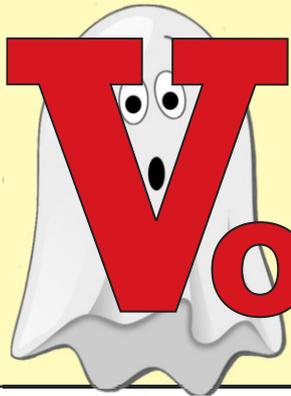


Village Voice



Happy Halloween

October 2021

22nd Great Year

Vol 22-7

3500 copies monthly. Delivered free to homes in Belton, Browston, Burgh Castle, Fritton and St. Olaves. Also free through outlets in Bradwell. Find us at www.beltonandbrowston.com

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DISRUPTION AHEAD FOR ROUTES TO GREAT YARMOUTH

When the proposed works by Anglia Water along Beccles Road, Goleston and surrounding roads goes ahead this autumn through to the new year and possibly until May 2022, there will be much disruption to routes into Yarmouth. The web site and map will show you where and when these works will take place. This work is to relieve flooding possibilities in these areas.

This comes from the Anglian Water interactive map within which you have to click each symbol to see dates, only available individually. See <https://streetworksinfo.anglianwater.co.uk/>

Then click on Filter in top left corner and select Norfolk County and Zoom into this area and then click on each symbol for information. The accompanying map shows an example.



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Village Voice

**October 2021
Issue: 248**

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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Printed by Blackwell Print,
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NR30 3LA.

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 November 2021 edition of Village Voice is 21st October 2021.

All contributions to
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Arial Rich Text and images as
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not embed images in your text.

FROM THE EDITOR'S DESK



Last month's issue of the Village Voice focused on climate change and the risk of local flooding if our approach to global warming and environmental concerns did not change. This month's cover story focuses on some disruption that is expected on roads to Great Yarmouth, at least partly due to work being undertaken by Anglia Water to address flooding possibilities in the area. Elsewhere in the issue, Rev Rosie Bunn writes thoughtfully and eloquently about the biblical teaching of human stewardship over the earth and what it means in terms of our responsibilities in contemporary society (page 18).

The health check column this month describes the problem of anxiety in autism and a pioneering study that aims to address it (Page 10). It also highlights the ongoing support given by various people in our villages to the RADiANT network that focuses on healthcare issues in people with five developmental conditions.

I have had a few e mails and messages, all scrupulously polite albeit with varying degrees of impatience, asking about when the cash prizes and Amazon vouchers for the winners of the 2020 writing competition would be distributed. We were holding out in the hope of a face to face prize distribution function but the lingering effects of COVID and the desire not to take avoidable risks have meant that this hasn't yet happened. We are hoping to finalise a decision at the next meeting of the Village Voice board on 9 October and will consider posting the prizes to avoid further delay. This issue features the competition winner and special commendations in the Children 9-11 years category (pages 12 and 13). Congratulations to Sophie Long, Lilly O'Dell, Maisie Edwards, Bryony Chesneau, Marly Franklin, Layla Ventom, Edwin Muir and Isla Dickson.

Finally, a note to remind contributors to send in their material for publication to beltonvgraphic@gmail.com. This will enable items to be acknowledged and processed promptly. Of course, please do feel free to contact me directly for issues that you may want to raise as a letter to the editor.

Professor Regi Alexander, Editor

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HOUSEHOLD HAZARDOUS WASTE DAYS



As usual Norfolk County Council are holding Hazardous Waste collection days at their Recycling Centres in September and October.

The local event will be at the Caister Recycling Centre on Saturday/Sunday October 9/10th (9am-4pm)

Items accepted are Aerosols, Household Chemicals and Cleansers, Fire Extinguishers, Garden Pesticides and Fertilisers, Paint, Wood Preservatives, Treatments and Varnish and Photographic Chemicals.

The following are NOT accepted Ammunition/Explosives, Marine Flares, Asbestos, Commercial Hazardous Waste, Fireworks, Gas Canisters (full or empty), Petrol, Diesel or other fuels.

BURGH CASTLE ROAD CLOSURE

Butt Lane at Burgh Castle is scheduled to be closed between October 25th and 29th for a gas connection. Just the village side of the Mill Road junction resulting in a diversion round the village

YOUR PARISH COUNCIL REPORTS

BELTON WITH BROWSTON PARISH COUNCIL

Twelve Parish Councillors, the Parish Clerk (Kate Ruddock) plus Borough Councillors Myers and Cameron attended the September 7th meeting of Belton with Browston Parish Council, with Borough Councillor Tracy Cameron being co-opted on to the Parish Council it is now at its full strength of 13 members. Ken Botwright chaired the meeting.

Members agreed to ask County Councillor Annison to fund the three new village entrance signs from his ward budget, it had been hoped that former County Councillor Andy Grant would fund this project but he has changed his council ward.

With Belton F.C. confirming that they had no spare goal sets available it was agreed to purchase a set for the Bell Lane Field and ask the Welcome Home fund to fund these while attempts to obtain a suitable portable toilet block for use of field only events at New Road are on-going. A new CCTV contract was agreed for the Council's properties to be provided by Hunn Security Systems who will include annual maintenance agreement.

Borough Councillor Myers is contacting MP Grant Shapps to ask how, with the national 'Bus Back Better' scheme, NCC cannot justify providing a bus from Belton area to Lynn Grove Highschool.

There was a first look at the Village Grounds Maintenance contract which is due for renewal at the end of the year, the chairman will provide a revised version to members. Members agreed to plant 20 Heritage fruit trees at Bell Lane for the Queens Jubilee (to replace the recently removed shrubs), also to plant some more trees on the New Road Field and possibly other locations, it is hoped that the 'Million Trees Fund' will buy these if not Councillor Annison will be approached as his budget this year



includes environmental projects. Councillor Cameron suggested that a volunteer warden scheme be set up to maintain the trees in their first year.

In planning no objections were raised (subject to neighbours comments) for any of the following: - 72 Station Road North (single story rear extension), 26 Broome Gardens (first floor rear extension) and 26 Station Road South (Front & side extensions). Members did object to a proposed metal storage container at 35 Fern Gardens and asked where alternative off road parking would be provided. The Borough have approved Helmsdale, St Johns Road (2 story extensions), Fairview Farm Stepshort (retrospective permissions for erection of stable block and change of use to private recreational room, Beech Farm Barns, Beccles Road, Belton (Convert barns to four dwellings), however an application for a double garage with office space at 3 Winchester Villas, Farman Close has been refused.

Councillor Brown reported on two overgrown allotments (one now relet), Councillor Mills had checked over Bell Lane play equipment, one piece is to be repaired by the Borough Council. Councillor Cameron reported on a Borough Wide play equipment review which will result in some repairs and possibly some permanent removals of items, she will seek further information as to how it affects the village. The chairman is looking at the possibility of a local history information board at Bell Lane.

The next meeting of the Council is on Tuesday October 5th at the New Road Centre (7.30pm), details from the Parish Clerk on 01493 602960 or e-mail beltonparish@yahoo.co.uk.

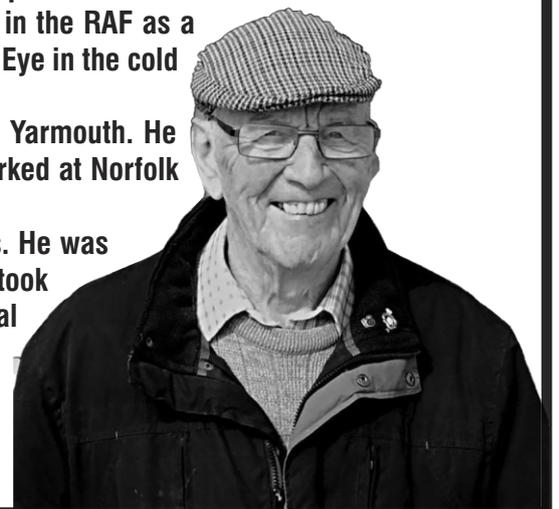
Ken Lindsay 12th Sept 1937 - 13th September 2021

Ken was born on 12th Sept 1937 in Southtown, Great Yarmouth and experienced WW2 as a child, then the 1953 floods. He then got to do his bit of National Service in the RAF as a Safety Equipment Fitter serving in Germany. On return he worked at Birds Eye in the cold store.

