

Village Voice

September 2021

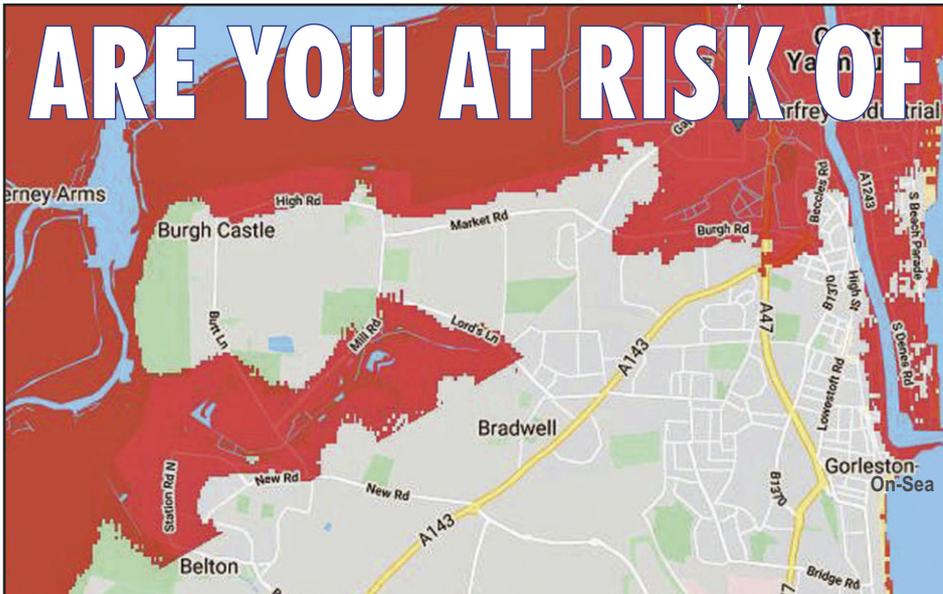
22nd Great Year

Vol 22-6

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ARE YOU AT RISK OF FLOODING?



We have all seen recently extreme weather across the world and the devastation it brings to local communities. The Norfolk Strategic Flooding Alliance was set up in 2021 to create a consistent and co-ordinated response to flooding. The map shown here is a projection on how our local area could potentially be affected by floods by 2030. If climate change and global warming continue at current levels, the areas in red are all projected to be below the flood levels expected in the next 9 years. This projection is based on information from <https://coastal.climatecentral.org>. Climate Central's sea level rise and coastal flood maps are based on peer-reviewed science. These maps incorporate big datasets, which always include some error. Hence they should only be regarded as screening tools to identify places that may require deeper investigation of risk. Please see more about this in the editorial on page 1 and the poster on page 6.



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Village Voice

September 2021 Issue: 246

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 October 2021 edition of Village Voice is 20th Sept 2021.

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

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

FROM THE EDITOR'S DESK



The term 'climate change' is used to describe changes in the earth's climate driven primarily by human activity after the pre-industrial period, ie, from around 1850. Global warming is a term often used interchangeably with climate change and refers to the rise in average global temperatures, which is linked to significant impacts on ecosystems around the world. 97% of actively publishing climate scientists think that human influence has been the dominant cause of warming trends. We have all seen in recent years the devastating impact of global warming and climate change on coastal communities, in our region and beyond, particularly in the form of flooding. Our cover story this month highlights the need to plan pro actively for the latter.

The website <https://coastal.climatecentral.org> provides sea level rise and coastal flood maps for the period from 2030 to 2100 in any part of the world. Areas lower than the selected water level and with an unobstructed path to the ocean are shaded red. By default, areas below the water level but that appear to be protected by ridges are not shaded. This approach makes it easy to map any scenario quickly and reflects threats from permanent future sea-level rise well. More details on how to navigate the website is available in this YouTube video <https://www.youtube.com/watch?v=4W6pZcerRsA> . Of course, there are some caveats on how to interpret this data and it is also worth noting that the accuracy of these maps drops when assessing risks from extreme flood events due to causes other than sea level rise.

It is quite heartening that Norfolk Strategic Flooding Alliance, a partnership of agencies across Norfolk chaired by Sir Richard Dannatt, the former head of the British army, is taking some steps to address one of the consequences of climate change. It aims to create a consistent and coordinated response that will make local communities and infrastructure safer and more resilient to flooding (see cover story and page 6). The direct contact number it provides is staffed and funded by Norfolk County Council. This is perhaps a small step and many will argue, quite rightly, that there is a need for more. The reactive response to the misery of flooding has to be matched by a proactive response to its underlying causes. Being tough on something and equally tough on its causes still remains quite relevant. One hopes that those who lead and govern us today will show wisdom and foresight in addressing this issue. They owe it to our children and grandchildren for it is they who will reap the consequences of our inaction.

Speaking of children and grandchildren, please do read Dr Priyanka Tharian's health check column on post natal mental health (page 10). Let me also warmly congratulate all the young people in Ormiston Academy (page 14) and other local schools for their excellent results in GCSEs. As for the A level results, please read about it in the next issue.

Professor Regi Alexander, Editor

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Community Gardeners

Myself and neighbour are still calling ourselves community gardeners and working hard keeping the grass cut around the village sign and with our ongoing planting this year, I think it looks quite special.

I've been able to cut the grass three times because of this lovely weather, and I'd like to say a big thank you to the gentleman who lives at number one Ranworth Close for letting me use his electric and the lady who is opposite the sign for letting me use her water which makes all this possible . The memorial seat is maturing up nicely now allowing a first cut of the box hedging with a intermingling of double red begonias looking like red poppies to set the scene.

The oversized flower bed at Deben Drive is next on the agenda for reducing the shrubs and reducing the actual size of the flowerbed. This is because it is so difficult to attend and the lady who looks after it, Sheila, has a job on her hands.

Waveney Drive junction has had fortnightly grass cuts and after a disastrous start to the flowering year is slowly catching up. This is especially so after the corner was severely driven over during the road closure and the hidden ruts and poor soil used to re landscape the verge. I appealed for an unused lawn mower, and a lady at Browston corner offered a broken mower which I repaired which also makes all this work possible. The thanks from all the people who toot and gives thumbs up while working, doesn't go unnoticed.

Mick Greystone, Trina, Sheila

Mobile Library Dates and Times for Belton

**22nd September,
20th October,
17th November,
15th December**

Stop No	Arrival Time	Depart Time	Stop Location	Post Code
10	14.00	14.10	Station Rd South near No. 7	NR31 9JG
12	14.15	14.39	Amhurst Gardens	NR31 9PJ
14	14.35	15.25	School/Children's Centre	NR31 9PA
16	15.30	15.45	St. Roberts Way	NR31 9LF

WASTE AMNESTY

Norfolk County Council are as usual running their annual Waste Amnesty days at their recycling centres this year, the dates set for the Caister centre are October 9th and 10th, Hopefully we will have more information next month.

YOUR PARISH COUNCIL REPORTS

BELTON WITH BROWSTON PARISH COUNCIL

Eleven Parish Councillors, County Councillor Carl Anison, Borough Councillor Adrian Myers and one member of the public attended the July 20th meeting of Belton with Browston Parish Council, Ken Botwright was in the chair.

It was stated that the New Road cycle path was due to be swept the following day, there was an update concerning the soakaway and the County Councillor confirmed that an adjoining land owner had been requested to reinstate the former drainage ditch, the county highways engineer had confirmed that with weeds coming through the new surface it was not to standard and needed repairing. County Councillor Anison is to find out if it would be possible for the Parish Council to manage, with a budget, grass cutting in the parish.

Borough Councillor Myers reported that more electric charging points were being installed in the Borough, he confirmed it was not the responsibility of the Parish Council to pay for weed treatments and would take the matter up with the highways engineer. He confirmed that it was hoped a bus could be arranged from Belton to Lynn Grove School from September, possibly by running the service 5 into and round Belton.

Members agreed to form a planning sub-committee to deal with applications that come in and need replies between meetings. The current meeting raised no objections subject to neighbour's comments on erection of a shed at Willow Tree Garden on Marsh Lane. There were objections, due to the size of the proposal, for extensions at Helmsdale, St. Johns Road. The Borough Council had approved the following 41 Bramble Gardens (remove conservatory and build extension) and Duck Pond Barn, off Beccles Road (new extension).

It was agreed to install a set of goals on the Bell Lane field and, subject to more quotes to get a replacement CCTV system installed, also the possibility of lighting the village sign is being investigated.

