

Village Voice

November 2021

22nd Great Year

Vol 22-8

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Village Voice

**November
2021
Issue: 249**

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 December 2021 edition of Village Voice is 16th November 2021.

All contributions to
beltonvveditor@gmail.com and
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Please produce information in
Arial Rich Text and images as
jpeg files 1meg max. Please do
not embed images in your text.

FROM THE EDITOR'S DESK



The November issue of the Village Voice comes to you at a time of mixed emotions. On the one hand, there is the feeling that life may return to normal soon with more people being vaccinated against COVID, yet more having boosters and death rates from the pandemic remaining at lower levels than the two previous peaks. Yet, there is also a sense of foreboding. COVID infection rates are going up, so are hospital admissions. There are increasing worries about lengthening ambulance queues in front of emergency departments and fears of an NHS being overwhelmed in the winter. There are calls for more proactive COVID restrictions and a response of 'not yet', something that we have heard before with unwelcome consequences.

In the midst of all this, there appears to be a concerted campaign, often implying that people who are on one of the crucial frontlines in the battle against illness, our primary care professionals and GPs are somehow not serving the people well. Though couched in the language of faint praise, the implication is that they are somehow slacking by not offering 'face to face' consultations. It is worth remembering that GP practices in England delivered 31.1 million appointments in June 2021, of which 4.2 million were for COVID vaccinations. This was 7.3 million more appointments than in June 2019. More than half of these appointments that weren't for COVID vaccinations were face to face.

All of us, whether citizens or leaders, need to bear in mind that in our country that managed to have both one of the worst death tolls due to the pandemic and one of the biggest economic contractions amongst developed nations, the only redeeming feature was the remarkable success of a vaccination programme largely attributable to the efforts of these frontline NHS primary care professionals. They do not deserve to be targeted in this blame game. Indeed, we owe them an enormous debt of gratitude. We needn't keep clapping on our doorsteps for them, but at the very least all of us and our leaders can help by not demoralising them further.

This is the month of Remembrance Day and our cover page is a dedication to that memory. Perhaps, there can be no better tribute to that cause than Rev Rosie Bunn's lyrical prose on page 12 of this issue which quotes excerpts from the Yizkor service. In a moving opinion piece on page 13, Rosie also examines the question of whether 'we are all in this together' in the face of economic hardships that seem so round the corner. On page 22, Jo Howes, CEO of DIAL, Great Yarmouth gives an account of the practical help that is available for families needing advice on budgets, money saving, debts, welfare benefits and employment.

Finally, a word about the writing competition 2020 prizes. The magazine board decided at its meeting this month that these should be mailed to the winners and in the case of children, sent to their respective schools. We will be doing that over the next few days.

Professor Regi Alexander, Editor

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Martin leaves the Village Voice Team

**After a long association
with the Village Voice
Magazine spanning many
years it's time for Martin**

Roche to put his pen to rest.

**Martin has stepped down due to ill health
from the Village Voice Committee.**

**Committee members will be sorry to see
him leave but wish him well for the future.**



**Mobile Library Dates
and Times for
Belton
17th November,
15th December**

Stop No	Arrival Time	Depart Time	Stop Location	Post Code
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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



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Station Road,
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YOUR PARISH COUNCIL REPORTS

BELTON WITH BROWSTON PARISH COUNCIL

Nine Parish Councillors (including Borough Councillor Tracy Cameron), Borough Councillor Adrian Myers and two members of the public were present at the October 5th meeting of Belton with Browston Parish Council, Ken Botwright was in the chair.

In the public session questions were raised about the continued use of four acres of land off The Loke in Belton as a rubbish tip, Borough Councillor Cameron will contact environmental services at the borough council again and Borough Councillor Myers will help residents try to track down the land owners.

No records can be traced at Norfolk County Council for requests for new grit bins at Heather Gardens and Dashwood Close, a new application will be made although the County have indicated that permission might not be granted.

Members agreed to proceed with obtaining tenders for a new five year period for grounds maintenance as the existing one expires in Spring 2022 whilst The County Council are looking into the possibility of the Parish taking on its own grass cutting, hedge trimming and rights of way clearance.

