water, beach, internet and personal safety. Also learning about different crossings, how to use them and also how an impaired

vision person crossing the road would use a pedestrian crossing. This was 3 great evening that informed the cubs what and how they need to keep safe.

We then used our Local Knowledge badge to identify our house and amenities around Belton and also learnt our address and phone number. We then learned about Sir John Mills (we found a picture of him as a scout in our village), what he did in Belton's history. We also learnt about Jessica-Jane Applegate, a famous person from the cubs era and what she did and what she has to commemorate her success here in Belton – our gold letter box.

#### Scouts

After starting their own fire, the Scouts spent a Saturday morning cooking breakfast of bacon and eggs, some had chocolate pancakes.

They have looked at programme ideas, started their personal challenge looking at what things they are good at and what things could they improve on before choosing their own personal challenge to do over a 6 week period. There is also a leader challenge which we always choose something that can be used as service to our scout HQ. This time they have spent a Saturday morning painting the HQ gate.

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

#### Group

Next Paper Collection on Saturday 10th July 2021 please have your paper outside property by 8.45am in Belton ready for collection, or can be dropped at 6 Station Rd North, Belton any time. August's collection Saturday 7th August 2021

We would be grateful of any books you have for sale. They can either be dropped at 6 Station Rd North Belton or phone 01493 780







# DOWN THE GARDEN PATH

Elizabeth Myhill

The beautiful colourful 'Dahietta' is well worth a place in the smaller garden, in a container on the Patio or even as a pot plant inside. The Scientific Name is *Dahlia pinnata*. The plant forms a tuber over the season which, like a bulb, can be dug up and overwintered in a cold greenhouse or unheated conservatory. If you have a very sheltered site it might be worth trying to leave in the ground. They tolerate temperatures as low as 40 degrees F (4.4 degrees C).

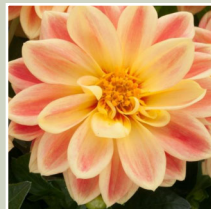
In the following Spring when frosts are finished plant them up, and water when necessary. Pinching out the growing tips will encourage the plants to get bushier. Flowering time is from June to October.

Plant in full sun they need 6 to 8 hours of direct sunlight and prefer the morning sunlight best and a fertile, humus rich soil: These plants are deer resistant! Fertilize every two weeks, use a brand name or Epsom salts, bone meal and sugar these items it is said feed and nourish the growing Dahlia tubers and increase the vibrancy of the flowers.

Spacing 12-14" (30-36cm) Height 8-10" (30-36cm) Width 12-14" (30-36cm)

The unique colours and varied flower forms make this an excellent indoor potted plant. (Lasts much longer than cut flowers if regularly dead-headed!) Dahlias are very prone to slugs. A tip (I read about) was to make a solution of 2% coffee grounds which it claimed would knock out 95% of all slugs and discourage snails. I might try it on my Hosta's!

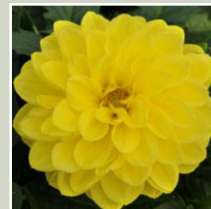
Nearly everyone likes to see a well kept garden and it is worth a little effort but it should never become a chore.



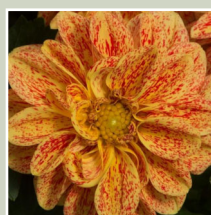
Dahlia Dahlietta  
Coby



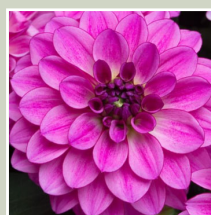
Dahlia Dahlietta  
Demi



Dahlia Dahlietta  
Julia



Dahlia Dahlietta  
Kelly



Dahlia Dahlietta  
Nina



Dahlia Dahlietta  
Patty

*Best Wishes and Happy Gardening - Liz Myhill*

## DOGS ATTACK DEER IN WAVENEY FOREST/ FRITTON WOOD



Recently there have been two separate incidents of dogs attacking deer in Waveney Forest/Fritton Woods.

In both cases the dog was off the lead. In the first case the dog was badly injured in the attack as the deer defended itself. Sadly things did not turn out so well for the deer in the second case. The attacking dog was a deer hound, which are bred to kill deer. This dog grabbed the deer and would not let go in spite of two members of the public trying to pull it off the deer. Eventually it had to release its grip as its collar was being twisted by one of those persons, but immediately fastened its jaws on the deer as soon as it could. This happened several times till the dog was tied up, and the deer limped off, so severely injured that it will have died from its wounds, shock and blood loss.

If you have an untrained dangerous/powerful dog, put it on a lead when walking it in the forest, so it does not kill the wildlife. Better still get it trained! Next time it may be a small child!

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# EVENTS

## at the John Green Institute

HALL POST CODE NR31 9JG

Hall Trustees: Bill Richmond, Roger Gowen (Chair), Robert Goffin, Terry Ladbrooke, Bridget Lawrence, Faye Green (Sec)

## THE JGI TRUSTEES

Well we have started again with groups using the hall regularly. It is really good to see happy faces again enjoying their activities. If all keeps as planned then by the beginning of July we will have a full weekly attendance and only vacant slots at weekends. With the outgoings still staying constant over the past months with no income it is now warming to start redressing the balance.