At the New Road Centre most issues with the recent fencing work had been resolved with the contractor, it was agreed in principle to purchase both a projector and a separate outdoor toilet unit, the latter so that the main building does not need to be opened while filed only activities are taking place. Enquires are to be made to see if any grants are available to extend the tarmac area further along the carpark.

A further village litter pick will be arranged for late September and a list of fire hydrants has been obtained with a request that councillors keep any clear of weeds and undergrowth if they are near their own homes.

The next meeting of the council will be at the New Road Centre on Tuesday September 7th (7.30pm), for details from the clerk on 01493 602960 beltonparish@yahoo.co.uk.



Attendances August 2020 to July 2021

COUNCILLOR	Possible Meetings	Meetings Attended
Ken Botwright (Chair)	12	12
Nigel Light (Vice-Chair)	12	12
Nigel Brown	12	10
Darren Buckworth	12	12
Margaret Greenacre	12	11
Lin Hillier	12	10
Lee Staff	12	11
Ian Walpole	12	10
Hillary Williams	12	10
Stuart Bridges	5	5
David Mills	5	5
Gemma Searby	5	5
Mick Greystone	9	9
Andy Grant (Norfolk C.C.)	9	5
Carl Anison (Norfolk C.C.)	2	1
Tracy Cameron (GYBC)	12	9
Adrian Myers (GYBC)	12	9
Kate Ruddock (Parish Clerk)	12	12

Stuart Bridges, David Mills and Gemma Searby joined the Council in March 2021

Mick Greystone resigned in May.

Carl Anison took over as County Councillor in the May elections

Meetings were held remotely by Zoom to May 2021, returning to the New Road Centre from June

Crime Figures 1st to 31st July

Burglary business and community	2a	A person commits theft in a building or structure that is not lived in.
Burglary residential	2	Entry and theft in a building or a structure that is lived in.
Domestic	8	Domestic incidents where a crime has not occurred. Parties are aged 16 or over and have been intimate partners or family members regardless of sexuality.
Possession of controlled substance	2	Unlawful possession of a drug classified in class A, B or C.
Public fear, alarm or distress	4	Public order offences e.g. from a verbal altercation to offences just short of violence
Theft from a motor vehicle	1	Any item stolen that was in, on or attached to a motor vehicle.
Theft or unauthorised taking of a motor vehicle	1	Any motor vehicle including those abandoned.

Dial 101 for a non emergency and 999 if a crime is in progress

BURGH CASTLE PARISH COUNCIL



As usual the Parish Council did not meet in August, the next meeting will take place at the Village Hall on Monday September 13th (7.30pm), details from the Parish Clerk, Kate Ruddock, e-mail burghcastleclerk@gmail.com.

NORFOLK CHURCHES SPONSORED CYCLE RIDE 2021

Burgh Castle

Burgh Castle Church will be open on Saturday September 11th to receive riders on the Norfolk Churches Cycle Ride, please remember that Paul Nicholls is riding for Burgh Castle and currently visiting as many homes as he can in the parish to seek sponsorship. Please help him to break his last years record sum of £2495 (plus Gift Aid.)

Maureen Grey, Parish co-ordinator. Cycle Ride

FRITTON WITH ST. OLAVES PARISH COUNCIL

Present at the July 28th meeting of Fritton with St. Olaves Parish Council were eight of the nine Parish Councillors, the Parish Clerk Kate Ruddock, Borough Councillor Tracy Cameron and eleven members of the public, Stannas Bellaby was in the chair.

Members of the public questioned why the second SAM2 anti speeding sign at Fritton was being located on New Road, the reply was that there is now a

second sign at New Road and a permanent speed warning unit near to Caldicott Hall. The first SAM machine was totally funded by the County Council whilst half the cost of the second unit was paid for through the Norfolk County Council Parish Partnership scheme. One machine will move round both villages, the other near to Fritton Village Hall changing its direction every four weeks. Fritton Speedwatch group recently recorded over 40 vehicles exceeding 40mph in one session, one travelling at 66mph. Norfolk County Council are to be asked if a post at St Olaves bus stop can be used as an extra sign location.

In reply to further questions it was stated that the Police do come into Fritton if Speedwatch records over six excessive speed incidents at a location - they currently come once a month, usually at 10am however this is not the most effective time. Councillor Stephens offered to work with residents to get a separate Speedwatch group set up for St. Olaves and three Parish Councillors accepted responsibility to move the SAM2 unit in St. Olaves.

With £580 available and or earmarked for a Fritton defibrillator it was agreed to ask the two Borough Councillors if they could contribute the remainder from their ward budgets this year, a location will be discussed at the next meeting. Due to the bad condition of the notice board at Fritton Post Office it was agreed to purchase a new board which the Postmaster has offered to install.

There were no objections to conversion of a garage to a holiday let at Upper Warren Lodge, Beccles Road, Fritton although there were concerns



Burgh Castle Tea Room & Bargain Stall

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Tables are available in the small hall for refreshments and we have some new items for you to browse.

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Margaret Greenacre

WORLD'S BIGGEST COFFEE MORNING

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over access visibility to the site. The Borough Council have approved conversion of a store to a reception area at Caldecott Hall and the Broads Authority have approved a new quay heading at Burwin, Priory Road, St. Olaves. There have been more cases of fly tipping at Blocka Run and rubbish dumped in a hedge at Fritton church.

Members agreed to their contact details being made available for publication in 'Village voice'. The next Council meeting will be on Thursday September 30th (7.30pm) at Fritton Village Hall.

Attendances August 2020 to July 2021

COUNCILLOR	Possible Meetings	Meetings Attended
Stannas Bellaby (Chair)	6	5
Judith Bosworth	6	6
Margaret Johnson	6	6
John Burton	6	6
Rowland Dunn	6	6
Peter Storey	6	6
Jill Rose	6	2
Keith Nunn	3	2
John Stephens	6	5
Clive Julian	3	3
Keith Leggett	3	2
Alan Mendum	3	0
Andy Grant (Norfolk C.C.)	5	0
Carl Annison (Norfolk C.C.)	1	0
Tracy Cameron (GYBC)	6	3
Adrian Myers (GYBC)	6	4
Kate Ruddock (Parish Clerk)	6	6

Alan Mendum and Keith Nunn resigned after the January meeting and Clive Julian and Keith Leggett were co-opted to the Council at the March.

Carl Annison took over as County Councillor in the May elections Meetings were held remotely by Zoom to May 2021, with the July meeting at St. Olaves Village Hall



A WORD FROM YOUR LOCAL MP AND COUNCILLORS



BRANDON LEWIS MP writes

Do you remember “tough on crime, tough on the causes of crime”? That oft repeated phrase parroted out by every Labour politician in the late 1990s. I’ve always believed that being tough on crime meant being tough on criminals, but it seems that soundbite meant nothing of the sort. I’m staggered that

Labour MPs recently voted against tougher sentences for child murderers and greater protections for our emergency workers. That isn’t being tough on the causes of crime.

The initial results from my recent crime survey indicates that residents agree. We want to see tougher sentences for criminals, a concentration on tackling drug-related crime and an emphasis on neighbourhood policing including increased use of CCTV. These are some of the priorities identified in the Government’s new ‘Beating Crime Plan’ - it’s a comprehensive blueprint for cutting crime and increasing confidence in our criminal justice system. The plan gives both our local police and our Police and

Crime Commissioner the powers and resources to deal with your priorities.

Police officers on the ground are vital for neighbourhood policing and we are already seeing more officers recruited in Norfolk. Across the country there will be 10,000 more police officers in place by 2023. And the borough council was successful in securing money from the government’s ‘Safer Streets Fund’ to pay for increased CCTV coverage and improved street lighting in problem areas.

Recently, we’ve seen how Norfolk Police are working hard to break the damaging drug trade from our cities to coastal towns like Great Yarmouth. This so-called county lines network recruits the young and the vulnerable to deal drugs in our communities. It is organised crime run by city-based crime gangs. The work I undertook as a Home Office minister to bolster our national response to organised crime and improve the sharing of intelligence between police forces means we are more effective in tackling this menace. I am pleased to see that the county lines are being disrupted and broken here in Norfolk. And that this is leading to arrests, convictions, and lengthy prison sentences.

That doesn’t mean we should become complacent. That’s why these new measures announced by the Government are so important.

ADRIAN MYERS Borough Councillor



Towards the latter part of July, I developed flu like symptoms. In early August when it was clear that my ill health was not improving, I went for a PCR test. It came back positive for Covid 19. As my condition worsened, I made an appointment to see my doctor who then referred me to the covid ward at James Paget. I was admitted on a Wednesday and was there for a week. Although I was very ill, all the staff, from consultant to auxiliary treated with respect, professionalism, and great kindness and I will take this opportunity to publicly thank them for their care of me. I am now at home, but I am also suffering from some of the effects of the infection and breathing for me is difficult if I exert myself. Each day shows a little improvement and I hope to be back fit and well in the near future.