He then married in 1963 and had 2 children living in Newtown, Great Yarmouth. He moved to Belton in 1970 when it was still a small village and he then worked at Norfolk Line.

Since living in the village he enjoyed playing darts for the village pubs. He was instrumental in forming the Belton and District History Society where he took the role as Events/Talks organiser. In later years he enjoyed fishing at local fishing lakes with his friends.

Ken suffered a major Stroke just over a month ago and passed away on 13th September 2021. Father, Grandfather, Great Grandfather. He will be sadly missed.



BURGH CASTLE PARISH COUNCIL



There were six Parish Councillors, Borough Councillor Adrian Myers, Kate Ruddock the Parish Clerk and one member of the public present at the September 13th meeting of Burgh Castle Parish Council, Brian Swan was in the chair.

Members confirmed their objections to planning applications for 5 glamping cabins behind Holdane House on Church Road and also a request to remove the winter closure restriction on all units on the Burgh Castle Marina holiday site which had been submitted during the Summer, The clerk reported that the glamping pods application had just been refused by the Broads Authority. The Borough Council have approved a dropped kerb at 7 Holly Terrace on Church Road and rear extensions at 5 Holly Terrace but have refused plans to convert the former piggery buildings at Burghwell Lodge on Market Road into three dwellings.

Councillors noted that the hedge had been well cut back at the Breydon Water Holiday site after the new manager had been contacted but were annoyed to find cars are now causing an obstruction by being parked across the widened footpath. Letters concerning other overgrown hedges will go to owners of the former Post Office, Norfolk Archaeological Trust (for their Church Road frontage), three other properties on Church Road and one on Mill Road.

There were no updates on any highways matters from either the local Norfolk Highways Officer or our County Councillor and this should be discussed at an area wide meeting set up by the County Council in the next few days at which the Parish Council

will be represented.

Members were annoyed at the quantity of litter in the village, please if every resident cleared outside their own property things would look a lot better, a litter pick by volunteers may be considered in early 2022.

Members were pleased to hear that the Summer bus service frequency on Service 5 will continue throughout the winter months without any cuts.

After various incidents in the last couple of months the Roman Fort is top priority in the Norfolk Constabulary's Southern Villages area for at least the next three months so will be policed more often by officers.

Members started work on the new Village Grounds Maintenance contract to run from Spring 2022, it will be advertised from early November.

Councillor Griffiths reported that the Speedwatch team had not been out as much as they would have liked due to issues with getting three volunteers together, however they had caught nine drivers in their last session two days before the Council meeting and were due to go out again the following day, problems have been caused by illness, injury and work commitments, if you can spare an hour now and again please contact Councillor Griffiths on wendygriffiths.2k@btinternet.com, full training will be given.

All members agreed to support the plans put forward by the church for a village tea party at the Village Hall in June 2022 to celebrate the Queens Jubilee by agreeing to donate £200 towards the events costs.

The next meeting of the Parish Council will be at the Village Hall on Monday the 11th October at 7.30pm, details from the Parish Clerk e-mail burghcastleclerk@gmail.com or call 07948 705218 or look on any Parish Council notice board in the preceding 3 to 4 days for the agenda.

FRITTON WITH ST. OLAVES PARISH COUNCIL



The Parish Council meets every other month on the last Thursday alternating between Fritton and St. Olaves.

The next meeting will be on Thursday September 30th (7.30pm at Fritton Village Hall, followed by November 25th at St. Olaves.

Burgh Castle Tea Room & Bargain Stall

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Our volunteers will continue to wear masks and observe distance where possible, we would appreciate if our visitors would do the same.

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FRITTON COMMUNITY SPEEDWATCH



During August, Fritton Community Speedwatch have been monitoring speeding vehicles at 40mph and above, even though it is a 30mph limit on the main site of Beccles Road in the middle of the village. This, because the volume of speeding traffic is so great we cannot keep up with it, so we have had to be selective. Nonetheless in August we recorded speeding vehicles at the rate of 112 in 2 hours, that is 1 vehicle doing 40mph or more every minute! It is worse at rush hour, especially with Resident's cars being manoeuvred into and out of their drives. The maximum speed recorded was 57 mph, so beware you pedestrians trying to cross the road, Fritton is a dangerous place!

FRITTON BINGO

It was great to see so many people at the bingo session at Fritton Village Hall in August.

October bingo date is Friday 15th - eyes down 7.30pm





A WORD FROM YOUR LOCAL MP AND COUNCILLORS



BRANDON LEWIS MP writes

I'm writing this month's column after a busy political week in Westminster followed by a packed diary of meetings and visits across the constituency.

Politics is a strange business! One moment you can be sat with local business owners discussing their future plans, the next out delivering a newsletter

updating residents about road safety in their neighbourhood before voting on legislation that will affect people's lives for decades, maybe even longer.

It was a political week that even astounded political pundits. None predicted that this government would tackle the difficult issue of social care provision. For two decades, successive governments had done all they could to avoid a decision. There was never going to be an easy fix. Our solution will help build a social care system not just for older people now, but for future generations so they will also have that care provision. At the same time, the contributions we make to the health and social care levy will provide the NHS with another enormous funding boost to help it work through the Covid-

generated backlog of medical treatment.

Few people knew that the Prime Minister would announce a landmark defence agreement with our US and Australian partners. Many scoffed that Britain would be insignificant and unimportant outside the European Union. Yet here we are negotiating an internationally important agreement that creates British jobs, protect British interests, and provides global security in an uncertain world.

Then Boris Johnson undertook a cabinet reshuffle as he underlines the importance of the levelling up agenda as we recover from the pandemic. I am honoured to be part the Prime Minister's team. It is a privilege to serve as a government minister and have a seat at the top table in British politics. From a constituency point of view, it means that I can have a greater influence on policy decisions that affect Great Yarmouth residents than I would as a backbench MP. When debating those decisions, I am always mindful of the views expressed by constituents when I am out-and-about or from the hundreds of emails received every week.

And as a government minister, I've helped secure millions in investment for the borough, including the Third River Crossing, the Market Place redevelopment, and Winter Gardens regeneration. That work remains undimmed, and I will continue to work with our excellent team of Conservative councillors to secure even more funding as we build back better in Great Yarmouth.

ADRIAN MYERS Borough Councillor



Those of you who have read my columns before will know that I have always advocated, that social care should be centrally funded and not paid for by an element in council tax via the Adult social care precept. Social care should never be part of local budget considerations where cuts may have to be made. I am pleased that at last this government, although two years later than when it was supposed to have been addressed, have at last taken steps to address this issue. I am now wondering, because no one has mentioned it, when the new funding comes in, will the precept be taken out, or will we be paying two amounts?

I am not in favour in how the government has chosen to raise the 10bn. The Wealth Tax Commission has calculated that a one off 1%

tax on those whose assets amount to £500,000 or £1million per couple, and above raise over 5 years has the potential to raise 260bn or £52bn in one year. Surely a temporary 1% tax such as this, is a much better way of raising the much needed revenue, in much greater amounts. It does not impinge upon small businesses which will have the shared burden of this tax with their employees, and the low paid.

I am still seeking to have a bus service to Lynne Grove school, and I am exploring every avenue from the Minister for transport under the Back Bus better scheme to local county councillors and First National buses.

I attended a webinar meeting on the 15th with Highways North who cover our area. One issue that I did raise was communication between parish councils and highways. The response was poor with highways stating that if responses are not forthcoming in a timely manner, then the parish councils should go through their county councillors to get onto highways.

I wish you well as always

Cllr. Adrian Myers Independent Lothingland Ward

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On October 6th Sylvia Rivett celebrates her 90th birthday. The Village Voice sends her love and best wishes for the day. You could say that this is not unique as many others reach their 90th birthday. When you add that Sylvia was born in Belton in 1931, married in Belton in September 1950 and continues to live in Belton until this day. We believe she is the only person in Belton who can claim this status (unless any reader knows otherwise).

Sylvia was born in St Johns Road and moved to Stepshort with her parents about a year later. After marrying Arthur in 1950 at All Saints Church, they moved back to St Johns Road and had a son, Ian. After another 16 years at St Johns Road, they moved to her present home in Dashwood Close in 1966.

Sylvia has always been and still is a great supporter of activities in the village. She regularly goes to the Monday night Bingo, the Over 60's on a Tuesday afternoon and the Wednesday Morning Drop In, all at the JGI. She also supports various entertainment events when they are on. ***Have a great day and thank you for being so loyal to Belton.***

CAN YOU REMEMBER?