Please if anyone has a few spare hours a month and would like to be involved in running the hall we would love to hear from you. It is not an arduous job and can be very rewarding. One particular post we would like to fill is "Bookings". This can be done totally from home and if you are computer capable then that would help as well.

Please give it a thought. We will make you very welcome. Call on 780822 or contact any Trustee listed on this page.

On a sombre point, all the Trustees send their condolences to Barbara Clark's family, as in the early years of the JGI she was chair of the Trustees.

## Quiz Nites

Although these have not started yet, we hope to begin the monthly evenings as soon as we feel all will be confident to attend. It is planned to start the end August/ beginning of September. So to all quizzers now is the time to start swatting up on your knowledge and forming your teams again. It will be on a similar format as before but always expect some changes to keep the interest high. For example there might be a monthly challenge as well that would be rewarded for a correct answer at the following months quiz!!! It will be teams of up to a maximum of 4 and will be £5 entry per team.

Contact either Bill on 780822 or Robert on 781031

## The restart of the Over 50's/60's Club at the JGI

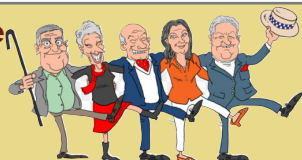
Dear Members

We are writing this to remind you all that Ann Manthorpe and Rose Bishop will be restarting and running the Club again on Tuesday afternoons at 1.45pm from 6th July.

We are looking forward to this new venture for us both and also to welcoming many members back to the club for our usual afternoon of fun, games and chat.

We wish to say a huge 'Thank you' to Norma and her committee for all the hard work, fun and friendship that they provided over a number of years.

Love to all from Rose and Ann



## BOOKWORMS

Does your little one love books?

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will be doing character props, art and craft activities, loose parts play and other sensorial exploration activities.

Just £4 for one child with parent/carer and £3 per additional child over 4 months old.

Find us on Facebook or email [bookwormseast@gmail.com](mailto:bookwormseast@gmail.com) for more information.

Thursdays 1-2pm at the John Green Institute.



Hayley

## WEDNESDAY MORNING DROP IN

We have had a great month with our Wednesday morning meetings. It has been wonderful to see smiling faces and hear the chat noise level at maximum volume.

The layout of the hall on these mornings makes it a safe environment but equally important it helps to heal the mind after the long lockdown and restricted meeting.

If you live on your own then come and visit us on a Wednesday morning between 10.30am and noon. As the title says just drop in there is no pressure to stay. Tea/Coffee and cakes are available with plenty of friendly chat and fun.

Contact Sue on 780822 for further information.



## LINE DANCING

Due to the extension of Covid regulations the start of Line Dancing at the JGI on both a Thursday and Friday morning will now be delayed until mid July. Watch this space for news of start dates.

Jane



## INDOOR BOWLS

Again the start of our bowling sessions will be delayed due to the extension of Covid restrictions but we hope to start again in mid July.

Mike.



## Club Dates for JGI

<b>Monday</b>			
10am to 11am	Yoga	Julie	01493 780121
2pm to 4pm	Short Mat Bowls	Mike	01493 444041
7pm to 9.30pm	Bingo	Hazel	01493 781916

<b>Tuesday</b>			
10am to 11am	Yoga	Julie	01403 780121
2pm to 4pm	Over 60's	Ann	01493 780443
6.30pm to 8.30pm	Guides	Louise	01493 667311

<b>Wednesday</b>			
10.30am to noon	Drop In Coffee	Sue	01493 780822
2pm to 4pm	Art Group	Jan	01493 488683
4.15pm to 8.30pm	Slimming World	Debra	07551 975800

<b>Thursday</b>			
10am to noon	Line Dancing	Jane	07788 408801
1pm to 2pm	Bookworms	Hayley	07804 608369
7pm to 9pm	Needlecraft	Linda	07721 599559

<b>Friday</b>			
10am to noon	Line Dancing	Jane	07788 408801
7pm to 9pm	Choir	Mick	01493 780586



The fun run was arranged to coincide with National Empathy Day to raise awareness of the Stephen Lawrence Day Foundation, the work that it does and about the part we all play in creating a society in which everyone can flourish.

### Year 3/4 teacher Miss Thurtle explains:

"Mr Siddles did a KS2 assembly about Stephen Lawrence Day, which happens each year on 22nd April. The children wanted to learn more about who Stephen Lawrence was, so the Year 3/4 team then based our English sessions around it for the following two weeks. The desire to learn more really did come from the children and I was more than happy to support them with this.

As part of our work over the two weeks, we discussed and wrote poems for peace, about who Stephen was, how he was just like us and how he had inspired us. One of the things that the children said they felt inspired to do was to organise a "fun run" for charity, as Stephen had run mini-marathons in order to raise money for sick children at Great Ormond Street hospital when he was younger. The children were adamant that they wanted any funds raised to go to The Stephen Lawrence Day Foundation, to help disadvantaged young people. We then shared this idea across the school and



everybody took part, from Nursery to Year 6.