Borough Councillor Myers stated that he is still awaiting a response from First Bus over a possible new school service and the chairman stated that he had contacted the County Council and County Councillor Annison over weeds growing through the newly re-laid cycle path on New Road.



Bohemians YFC have provided a set of goal posts for the Bell Lane field however they need de-rusting whilst plans for an extended water supply on to the New Road Sports Field have been dropped due to the installation costs quoted. The Council has applied for trees under both the 'Trees for Norfolk' and Queens Jubilee Commemoration schemes to go on Bell Lane and at New Road A good deal has been found to purchase a toilet block for the New Road field to keep field and hall event users separate when two events are in progress. An events working party has been set up, two of its initial hopes are a regular Saturday, parent led mother and child group and a food festival whilst an alcohol licence for special events is being investigated, all for the New Road site.

In planning, a no objections reply had already been submitted for a first-floor extension at 12 Provan Crescent, regarding plans for extensions of time for permitted use and the overall site area at Welcome Pit on Butt Lane any objections will be guided by those of Burgh Castle Parish Council. The refused planning application for a new property at Short Road, Browston has been appealed against by the applicants. There were no objections to reducing the height and removing dead timber on a Beech tree at Ashmar House in Farman Close, whilst new Tree Preservation Orders have been granted for trees at Beech Farm, Beccles Road Belton and one specimen on land at 12 Waveney Drive.

The next meeting of the Council takes place at the New Road Centre on Tuesday 2nd November at 7.30pm, details from the Parish Clerk, Kate Ruddock on 01493 602960 or e-mail beltonparish@yahoo.co.uk.

Belton with Browston Parish Council

are seeking a contractor to undertake,
mostly grass cutting, for the period
April 2022 to March 2025

Duties will include:
Bell Lane Playing Field
Grass Cutting

Churchyard
Grass Cutting

New Road Sports & Leisure Centre
Grass Cutting, Fertilising & Weed Control

*For specific details, prior to tender submission,
please contact the Parish Clerk*

Kate Ruddock
56 Victoria Road Gorleston
Great Yarmouth NR31 6EF
email: beltonparish@yahoo.co.uk
Telephone: 01493 602960

Tender deadline: 15th December 2021

BELTON PARISH COUNCIL

Event: 'Street Food & More' A Date for your Diary:

The Parish Council is planning a Street Food event at New Road Sports & Leisure Centre on Friday November 26th from 2pm to 8pm.

Tree Planting: The Parish Council plans to commemorate the Queen's Platinum Jubilee and the Queen's Green Canopy by the planting of trees, including heritage fruit trees to create a community orchard.

Volunteers to help plant and maintain these trees and establish and maintain other upcoming horticultural projects around the village would be welcomed. To volunteer please register your interest leaving your name and a phone number or email to kenbotwrightkenb08@outlook.com
07752 986288 / 01493 789978

Ken Botwright (Chair of PC) 01493 789978 or 07752 986288

BELTON POOR'S ALLOTMENT

Parishioners of Belton and Browston who wish to be considered to be added to the list of recipients of the Belton Poor's Allotment grants list, should apply in writing by Monday 22nd November 2021 to the secretary of the Trustees, Belton Poor's Allotment, 6 Station Road North, Belton, Great Yarmouth, Norfolk, NR31 9NF.

BELTON ALLOTMENTS

The AGM of Belton Allotment members will take place at the New Road Centre on Tuesday November 16th (7.30pm) when rents for the new year should be paid. Any enquiries about the allotments should go to Kate Ruddock, Parish Clerk, 01493 602960 or e-mail beltonparish@yahoo.co.uk.

BURGH CASTLE PARISH COUNCIL

All seven Parish Councillors, Borough Councillor Adrian Myers, the Parish Clerk and two members of the public attended the October 11th meeting of the Parish Council, Brian Swan was in the chair.