In which year did the Skate park started to be used at Bell lane?

We had snow on the 23rd August in the last 10 years but which year?





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The Village Voice

Do you enjoy cooking or at least watching someone else cooking?
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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



Spicy Biscuits

Ingredients:

- 3 oz margarine
- 3 oz sugar
- 1 egg yolk
- ½ oz mixed chopped peel
- 1 oz currants
- ¼ tsp mixed spice
- ½ tsp cinnamon
- 6 oz plain flour
- pinch of salt



Method:

Cream fat and sugar, beat in the egg and add alternately the peel and fruit and dry ingredients.
Mix to a stiff dough using a little milk if necessary.
Roll out on a floured board. Prick the dough all over and cut out biscuits.
Bake on a greased baking sheet in a moderately hot oven 400 F. 200 C gas 6 for about 20 mins until they are lightly coloured.
Cool on a wire tray.

Mushroom Royal

Ingredients:

- 11oz (300 g) Potatoes peeled and cut
- 3oz (75g) Butter
- 9oz (250g) Mushrooms washed and sliced
- ½ Red pepper sliced
- ½ Yellow pepper sliced
- 1oz (25g) Flour
- ¼ pt (150ml) fresh milk
- 2 tspns (10ml) mustard
- 1 tbsps (15ml) lemon Juice



Method:

1. Cook Potatoes and mash them
2. Melt the butter and fry the mushrooms and peppers for 5 minutes. Stir in the flour and milk and bring to the boil. Stir in the mustard and lemon juice and place in an oven proof dish.
3. Spread the potato over the top and grill until golden.

Piping the potato gives the dish a special finish.
Ideal as a vegetarian main course or as an accompaniment to Poultry

Serves 2-4 people. 560 calories per portion

Mincemeat Tray Bake

This is much easier than making mince pies.

Ingredients:

- 1 x 375g pack of shortcrust pastry (or you may prefer to make your own shortcrust)
- 600g (1lb 5oz) Mincemeat
- 1 large eating apple



Topping:

- 100g (3½oz) plain flour
- 50g (1¾oz) butter
- 50g (1¾oz) demerara sugar
- 25g (1 oz) flaked almonds

Method:

1. Preheat oven to 200C, 400F, gas mark 6. Roll out pastry to fit a 30cm x 20cm tray bake tin. Line the base and sides of the tin with pastry trimming the edges.
2. Core and chop apple into small pieces. Place in large bowl.
3. Stir the mincemeat into the apple. Spoon mix over the pastry spreading it evenly.
4. Put the flour and sugar into a bowl, cube the butter and rub into the flour until it resembles fine crumbs. Sprinkle over the mincemeat.
5. Top with almonds. Bake in the oven for about 30-35 mins or until golden. Leave to cool a little before serving.
6. Cut into slices and serve warm or cold. Will freeze.

Serves 18/20

Brownies

Ingredients:

- 300g (12oz) Good quality dark chocolate chopped
- 100g (4oz) unsalted butter
- ½ teaspoon salt (optional)
- 3 medium eggs
- 50g (2oz) light brown sugar.
- 150g (6oz) caster sugar
- 1 tsp vanilla extract
- 100g (4oz) plain flour
- 100g (4oz) chopped walnuts



Preheat oven to 180C/gas mark 4.

Method:

Butter a 20cm (approx 7") square baking tin and line it with baking paper or greaseproof, making sure the paper rises above the rim of the tin.

Take a heatproof bowl that will just fit inside a saucepan. Fill the saucepan with about 2cm of water and put bowl on top and then place the chocolate and butter into the bowl, add salt if using, and melt over barely simmering water.

In a separate bowl whisk the eggs with the sugars and vanilla extract until well blended. Remove the melted chocolate from the heat, whisk the egg and sugar mix into the chocolate, and gently fold in the flour and walnuts with a large metal spoon. Pour the mixture into your tin.

Bake until just set (about 25 mins). Leave to cool in the tin before cutting into squares. If you use a little self control these will keep in a tin for a couple of days.

All Recipes courtesy of Joan Wright

Surgeons cycle for James Paget Hospital Charity



James Paget University Hospitals
NHS Foundation Trust



left to right, Christopher Liao, Vamsi Velchuru and Lokesh Suraparaju

Three surgeons at James Paget Hospital took part in the London to Brighton cycle ride to raise funds for the hospital charity. Consultant Surgeons Mr Christopher Liao and Mr Vamsi Velchuru and Urologist Mr Lokesh Suraparaju completed the 55-mile ride on Sunday, 19 September to raise funds for the James Paget Hospital Charity. Mr Vamsi Velchuru said; "As surgeons, we care about patient outcomes, stemming from our own personal experiences. Personally, for me, following the diagnosis of lymphoma, the amazing JPUH staff supported me in my difficult journey from diagnosis to treatment at the Paget. My Haematologist treated me with innovative and latest world-class chemotherapy regimens, and I am here to tell the story after six years.

Thanks to Paget, I have kept my spirits high and my fidelity skills to treat my own patients with the same passionate care that I was shown by the staff of the Paget." Please visit the fundraising page on <https://www.jpaget-charity.org.uk/Fundraisers/jpuh-london-to-brighton-cycle-ride-2021->

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THE VILLAGE VOICE HEALTH CHECK

Health Check is a regular column in your Village Voice.

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

Please feel free to write to beltonvveditor@gmail.com with suggestions about topics that you would like covered in the future.

AUTISTIC SPECTRUM CONDITIONS, ANXIETY AND THE STRATA STUDY

About the author: Regi Alexander, editor of the Village Voice is a Consultant Psychiatrist in the NHS, an Honorary Professor at the University of Hertfordshire, President of the Royal Society of Medicine's Intellectual Disability Section and Associate Dean of the Royal College of Psychiatrists.



What is autism?

Being autistic does not mean you have an illness or a disease. It means that your brain works in a different way from other people. Autistic people may find it hard to communicate with other people or understand how others think or feel, get anxious about unfamiliar situations, take longer to understand information, do or think the same things over and over. Autism is a set of diverse conditions and no two autistic people are the same. That is why it is described as an autistic spectrum disorder or autistic spectrum condition.

How common is it?

Autism Spectrum Conditions occur in 1-2% of the general population. There are approximately 700,000 autistic people in the UK.

Autism and anxiety

Anxiety is a feeling of unease; such as worry or fear. While this is an understandable and common emotion for most people, many autistic people find it hard to control their worries and as a result feel anxious a lot of the time. This can affect their daily life quite badly. The signs of anxiety include sweating, poor sleep, panic attacks, negative thoughts and self-harm.

How is this anxiety addressed?

A number of methods have been described. These include keeping a diary to help identify the triggers, adapting the environment, reducing uncertainty, using relaxation methods including exercise, counselling and psychotherapy. In recent years, apps like Brain in Hand (more about it in a later issue of the Village Voice) have been introduced and found useful. Many people with autism and anxiety are prescribed medication.

What is the STRATA (SerTRaline for AnxieTy in adults with a diagnosis of Autism) study?

Medications like Sertraline are often prescribed for anxiety in autistic adults but whether they work, and what their side effects are in the autistic population is not well known. Although such medications are well studied in the general population, those research findings may not apply to autistic adults. It is important that any medication prescribed to autistic adults is based on research evidence. Better research into treatments for mental health conditions in autistic people was recently identified as the "number one priority" by autistic people and other stakeholders. The National Institute for Health Research (NIHR) identified this area as a major gap in the evidence and funded this study.

What is the purpose of the study?

The STRATA study, the largest of its kind so far, aims to find out whether the medication Sertraline is an effective treatment for anxiety in adults with a diagnosis of autism. It will examine whether Sertraline reduces symptoms of anxiety, enhances quality of life, and is effective in the longer term. It will also look at understanding side effects of the treatment, what people think about being invited to the study.

How is it done?

The study aims to recruit 306 people from across the UK and Western Australia. People who take part will receive either sertraline, or a placebo (inactive) medication in capsule form. They will be asked to take it for up to one year. Participants will be contacted briefly by trained study staff via video call, telephone, text or email at 1 to 2, 4, 8, 12 and 36 weeks after they join the study to see how they are getting on.