As you may know I have been trying to arrange public

transport for the students attending Lynne Grove from the villages of Belton and Burgh castle. Although the bus company were not opposed to this, I have had a negative response from Norfolk County Council. I am entirely dissatisfied with their response and as such I have done the following. I have asked both County Councillors for Lothingland, Carl Smith and Carl Annison to support me in pressing NCC to take a more pragmatic approach to this issue. I will have, by the time this goes to print, have written to the secretary of state for transport and to Brandon Lewis MP. I will be asking to meet with the decision makers at NCC along with both County Councillors to seek a more defined explanation for their decision not to support public transport for the children of the villages to school. I will keep you updated.

Finally, as chair of the Lothingland Community Land Trust, I am asking if anyone from the 5 villages would like to become a board member. We are looking for two people. If you feel that you would like to be part of this, then please contact me by email at chairlothinglandclt@gmail.com

I wish you all well.

Adrian Myers Independent Councillor Lothingland

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30

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Fortunately, there are a number of things you can do in advance to prepare for flooding and minimise the impact.

IN THE EVENT OF FLOODING

0344 800 8013

Norfolk's new one stop number for flooding in our county

or visit

www.norfolk.gov.uk/flooding

If you are in immediate danger call **999**

Flooding is dangerous and can happen very quickly. The effects can be devastating.

IF IT HAPPENS YOU CAN BE PREPARED

- ✓ Check if you are at risk of flooding visit www.gov.uk/flood and sign up to receive free flood warnings and get to know the flood warning codes
- ✓ Work together with your neighbours to set up a community flood group
- ✓ Consider buying flood protection equipment which will help make your home more flood resilient
- ✓ Know how to turn off gas, electricity and water supplies
- ✓ Remember to charge your mobile phone
- ✓ Make a check list of things to take if you have to leave as part of a Household Emergency Plan
- ✓ Listen to your local radio for up to date information and weather updates

Helpful Contacts

You can report flooding to the new Norfolk Flooding Hotline on **0344 800 8013**. This is your single point of contact for flooding in Norfolk. **If you are in immediate danger call 999. You can also report issues caused by flooding in a number of other ways:**

- ✓ **The Environment Agency Floodline:** 0345 988 1188
- ✓ **Norfolk County Council Highways:** 0344 800 8020
- ✓ **Report a power cut:** dial 105
- ✓ **Report a gas leak:** 0800 111 999
- ✓ **Report a water leak:**
Anglian Water customers: 0800 771 881
Essex & Suffolk Water customers: 0800 526 337
- ✓ **National Flood Forum:** 01299 403 055
For independent advice for those who have suffered flooding.



If you do need to have damage to your property repaired, beware of rogue traders. Consider using a Norfolk Trusted Trader. Call Trading Standards on **0344 800 8020** or visit www.norfolk.gov.uk/trustedtrader for more information.



The Norfolk Strategic Flood Alliance is a new taskforce that is working together so that Norfolk communities and infrastructure are safer and more resilient to the risks of inland and coastal flooding. The Alliance includes, among others, the environment agency, Anglian Water, the Association of Drainage Authorities, the Water Management Alliance, Water Resources East, the Norfolk Resilience Forum, the Broads Authority and Norfolk's County, Borough, City, District and Parish Councils.

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Village Poetry Corner

This new poetry column in the Village voice continues to introduce striking new voices. This month, we feature two poems from Swati's Penweaves and one from Sylvia Adams. Please continue to send in your entries to beltonvveditor@gmail.com

ROTTING IN YOUR COLOURS

Swati's Penweaves

All the bright colours
You used to paint my life with
Have started turning into
A moldy sober grey
Like the colour of the
Sky laden with clouds
Before a heavy downpour;
Like fungi growing on
The piece of bread
I gave up eating
Because, along with you
I lost my appetite too;
Like the filth you take out

From clogged pipes
To restore the drainage system.
Those colours of yours
Were gouache mixed improperly
Too opaque
Too wet
The air was too humid too
They weighed down on my skin
Not letting it even perspire
And before I knew
I started rotting
In your 'colours'
Long before I could fan them dry.



THE WEEPING WILLOW

Swati's Penweaves



On some melancholic days
I would take evening strolls
To my mind's garden
And sit on the same rusty bench
That still creaks under
The weight of my grief,
In the shade of the weeping willow,
I planted in the heart of my garden;
With her branches encompassing
All of my empty thoughts

Her roots deeply tangled in my soul's soil
While the long curtain of her dreadlocks
Creep out through my weeping eyes
As she takes in each sigh I give out
And shed pale senescent leaves
Which do tiny dances in my breath
Before falling into the bottomless pit of my gut.
In my mind's garden I do not weep alone,
For the willow tree I planted weeps along.



COME WITH ME

Sylvia Adams

In the woods I feel at home
Where favourite plants grow wild
A glimpse into a velvet dome
As the breeze blows mild.
Like a gentle whisper says
"Come with me. I'll show you
Secrets only I know
Where they grow".

A heron in his hunting ground
Stands erect and waits like
A statue, never makes a sound
A buzzard circles overhead
Intent on catching prey
Emerald dragonfly skims
The surface of a tarn
And lives another day.

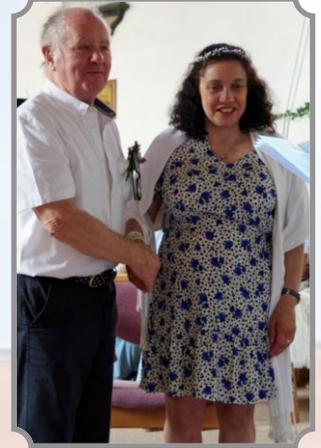


Freed thoughts float high
I listen to the stream
Melodic music fills the sky, trees
Gently wake from dewy dreams
As branches sway in time.
This green fairyland of
Hidden gems and secret dens
Open as I clap my hands.

Nature's world is mystical
Clothed in different veils
Our world is much more physical
Along these well worn trails.
Take the time to look around
At so many hidden gems
Not only in the fertile ground
But in her diadem.

(Photos: R Alexander, N Joshua)

Marriage of Martin Roche and Celia Alexander



Martin Roche, a senior and long standing member of the Village Voice Board, celebrated his wedding to his long-time partner Celia Alexander on a glorious summer day on August 14th at All Saints Church, Belton. The bride and groom were accompanied by two bridesmaids and page boys. They were Katie, Noma, Matt and Hugo.

Martin's best man was his son Adam and Celia was given away by her brother Steven. The service was taken by Reverend Vivian Ridpath with Reverend Rosie Bunn. Thirty four close friends and family were at the service to witness this happy union. Following the service and the signing of the register all left the church for a local reception in the garden of a relative.



THE VILLAGE VOICE HEALTH CHECK

Health Check is a regular column in your Village Voice.

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

Please feel free to write to beltonvveditor@gmail.com

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

POST NATAL MENTAL HEALTH

About the author: *Growing up in Belton before going on to do her medical degree in Birmingham and specialist psychiatry training in London, Dr Priyanka Tharian now works as a Consultant Psychiatrist at East London Foundation NHS Trust. She has a special interest in perinatal mental health.*



Having a baby is often cited as a life changing event for most women and one that often brings much joy all round. However, sometimes new mothers can struggle with a range of different emotions, from mild mood changes to severe mental illness. Here I have outlined some of the most common and important mental health conditions in the post-natal period, their mode of onset, duration and treatments.

Baby Blues

Baby blues affect one in two new mothers (ie, 50%). It involves mood swings, feeling tearful, irritable, low and anxious at times. Baby blues usually start 3 to 4 days after the birth and generally resolves by day 10 post-partum (after delivery). It is not a condition that requires any psychiatric treatment.

Postnatal Depression

Post natal depression is a depressive illness which affects between 10 to 15 out of every 100 women having a baby (ie, 10-15%). It is characterised by depressive symptoms including persistent low mood, poor sleep, lack of energy, lack of appetite and negative thoughts, lasting for more than two weeks. Postnatal depression often starts within one or two months of giving birth and lasts at least two weeks. It can start several months after having a baby. A third of cases start during pregnancy and continue after birth.

Treatment of postnatal depression and its setting depends on the illness severity, which can be determined with the help of the woman's GP and health visitor.