I have felt so incredibly proud of the children throughout this process. They have shown enormous amounts of empathy and have independently questioned things that happened to Stephen Lawrence and things that continue to happen in our society today."

Jon Biddle, class teacher and reading champion explained:

"We've worked across the curriculum to embed empathy in everything that we do, as we believe that it's a vital skill for children to learn. If a pupil can empathise with somebody else, they can begin to act based around their understanding of how it feels to see something through different eyes. Research indicates that reading for pleasure leads to improved empathy, which in turn leads to social action, which is one of the reasons that it is at the heart of everything we do."

### Among the empathy resolutions written by the children were:

"To listen to and not judge others."

"To try to make people happy when things are tough."

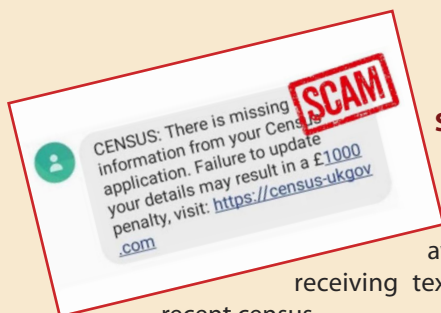
"To learn more about what I can do to stop climate change."

"To try to give everyone a smile in the community."

**Head Teacher, Moorlands**



## BEWARE OF THESE SCAMS



### Scam Alert – Scam census text message – 8 June 2021

We have become aware of some individuals receiving text messages about the recent census.

These scam texts threaten the recipient with a £1,000 fine for not completing the census, or for filling it in incorrectly.

These texts have been sent by criminals who have created the fake website to look similar to the genuine Census website, with the same branding, layout and font choices. The website asks you for personal information, including financial information. Do not click on the link

### Scam Alert – Cold calls claiming to be from 'Mobile Network' – 10 June 2021

The National Fraud Investigation Bureau (NFIB) are aware of an ongoing scam where consumers are being cold called by individuals impersonating employees of legitimate mobile network operators and suppliers.

Victims are offered early handset upgrades, or new contracts, at significant discounts. Once customers have been convinced that the deals are genuine and agree to proceed, suspects then ask for their online mobile account credentials, including log-ins, address and bank account details.

Suspects then place orders with genuine companies on behalf

of victims, however select a different handset to that requested and have it shipped to the customer's address. Upon receipt, suspects assure victims that this has been an error and instruct them to 'return' the handset to a different address not affiliated to the mobile company. These addresses are usually residential.

Upon intercepting the 'returned' handsets, the suspects cease contact and victims find themselves stuck with no phone and liable for the entirety of a new contract taken out in their name.

The NFIB have received over 300 reports since January 2020 with reported losses in excess of £86,000.

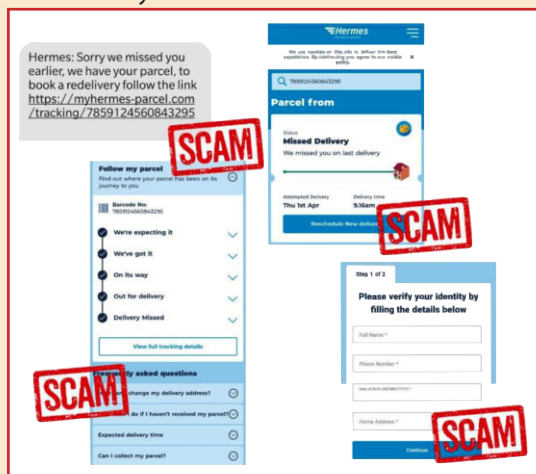
Watch out for cold callers, who might ask to access your electricity box, into your home

A spokesman for Norfolk Trading Standards said on Saturday it had received reports of doorstep cold callers in Sprowston requesting access into people's properties.

"We are warning residents to be on their guard after receiving reports of a doorstep cold caller in the Sprowston area asking to access electricity boxes," he said.

"We advise to be very wary of claims made by doorstep cold callers and to never give access to your property, agree to services, share or confirm personal details, buy items or agree to return visits if approached in this manner."

**People can report doorstep cold calling incidents via the Citizens Advice consumer helpline on freephone 0808 223 1133 or to Norfolk Constabulary on 101.**



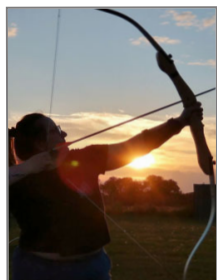


## EVENTS AT THE NEW ROAD SPORTS AND LEISURE CENTRE

CENTRE POST CODE NR31 9JP

Bookings Tel: Kate 01493 602960

### Belton Bowman



We meet every Monday on New Road playing field .

Junior /family session 6pm -7pm £3.50

Adult club 7pm -9 pm (sunset ) £6.00

*Equipment provided if you do not have your own. No need to book just turn up on the night.*

**For more information contact Duncan 01493 780418**

### Up4fitness & Belton Activity Morning

On Monday 17th May 2021, indoor classes with Covid safe guidelines returned to New Road Belton. Welcoming members to New Road seemed strange at first and we were all a little apprehensive. Each person has a pillowslip with a soft ball and weights and resistant band to take away with them each time all provided by Sallyann to eliminate sharing equipment. It was another trial, these five ladies were invited back first because they hadn't been able to join us online and had kept in contact with Sallyann during lockdowns. Remarkable the online class was held at the same time and had 7 participants, all who were Belton members. It's great our online numbers have increased to 9 and lovely to welcome back past clients to our class, some who live far away.