How can you participate?

You can be referred to the study by their GPs or other health professionals. Autistic adults with severe anxiety can also self refer themselves. Please visit the study website on <https://strata.blogs.bristol.ac.uk> for more information including the patient information leaflet. I am the principal investigator of the STRATA study at Hertfordshire Partnership University NHS Foundation Trust and the Norfolk Community Health & Care NHS Trust, two of the largest providers of specialist autism/ learning disability/ mental health services in the East of England, including Norfolk. Please feel free to contact me through this magazine or by ringing my office on 01603 711173 for more information.

RESEARCH IN DEVELOPMENTAL NEUROPSYCHIATRY (RADIANT)

The STRATA study is supported by RADIANT. Readers of Village Voice may remember RADIANT, a network launched about 2 years ago. It has an advisory



RADIANT logo

group of approximately 50 experts by experience, including service users, family members and community leaders. Many from our villages figure prominently in that group (See photo from RADIANT's inaugural ceremony in 2019). The network includes around 20 NHS Trusts from across the country and university academics across the world. It focuses on mental health and behavioural issues associated with five developmental conditions including Intellectual Disability, Autistic Spectrum Disorders and Attention Deficit Hyperactivity Disorder or ADHD. It has three overarching aims: public education, staff training and promotion of research that improves treatment outcomes. For more information, please visit <http://radiant.nhs.uk>



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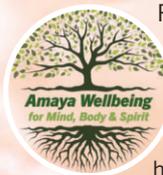
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Village Voice 2020 Writing Competition Winners

MY SPECIAL PLACE

Sophie Long

(Winner, Children 9-11 years category)

Cantering in the golden sunset
Next to the gentle river
Listening to the sound of the freshly cut straw
Brushing up on my horse's legs
While I ride through the open field
Catching a glimpse of the sunset
Glistening on the flowing river
Hearing the leaves
Blow in the soft breeze
A place where dreams come true!



MY FAVOURITE PLACE

Lilly O'Dell

(Special commendation, Children 9-11 years category)

The trees were blowing. It was relaxing to watch the fish make bubbles. I can see a colourful bridge peeking through the swaying trees. Fish swimming in circles and circles. I can see the end of the kayak pointing at the swaying long grass. I can feel the bottom of the river, it was muddy, there were wood planks coming out of the disgusting, muddy water.



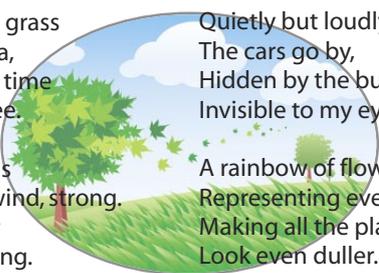
I can hear people talking on the other side of the clear river. Splashing from behind the colourful, tall tree, there was a small waterfall and it was splashing like mad. I can feel the plastic from the yellow and orange kayak as the freezing water splashed on me. The swans started to peek at the oar and they were drenched and horribly muddy. I feel happy, calm and relaxed in my yellow and orange kayak in the river.

MY FAVOURITE PLACE

Maisie Edwards

(Special commendation, Children 9-11 years category)

A patch of green grass
Flowing like a sea,
A few leaves at a time
Falling off the tree.



Quietly but loudly
The cars go by,
Hidden by the bushes
Invisible to my eyes.

Two familiar birds
Flying with the wind, strong.
Chirping happily
As if singing a song.

A rainbow of flowers
Representing every colour,
Making all the plain things
Look even duller.

The way the wind blows
Possessing the trees,
To make them go the same way
To make them follow his lead.

This place takes all your worries
And shoves them down the drain,
So just relax a bit
And leave behind your brain.

THE YOUNG ADVENTURERS

Bryony Chesneau

(Special commendation, Children 9-11 years category)

Chapter 1

The siblings were below the deck, watching the shoreline recede, as a large wave splintered the air's stillness. Jonny leapt back in alarm as if he was face to face with a hungry shark.

"Help, I've spilt the last mug of hot chocolate...you should have the rest." yelled Jonny above the sound of the splashing waves. "Not after you have slobbered all over the cup," replied Lila sarcastically, "let's go up deck."

"Woohoa, look at that dolphin!" said Jonny.

"It's not a dolphin, it's a whale," commented Lila, "In fact it is a fully-grown, female Sperm Whale and it is coming right at us!" Lila stammered slightly, "hold on!"

Centimetres before the boat, the whale dived deep, its sleek dark body - like a submarine - glistened as it dived deep into the unknown depths. They stood. Waiting, waiting for something to happen. The pale blue sky slowly entered the blanket of fire burning as bright as the sun dipped in honey. The whale didn't appear. The children yawned as the setting sky re-entered its darkness. Sleepily, the children made their way back to their cabin. Their adventures have only just begun and will not end soon.

Chapter 2

Upon the windswept deck, eyes still half-open, the children greedily stuffed their granola breakfast into their mouths. The monstrous water spat at them causing their eyes to itch and sting. Off the coast of Peru, The Galapagos Islands stood patiently waiting for the new arrivals. The wind stopped, delaying its constant battering of the mast. Gradually, the boat slowed to a halt.

"Oh no!" exclaimed Lila, "We're going to have to do something to get to shore before we starve to death!"

"That was a bit dramatic." responded Jonny.

"Yes, but it is true!" worried Lila. The sail hung lazily in the still morning breeze.

"Let's jump in the sea and scrub the boat so it's more streamlined." said Jonny. The scrub for what feels like eternity, patiently giving their arms a work-out. With no luck, they raced up the boat's ladder to find clean clothes and a towel.

That night, a peculiar thing happened...at around 10 o'clock bangs started to occur, slowly at first and gradually the frequency increased. Bang..wack-wack! Bang..wack-wack! As the sun slowly dawned, the children yawned, stretched and climbed to the deck. To their amazement, the deck was littered with birds, or what you could call fish. On closer inspection the open-mouthed children eventually realised they were flying fish. The rest of the day was uneventful.

Chapter 3

Running low on food, the sea-farers decided that they should start 'starvation rations'. Three days later, the youngsters spied a boat on the horizon. Half worried, half excited, the children shone mirrors and waved spotless white t-shirts attempting to catch their attention, but miserably failing.

As the new day began their hope faded. No sooner a day had started, than it had ended containing no excitement. After weeks of traveling they finally reached their destination at the Galapagos Island harbour greeted by an Albatross leading them to safety.

Village Voice

2020 Writing Competition Winners

MY SPECIAL PLACE

Marly Franklin

(Special commendation, Children 9-11 years category)

I sit under the willow tree, reading a book peacefully. I look from the book and gaze at the mountains in the background and the colourful sky with the magical sunset. I can hear the leaves blowing in the breeze, the grass blowing with it, its smell trailing up my nose. I walk over to a nearby pond, see my reflection on it and touch the water. It is cold, clean and calming. Here I feel tranquillity, peaceful and safe. It is like everything is in slow motion. I feel at home.



Day 2

It was the next day and I completely forgot about that man and the dog
 "Hopefully there is nothing weird going on today"
 "Just hopefully"
 And there it was, the one thing that was actually normal.
 A worm....really, a worm!

MY SPECIAL PLACE

Layla Ventom

(Special commendation, Children 9-11 years category)

As I stood, silently
 With the breeze between my toes,
 As I gazed at the sky and saw the
 Clouds floating by softly.
 I could smell
 Nature, water, sky and earth around me.
 I could hear my friends
 Laughing, playing and having fun.
 I could hear all the joy and excitement
 They were having.
 I felt the grass dancing beneath my feet
 And small splashes of water
 Landing on my face.
 I felt peaceful, special and magical!



HIGH RISE HORROR

Isla Dickson

(Special commendation, Children 9-11 years category)



A local art teacher, Hugo Knightly-Webb was murdered over the weekend. His body was found in a skip on the Tri Estate in London. The investigation has already begun. Police are searching up and down the Tri Estate. Some people are being quite suspicious, but they cannot figure out who is the main suspect.

They think the crime took place on late Friday or early Saturday morning. Hugo Knightly-Webb lived on the estate with his sister, Serena. He was quite popular around Tri Estate because he ran a local art club. As an antique dealer as well as an art dealer, he was a very well known resident.