Members confirmed their objections to the updated planning applications to extend the extraction time at Welcome Pit by 10 years (to 2035) and increase the working area to the north of the site, however the actual decision rests with Norfolk County Council. There were worries about continued noise and dust affecting local properties and the continual effect of heavy lorries on local roads. Due to worries about the potential loss of two trees with Tree Protection Orders and other issues about the ability to get a successful access road on to Butt Lane members objected to the detailed plans (reserved matters) for the seven new properties behind Dovedale on Butt Lane, councillors could not object to the principle of development as this has already been agreed by the Borough Council. There were no objections to proposed extensions at Foxglove on Back Lane however they were again against proposals for a new property on Mill Road next to Oak View and near the Market Road turning.

Prior to the meeting members had again been totally against proposals for three dwellings on the land where the old pig pens are at Burghwell Lodge on Market Road and listed various objections including the fact that the area is outside the Boroughwide Plan. They had not objected to the Broads Authority for a change of cladding at Chalet W17 on the Waveney Valley site off Butt Lane.

There were concerns that there had been another failure at the Porters Loke pumping station causing flooding on to an adjacent field, Anglian Water had been contacted by Borough Councillor



Myers and photographs of the situation forwarded on.

Members agreed to continue with getting a quote to tidy the area of grass between the village sign and layby on Butt Lane, they are looking at reseeding with posts to keep vehicles off. Under earlier proposals it had been agreed to update the three village highway entry signs however there are now a few queries to the proposed designs which are being taken up with the County

Highways designer.

With many sections of edging breaking away and some of the chicken wire covering lifting on the three-year-old riverside boardwalk behind the Roman Fort and church it was agreed to bring the problems to the attention of Norfolk County Council Trails.

There were no updates on why there is still a delay with Norfolk County Council tidying up Cherry Tree Corner, (funding has been allocated) and also no news on any improvements to the surface of High Road at the Crows Farm corner.

Members agreed final plans to advertise a new grounds maintenance contract for the burial ground, churchyard and village hall car park to run for three years when the current agreement expires at the end of March next year.

The next meeting of the Parish Council will be held at the Village Hall on Monday November 8th (7.30pm), details from the Parish Clerk, Kate Ruddock on 07948705218, e-mail burghcastleclerk@gmail.com.

Burgh Castle Parish Council

The Parish Council are seeking tenders for
general village maintenance for the period
April 2022 to March 2025

Duties will include:

Parish Burial Ground & Churchyard
Grass and Hedge Cutting, Weed Control
and General Maintenance

Village Hall Car Park
Grass Cutting & Weed Control

*For further details, and completed tenders
please contact the Parish Clerk*

Kate Ruddock
56 Victoria Road, Gorleston
Great Yarmouth NR31 6EF
email: burghcastleclerk@gmail.com
Telephone: 07948 705218

Closing Date: 15th December 2021

NORFOLK CHURCHES CYCLE RIDE

Burgh Castle Success

Paul Nicholls once again rode in the Norfolk Churches Sponsored Cycle Ride in September on behalf of Burgh Castle Church raising the magnificent sum of £2434. This is almost identical to last year's record. 50% of this comes back to Burgh Castle Parish Church and 50% goes to Norfolk Churches Trust, a grant making body from where we have received grants in the past. Sincere thanks to Paul and to the many sponsors who supported him so generously.

Maureen Grey. Parish Co-ordinator

Burgh Castle Tea Room & Bargain Stall

(Village Hall Church Road)

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**Our MacMillan morning on 29th September
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Fridays, until 17th December.**

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FRITTON with ST. OLAVES PARISH COUNCIL



Eight Parish Councillors, the Parish Clerk and one member of the public were present at the September 29th meeting of the Parish Council held at Fritton Village Hall, Stannas Bellaby was in the chair.

There was concern about an untaxed vehicle that has been parked in the Herringfleet Road layby for many months blocking the dropped kerb crossing point. It has been reported to the DVLA and Borough Council who had placed a notice on the vehicle. Borough Councillors Myers and Cameron and County Councillor Annison are to be asked for further assistance.

A rota has been drawn up for the SAM2 machine to be moved round its authorised locations in St. Olaves on a regular basis and plans are in hand to try to start a St. Olaves Speedwatch group. County Councillor Annison and the highways officer are to be contacted about longstanding potholes on Herringfleet Road and others on the A143.