For mild to moderate postnatal depression first line treatment is talking therapy, usually cognitive behavioural therapy. This is usually provided by IAPT services which take self-referrals, as well as GP, midwife and health visitor referrals. Individual and group therapies are offered and women who are pregnant or have recently had a baby are usually given priority.

For more severe postnatal depression, where a mother cannot look after herself or the baby due to illness, or has worrying thoughts to harm herself or others, she should be seen urgently by a GP, or a mental health professional in A & E/a mental health hub. An antidepressant is usually prescribed in such cases and she may need further support from a home treatment team/admission arranged. Wherever possible to support mother-baby bonding, a specialist Mother and Baby Unit should be considered. Anti-depressants usually take at least 2 weeks to start working and 6-8 weeks for a fuller effect. It is recommended to continue the medication for several months to reduce the risk of illness returning (a relapse). Certain antidepressants are safer in breast-feeding and your doctor can recommend these if needed.

Postpartum Psychosis

Post partum psychosis is a severe mental illness but is rarer, affecting 1 in every 1000 women who have a baby (ie, 0.1%). It starts suddenly in the days, or weeks, after having a baby.

Symptoms vary, and can change rapidly from hour to hour/from one day to the next. These can include rapid changes in mood, agitation, sleeplessness, being over-talkative/active, being very disinhibited, feeling paranoid or experiencing delusions (ie, having fixed false beliefs e.g. believing that your baby is possessed by the devil) or hallucinations (hearing, seeing, feeling, smelling or more rarely, tasting things that aren't really there).

Postpartum psychosis is a psychiatric emergency and needs admission to hospital for treatment, ideally to a Mother and Baby Unit (MBU) or if not, then to a general adult psychiatric ward. In some cases, admission to a local general ward

may be more practical if the nearest specialist MBU is far away from the woman's home.

If you have a postpartum psychosis, it is likely that you will need treatment with an antipsychotic medication, a mood stabiliser or both. Admission to a specialist Mother and Baby Unit or general adult female ward will invariably be needed.

Some women will be referred to Children & Families Social Services after discussion with them, if during pregnancy there is a high risk of postpartum psychosis or if postpartum psychosis develops. The referral and assessment are done to make sure that they get the support they need from family, friends and professionals. It is also done to make sure that there is a safe plan for the baby until the mother recovers. It is very rare for babies to be removed from women with postpartum psychosis.

Some risk factors to be aware of

It is important for women to discuss with their GP/ psychiatrist if they have a history of bipolar affective disorder. This is because they are at particularly high risk of becoming mentally unwell following childbirth. 25% of women with a previous history of bipolar disorder may develop post partum psychosis and/or post natal depression. If a woman with bipolar disorder has herself had a previous severe postpartum illness or has a family history of postpartum illness in their mother/sister, their own risk increases to over 50%. It is therefore important to discuss and manage the likelihood of illness as part of any family planning with professionals.

Factors that may reduce the risk of illness returning (ie, relapse) include continuing psychiatric medication in pregnancy/postpartum after discussion with your doctor on its risks and benefits. Patients on a mood stabiliser, such as lithium in particular, should have a discussion with a psychiatrist (medication counselling session) regarding their past psychiatric history and the risks of stopping/swapping medication during pregnancy or the postpartum period. Where medication is used, psychiatrists will prescribe the lowest effective dose taking into account what may have worked for the particular patient in the past.

About 1 in 2 (ie, 50%) women who have had postpartum psychosis will have this again after the birth of another baby. Over half of women with postpartum psychosis will have a further episode of illness not related to childbirth. Women should consult their GP/antenatal team if they have experienced a past episode, to get referred for early perinatal mental health input during pregnancy.

Help in caring for the baby

Mother and Baby units provide a place for mothers to recover with support from specialist mental health staff, while fostering the bond between mother and baby. Following discharge from an MBU/psychiatric ward, a mother will usually be under a community perinatal mental health service until she fully recovers. During this time, she will usually have visits from the health visitor and an allocated community psychiatric nurse from the perinatal team, to check both her own and her baby's health.

There are a number of useful websites, listed below where women can access further information about these conditions. It is important to know that you are not alone if you or your partner is experiencing difficulties in coping after having a baby and that there is support available. Being open with your family/ support network as well as with professionals, will help you get support and treatment where needed.

Acknowledgement

Royal College of Psychiatrists <https://www.rcpsych.ac.uk/mental-health/problems-disorders/postpartum-psychosis>

Resources/Useful websites

Action on Postpartum Psychosis <https://www.app-network.org/>
<https://www.tommys.org/pregnancy-information/after-birth/your-mental-health/postpartum-psychosis>

Postnatal Depression <https://pandasfoundation.org.uk/>
<https://www.tommys.org/pregnancy-information/im-pregnant/mental-wellbeing/postnatal-depression-pnd>

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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Great Yarmouth
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Inside Story



James Paget University Hospitals NHS Foundation Trust

News from the JPUH Governors

Governor Reflections

This will be the final edition produced by the current Council of Governors as our term in office ends on 31st August.

Due to the pandemic our activities over the last 18 months have been very restricted with virtual meetings and no opportunities to meet face to face. Despite these restrictions we have continued to meet our statutory responsibilities. This included the appointment of two Non Executive Directors and the external auditors KPMG. The lead governor participated in the appraisals of the Chair and the Council contributed, as stakeholders, to the JPUH Quality Report and development of the patient engagement strategy.

This past year has been a completely different experience for those governors who had served a previous term in office. Unfortunately, we were unable to go out to meet members of the community so could not visit libraries, supermarkets and various events as we did previously, as part of our "Meet the Governor" initiative. This is something that we really missed doing and hope that the new Council will be afforded the opportunity to do this with the easing of restrictions.

Appointed Governors (x5)



Public Governors (x10)



Staff Governors (x4)



JPUH is "Veteran Aware"

The James Paget University Hospital has recently been accredited as "Veteran Aware", acknowledging their commitment to supporting the Armed Forces community.

This will help to drive improvements in NHS care for people who serve or have served in the UK armed forces and their families.



Pictured is Paul Morris, Director of Nursing & Patient Safety with the logo.

Council of Governors' elections

The process is underway for a new Council from 1 September.

Nine Trust members put themselves forward for 10 Public Constituency vacancies, so all are automatically elected without the need for election packs to be sent to members. More information will be available on the new Council in Your Trust News coming out to you in October.



For further information about any of these articles, or to comment about the JPUH, please email governors@jpaget.nhs.uk

Become a member of the Trust.
Visit - www.jpaget.nhs.uk/get-involved

Where You come first

New treatment for colonoscopy patients

The James Paget is among hospitals around the country who are trialling new capsule cameras which patients will be able to swallow, rather than have a traditional colonoscopy.

With traditional colonoscopy patients need to attend hospital where a tube containing a camera is inserted into their body. The miniature camera capsules, which are no bigger than a pill, will allow patients with urgent colonic symptoms to be checked for cancer in a non-invasive way, allowing them to go back home, away from the hospital, while the test is in progress. While initially only a relatively small number of people will be suitable for the trial, it is hoped that this may lead to camera capsules being used more widely across the NHS as, for some symptoms, it is an alternative to conventional colonoscopy.

At the James Paget, implementation of this service is a collaboration between Colorectal surgery and the Endoscopy Unit supported by the Research department. Pictured are patients Patricia Nichols and Lisa Hobbs who took part in the trial.



Colorectal Straight To Test service

A new service that aims to see those with Bowel Cancer symptoms more quickly has been set up at the James Paget and has already halved the time in which some patients are being diagnosed.

The new Colorectal Straight To Test service aims to ensure patients with symptoms are diagnosed much more quickly, with some of the first on the new pathway going from referral to diagnosis in just 22 days.

A quicker diagnosis can mean faster progress to treatment, or surgery at our hospital, and lead to better patient outcomes. Pictured are some of the JPUH Colorectal team.



Thank you from Governors Jane and Lyn

On a personal note, we would like to take this opportunity to say how much we have enjoyed our time as Governors.

During our terms in office, Jane, (lead governor) 10 years and Lyn, (deputy lead governor) seven years, it has been our privilege to be your voice at the Paget and to be part of the hospital's journey in achieving a good rating from CQC.

Since 2018, we have been responsible for producing "Inside Story" and the briefing that goes out after every Council of Governors meeting. We hope that you have found these informative and enjoyed reading them. We have had the opportunity to meet and talk to many of you, allowing us to take your views back to the Paget. This valuable feedback has been shared and used to review processes and, in some cases, improve services for you as users of the hospital. In the changing face of the NHS there will be new challenges and changes ahead and we wish the James Paget and the new Council of Governors every success in meeting these.