Late Friday night, Mr Knightly-Webb got into quite a heated row during a charity meeting. People started getting worried when it got to Monday 2 pm, for that is when Hugo's art club usually started, and he hadn't turned up. Police haven't got a lot of evidence. Right now, they believe Hugo was hit with a 20 litre paint can.

The BBC were speaking to Serena. Her eyes started to flood up with tears as she spoke. "Hugo was a great man. Lots of people loved him and still will!" "He ran an art club with so many people who helped him out everyday. Whoever has done this is going to regret it and I know that for sure!"

Police are still searching. Rather annoyingly, there are no main suspects yet, but according to some people, Joe Alexander was the last person to speak to Hugo and it hadn't gone down very well. They had quite a fallout. Police are still investigating this and there will be more news to come on the matter.

ANIMAL POEM

Edwin Muir

(Special commendation, Children 9-11 years category)

Animals are different, but not that different
 Once I saw a seagull putting his feet up and resting
 Then I saw a frog and was interested
 So I decided to get a closer look
 And I found out, it was reading a book!
 Later on I saw a dog walking a human in a library
 And he was acting so well you couldn't even
 Tell the difference between them both!
 "Woof, woof," said the strange man
 "Shush," said the dog. "You need to be
 quiet. This is a library!"
 After that I went home because I couldn't take it anymore
 It was too much for me to handle. "Ah, peace and quiet!"



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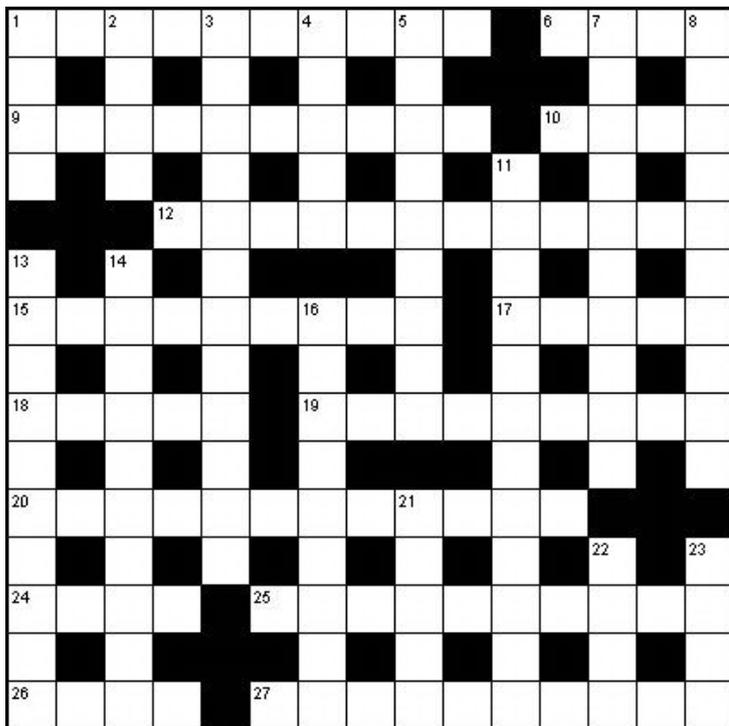
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Village Voice Crossword



- 10 There's potato in Mum's pudding (4)
- 12 Style of cooking providing contrasts (5-3-4)
- 15 Country-loving Irishman in charge of containing disturbance (9)
- 17 Giving note to terrorists makes one angry (5)
- 18 One who latches on to another is a sucker (5)
- 19 Sailor's intent perhaps is to be self-restrained (9)
- 20 A comment sure upset in due proportion (12)
- 24 Man told to get on his knees? (4)
- 25 Boundary rope may produce such a decision (10)
- 26 E.g. dogs returning from walk (4)
- 27 Not quite one's best friend on the ship (6,4)

DOWN

- 1 Pretty girl gets some food (4)
- 2 Animal found in sea location (4)
- 3 Fat little Edward is biased (12)
- 4 The First Lady touring Oklahoma will awaken memories (5)
- 5 The thresholds of delights (9)
- 7 Heartless robbers go off with a pet. The villains! (10)
- 8 Below, below, below (10)
- 11 Managed to get clergyman in dead awkward situation (12)
- 13 They are seeking work after demolition of aspic plant (10)
- 14 Steam railway takes on head of Railtrack to improve efficiency (10)
- 16 To perform in a different key, one's parts must be arranged (9)
- 21 Went on horseback round cowboy show (5)
- 22 Junk mail from the capital (4)
- 23 Nothing but a lake (4)

ACROSS

- 1 Came across a record concerning journalist (10)
- 6 Language of old city belonging to the French (4)
- 9 They'll get wrongly blamed for heading off escape by animals (10)

Answers on Page 18

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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. This new column describes 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

My Seven Bus Rides

I have always been an early riser and this enabled me to catch the X1 bus on Magdalen Way at 6.09am. My eventual destination was Heacham in Norfolk. I was surprised to see how many passengers were catching this early bus, some going to work but others it seemed were making connections to see Norwich City play at Manchester City.

Despite it being overcast I was able to observe from the top deck of the bus much of interest. Along the Acle new road several swans with cygnets, three herons and ten little egrets. At Blofield I noticed a garage selling diesel at £144.90 a litre which seemed very expensive.

My bus arrived at Norwich bus station on time 7am leaving me plenty of time to purchase a copy of the Eastern Daily Press Newspaper from a nearby shop.

At 7.30am my next bus the red comfortable EXCEL A would take me to Kings Lynn, passing through the villages of Hockering, Scarning, Wendling, Great Fransham and Neckton. Then the town of Swaffam with its busy Saturday market. Here the bus had a 5 minute stop. Then on to Narborough known for its Trout Fisheries, East Winch, Middleton arriving in Kings Lynn at 9.18am.

Here I made a break walking through town to the Wetherspoons Globe Hotel where I relaxed with two mugs of hot chocolate, excellent value for just 99p.

Returning to the bus station I was just in time to catch the No.35 Coastliner bus to Heacham via South Wooton, West Newton, Sandringham, Dersingham, Ingoldsthorpe and Snettisham due to arrive Heacham at 10.50am.

During the journey we passed Wild Ken Hill a nature reserve featured in this years Spring Watch on TV. Here in July and August 80 young curlew birds were released. The curlew is Europes largest wading bird and is on the Red Listed species. A sample of these curlews have radio and G.P.S. tags fitted allowing scientists to keep up to date by following their movements.

Talking to a friendly lady passenger on the bus, she told me the best place to get off. This led me to a small road under which the narrow fast moving Heacham river flowed.

I then came to the 13th century church of St Mary's which I noted needed £25,000 for repairs to its tower, I was pleased to find the church



open. A bell in its tower is the oldest in East Anglia dated 1150. Its South Doorway is 13th century.

Inside is a memorial of the true story of the American Indian Princess Pocahontas, daughter of Indian Chief Powatan. Pocahontas saved John Rolfe of Heacham from execution. Rolfe left for America as a young man, was shipwrecked off the Bermudas and later settled in Virginia where he introduced tobacco as a crop.

Princess Pocahontas converted into Christianity in 1612 and was christened Rebecca, marrying Rolfe on 5th April 1613. He brought her and their baby son Thomas then a year old to Heacham where she lived for a time but pined to return to America. However as she was about to sail home from Gravesend when she died from smallpox.

Rolfe did not survive her, on his return to America he was killed in an Indian massacre in Virginia.

I was only able to have a short visit to the church as it was getting ready for a huge wedding later that afternoon judging by the number of chairs being put out.

I then walked through the village to the famous Norfolk lavender which I was surprised to learn was started way back in 1932.

I then photographed Heacham village sign which features Princess Pocahontas wearing the costume of an early English noblewomen and a black hackney horse, with white fetlocks and a white horse with a black fishtail - a sea horse.

The population of Heacham is around 4,500 but during the summer months is over double that with holiday visitors in cottages, caravans, camping and holiday parks. It has a popular golf course.

A No 34 Coastliner bus took me back to Kings Lynn. Here I decided to get something to eat. Coming across an Indian restaurant named "The Taste of India" on Blackfriars Street I decided to give it a try. A mixed starter proved to be a good choice, very generous portion which was delicious, this was followed by a superb Chicken Tikka Masala. I can certainly recommend this restaurant and intend to eat there next time I am Kings Lynn.

During my journey home I read my E.D.P. In all I travelled on 7 buses, eventually arriving home at 5.30pm. This journey could only take place by travelling on a Saturday as my bus pass only starts on weekdays at 9.30am.