Belton activity morning will be easing forwards slowly, taking steps to making sure everyone feels safe when they attend class. For July, Sallyann plans to return to a 45 minute class at 10 am for both in class and on-line. Face to face class numbers will still have to be low to comply and Sallyann is checking to see if 2 meter square per person would be accepted which could increase class numbers. Also to do this class Sallyann has purchased Zoom which means our class exercise duration can increase from 30 minutes to 45 minutes without the fear of being cut off, which means some sort of normality. Fees of the classes are still to be confirmed. Please contact Sallyann if you would like to be put on a waiting list for the Class in the centre or would like to join the B.A.M. On-liners

The Walk & Talk sessions have taken place at 11 am and again have been popular from people out of the area. The Walking takes place following the Covid Guidelines in groups of 6 well-spaced and social distanced. Four times round the field is the target. The weather has been kind to us since we started April 12th.

Dates for July are Mondays 5th, 12th, 19th & 26th. 10 am for in class and online. 11 am for Walk & Talk. Payment can be preferably by bank transfer, payment card or cash. On-line classes are paid in advance for the month and if sessions are missed they can be transferred to next month but not more than three months. If the trial works well and we keep coming out of lockdown we will return Monday 6th September after a break in August.

Sallyann is an exercise specialist who can help you if you feel you need some personal coaching in regaining fitness because of Covid shielding, a medical condition or Post/Rehabilitation. She works in a new private studio in Gt Yarmouth and your welcome to come see it and discuss with Sallyann how she can help you. Contact Sallyann for any of the above by email [up4fitness@gmail.com](mailto:up4fitness@gmail.com) Text or ring Mobile 07599 044806 or private message Sallyann through messenger on Facebook pages Sallyann Protheroe and up4fitness.

*Thank you Sallyann*

### Great Yarmouth Stroke Club

Great Yarmouth stroke group great to see some warm sunshine gives you a bit of a lift.

Members ask when we are likely to start back just waiting for Boris to give the go ahead for that date in June, also how many people will be able to travel on centre 81 buses.

Birthday wishes to Stuart, Grace, Maureen, June.

Normally we would be getting ready for Somerlayton Fete to raise money for the group.

Sad news beautiful Rita Bailey from Freethorpe longtime member of twelve years has died brave to the end. Love to the family.

**Contact sue Casey 01493 781846 email [incase@btinternet.com](mailto:incase@btinternet.com)**

*THANK YOU MEMBERS LOVE THIS MAGAZINE X SUE*



*Photo Somerlayton Fete Theme Madhatters Tea Party*



This photo of the past was given to us by Robin Carver. He believes it was taken sometime in the 1970's in what was then the Old Barn, on New Road just past Stepshort.

If you recognise yourself or anyone else in the photo please get in contact with Robin on 780641 or contact the Village Voice by email at [beltonvgraphic@gmail.com](mailto:beltonvgraphic@gmail.com)  
*We look forward to your replies.*

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# BOHEMIANS FOOTBALL CLUB

(Formed June 2004)



Well, it's that time of year again when the league season has ended, although at the time of writing we have one more weekend to go, and we're busy finalising plans for next year.

Although this season has been one of changes to the way we could operate and had stops and starts along the way due to various lock downs, we have struggled through like the majority of local clubs and been able to undertake some football activity for our members.

We have had some success this year too, with our u12's winning their division and our girls reaching the final of their league cup competition.

We are working towards setting up new teams for next season including restarting our men's team and introducing a new team at u11 for next season. We would also like to be able to start younger teams at u7 & u8 and are seeking new players to achieve this.

We have also secured grant funding to help us train some of our members as referees which should help to alleviate the difficulties in getting a qualified referee on match day.

We would like to thank our parents for working with us during all the upheaval this year and our players for coming back to football when allowed to do so with enhanced commitment and greater enthusiasm.

If you'd like to join a local charter standard club as a player or volunteer, please contact our club secretary on 07787 911403.

Well done everyone.

**June 7th 2021**

## Bohemians F.C. have been awarded £960 to train additional referees

Bohemians FC were awarded funding from Norfolk Community Foundation through the Made by Sport Fund to support their project aim of providing referee training for their young players. The courses are run by Suffolk County FA in July and Norfolk County FA in August and our members will be attending one of the two courses.

Bohemians FC have been accredited with the FA Charter Standard since we were founded in 2004 and provide football opportunities to the local community for boys, girls and adults. Together with Belton Parish Council, we undertook grant funding to have a purpose built changing room facility at New Road, which is our main base for training and our home for match days.

Our team managers and volunteers all undergo DBS checks to ensure that only suitable people are entrusted with the duty of care of our young membership. They also undertake various courses through the FA to support them in coaching and developing themselves and our players.