If you'd like any further information about any of these articles, or if you'd like to make any comment, good or not so good about the James Paget University Hospital, please do not hesitate to contact us on our email address, which is governors@jpaget.nhs.uk You can also become a member of the Trust.

For more information visit - www.jpaget.nhs.uk/get-involved We look forward to hearing from you.

ormiston venture academy

Students celebrate at Ormiston

Students, staff and families at Ormiston Venture Academy in Gorleston on Sea are celebrating following their GCSE results, results that will enable them to embark on the next chapter of their education.

Staff and students joined together to celebrate the many achievements, at the end of what has been another challenging unusual year in light of COVID-19 and the cancellation of examinations.

Despite this, Venture, has seen continued success from a group of students who have shown, dedication, passion and resilience throughout. There is so much to celebrate the community stands together proud of them all. However, some of the standout individual achievements include:



Akshika Yogarajah the Venture Gresham's Scholar for the year will be taking up her place at Gresham's School in Holt in September. Akshika excelled though a rigorous selection process including

interviews and entry exams, with the added complication of having to complete so much of the process remotely. She did superbly well to pip some very tough competition to the scholarship and continued to work hard to achieve 7 grade 7 or above across a range of subjects.

Maddison Lee who we are confident in any year would have been one of our top achievers receiving top grades across the board performed incredibly well across so many of her assessments throughout her time in the academy. Maddison is someone who excels equally in all subject disciplines and we are excited to hear of what she goes on to achieve in the future, she will truly make a mark on this world.



Students across the cohort and across the whole country have had to face so many obstacles and challenges over the past 18 months, but some of the success many of our students have achieved despite significantly challenging personal circumstances is a testament to their dedication to learning

and determination to succeed. Two of these students that stand out are Charlie Jordan and Joshua Kerrison. Charlie achieved an amazing set of results including a 9 in History and an 8 in three subjects including English Language. Charlie has received these through pure grit and determination and although she has had a turbulent year personally has shown hard work and resilience pays off. Joshua has achieved an incredible set of results including a grade 9 in English and four grade 8's.



Joshua has suffered a loss this academic year which was particularly difficult however he has shown an incredible amount of resilience and strength of character to get to where he is today. During this time Joshua has continued with his love of Karate where he has finally gained his Black belt and along with clearly studying hard he also borrowed a guitar from the music department and taught himself how to play. We are so incredibly proud of Charlie and Joshua and we know they will both go on to do themselves and their families proud.



Simon Gilbert-Barnham, Principal at Ormiston Venture Academy, said:

"We are very proud of our students and the results they have achieved, which are hugely deserved. They have worked extremely hard over the last two years, and throughout their time with us, and it's brilliant to be celebrating their achievements today. "It has been another unusual year with the pandemic but our students have shown brilliant spirit, resilience and motivation



throughout. I would like to thank all our students, their families, our staff and the wider school community for their ongoing support and we look forward to seeing our students progress on to the next stage of their education and fulfil their goals."

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MATHEMATICS TUITION
BY DANIEL
TUITION:

I am happy to help all those from year 3 up to year 11, whether that be in preparation for SATS, entrance exams or GCSEs. During sessions, we can either work through the KS2/ KS3 /KS4 GCSE syllabus (all boards) or focus on areas where you may like additional help. Whether it is because you are seeking to catch up with difficult topics or because you want to get ahead of the competition, this may be helpful.

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 have now had 3 further A* 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.

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THE MALCOLM METCALF COLUMN

Malcolm Metcalf is the past president of the Great Yarmouth Naturalists Society. His Nature Notes was one of the Village Voice's longest standing and best loved columns. From this month, he starts a new column that will describe his travels across the United Kingdom and beyond. Malcolm can be contacted on 01493 661138.

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

A 700 MILE NOSTALGIC JOURNEY

In June I went with my godson Alan Collier to the Cotswolds. Our first stop was the picturesque village of Clifton Hampton through which the River Thames flows with the Barley Mow pub dating back to 1352. From here we drove to my wartime village of Dry Sandford near Abingdon to where my parents evacuated our family from Gorleston in 1939.

Here we visited old friends and recalled during World War 2 the nearby R.A.F. Abingdon Aerodrome and very noisy Whitley bombers with low flight paths directly over our house.

The Aerodrome is now called Dalton Barracks, The base is currently being used for a new prestigious television programme with producer Steven Spielberg and starring Tom Hanks, entitled "Masters Of The Sky". It is a story of the mighty 8th.American Air Force B17 Bombers. We saw a photo of a mock-up of a B17, which was used in the film. During 1944 in Norfolk at Thorpe Abbots the Americans lost over 100 B17's. The base is now a museum and well worth a visit.



Later that day we visited my friends son's house to see his superb collection of vintage motor bikes, including 1922 and 1923 very rare 'Beardmore Precision' bikes, an Evel Knievel bike, an immaculate 'Harley Davison classic', plus a 1939 black Morris 8 car in mint condition. It was like a museum.



Next day we had a special visit for me to my old Dry Sandford Primary School where I was a pupil 80 years ago. I was given a warm welcome by teacher Christine Stirling. I took with me my American train whistle. The pupils loved hearing it and wanted me to blow it again and again. I was asked many questions and my hour-long talk passed so quickly. We stayed two days in the town of Abingdon-On-Thames, the oldest inhabited

town in England. Its Abbey was founded in 676. Aged 11, I went to school there. In 1924 car maker M.G. was founded here.

Bun throwing is an Abingdon tradition that began in 1761 when local dignitaries threw some 5,000 buns to crowds in the market square below on special celebration days. The town centre and the main Ock Street are closed every October for its Michaelmas Fair, the longest and narrowest fair in Britain. In 1944 an American soldier with whom I became friendly won a small flower vase at this fair which he gave to me, I still treasure that vase, and many years later, it led me to visit the USA and make friends with so many American families.

Via Newbury, Hungerford and Marlborough, we stopped in the town of Deves. Here we explored the Kennett and Avon Canal and the Caen Hill Locks near Rowde. These 29 locks are one of the longest continuous sets of locks in the country, rising 237 ft. in 2 miles.

We then drove to the interesting town of Bradford-On-Avon through which the canal runs. At its old bridge I got talking to two stonemasons repairing the bridge, one of whom told me that Poet Pam Ayers would shortly be coming through on a Narrow Boat. A while later a T.V. camera crew arrived with much equipment. Seems she was travelling this canal for a forthcoming T.V. series. Passing through the lock, she gave us a smile and waved.



Later we explored this town including its 14th.Century, 50 metre long, Tithe Barn. Relaxing beside the River Avon we talked to a photographer who had just captured a close-up of a Kingfisher clutching a fish in its mouth.

Next we stopped at Chippenham. On the way we decided to visit the famous village of Laycock which was the location, of a Harry Potter film shoot.

On our return route to Cheltenham via Malmsbury and Kemble, we stopped in the nearby village of Tarlton to try to find the source of the River Thames. Despite much walking we never found it. I met two of my Nieces and their families in Cheltenham. On our last day we visited the lovely town of Burford, then on to Winchcombe, where in the "Corner Cupboard" restaurant I had the largest and tastiest Ploughman's Lunch ever, to end a memorable journey.



1st Belton Scout Group

Beavers

The Beavers finished the term with a new activity - Catapults. Using the catapults and foam balls they knocked tins down and tried to get their foam balls into small nets. We finished the evening with hot dogs in a roll and apple juice. There are spaces at beavers. If you have a young person that is 6 years or about to be 6 years and you would like to find out a little bit more please contact Brown Beaver (Jane) 07975 533572



Cubs

The Cubs finished off their interrupted year with a night of fun and games and looking forward to an uninterrupted year from September. The cubs have really embraced both zoom meetings and then meeting face to face with a huge difference this year. The leadership team are incredibly proud.

If you have any youngsters aged between 8 years and 10 years who would like to find out more about the adventure please contact Akela (Peter) at peterclarke222.pc@gmail.com or message me on 07900 494 344

Scouts

The Scouts helped unpack our new activity catapults. They were then were the first section to have a go. The Scouts finished the term playing volleyball with a slight difference sitting down and only being able to move around without standing up. We then discussed and reflected how the game went and what the difficulties were. They finished the evening with hotdogs. Would any adults be interested in joining the adventure on the leader team at Scouts. If you would like more information please contact Group Scout leader John 07443 567326.



Group

Next Paper collection on Saturday 11th September. Please have your paper outside your property by 8.45am in Belton ready for collection or you can drop it off at 6 Station Rd North Belton at any time. October's collection is Saturday 9th October.