1st Belton Scout Group

Beavers

It has been lovely to welcome 6 new Beavers start at the beginning of this term.

On our first evening Gold Beaver dug up the potatoes we had been growing which were very small, perhaps the lack of water this summer.

We had great fun with an obstacle course going through a scramble net, dribbling a football around cones, throwing balls into a net, hula hoops, running through a tunnel and finishing with hopping and jumping.

There are 3 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 after a long 18 months will finally be meeting this week with no restrictions through COVID 19 upon us. We are welcoming 13 Cubs back, 3 beavers are starting there link from Beavers and sending 3 Cubs to start there link to Scouts.



If you have a young person between 8 to 10 years old both boys and girls who would like to come and join the fun please contact Peter (Akela) 07900 494344 or email peterclarke222.pc@gmail.com for more information. We play games, learn about the world, learn scouting skills like pioneering and building fires as well as camps and much more.

Scouts

The Scouts started the term starting the term with looking at Navigation badge, played a silly ball game and dodge ball.

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

Group

Paper Collection next on Saturday 9th October 2021 please have your paper outside property by 8.45am in Belton ready for collection, or can be dropped at 6 Station Road North, Belton any time.

November's collection Saturday 6th November 2021.

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





DOWN THE GARDEN PATH

Elizabeth Myhill

Belgian Hardy Mums are not your ordinary flowering, winter-hardy chrysanthemum. They are prolific bloomers, easy to grow, and are available in a huge range of colours. Belgian Hardy Mums form a perfectly rounded plant that is attractive in the garden and also makes bright-hued displays in containers, hanging baskets, and window boxes.

The advantages of Belgian Hardy Mums are: Prolific – Belgian Hardy Mums may have upwards of 1000 buds ready to open. They are perennial (come up every year) Belgian Hardy Mums are very easy to grow and are never leggy. They require no pinching or trimming, providing abundant flowers with little looking after. Belgian Hardy Mums have branches that will bounce back instead of breaking when they are bent or pushed.

Belgian Hardy Mums will over-winter in many areas with the proper care. Plant in well-drained soil and avoid oversaturation. After the top is killed by the frost, cut back to 3 inches above the ground and mulch when the stubble is dry. Common Name: Belgian Garden Mums: Plant Habit: Upright Water: Medium Fertilize: Every two weeks Spacing: 6 - 12" (15 - 30cm) Height: 12 - 18" (30 - 46cm) Width: 6 - 12" (15 - 30cm) Exposure: Partial Sun Flowering October/November.

Best Wishes and Happy Gardening - Liz Myhill



Hardy Belgian Garden Mum
Rosano Pink



Hardy Belgian Garden Mum
Samini Yellow



Hardy Belgian Mum
Isola White

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REV ROSIE WRITES

ALL SAINTS BELTON



In the past few weeks the churches have been thinking about the challenges of environmental climate changes. As Christians we believe that our God is the creator of the earth. Whether we believe that God created the world in seven days or over a period of time, the complexity and beauty of our creation is to be marvelled at. For me it has to have a divine creator, and creation is one of the ways in which I can build my relationship with God. As I walk through the countryside my heart sings for the beauty I see. I wonder how many of you find the same thing.

The children in Messy/Muddy church have also been thinking of ways that we can take better care of the world we have been given. Taking more care of what we throw away; using the bins that we put things in better, so that recycling is not compromised; reducing or stopping the use of single-use plastics such as cups, bottles and cling film; not throwing chewing gum away but putting it in a bin (because of the length of time (forever) that it takes to decompose.

We have seen the grass verges cut less this year, being told that it is to help the bees. Some people have been planting more bee-friendly plants, to encourage nature. We can all do our bit; if we take time to think.

Later this year we will hear all about the COP21 Conference being held in Glasgow, and I hope that as a church we will be working towards being an Eco Church, where the things that we can do to improve the world conditions for our children and grandchildren, are taken seriously.

The Bible teaches us that we have stewardship over the earth; that means we are expected to look after it not abuse it, but I think in the past we have understood that everything was given for our benefit so we have just taken the resources of the world without any thought. When challenged about taking too many fish from the world's oceans, nations



have done something about it and improved the situation. My hope and prayer is that our world's nations, leaders and populations will take what we are being told seriously and not just continue on, selfishly, but respond with the good of all in their minds.

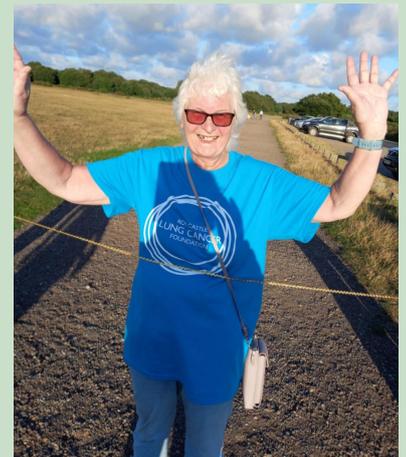
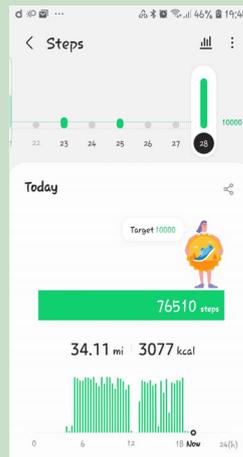
The heavens proclaim the glory of God
and the firmament shows his handiwork
One day pours out its song to another
The sun goes forth from the ends of the heavens
and proclaims the glory of God

from Psalm 19

Answers to Village Voice Crossword on page 14

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Sponsored Walk



My name is Diane Baldry and I live in Mill Road Burgh Castle. I am 68 years old and on Saturday 28th August 2021 I took on a 34 mile (54.4k) walk around Beccles Common to Raise Money for the Roy Castle Lung Cancer Foundation in memory of my partner's 45 year old niece who passed away a month ago from lung cancer.

I completed the walk in around 12 hours. We had a break at Paws lunch time. The weather was kind and my support team outstanding. Thank you to all who sponsored me. If you wish to sponsor still, you can by calling me on 07707 547 604.

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Up4fitness & Sallyann

We are back! Monday 6th September saw a huge interest in returning back to classes. During the week that followed Sallyann read and checked all the forms that were completed, contacted everyone as to what class to attend the following week. Because of the interest for now we will have 2 indoor exercise classes and 1 outdoor exercise. The first class at 10am will be indoors with seated and standing exercises. The second class at 11 am will be outdoor walking Pole or no poles, round the field to include 10 stations of exercise. The outdoor exercises will have 3 fitness levels, low, med and higher activity depending on your own fitness level. The 3rd class will be at 12 noon for seated and standing exercise. Online Zoom will be at 10am only so if you cannot get to class you have the opportunity to stay at home to exercise. Of course with all exercise you have to be aware of your surroundings and make it safe. Let others know your exercising. Keep valuable vases and pets away from your area of movement. If you haven't been physically active for a while especially during lock down it's advised to ask your doctor if it's ok. All classes will include Muscle, strength, endurance and balance in the programme.

Dates for classes for the rest of the year are below. Unfortunately due to Covid, Sallyann has some commitments that have been rearranged for Monday 27th September and Monday 11th October therefore, no classes will be held on these dates. If you want to join us there are some places available especially outdoors. Please contact Sallyann on details below to book your place. You cannot just turn up on the day. Monday 10am full-11am outdoor, places available-12 a few places available.

Monday 4th & 18th October 2021.

Monday 11th October no class, Sallyann is in Kings Lynn at the theatre.

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 outdoors. 10 spaces indoors have been allowed with 2 meter square space for each person. Masks will be worn on one-way entry system with hand sanitiser at the entrance. All participants are asked to vacate the room through the car park exit door. If you haven't got your own equipment, this can be loaned to you to use and keep while you are attending online or F2F. As the weather & climate changes we will need to keep good ventilation within the room so please wear layered clothing. All class sessions are £4.50 per person. If you chose to do indoor and outdoor sessions on one day £6.00 will be charged.