Bohemians FC are a not for profit club and our Club Welfare officer and treasurer, Matthew Simm, said that "we will be able to provide this opportunity to our young members who will be able to develop their communication skills, implement of a set rules, become able to literally think on their feet and obtain a greater understanding of the game they enjoy. It is our aim, that once the candidates have completed their courses, that they will become fully qualified referees able to officiate league and cup matches for our teams. It is only through the financial support of organisations like Norfolk Community Foundation, that we are able to provide them with this opportunity.

Jenny Bevan, Head of Programmes, said: 'Norfolk Community Foundation is delighted to support this much needed project that will make a real difference in the community. We wish them every success with their work.'

If you'd like to find out more information about Bohemians FC, to volunteer or become a player, please contact our club secretary, Alan Anguish on 07787 911403.

Norfolk Community Foundation is an independent, registered charity that bridges the gap between those in need and those who can help. As part of a national movement of Community Foundations, Norfolk Community Foundation is working together with local philanthropists to make a difference to lives in Norfolk. [www.norfolkfoundation.com](http://www.norfolkfoundation.com)

## Club Dates for New Road Centre

### Monday

10.00am - 12noon Up 4 Fitness contact	Sallyanne 07599 044806
6.00pm Pilates contact	Jan 07766 103141
7.15pm Pilates contact	Jan 07766 103141
Summer Evenings Belton Bowman Archery contact	Duncan 01493 780418

### Tuesday

9.30am Beebops contact ( <i>school term time only</i> )	Beckie 07934 276167
4.30pm Children's Judo Club contact	Dominic 07977 432756
5.30pm Children's Judo Club contact	Dominic 07977 432756
7.30pm Belton with Browston Council Meeting contact	Kate 01493 602960

(*first week of the month*)

### Wednesday

9.00am - 12noon Musical Movers contact	Amanda 07974 173216
Summer Evenings Bohemian F.C. ( <i>training session</i> ) contact	Matt 01502 732690

### Thursday

9.00am-11.00am Yoga contact	Lexi 07841 985767
2.00pm - 4.00pm Stroke Advice Group contact	Sue 01493 781846
6.30pm-8.30pm- Needle Craft Group contact	Ellie 07738 126363

### Friday

9am - 11am - Musical Movers ( <i>term time only</i> ) contact	Amanda 07974 173216
6.45pm - 9.45pm - Belton Digital Camera Club	
( <i>first Friday of the month</i> ) contact	Wayne 07867 636387

### Saturday

9.30am-12.30pm Bohemian F.C.( <i>training session</i> ) contact	Matt 01502 732690
PM As Booked Bohemian F.C. ( <i>matches as booked</i> ) contact	Matt 01502 732690
PM As Booked Belton F.C. ( <i>matches as booked</i> )	

### Sunday

As Booked Bohemian F.C. ( <i>matches as booked</i> ) contact	Matt 01502 732690
PM As Booked Belton F.C. ( <i>matches as booked</i> )	

## BELTON JUDO CLUB

### LATEST UPDATES FOR JULY

Due to the recent announcement extending the restrictions for a further month, there is little change from last month in the latest update for the Belton branch of Dominic King Judo & MMA Academy. Hopefully, this is just a short delay before we can open up fully to include our over 18s. Just for further reassurance, all our adult coaches and helpers are now fully vaccinated

Since the restrictions, Dominic has been working on various ideas to grow the club and move forward. Possibilities are for extra nights of training and the possibility of exciting new venues to add to our existing ones to give more flexibility to train on extra or different nights. These things are all still in the pipeline but be assured that we will contact everybody as soon as we can confirm any of these additions.

Dominic is continuing to run his Belton session from 5.00pm to 6.30pm every Tuesday, we have many of our members returning and also several new starters but we can always accommodate more so everyone is welcome to try this fantastic Olympic sport (regrettably only under 18s until July 19th) We look forward to seeing you all.

Dominic runs a YouTube channel available to all 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 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 enhance your Judo experience.

Anyone considering whether to take their children to Judo may wish to consider what a leading World children's organisation as well as the World's leading sports organisation said about our sport, UNESCO declares Judo as a sport best suited for children and the International Olympic Committee says that Judo is the most complete for promoting friendship and mutual respect. Need we say more?

**Anyone wanting further details of any future sessions can contact Dominic on 07977 432756 or email on [dominic@fightingfitjudo.co.uk](mailto:dominic@fightingfitjudo.co.uk) or contact him via Facebook or WhatsApp**





# ENTUA

**(East Norfolk Transport Users Association) is a voluntary independent body which monitors bus and rail provision in the East Norfolk Area. To learn more about us please visit our website [www.entua.org.uk](http://www.entua.org.uk)**

As some readers may have noticed there are an increasing number of red buses appearing on local services. First Eastern Counties have taken the decision to give both Gt. Yarmouth and Lowestoft buses a new identity and this new red livery will be known as 'Coastal Reds'. A number of single deck buses have been completed and at the moment there are a number of double-deckers going through the repaint process.

It is understood that all Gemini's will be repainted but not so certain is whether the ageing Volvo Presidents or ALX 400's will be done.