We would be grateful of any books for our sales. They can either be dropped off at 6 Station Rd North Belton or phone 01493 780965



DOWN THE GARDEN PATH

Elizabeth Myhill

This month it's all about Pansies and in particular those said to be Winter Flowering. Nearly everyone, whether a gardener or not will know a pansy and what it looks like but the best ones are produced by F1 hybrid seed and are more expensive to produce than that of ordinary seed. Pansies are not produced by cuttings. So what is an F1 hybrid and if it is more expensive why buy F1 seed or plants?

Breeders are always looking to improve products both with the food we eat and in the ornamental plant industry. F1 hybrids, which are largely annual and vegetable cultivars, are produced by crossing two stable seed lines (called inbred lines) that give rise to especially uniform progeny that possess good vigour, yield and other properties. It will say on the seed packet if the variety is F1. For those of you interested in the science of breeding of plants than I recommend resorting to the internet, rhs.org.uk has a very good site, easy to understand.

Myths dispelled concerning F1 hybrid plants. Saving seed will not produce hybrid plants the following year. Each year that seed is saved will produce weaker and less disease resistant plants. I know we all like to save money where possible but it is not worth it considering the time spent planting, watering, weeding etc

Autumn/winter flowering pansies will not continue to flower throughout the winter? During very cold weather plants will not flower, they shut down to conserve energy but they are not dead and will return to flower again as soon as the temperature rises. This also applies to bulbs especially daffodils. I hear over and over again. "Oh my poor daffodils this weather will kill them!" No. Nature is cleverer than that. Due to climate change it is becoming a lottery as to what kind of winter we are likely to have. Let's face it we haven't had much of a summer and the seasons are all over the place!

Autumn/Winter/Spring pansies are best planted in September. Many people wait until their bedding plants have finished flowering which can be as late as October/November. This is too late to plant pansies/viola. If you haven't room plant them in a container or pot and don't forget the trailing 'Cool Wave' varieties.

Here are some of my favourite varieties.



Pansy F1 Matrix Pink Shades



Pansy F1 Matrix Autumn Select Mixed



Pansy F1 Mystique Blue Whiskers



Viola F1 Sorbet Autumn Mixed



Viola F1 Cool Wave Strawberry Twirl

Best Wishes and Happy Gardening - Liz Myhill

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REV ROSIE WRITES

ALL SAINTS BELTON



This summer there have been a number of weddings in my parishes; some previously postponed from the previous year, others arranged have come about as a result of conversations through or at the end of lockdown - couples wanting to cement their relationship in marriage. I love a good wedding, and they have been great weddings, many with less guests than they might have had but perhaps more intimate and special because of the circumstances.

It's such a privilege to be involved in weddings, sharing in those special moments when a couple exchange their vows with one another. Weddings are always a service full of joy and anticipation; with great hopes for the future, even in times such as these. A new baby, expected, also has that precious anticipation and great joy with a safe delivery.

I got to thinking about other times in our lives when we look forward to something with an eagerness, and hope. My first thought was Christmas; it is full of joyful expectancy. For many it is the re-telling of the central stories of Jesus' birth and with it the reflection on just it means for God to be born in human form for the salvation of the earth. Christmas, of course, is also experienced with a keenness by the younger members of the family awaiting their presents.

Holidays, or moving house, or even retirement for some, are life experiences that come with a real sense of hopeful anticipation, for whatever reason. Holidays less so in more recent months. Some of you parents will be looking forward to the day that will shortly be upon us when the children head back to school. Some will be extremely happy and look forward to seeing their friends again, whilst others will be aware of missing that time spent at home with a parent. Others, moving to start new schools or even leaving home for university may have mixed feelings but still a hope that whatever they are starting and wherever they are going, will be good for them. There has been much anticipation of "getting back" to whatever it is that we enjoy.

I know that the Young at Heart group will be greatly anticipating being able to meet in the church once again, to enjoy coffee/tea and refreshments, and lots of chat and laughter. I am looking forward to seeing the church buzzing once again with people enjoying life together.

The Rock Solid group for primary aged children is also starting again on 2nd September at The Rectory. The children who have been before I expect will be looking forward to this

re-starting. The younger children who have missed out on those opportunities may not have the same level of expectation or anticipation, but as I remember listening to the voices of excited children the other side of the black gates to the Rectory, it reminds me that joyful expectation and anticipation is contagious.

For some of us the waiting in anticipation or expectation has brought disappointment when what we hoped for hasn't happened. What do we do when we have been disappointed? Can we put it behind us and move on, or do we lose hope?

In the book of Proverbs in the Bible there is a verse that says Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. (13:12). When our expectations are delayed for a long time, we can experience a real disappointment, or even disillusionment leading to the loss of hope. Prolonged waiting is hard to cope with, when there seems little prospect of our desires being met. It's been something we have all had to deal with during the pandemic when we have been unable to see loved ones. When hope is crushed, the heart is crushed. Hope deferred can lead to depression, anxiety and physical sickness; our expectation dried up to hopelessness.

There are times when I can feel disappointed that what I had hoped for doesn't materialise. For me, a song we sing in church, which echoes what the Bible says about Jesus, helps me refocus. In Christ alone, my hope is found. He is my light, my strength, my song. This cornerstone, this solid ground, firm through the fiercest drought or storm. What heights of love, what depths of peace, when fears are stilled, when strivings cease. My comforter, my all in all. Here in the love of Christ I stand. What helps you refocus when what you have hoped for doesn't become reality?

YOUNG @ HEART MEMBERS

We wish to invite members back to All Saints Church for a cuppa and chat. We aim to reopen on Tuesday, 28th September, 10 00-12 00hrs. We request that members wear a mask until they are seated. Hopefully our plans will not be altered by any government announcements!

Best wishes, Sue Angell

Fort continues to suffer criminal damage and anti-social behaviour

It is with regret that once again we have another week of criminal and antisocial behaviour at Burgh Castle Fort. We know that many of you are concerned by a small minority who carry this out, and we are asking for your help. After recent incidents including damage and threatening behaviour, we once again have criminal damage to NAT property, vandalism and fly posting. This behaviour not only damages the heritage we care for but also costs time, resources and money to us as a charity. It also spoils the site for those who do treat the Fort with respect. Burgh Castle Fort is a wonderful place - please help us look after it and eliminate this behaviour.



To those who love this special location, please be assured that we report ALL criminal damage and antisocial behaviour to the Police. The Fort is now on the route for the local officers, who you may have seen now more on site. We have also increased our staff and volunteer presence (we need more please). If you see any of the following in progress, please report immediately to the Police and NAT Duty Manager on 07873 733229:

- metal detecting (call 999)
- damage to the structure of the Fort including climbing on the walls & graffiti
- damage to any NAT property including signs, information panels, gates, fences, bins
- abusive behaviour to any NAT staff or volunteers on site, or to other visitors



NAT staff and volunteers have also been on the receiving end of abusive and threatening behaviour from a small minority of visitors - some of whom we believe are local. We have a zero tolerance of this from visitors to our sites, and all incidents are now reported to Norfolk Constabulary. This also includes incidents online.

If anyone is aware of who is committing these offences, you can report to Norfolk Constabulary, NAT or anonymously to Crimestoppers on 0800 555111 or online at www.crimestoppers-uk.org/

We remind all visitors that Burgh Castle Fort and its surrounding fields is private land with permissive access; we do ask that all visitors are respectful of the site, the heritage, the wildlife, other visitors and NAT property.

If anyone would like to help us care for the Fort by joining our volunteer team at the Fort, we have roles as Site Wardens, Meet & Greet, and Guides (tours and/or schools). Please contact julesarmour@norfarchtrust.org.uk for more information.



Thank you for your support, Norfolk Archaeological Trust
<https://www.norfarchtrust.org.uk/>



An update on the problems with vandalism and ASB issues at the Fort at Burgh Castle which have been rife in the last few weeks. At the on line August, local police SNAP meeting it was agreed that the Fort would be policing priority for the Southern Villages till their next meeting on SNAP on November 25th. If anyone knows any information about who is carrying out this vandalism then please contact the police on 101 or call crime stoppers anonymously on 0800 555 111 or likewise online. Help to stop this now.

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Up4fitness

Belton Activity Morning will return after the summer holidays. The first Monday will be registration only for everyone interested in either the Online or F2F classes in the hall, as well as Nordic Walking on the field. Registration is to see how many people want to join the sessions. It will also be a time to complete annual legal paper work for classes.

Class dates are as follows and will be in the mornings but times to be confirmed after 06/08/21.

Monday 6th September registration 10am to 12.noon.