All sessions are payable by Card, Bank transfer, cheque or cash. Finally, a cheque has been sent to 'The Pantry' for £150.00, the total sum raised through the 'Teddy Bear Exercise Picnic' and donations. This was a fabulous amount raised by everyone who supported this event. Thank you. Please contact Sallyann for any of the above by email up4fitness@gmail.com Text or ring on Mobile 07599 044806 or private message Sallyann through messenger on Facebook pages Sallyann Protheroe and up4fitness Thank you



Judo club latest update for October

Our Judo club is continuing to make good progress week on week and we are rapidly getting back to where we were 18 months ago and indications are that we will be further forward with new members at virtually every session.

Competitions and gradings are now appearing on the calendar on a regular basis and we have fighters already entered for local, National and International Competitions later this year. We also have an under 8s grading system for our younger new beginners which is proving to be very popular and give them a realistic goal to aim for.

Ryan King, assistant club coach, competed in the English Closed Championships against the top 20 fighters in the country and after going to Golden score in the final, narrowly lost to win a Silver Medal and secure a place in the England Talent Development Squad for 2021/22. This is an excellent result for Ryan competing for the first time at the weight and age band.

We have rapidly increasing numbers of our original members returning as well as 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

Events at New Road

Monday

10.00am - 12noon

Up 4 Fitness contact Sallyanne 07599 044806

1.30pm - 3.30pm

Deaf Connexion contact Vicky 07735 409041

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 Beckie 07934276167 (school term time only)

4.30pm

Children's Judo Club contact Dominic

07977432756

5.30pm

Children's Judo Club contact Dominic

07977432756

7.30pm

Belton with Browston Council Meeting contact Kate 01493 602960 (first week of the month)

7.00pm - 9.00pm

Belton FC Training contact Nathan 07771731235

Wednesday

9.00am - 12noon

Musical Movers contact Amanda 07974 173216

4.00pm - 6.00pm

Deaf Connexion contact Vicky 07735 409041

6.30pm - 8.30pm

Pilates contact Hannah 07754 462286

Summer Evenings Bohemian F.C. contact Matt 01502 732690 (training session)

Thursday

9.00am-11.00am

Yoga contact Lexi 07841985767

6.30pm-8.30pm

Needle Craft Group contact Ellie 07738 126363

Friday

9am - 11am

Musical Movers (term time only) contact Amanda 07974 173216

Saturday

9.30am-12.30pm

Bohemian F.C. contact Matt 01502 732690 (training session)

PM

As Booked Bohemian F.C. contact Matt 01502 732690 (matches as booked)

PM

As Booked Belton F.C. (matches as booked)

Sunday

As Booked Bohemian F.C. contact Matt 01502 732690 (matches as booked)

PM

As Booked Belton F.C. (matches as booked)

To Book contact Kate on 01493 602960 beltonparish@yahoo.co.uk

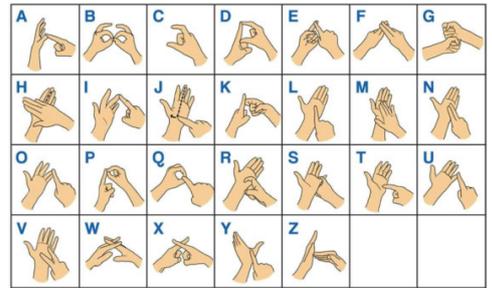


BSL
Lisa King
British Sign Language Tutor

"Introduction to Deaf Awareness & BSL Course" at the New Road Community Centre On Monday 18th October at 1.30pm

Contact Lisa
Tel: 01493 781762
Mob: 07799 350 520

The courses are free, however a weekly donation of £3 is asked of each student to cover the costs of the hall, resources and refreshments provided. All monies, remaining are donated to Deaf Connexions, a charity, which helps provide support and advice for the local Deaf Community. When our second child was born profoundly Deaf, DC assisted our family by teaching us basic Sign Language, enabling us to communicate with our son. As Jacob continues to need so much help and support with communication, I decided to continue my BSL studies, so that as he moved through the educational system and onto university, my ability to sign, improved and grew with him. I have been tutoring groups of teachers, adults and children for the past 18 years now, initially, it was to enable all who came into contact with Jacob, the possibility of conversing with him through his preferred language BSL. However, as I have seen first hand, how the local deaf community continue to be isolated, with so many barriers that stop them from being included in the hearing society, leaving them unable to reach their full potential, and as I felt indebted to Deaf Connexions for their early intervention with Jacob, I wanted to give something back, which I am able to do by offering my skills and expertise, not only as a parent to a deaf child, but a communication support worker & BSL tutor, teaching BSL & deaf awareness free of charge, to groups of adults and children, and donating the monies collected to Deaf Connexions.



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Please Clean Up After Your Pet

Village Voice Poetry Corner

This new poetry column in the Village Voice continues to introduce striking new voices. This month, we once again feature two poems from Sylvia Adams. Please continue to send in your entries to beltonvveditor@gmail.com



ESTUARY WALK

Sylvia Adams

This familiar path unscathed by Covid
Unseen by me for a few months or more
Is a welcome sight.
Blue sky with clouds like cotton wool
Balance over the estuary as this even path
leads
Where ocean tides and rivers meet.
Aged hawthorns, gnarled, weather beaten

Just showing bud growth.
Aconites in flower, a few primroses too.
Three or four little egrets with their white plumage
Far in the distance.
Shell ducks graze near the water's edge
With a few oyster catchers.
Lost in thought, I'm so aware of nature around me
With photographs to mark the occasion.
But already etched in my memory.
Let's hope we can keep nature and ourselves safe.

ASHMEADOW WOODS

Sylvia Adams

Through the woods on a rambling path
At the top of a gradual slope
Not a mighty oak but a majestic beech tree
The queen of British trees
Which towers over woodland glades.



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

From 16th May, 2021 First Eastern Counties increased the weekday (Mon-Sat) frequency of Service 5 from 3 buses per day to 7 per day as part of the Summer period coverage until the end of September. While other Summer services will discontinue this month e.g. Service 3 and Service 1c, the good news for Burgh Castle is that the increased frequency of Service 5 will continue beyond September. While this frequency may still not give enough flexibility for some passengers, it nevertheless provides an hourly service from 1014 (Cherry Tree Holiday Park) and 1019 (Queens Head) until 1614 and 1619 respectively. To supplement Service 5 there is an early morning 6B starting from Belton (Mon-Fri) at 0735 timed to depart Queen Head at 0749 onward to Great Yarmouth via Bradwell and Gorleston.

At the other end of the day, a 6A departs Market Gates at 1735 and is timed to arrive at Queens Head at 1812 having travelled via Bradwell. Even later a 6B departs Market Gates at 2030 and travels via Bradwell and Belton to Burgh Castle Queens Head (2114) before continuing its journey back to Market Gates via Bradwell and Gorleston.

The last 6B departs Market Gates at 2230 travelling via Gorleston, Bradwell and Belton Bracon Road 2300 and then to Queens Head 2312 terminating at Blue Sky Park at 2316.

Our initial attempt at securing a bus service for Belton students attending Lynn Grove Academy were unsuccessful, but we are pressing on with our endeavours. We are certain that there are enough paying students to cover the cost of providing a bus. We already have the early morning 6B Service leaving Belton Bracon Road at 0735, Waveney Drive 0742 going via Burgh Castle and arriving at the stop in Blackbird Close (opposite Millwood Surgery) at approx. 0755. We are pressing for a service to leave Burgh Road bus stop at approx. 1515 Monday, Tuesday, Thursday and Friday and approx. 1415 on Wednesdays.

In last month's article we referred to the Government's 'Bus Back Better' a national bus strategy for England, which includes the setting up of Enhanced Partnerships between bus operators and Local Authorities (in our case Norfolk County Council) and that these should be in place by October, 2021 to submit bids to Government for funding.

ENTUA has completed its submission and once it has been approved by the Committee it will be forwarded to Norfolk County Council. It is a fairly lengthy document and contains proposals for improvements or new services for Yarmouth Rail Station, Gapton Hall Retail Park, Filby and Fleggburgh, Bradwell, Caister, Gorleston and, of course, a service linking Belton to Bradwell via Burgh Castle (an extension of Service 5)

It also includes sites where the installation of bus shelters would be welcomed in Belton, Bradwell and Burgh Castle and has placed emphasis on linking communities to places of education, employment, medical facilities and shopping choices. More to come in future articles.