*When this repaint job is completed there will be three main liveries on our local bus fleet:-*

- 1) 'Coast Link' - Yellow with a tinge of blue at the rear Belton and Lowestoft to Norwich X1/X11.  
Lowestoft to Norwich via Beccles Carlton Colville X2/ X21/ X22
- 2) 'Coastal Clipper' - Blue 1/1A/1B/1C artham/Hemsby/ Gt. Yarmouth/Lowestoft  
99/99A Lowestoft/Pakefield/Kessingland/Wangford/ Southwold/ Halesworth/Bungay  
(including the open-top Coastal Clipper Cabriolet buses)
- 3) 'Coastal Reds' - All remaining Gt. Yarmouth and Lowestoft Town Services 2, 3, 5, 6, 6B, 8, 101, 102, 105, 106, 109, 122

*The exceptions are a Dennis Dart painted in 'Flying Banana' livery, an ALX 400 painted in 'Gt. Yarmouth Corporation' livery, a Dennis Dart painted in 'Eastern Counties' livery.*

ENTUA sees these repainting schemes as giving a combined corporate identity to the First Eastern Counties bus operations in Gt. Yarmouth and Lowestoft.

ENTUA has made a submission in response to the East/West Rail Link Consultation which closed on 9th June, 2021.

In our view there has long been the need for an East/West Rail Link as an alternative to travelling via London. Such a link would provide passengers from Norfolk the opportunity to travel via Cambridge to other cities such as Bedford, Milton Keynes, Oxford and outwards to Bristol.

The East/West Rail Link is an ideal opportunity to open up areas for business and leisure travel providing passengers with a seamless mode of travel to destinations previously inaccessible. ENTUA favours a service commencing from Norwich through to Oxford via Cambridge connecting three centres of scientific excellence.

Not only this, but Norfolk has much to offer with some really first class holiday facilities. The East and North Norfolk Coasts boasts many popular holiday resorts, plus there is the beautiful Norfolk Broads, an area of outstanding natural beauty. A completed East/West Rail Link would enable these areas to be more accessible to passengers from Bedford, Milton Keynes, Oxford and beyond, without the need to travel via London.

A further reminder that ENTUA's AGM and Public Meeting is scheduled for Wednesday 11th August, 2021 at Christchurch, Deneside, Great Yarmouth. The AGM (for members only) commences at 1.30 pm followed by the Public Meeting at 2.15 pm. Representatives from First

Eastern Counties, Greater Anglia, Norfolk County Council, OurBus and Sanders Coaches have confirmed their attendance.

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

TONY GRICE

## LOCAL STAR TO PUT ON COMEDY MUSIC SHOW IN BELTON

The Man They Call G is a local entertainer based in Burgh Castle. A comedy singing impressionist, he has performed on stages all over the UK, from pubs and clubs to the London Palladium. In 2015 he got four yeses on Britain's Got Talent. Locally, he was panto dame at St George's Theatre, Great Yarmouth in both 2016 and 2017, and last year played the villainous Mr Mullins in the Great Yarmouth Hippodrome Circus Halloween Spooktacular. He was a headline act in the famous Cromer Pier Summer Show in 2018 and 2019. Now he's bringing his unique one-man show back to Belton for a one-off performance at The Tavern. It is a collection of brilliantly diverse music and clever, quirky comedy combined with an astonishing range of spoken and sung voice impressions; all delivered with the trademark



zaniness audiences have come to expect from this one-of-a-kind performer. Impressions, singing, stand-up; There's something for everyone . . . and then a bit more!

The Man They Call G will be performing outside at The Tavern in Belton on Saturday 24 July from 7pm. Entry is free to all. Find out more by visiting: [facebook.com/themantheycallg](https://facebook.com/themantheycallg)



Photo credits: Belton-based photographer Emma Dunfey



# Village Poetry Corner

Your Village Voice is introducing from this month, a new poetry column which features striking new voices.

This month we feature two short poems from a young female poet writing under the pen name Swati's Penweaves. For future issues, do feel free to send in your entries to [beltonvveditor@gmail.com](mailto:beltonvveditor@gmail.com)

## Pink

Pink is my chapstick shade  
The colour of a chuckle  
Of blushes and blossoms  
Of eager sunrises and lazy sunsets  
Pink is unicorns and dragonfruits  
Primroses, peonies and petunias  
Cottoncandies and strawberry icecreams  
They say pink is for Her  
and laugh at Him who loves pink  
But pink is His cheeks  
when He smiles coyly  
Pink is his favourite t-shirt  
The neck pillow He sleeps on  
and His dream pair of sneakers  
See, pink isn't all things gentle  
No, nothing about gender  
Pink is not for Her  
Neither for Him  
Pink is for anyone  
Who loves the damn colour!

-Swati's Penweaves

## Parallel Universe

There exist many parallel universes for me  
But the one I love the most is where  
Toffees are reckless butterflies  
And dragonflies shooting stars  
Where unicorns have popsicle horns  
And a dragon's breath is a sparkle shower  
Where diamonds litter the streets like pebbles  
And girls and boys wear pendants of kisses  
Where I can see air and  
hold a square piece of water that's not ice  
Where, when boredom hits  
I could just flap my wings and fly away  
to my next parallel universe and never return...