Monday 13th & 20th August 2021

Monday 27th August no class

Monday 4th & 18th October 2021.

Monday 11th October no class

Monday 25th October no Class Half term.

Monday 1st, 8th, 15th & 29th November 2021.

Monday 6th & 13th December 2021.

Sessions will be 45 minutes for all classes face to face, on-line and walking. Indoor face to face class numbers have increased a little and class members will sit 2 meter square distance per person until further notice. If you haven't got your own equipment, this can be loaned for you to use and keep while you are attending online or F2F. When attending sessions, please be respectful of those who may not be as confident as you. We will still operate a one-way system for entering and exiting the building with hand sanitizer at either end. Layered clothing is advisable because we will have good ventilation throughout the session too. Zoom / online classes will be held at the same time as F2F class which anyone can request to do if they have pre-paid for classes. All class sessions are £4.50 per session payable by Card, Bank transfer, cheque or cash. Both indoor and outside sessions will have elements of body weight exercises to improve Balance, Muscle, Strength and Endurance as we prepare for the autumn & winter.



The Summer Teddy bear exercise picnic went well it was lovely to see so many Teddy's and owners come from as far as Kessingland, despite the rain. All teddies were ask to introduce themselves at their table, so as no Teddy felt alone. The oldest Teddy Bear was 76 years old and he had a great time meeting all the other teddies. We raised a considerable amount of money which will be sent to 'The Pantry' in Belton. Donations are still coming in from those who were not able to attend and hopefully a total will be in next issue.

Sallyann thanks all those who supported this event. Please contact Sallyann for any further information by email up4fitness@gmail.com Text or Mobile 07599044806 or private message Sallyann through messenger on Facebook pages Sallyann Protheroe and up4fitness Thank you

BELTON JUDO CLUB

Latest update for September

Following on from last month's report, we can now say with growing confidence that we are virtually back to where we were before the first lockdown caused by the emergence of the Covid-19 virus. Competitions and gradings are now appearing on the calendar and we have fighters already entered for National and International Championships later this year.

We have rapidly increasing numbers of our original members returning and also several new starters but we can always accommodate more so everyone is welcome to try this fantastic Olympic sport. First two sessions are FREE OF CHARGE so nothing to lose and everything to gain. We look forward to seeing you all.

We now have in place several different venues for our members to train at, also the Belton times and sessions have been updated as follows:-

TUESDAY: BELTON NEW RD (NR31 9JW)

4.45pm-5.30pm - Judo for younger children (fundamentals/fun)

5.30pm-6.30pm - Judo for older children and adults (technique/theory/randori)

WEDNESDAY: GREAT YARMOUTH MARTIAL ARTS VENUE

(Upstairs 34 North Quay NR30 1JE)

5.15pm-6pm - Judo for younger children (fundamentals/fun)

6pm-7pm - Judo for older children and adults (technique/randori)

7pm-8pm - (Theory/groundwork randori - personal choice)

THURSDAY: BUNGAY CHAUCER DOJO (NR35 1EB)

7.30pm-9.30pm - MMA for older children and adults (12 years +)

FRIDAY: EAST ANGLIAN MARTIAL ARTS CENTRE,

163 BRIDGE ROAD, OULTON BROAD, NR33 9JX

6.15pm-7pm - Judo for younger children (fundamentals/fun)

7pm-8pm - Judo for older children and adults (technique/theory/randori)

8pm-9.30pm - MMA for older children and adults (12 years).

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 or contact him via Facebook or WhatsApp

Great Yarmouth Stroke Club

Gt Yarmouth stroke group might be able To meet in September that would be great as missing all our members. We also need to have a volunteer meeting and centre 81 transport taking more than 2 passengers.

Birthdays Pam S.David. Sam B. Margaret H. Rose. Mary. Ellen. Janet.

With sad news we have lost our long time member Eddie nickname 007, Sue was able to say a goodbye.

Contact Sue Casey 01493 781846

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If you can help or would like more information please call or text Sue on 07946 501774 or e-mail beltonvsect@gmail.com with your name, address and contact number
 Thank you for helping. (The Village Voice Team)





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

Apologies for an error in August`s article regarding the cost of fares to Norwich on an `Explorer Ticket`

The sentences should have read `An adult daily Explorer zone ticket is £7.00 on bus (£6.50 mTicket app) and young persons (5-19) is £5.00 on bus (£4.50 mTicket app).`

`An adult weekly ~Explorer zone ticket is £25.00 on bus (£24.30 mTicket app) and for young persons (5-19) £19.00 on bus (£18.30 mTicket app). Explorer zone tickets can be used on Norwich local services as well.`

During 2020 ENTUA submitted its views to Greater Anglia on changes it would like included as part of the timetable operating from December, 2021. Our main thrust was to suggest that some of the trains leaving Great Yarmouth should go to destinations beyond Norwich, including Peterborough, Stansted Airport and London. With all trains currently terminating at Norwich, we were seeking to minimise the number of changes of train per journey. ENTUA has long put the argument that commuters travelling from Great Yarmouth to Norwich tend to use the X1/X11 bus service. Buses travel from Town Centre to City Centre, are more frequent (15 minute intervals) and the fares are cheaper. We believe that most passengers travelling by rail from Great Yarmouth tend to be going to destinations beyond Norwich.

We have had a response from Greater Anglia who state that "ENTUA`s aspirations for direct services to/from destinations beyond Norwich, the challenge here is with demand, performance and commercial considerations, which currently mean such options are not practical, plus the fact that there are easy connections at Norwich with a level walk round to other platforms" However, they went on to say "The Norwich to Great Yarmouth service is a high quality, high performing service, which makes Great Yarmouth a well-connected location with hourly services all week, all year round and more frequent services at busier peak times such as Monday to Friday commuting times and Summer Saturdays".

It is worth noting that Great Yarmouth enjoys new high quality trains with a much enhanced travelling environment and improved accessibility and an excellent performance with the Great Yarmouth line now the most punctual on the Greater Anglia network, with a moving annual coverage punctuality at 97.4%.

Although ENTUA is disappointed that we have not achieved services to destinations beyond Norwich, we do agree with Greater Anglia that the new bi-mode Stadler trains have been a vast improvement on what we had in terms of comfort, accessibility, punctuality and reliability.

The Government has produced a new bus strategy for England under the heading `Bus Back Better` in which it advocates `Enhanced Partnerships between Local Authority (in our case Norfolk County Council) and bus operators`.

It places greater emphasis on people being able to use buses to access education, employment, medical facilities, particularly in rural areas. It will be for the `Enhanced Partnerships` to identify areas that would benefit from the introduction of new services or extend those already in place. The Government has allocated £3 billion in this parliament for `Enhanced Partnerships` to bid for funds to pump/prime these services, which also includes better coverage in the evenings and at weekends.

ENTUA would like to think that this is a genuine attempt to place the bus as a choice of model travel and that it and local authorities will not just pay lip-service to the needs of those (without access to cars) in rural areas who have difficulties travelling. Nevertheless ENTUA is preparing a submission to Norfolk County Council which it feels are areas that would benefit from new or enhanced bus services and the provision of infrastructure eg bus shelters, lay-bys etc. Once ENTUA committee have agreed this document, we shall talk more about it in future editions of Village Voice.

ENTUA`s AGM and Open Public Meeting was held on 11th August, 2021 at Christchurch, Deneside. The well attended meeting was given an update by representatives from First Eastern Counties and Greater Anglia on the

pace of post-Covid recovery in terms of passenger numbers. We were informed that the Government subsidy for public transport ends at the end of September. Currently local bus services are 67% of pre-Covid levels and every effort is being made to get this back to nearer 100% to avoid any cuts to services. There will be no new services introduced until acceptable levels return and have been maintained for a period of time. Service 4 and 9 remain suspended. Summer Service 1c using open top buses between Pleasure Beach and Seashore Holiday Park (20 minute frequency), Hemsby Beach (1 hour frequency) is very popular and is deemed by First Eastern Counties to be a huge success, but this finishes at the end of September.

Greater Anglia`s passenger numbers have been greatly affected by the `Work from Home` strategy, but they are hopeful of a greater uptake from leisure travellers. Rural lines should maintain their hourly services, but there may be consequences on inter-city routes.

All in all a good meeting. Some questions were put by members of the public, but nothing that could not be addressed at the meeting and we thanked the representatives from First Eastern Counties, Greater Anglia and OurBus for their time and information given.