BT would allow the new Fritton defibrillator to be fitted on the SAX unit on New Road however the Parish Council would have to provide a power supply. With the quote from UK Power Networks being £7324 plus VAT this is not possible so after considering Decoy Barn and the Village Hall it was unanimously agreed to contact the Village Hall committee and ask if they would help with costs of a power supply to put it there with signage in the village to indicate its location.

Highways engineer Paul Sellick has stated that he would be in favour of an informal path between Fritton and St Olaves although it would cost between £3 & £5000 to repair a section of the walkway, also the Parish Council need to speak with two landowners concerning overgrown hedges in the area. Funding for the scheme will be sought from The Parish Partnership and Great Yarmouth BID scheme.

In Planning there were no objections to the following, all in St. Olaves. Glad Wood (fell 2 dead trees), Harnsers Lodge (cut dead oak but leave a 25ft. 'pole' for nature), Burwin, Priory Road (single story extension) the above all submitted prior to the meeting, and at the meeting The White House, Priory Road (removal of dead or dangerous trees). The following have been approved by the Borough Council Harnsers Lodge St. Olaves (the dead oak as above), Caldecott Hall Fritton Demolition of a storage room for a new store and discharge of archaeological conditions and Upper Warren Lodge, Beccles Road, Fritton (conversion of garage into an annex).

Councillor Storey reported that two sections of bracken had been cut down in Waveney Forest to allow access for fire engines and the chairman confirmed that he would speak with Mr Youngs to confirm the situation over the Himalayan Knotweed at The Dell, Fritton.

The next meeting of the council will be at St. Olaves Village Hall on Thursday November 25th (7.30pm), details from the Parish Clerk on 07827 681269, e-mail fritton.stolaves.clerk@outlook.com.



Crime Figures for August 2021 Southern Villages

Arson	2	Damage caused by result of fire
Anti Social Behaviour	1	Harassment, alarm or distress in a non-crime incident
Burglary Residential	1	Entry and theft from a building that is lived in
Criminal damage	8	Damages or destroys property that belongs to someone else
Domestic	8	Domestic incidents where a crime has not occurred. Parties are aged 16 or over and have intimate partners or family members regardless of sexuality.
Possession of a controlled substance	1	Unlawful possession of a drug, class A,B or C
Public fear, alarm or distress	17	Public order offences, eg from a verbal altercation to offences just short of violence.
Theft from a motor vehicle	2	Any item stolen that was in or attached to a motor vehicle
Theft of a pedal cycle	1	From a public place, if stolen from a shed or garage it would be BOTD



Bingo at Fritton

The November session for Fritton Bingo is Friday 19th at the Village Hall. Eyes down 7-30 Only 50p per card ,plus a raffle will be held at interval. Many prizes to be won. Contact Roy Ceiley at royceiley1947@gmail.com

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Plaice & Chips	£6.95	Sausage & Chips	£4.95
Scampi & Chips	£5.95	Fish Cake & Chips	£4.95
Fish Bites & Chips	£5.95	Cod Rod & Chips	£4.95
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A WORD FROM YOUR LOCAL MP AND COUNCILLORS



BRANDON LEWIS MP writes

Over the last month, it's been notable how many constituents have contacted me about health-related issues in the constituency. This includes issues from Covid health passports, to problems registering for dental treatment. However, top of the casework list is access to face-to-face GP appointments.

I am sure, like me, everyone is extremely grateful to the NHS staff who have worked, and continue to work, so tirelessly to treat and support patients: their work throughout the pandemic has saved countless lives. GPs were forced to adapt to continue delivering care to our communities, keep vital services going and put millions of jabs in arms. The way in which people could access general practice services during COVID-19 did have to change. That inevitably meant face-to-face appointments were limited.

It is encouraging to see that GP appointment levels are now close to pre-pandemic levels, I note that 57 per cent of appointments in August were face-to-face. This compares to 80 per cent pre-pandemic. However, I am clear that GP surgeries should be providing face-to-face appointments, alongside telephone or online appointments. I've raised this issue with a number of surgeries around the constituency.