-Swati's Penweaves

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We will run your advert for 3 months but please let us know if you sold it so we can remove the advert.

(Commercial entries charged at 25p per word)

## WANTED

**Burgh Castle Village Hall** sales stall.

Tel. 01493 780126 (local collection Any Saleable items, Bric-a-Brac, Books, Games, Jigsaws unwanted gifts etc).

**Fold-Up** Mobility Scooter. Please Tel: 01493 789594

## FOR SALE

**Two** Boys Lynn Grove High School blazers. One size 30 one size 32. £12 each. Good condition. **One** boys Lynn Grove High School sports top size 30/32 £10. Tel: 07841 716677

**Pink** unicorn rocker from B&M still with ticket on age 3+ £10 Tel: 07796787462

**Motor** Mower 12 inch Suffolk Colt. Vintage and in working order, a bit smokey. £30. Tel: 01493 488210

**Suitcases** by Revelation - Set of 4, Various Sizes. All with Keys. Used three times. Very Good Condition. £130.

**PC Desk.** Wood. Fixed shelf. Keyboard Shelf. On castors. £25. **Mobility** Scooter/Wheelchair Bag Set. Various Compartments. Black. Brand New. **Roller** Blind, White, 100% polyester. Size- W-90cm, D-160cm. C/w fittings. Brand New and Boxed. £20. **Pet** Bed, Hard Plastic, Medium Size. Good Condition. £12. **CD** Carousel Storage. Wood. Holds 72 CD's. Size:- H-13", D-11.5", W-11.5". Excellent Condition. £50. Tel:- 01493 781094.

**Baby** seat on floor blue -- Baby bag blue with dots -- Baby nest blue -- Baby blanket white All new £20 the lot. **Sandels** red wide fit new size 5 £10 ono. **Trainers** white with orange laces from

TKmax replay make size 6 £15 new

**Handbag** from Clarkes white not leather New £10. **Handbag** from Debehams black with flowers on front large used twice £10 ono

**Skechers** sandals with slight heel new size 5 £10 ono. **Skechers** sandels white new size 6 £10 ono.

**Sandels** from quiz silver sparkle new size 6 £10 ono. **Homedics** shiatsu max 2.0 back and

Shoulder massager with heat only used twice £60 ono Tel: 07796 787462 Belton

**Vax** dual power pro (seen on tv) used twice as new with all accessories cost £299 Now £90

Tel: 01493 789594

**Lightweight** Battery powered Hedge Trimmer £15 Tel: 01493 780145

**Lounge** display with glass door, light, drop down leaf, cupboard, 7 ft high 4ft long 1 ft 3" wide £40 ono Tel: 01493 651077 or 07799 105777

**Large** sets of Lego, a Bridge, a Police Station plus other sets, all bagged separately £50 for all ono.

**Royal** Albert Bone China Tea Set. 36 piece, plus accessories. £40 ono Tel: 01493 669838

**17 Canon Ink Cartridges** CL56 cyan, magenta, yellow CL56 black and CP55 large black £1 per cartridge. Sell single or as block. All new and sealed, had to replace printer. Tel: 07950 039455

**Free Range Eggs** £2.20 per dozen. Can deliver or Tel: 07765 467069. Or call at "Little Mary's" cottage next to Queens Head, Burgh Castle

**Sash** Cramp 3 foot solid iron with extension bar £15 Tel: 07950 039455

**Baby** Pink & White Unicorn cot bed with mattress. Brand new, never used and mattress

still in package. Was £210 will take 3160 Tel: 07845 593447

**Caravan** awning Sunn Camp crown 390 Plus, good condition £150 ono Tel: 01493 780737

**Beach** Boys Pet Sounds sheet music book, Chappell Music 1979 £10. David Bowie Space Oddity sheet music book EMI music 1992 £20 Tel: 07980 815499

**Gazebo** Walls 27 feet long X 6 feet 4 inches high in three sections zipped c/w fixed window panels and fitting loops. £10.00 Tel: 01493 780032

**Gazebo** Walls 27 feet long X 6 feet 4 inches high in three sections zipped c/w fixed window panels and fitting loops. £10. Tel: 01493 780032

**Panasonic** TV 40 inch with remotes, hardly used £125. **Childs** large play Fort £1. Tel: 01493 662323

**19 Wasgij** jigsaws, £3.50 each. **Thetford** Porta potti. **565E** electric pump, Two year warranty left, also 5 litres porta rinse pink and 5 litres no rinse blue, this is new, only had 2 litres of water in to test pump, £55, Tel: 780680

**2 x 5** arm chrome ceiling lights (with bulbs) £15 each. 6 of 4" padded toilet seat, new still in box £20. Tel: 01493 781815 or 07922 042571

**Petrol** max Alerston Strimmer with pole hedge trimmer and pruning saw with extension pole spares or repair £45 ono Tel: 01493 652019 or 07572 554233

**Daphne's** Diary Craft magazines 2014/6 4 for £12. **Vogue** knitting pattern books 1950 5 for £20. **Smoby** Roby girl doll with clothes 23 inch high £10. **Molly** and Friends doll with clothes 24 inch tall £10. Tel: 07980 815499