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

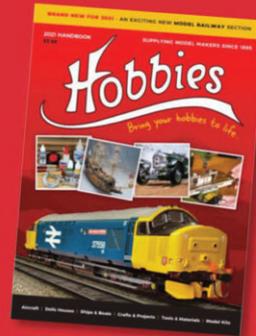
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THE JGI TRUSTEES

Sadly to say not one person within our community has offered any help to run the JGI, our great Village Hall. Although all is well at this moment, it is essential for new blood to come aboard and be part of the Trustee's team. It is not an arduous job and always gives great satisfaction in keeping the wheels turning. If you have retired recently and have any basic skills we are sure you could prove to be a great asset.

We have come through these difficult times and are now open to a wide variety of activities, which people in the area would not be able to take part in if the hall was not there. Nearly every available slot during the week is taken. Give Bill on 780822 or Robert on 781031 for a chat and find out more.

Quiz Nites

At last we hope to start our monthly quiz evenings again on the last Friday in each month, starting on Friday 24th September. Please put this on your calendar and in your diaries.

Start time will be 7.30pm with a usual format of a team up to 4 people and £5 per team. There will be a raffle at half time as well as prizes for the winning team. As well as the normal quiz there might be a few other items of interest thrown in. We hope to see all our loyal quizers on the 27th September. For the first quiz bring the answer to the following in an envelope with the name of your Team on it. Your team might get a surprise?

"Who wrote the first Captain Pugwash and in what year and who was the Captain's arch enemy?"

Belton Community Choir

Our own very successful choir is at the cross roads of having to fold at the moment possibly a victim of COVID as we have not sung as a group for 18 months or so and just as we got the long awaited go ahead the circumstances of both our choir master and our Pianist meant they had to step back for family reasons, this brought back how fragile an organisation like we have is if the leading lights move on.



Try as we are, finding replacements is proving extremely difficult, it's not a question of commitment but the skill set to do this just is not there.

So if anyone in or around the village have what we need for an hour on a Friday evening you would be most welcome please contact me on 07795 422420 any time.

The choir in only 12 months or less came together as strangers and with in no time at all were singing to a very respectable standard enough to put on a shared Christmas concert at the church and a brilliant evening around the Christmas tree, it will be a great shame to lose this Community initiative, this is not to say we're done but only a delay I hope.



Kind regards Mick Graystone



Club and Group Leaders

If you are a group or club leader then please write a few words each month about your activities which keeps all informed and also advertise your group.

Less than 100 words is all that is needed.

Email or Text it to us on beltonvgraphic@gmail.com or 07950 039455

WEDNESDAY MORNING DROP IN

Our mornings continue to be popular with much enjoyment had by all who attend. If you would like to get out for a short while and meet and chat to others over a coffee/tea and cake then this is the place to come. Each Wednesday morning from 10.30am til noon. Make an effort and you will be made welcome.

If you have any Ipad or computer problems bring them along and we will try to help you to understand things a bit better. There is full Wifi at the hall so you can log onto the web easily. More and more things and renewals need to be done on line and we can assist you if required to get them done without a hitch.

Call Sue on 780822 for any further information

YOGA TO AUDIO CD

Now restrictions have been lifted yoga has reverted back to Monday class only from 26th July with half an hour extension from 10.15 until 11.45.

As we do our yoga sessions to audio cd

It is advisable for some general knowledge of the yoga positions.

An exercise mat yoga block towel or cushion will be required and comfortable clothing. £1.50 a session

For further information contact Julie on 01493 780121

Another month has flown by and we are pleased to be back at the JGI on the second Wednesday of each month and thanks to you all for making Sarah welcome on her first visit. If you are experiencing financial difficulties or have any questions, please pop in and see Sarah who will provide free confidential advice and if needed, liaise with creditors on your behalf to set up manageable repayment plans as well as providing money saving tips. For anyone on Universal Credit please be aware that the £20 uplift payment that has been made throughout Covid, stops at the end of September reducing your monthly income.

The services provided by DIAL also include benefits advice and help to complete complex application forms with appointments being available by contacting the DIAL office on 01493 856900 or by calling into our offices on King Street which also hosts our Charity Shop where there is always plenty of bargains to be had. Our Charity Shop is run solely by volunteers and if you have a few hours to spare each week and would like to be part of our volunteer team, then please get in touch with Jenny at the DIAL office for more information.

That's all for this month but as always please give us a call on 01493 856900 if you have any issues that we can help and support you with.

Jo Howes, CEO DIAL Gt Yarmouth



Belton Ladies Group (BLG)

There will be an open evening on Tuesday 21st September at Fritton Plant Centre 6.0pm.

We look forward to welcoming all members or potential new members.

For any further information phone Liz

01493 780494



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

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Text to 07950 039455 or email beltonvvgraphic@gmail.com

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

(Commercial entries charged at 25p per word)

WANTED

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

Gardener required, please call 01493 662323

Vacancy at Fritton Plant Centre for an enthusiastic shop sales assistant: Must be versatile, preferably horticulture experience. Some heavy lifting involved. Phone 01493 780494

FOR SALE

ELECTRIC BIKE ancheer sport brand new never used cost £670. first £525. can ride away. Tel:01493 780772.

Dog Mattress as new only used once, Small donation accepted. Call 01493 781580

Audio Cassette recorder £10, Small portable DVD player £10, Frozen colouring book and pencils £2 Call 01493 662323

Trampoline 8 foot diameter £30 Tel:01493 780737

Double Toaster, only used twice £10, Shopping trolley £4 Tel:07881 866021

Child car seat Maxi Cosi boost new over £100. Excellent cond. £50 ono. Tel 01493 661602

Child car seat Maxi Cosi bost new over £100. Excellentcond. Offered for £50 ono. Tel 661602

Rollie 350A Cassette Slide Projector with remote control, spare bulb and magazines £20 Tel:07950 039455

Childs Rocking Horse £3, **Holdall** New and unused from Palmers £15, **Reel** Tape Recorder with spare reels £10 Tel: 01493 662323

Bluetooth Headphones Brand new- £50, **5** new 15" Wheel Trims - £10 Large Generator - £100, **Inflatable** Double Mattress, electric - £20, **Inflatable** Armchair with flop-out seat £10, **Single** Z Bed - £10, **Cello** in case - £100. Tel:07887 800457.

Two wall mounted remote control Electric Fires. One log effect, one pebble effect £20 each. Tel:07711 218935

A Whale water master high flow replacement water pump - submersible 12volt DC for use with caravan or motor home £15, **40** watt 12 volt solar panel 2' 32 X 1' 92 in aluminium frame plus 6 yards of cable Tel:07952 173504

New curtain pole and net 1.2m x 1.8m drop £8. **Ladies** trainers, white, Artigiano, 7, £5. **Clarks** terecota lace up ladies shoes 7 £5. **Ladies** slip on black casual shoe, 8 £5. Tel: 07887 800457

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:07796 787462

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. VGC. £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. GC £12. **CD** Carousel Storage. Wood. Holds 72 CD's. Size:- H-13", D-11.5", W-11.5". Excellent Condition. £50. Tel: 1493 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 please phone 07796 787462 Belton **Vax** dual power pro (seen on tv) used twice as new with all accessories cost £299 Now £90 Tel: 01493 789594

DATES FOR YOUR DIARY

Sunday 5th September

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 Messy Church

All-age service and activities in the church building

Sunday 12th September

9.30 am - Burgh Castle

Morning Prayer – on line on Amazon Chime

10.30am – All Saints Belton

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

Friday 17th September

Start time 7.30pm

Bingo at Fritton Village Hall

Sunday 19th September

9.30 am - Burgh Castle

Holy Communion – in church

10.30am – All Saints Belton

Morning Celebration on-line on Amazon Chime & Facebook Live

Sunday 26th September

9.30 am - Burgh Castle

Morning Prayer– on line on Amazon Chime

10.30am – All Saints Belton

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

6pm – Burgh Castle

Harvest Festival – in church

Sunday 3rd October

9.30 am - Burgh Castle

Holy Communion – in church

10.30am – All Saints Belton

Morning Celebration - on line on Amazon Chime and Facebook Live

Every Monday evening

Bingo at the JGI, Eyes down at 7.30pm

The Glasshouse Tea Room

Fritton Plant Centre

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for

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Sunday 10.00am - 3.30pm

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06.30 - 21.00

43 Church Lane Bradwell NR31 8QN

Tel 01493 441699 / 491106

Open Monday - Friday
08.30 - 17.30
Saturday 09.00 - 12.30

Groceries & Off Licence Cigarettes,
Tobacco + Vape Products

National Lottery

Gas, Electric & Phone Top ups

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Home Shopping Deliveries
(Bradwell Area Only)

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and Balance enquiries

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Stationery



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Utility Bill Payments including
British Gas Smart Meter Top-ups

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