Now that restrictions have eased across England, it is right that

services like GPs adapt accordingly and work to facilitate more face-to-face care. It is therefore welcome that the NHS, alongside the Department for Health and Social Care, has published a blueprint for improving access to GP appointments, including face-to-face, and provided additional funding. A new £250 million winter access fund will enable GP practices to improve availability of appointments and improve their capacity to increase the proportion of appointments delivered in-person.

We are also making greater use of the excellent NHS Community Pharmacist Consultation Service, allowing use of their expertise to advise and treat more patients, freeing up more of GPs valuable time to look after patients. The UK Health Security Agency has carried out a review of Covid control measures for GPs, publishing recommendations which will further enable face to face consultations, where it is safe to do so.

Alongside this, we're making practices more accountable to the communities they serve by automatically sending patients a message following their appointment to give them the opportunity to rate their experiences of accessing support. GP appointment data will also be published at a practice level by spring next year.

In the meantime, I would be interested to hear about your recent experience of using the NHS. I've launched a new constituency wide Health Matters Survey where you can give me your views. It's available online at www.brandonlewis.co or you can request a paper version by contacting my office on 01493 854550.

ADRIAN MYERS Borough Councillor



The £20 uplift in Universal Credit has come to an end. I have seen many posts on social media which show little if no empathy for those on UC. It is, however, a fact, that 43% of claimants are in work, not sat at home. It is also a fact that for every pound the claimant earns over their allowance, the DWP take 63p in every pound off of those earnings. So, if you are lucky enough to be on £10.00 per hr then you only get in real terms £3.70, this is of course below the minimum wage. The loss of the uplift also effects the wider society. The low paid tend to spend locally, Great Yarmouth businesses will see a loss of expenditure totalling £15 million per annum. I have also seen posts about "they survived before the uplift so why not now"? Survive is a good word, claimants on UC are not rich and with the domestic fuel increases, car fuel increases (they have to get to work) the Retail Price

Index rising 1% plus and an increase in National Insurance contributions will all add to the financial costs of everybody but is especially felt by those on a low income. It is going to be a difficult future for those claimants and those on low pay.

I continue to sit on Development and Control (planning) and P and R (policy and resources) committees, as well as The Constitutional Working Party. Being on these committees gives me an oversight of what is going on in the borough and be part of the decision making that affects us all. I have never been a fan of the cabinet system, where members of the largest party make decisions which are not cross party approved. They only come to a scrutiny committee after the policy has been agreed, which in reality, cannot overturn a decision once made. The Conservatives have stated that they will continue the committee system until May 2023, a decision which I welcome.

I continue to attend parish council meetings, and now my health has improved, I am more active regarding dealing with issues in the community.

I wish you all well.

Cllr. Adrian Myers Independent Lothingland Ward

Councillors Reports

Many readers have enquired why there are no County Councillor reports in the magazine as there use to be. The Village Voice does ask all councillors that cover this area as well as county for a monthly contribution but we have not received any. We hope that they will contribute in coming months.

KEEP THE BRAIN ACTIVE

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Answers on page 23

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Poster adapted courtesy of West Suffolk NHS Foundation trust

www.jpaget.nhs.uk

LOCAL LADY RUNS THE LONDON MARATHON



The Village Voice congratulates Michelle Leach for her wonderful effort in running and completing the London Marathon this year. If you have not supported her yet there is still time to do so visiting either of the giving pages below on the web. Below is a message from Michelle

Thank you for getting behind me on Sunday, your virtual support and prayers were very much appreciated!


Running the London Marathon was such an amazing experience which I hadn't been emotionally prepared for at all, I laughed, sang and danced along to some of the great entertainment on the course, shuffled some parts and cried at the pure enormity of it all. I wouldn't change a single bit of it!

All donations to Ormiston Families are of course very much appreciated to support the fantastic work supporting families in the East of England,


<https://www.ormiston.org/>

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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 DISORDERS, ANXIETY AND THE BRAIN IN HAND APP

About the author: Regi Alexander 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, Associate Dean of the Royal College of Psychiatrists and Editor of Village Voice.

What is autism and what is its relationship with anxiety?