First Eastern Counties rebranding scheme is almost complete. The colour schemes are 'Coastal Clipper' - 2-tone blue, 'Coastal Reds' - 2-tone red, 'Coastlink' - mainly yellow with a touch of blue at the rear. All have been upgraded with leather seats and as the older buses (which have not had a repaint) come to the end of their serviceable life, they will be replaced with newer buses in the 'Coastal Reds' livery.

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

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

THE JGI'S FUTURE

Over the past months the Trustees have asked for some volunteers to come forward to help with the running and administration of the JGI, our Village Hall.

These requests have not had any success or even any enquiries. The future of the JGI, that serves as a great meeting venue for a lot of the community's groups and clubs, is now becoming unsure in the next few years.

The Hall opened in 2005 with great success and is still a great success for the Belton and surrounding community. It would be a great shame if this facility was lost after all that has happened to make it what it is today.

We know many local residents have never used the hall except for possibly registering a vote on election days, but for those who do use it, from Yoga to Bingo and Art Club to Indoor Bowls, and many more, it is their meeting place.

We ask again for just two or three people to come forward and offer their help. It really does not take much time or effort and no particular skills are required.

The future is in the hands of the people of Belton to take over from the present Trustees in the next couple of years. Please consider if you could help and call either Bill on 780822, Roger on 07950 770488 or Robert on 07526 201088 for a chat and further information.

JGI Trustees



THE BELTON NEEDLECRAFTERS

are changing their name to

BELTON CRAFTY GROUP,

as a few members do colouring as well as needlecrafts. We still meet at the JGI on a

Thursday evening from 7 - 9, first night is free, with tea, coffee and biscuits provided. If you're interested in learning a new craft, enjoy doing crafts of any sort, jigsaws (bring your own storage board if necessary), colouring or just fancy a night out with a group who are friendly and like talking, then come and join us! **We're also involved in various charities.**

For more details contact Linda on 077 21 599 559 or email at lopsylou@btinternet.com

BELTON LADIES GROUP



We will be starting our meetings again on Friday 15th October at 2pm

til 4pm at the JGI. We hope the afternoon meeting time will suit

more people as it will avoid going out on dark evenings through the

coming winter months. If you did not

join us before the lockdown now is the time so we will look forward to seeing you on the above Friday at 2pm. For further

information contact Lin on 782224

WEDNESDAY MORNING DROP IN

These drop in mornings continue to be a great success and a fun morning to meet for tea/coffee with cake and biscuits. A time to find out what is happening locally, find out about the latest scams to be aware of and much more. If you have a technical problem with a phone or tablet we will try and help plus if there is something that can be done online easier and quicker than post we will also help as the hall has a good broadband connection. We meet every Wednesday morning between 10.30 and noon. Also on every second Wednesday of the month a representative from DIAL will be at the hall for a private meeting with anyone that needs financial or other advice.

Call Sue on 780822 for further information

THE JGI

Belton Village Hall, 46 Station Road South



- ▶ Great Facilities
- ▶ Great Hire Rates
- ▶ Great Kitchen
- ▶ Parking near by
- ▶ Licensed for Music
- ▶ Can seat 70 people
- ▶ Large Hall and/or
- ▶ Rear meeting room available
- ▶ Ideal for Groups,
- ▶ Parties and Functions
- ▶ Disabled facilities and Entry

For further information and hiring rates please contact Bill on

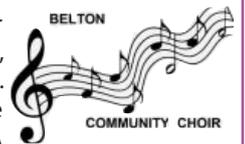
01493 780822

or go to www.beltonandbrowston.com

Belton Community Choir

We are back.

The Belton community choir is back stronger than ever apart from some long Covid sufferers, work patterns, holidays...., the list goes on. However, under our new leader Mary Ives, we have started learning new songs straight away. A croaky start to Andrew Loyd Webber's hit, but we nailed it after only half an hour, Mary does wield a big stick! We're also doing nice, well known warm ups (I'm gon-na sing sing sing, Oh when the saints go marching in and Swing low sweet cha-ri-ot) to start the session. As you can imagine all this happens between lots of fun and laughter, it is surprising we did anything at all! So, if you want to get in on this contact me, Mick Graystone on 07795422420. We are still looking for a key board player too. Please do ring me for details.



YOUR VILLAGE VOICE FREE ADS

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

Send details to 4 Nursery Close, Belton, NR31 9SP- Tel 01493 780822

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

Exercise Bike £30, 24 Jigsaws puzzles £3 each call 07887 800457

Blender new never used Wilkinson, Includes 2 drinking bottles £8. Steamer 3 tier salter new never used £15. **Men's** padded jacket black long length from JDS large more like medium £15. **Brooklyn** make Jeans from Next new still with tag on slim fit Size 34 reg £10. **Watch** ladies and gents talking watch cobalt speechmaster still in box never used £10. **Trainers** fila make size 8 1/2 £5 Phone 07796 787462 local in Belton **Freerider** mobility scooter good condition. Call 01493 285505

Pine Table. Size:- W - 27", L - 42.5", H - 29.5". £25. 01493 781094.

Picture Frames, various sizes and styles. £2

- £30. 01493 781094

PC Trolley, Wood, fixed shelf, keyboard shelf, castors. £25. 01493 781094.

CD Carousel Storage Unit. Holds 72 CD's. Size:- 13" x 11.5" x 11.5". Good Condition. £50. Tel:- 01493 781094.

Suitcases by Revelation. Set of 4. Various Sizes. All with keys. As New. £130. Tel: 01493 781094.

Black 3 tier smoked glass tv stand chrome legs unmarked £30 pounds o.n.o Tel 01493 781707

Spear & Jackson Pole Hedge Trimmer, 550w, 51cm rotating 4 position blade, extendable handle 215cm up to 285cm. 10 metre cable. Shoulder strap. Instruction manual. Used once. £95. 01493 781094

Electric Bike as new with many extras in black with 26 inch wheels, 21 speeds lights and mid drive, Disc brakes, charger and manual, good reason for selling. Was £1200 will take £800 ono. Call 01493 780253

Six piece tea service with silver trim and small silver leavers. Includes side plates, serving plate, sugar bowl and milk jug. As new £10 ono call 01493 782353

Petrol Mount field self propelled lawn mower 45cm cutting width £60 and petrol Strimmer pro 26 £40 both good working order phone 07572554233 or 01493.652019

Exercise Bike £20. **25** assorted jigsaws £3 each. **Caravan** water butt £25. **Waste** water container £25. **In** cupboard waste

bin £8 Tel:07887 800457.

Electric Bike ancheer sport brand new was £670. first £525. can ride away. Call 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 Call 07881866021

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

Bluetooth Headphones Brand new £50.

Large Generator £100. **Inflatable** Double Mattress, electric £20. **Single Z** Bed £10 Cello in case £100. **Ladies** slip on black casual shoe 8 £5. Call 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 £50. Call 07952 173504



DATES FOR YOUR DIARY

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

Sunday 10th October

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

Sunday 17th October

9.30 am - Burgh Castle

Holy Communion - in church

10.30am - All Saints Belton

Morning Celebration on-line on

Amazon Chime & Facebook Live

4-5pm **Messy Church meets Muddy Church!**

All-age service and activities in The

Rectory garden

Sunday 24th October

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

Sunday 31st October

9.30am - Burgh Castle

Holy Communion - in church

10.30am - All Saints Belton

Morning Celebration- on line on

Amazon Chime and Facebook Live

4-5.30pm **All Saints Light Party (an alternative to Halloween)**

Fun and games; food & drink in the

Rectory Garden and the Rectory Stables

Sunday 7th November

Holy Communion - in church

10.30am - All Saints Belton

Morning Celebration- on line on

Amazon Chime and Facebook Live

USEFUL TELEPHONE NUMBERS

JGI TRUSTEES:

Roger Gowen	Chairman	07950 770488
Bill Richmond		01493 780822
Robert Goffin		07526 201088
Bridget Lawrence		01493 780160
Terry Ladbrooke		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
	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	01493 856100
Police	101 non emergency
Fire	999

BELTON:

Rev	Rosie Bunn	01493 780210
Curate	Viv Ridpath	07934 967556
Church Pantry	Marion Chilvers	07514 458186
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	01493 452452	
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
Bohemians Football Club		01502 732690
up4fitness	Sallyann	07599 044806
Stroke Group	Sue Casey	01493 781846
Premier Room Booking		01493 602960
Belton Judo	Dominic	07977 432756

LANDLORDS

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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.