## DATES FOR YOUR DIARY

### Sunday 4th July

**9.30am – Burgh Castle**

Holy Communion – in church

**10.30am – All Saints Belton**

Morning Celebration– on line on Amazon Chime and Facebook Live

**4-5pm – All Saints Belton**

All-Age Messy Church – in church

### Sunday 11th July

**9.30 am - Burgh Castle**

Morning Prayer – on line on Amazon Chime

**10.30am – All Saints Belton**

Morning Celebration – in church and on-line on Amazon Chime & Facebook Live

### Saturday 17th July

**10am to 5pm**

Flower Festival St Edmunds Church, Fritton

### Sunday 18th July

**9.30 am - Burgh Castle**

Holy Communion – in church

**10.30am – All Saints Belton**

Holy Communion – on-line on Amazon Chime & Facebook Live

### Sunday 25th July

**9.30 am - Burgh Castle**

Morning Prayer– on line on Amazon Chime

**10.30am – All Saints Belton**

Morning Celebration – in The Rectory Garden. Sorry, but there will be no service available on-line.

### Sunday 1st August

**9.30 am - Burgh Castle**

Holy Communion– in church

**10.30am – All Saints Belton**

Holy Communion – in church and on-line on Amazon Chime & Facebook Live

**No Messy Church on 1st August – Messy Church will take place on 22nd August in The Rectory Garden**



# USEFUL TELEPHONE NUMBERS

## JGI TRUSTEES:

Roger Gowen	Chairman	07950 770488
Bill Richmond		01493 780822
Robert Goffin		07526 201088
Bridget Lawrence		01493 780160
Terry Ladbroke		01493 782213

## GROUPS USING JGI:

Wed Drop In	Sue Richmond	01493 780822
Yoga at JGI	Julie	01493 780121
Bowls at JGI	Mike	01493 444041
Line Dancing	Jane Thorpe	07788 408801
Art Group	Jan Pitcher	01493 488683
Bingo	Hazel	01493 781916
Guides	Louise	07826 919517
Needlecraft	Linda	07721 599559
Choir	Mick Greystone	01493 780585

## BELTON WITH BROWSTON PARISH COUNCIL:

Clerk	Mrs Kate Ruddock	01493 602960
Chair	Ken Botwright	01493 789978
Vice Chair	Nigel Light	07860 759076
Councillors	Margaret Greenacre	01493 780126
	Lee Staff	01493 782326
	Nigel Light	07860 759076
	Ian Walpole	01493 290910
	Lynn Hillier	01493 782224
	Nathan Brown	07771 731235
	Darren Buckworth	07932 760391
	Hilliary Williams	07802 786107
	Stuart Bridges	07533 002193
	David Mills	07860 521459
	Gemma Searby	07946 494839

## BURGH CASTLE PARISH COUNCIL:

Clerk	Mrs Kate Ruddock	07948 705218
Chair	Brian Swan	01493 780776

## BURGH CASTLE VILLAGE HALL:

Margaret Greenacre	01493 780126
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## FRITTON AND ST OLAVES PARISH COUNCIL:

Chair	Stannas Bellaby	01493 488360
Clerk	Mrs Kate Ruddock	01493 602960

## GT YARMOUTH BOROUGH COUNCILLORS:

Adrian Myers	07824 313792
Tracie Cameron	07968 882240

## COUNTY COUNCILLORS:

Carl Annison	01493 656854
<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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## Gt Yarmouth Borough Council

Police	101 non emergency
Fire	999

## BELTON:

Rev	Rosie Bunn	01493 780210
Church Pantry	Marion Chilvers	07144 576705
Moorlands Academy Reception		01493 780007
Ormiston Academy		01493 662966
Compass Centre		01493 923122
Well Being Pharmacy		01493 222299

## ACTIVITY GROUPS:

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

## James Paget Hospital

Doctors	Millwood Surgery	01493 444484
Dentist	J Plummer	01493 662717

## Block Drains Anglia water

0845 791 9155

## BT Customer Services

0800 800 150

## Essex & Suffolk Water

0345 782 0999

*Clean water supply emergency*

## Uk Power Network

105

## Gas leak

0800 111999

## Vets

Haven Practice 01493 416700

## Samaritans

0330 094 5717

## POLICE ENGAGEMENT OFFICER:

Daisy Woodward-Smith	07917 642073
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## NEW ROAD SPORTS & LEISURE CENTRE:

BeeBops	Beckie	07934 276167
Camera Club		07867 636387
Musical Movers	Amanda	07974 173216
Belton Bowmen	Duncan	01493 780148
Yoga	Lexi	07841 985767
Pilates	Jan	07766 103141
Belton Football Club		07771 731235
BohemiansFootballClub		01502 732690
up4fitness	Sallyann	07599 044806
Stroke Group	Sue Casey	01493 781846
Premier Room Booking		01493 602960
Belton Judo	Dominic	07977 432756
Belton Fun Day		07841 716677

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09635896

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A large garden needs a brown bin, call **01493 742200** for current charges and to order. Alternatively, order online at [www.great-yarmouth.gov.uk](http://www.great-yarmouth.gov.uk)

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