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 that is why it is described as an autistic spectrum disorder or autistic spectrum condition. They occur in 1-2% of the general population. There are approximately 700,000 autistic people in the UK.

Anxiety is a feeling of unease, such as worry or fear. 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 Brain in Hand App offers one method to deal with this.

What is the Brain in Hand App?

Brain in Hand gives easy access to personalised support from an app on a smart device. It is packed with features to help you remember activities, to help reduce anxiety and feel supported. There are three essential elements of the Brain in Hand support system:

1. One-to-One Specialist Support - A qualified Brain in Hand Specialist supports each user to get the most out of Brain in Hand and keep optimising their system to be as good as it can be.
2. Web and mobile software - A suite of self-management tools, personalised on a secure web page and accessed through any phone or smart device, help with remembering things, planning, making decisions, and managing anxiety.
3. Around the Clock Support - Whenever the user needs some extra support, they can use a simple traffic light system to alert a responder to get in touch with them. This will be a trained Brain in Hand Response Service network. Please be aware this is only a support line and not an emergency service.

The Brain in Hand App Evaluation Study

A research study to evaluate the effectiveness of the Brain in Hand app is currently under way. It is funded by a grant from the government's Small Business Research Initiative (SBRI). Cornwall Partnership NHS Foundation Trust is the research study's sponsor. Hertfordshire Partnership University NHS Foundation Trust which provides services for many autistic people in Norfolk is one of the sites for the study.

We hope the introduction of technology Health Apps with 24-hour support will make a positive difference for autistic people or people on the autism waiting list.

We want to discover if the remote Brain in Hand App can improve autistic people's quality of life and how it impacts on people's mental health. We want to know why this may or may not be happening and how the Brain in Hand App can be improved. We hope this will make a difference to autistic people and explain how technology can improve healthcare outcomes within autism services. The more people who participate in this study the better we will understand the personal experience of remote technology supporting autistic people or people experiencing symptoms of autism. You have a choice to take part in this study if you think it might be of help for you.

Are there any charges for using the Brain in Hand service?

If you are participating in this study, there is no cost when accessing the Brain in Hand App or the 24/7 support line.

How is the study conducted?

Those who are interested and give informed consent for the study will be asked to complete a short risk assessment and if there are no concerns will complete two further questionnaires. This will be done remotely by using video conference (Zoom or by telephone with an audio recording). Your GP will be notified you have agreed to participate in the study. You will then be contacted by a member of the Brain in Hand team to upload the Brain in Hand App and receive training in its use. 12 Weeks later you will then be invited to complete the same two questionnaires again. This will allow us to understand any changes in your mental health and in your quality of life. At the 12-week stage, 10 people from the 100 participants in the original study will randomly be invited to take part in a semi-structured interview.

Where can I find out more?

If you would like more information about the study and have contact with the study team, please feel free to contact me through this magazine or by ringing my office on 01603 711173 for more information. Alternatively, you can e mail hpft.research@nhs.net I am the principal investigator of the STRATA study at Hertfordshire Partnership University NHS Foundation Trust, one of the largest providers of specialist autism/ learning disability/ mental health services in the East of England, including Norfolk.

RESEARCH IN DEVELOPMENTAL NEUROPSYCHIATRY (RADIANT)

The Brain in Hand Evaluation Study is supported by RADIANT. Readers of Village Voice may remember RADIANT, a network launched about 2 years ago. It has an advisory 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.



RADIANT logo

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>



RADIANT inauguration

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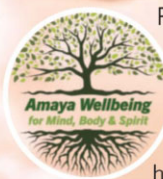
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REV ROSIE WRITES

ALL SAINTS BELTON



November is a month for remembering

As the clocks have gone back and daylight hours have lessened, we might be remembering the warmer and brighter days of what summer we had, or our memories might be stirred re-living evenings by the fire, warm and safe from the cold and misty nights. For me, the last month, brought happy memories of my parents, tinged with sadness that neither are here now; they both died in October. However, it is on the first two days of November that the church commemorates All Saints and All Souls.

All Saints Day has for many centuries been a day to remember the heroes of the Christian faith whose lives have inspired and excited others to holiness, and All Souls Day a day for the commemoration of the faithful departed, remembering that in Christ all the faithful, both living and departed, are bound together in a communion of prayer. Many churches will have a special service. It is a day to remember that those who have lived and died were made for God and meant for heaven. In various places events such as outdoor candlelit services or prayer walks, as well as services in church buildings, will take place to mark All Souls' Day, giving people the opportunity to remember a loved one who has died.

This year, in All Saints Church, Belton, we will be resuming our traditional service of Holy Communion at 11am on All Souls' Day. There will be a special service giving space for remembering and the lighting of candles for loved-ones departed; remembering that they are still part of us and that beyond our horizons, beyond our boundaries, beyond our understanding, they are held in God's embrace.*

Poppies play a large part in our remembering at this time of the year. The Royal British Legion red poppy is a significant symbol and many of us will buy one and wear it in remembrance of those who have lost their lives serving their country. There will be a service in All Saints Church, Belton at 10.30am on Sunday 14th November – Remembrance Sunday and at 4pm in Burgh Castle Church.

Obviously, we don't just wait for special days in the calendar to remember our loved ones, or to be thankful; they are remembered all the time, triggered by things we see or do, or just our need to hold our loved ones close. At funerals, I often use a few verses adapted from the Yizkor Service which acknowledge just that:

**When we are weary and in need of strength,
When we are lost and sick at heart ... We remember him/her.**

**When we have a joy we crave to share
When we have decisions that are hard to make
When we have achievements that are based on his/hers
... We remember him/her.**

**At the blowing of the wind and in the chill of winter
At the opening of the buds and in the rebirth of spring
... We remember him/her.**

**At the blueness of the skies and in the warmth of summer
At the rustling of the leaves and in the beauty of autumn
... We remember him/her.**

**At the rising of the sun and at its setting
... We remember him/her.**

**As long as we live s/he too will live.
For s/he is now a part of us,
As we remember him/her.**

The theme of remembering is significant in the Bible, too; acknowledging our need to remember who we are and our personal history, remembering to be thankful, and ultimately Jesus, in the Last Supper giving his disciples an act of remembrance that is carried out week in week out in our churches.

So, may I encourage you to journey through this month remembering the people who have given so much to us, personally, and those who gave their lives for our nation; and be thankful.

Rosie Bunn

(*from *Praying the Dawn* – a Wild Goose publication)



**Remembrance Sunday
14th November 10.30am**

**Please Join In
All Saints Church Belton
We will remember them**

Are we all in this together?

I've heard some people talking about all of us being in this together as they have mentioned the consequences of the pandemic, Brexit, increasing fuel & energy costs etc. And yes, we are, all going through some very difficult times and we are all in the storm, together, but using the analogy of boats (being in the same boat) I think I would want to say that my observation is that there are a multitude of different sized boats, some better maintained than others, which are affected by the storms in very different ways.

We will all be aware that the £20 per week uplift given to people in receipt of Universal Credit during the pandemic has been taken away, just as the furlough scheme has finished and we have seen enormous increases in energy costs passed down to all households. There has also been a rise in the general cost of living and a 4% rising inflation rate, with the imminent increase in natural insurance contributions, still to come.

On average, an individual under 25 will see the biggest percentage drop (25%) in their weekly payment from £79 to £59. An individual's weekly payment if over 25 dropped by 21% from £95 to £75. For couples, where both are over 25, the drop is 15% from £137 to £117. Whatever the percentage, a loss of £80 every four weeks, is huge and will affect the economy locally as there will be less money available to be spent in our local businesses. Some who depend on Universal Credit have described the cut as "pushing us beyond our limits" or "stretching us too far." It means for some people, having to stretch themselves even more thinly, trying to find more work, whilst currently balancing three or four jobs.

Yes, we are all going to feel the effect of the rise in the cost of energy and food, inflation, and, for some, National Insurance contributions, but for those in our villages who can't earn more, are on fixed pension or benefit payments it's going to be so very, very hard. How do you make the choice between food and heating? In families, children will often be given the

food and mothers or fathers will have one meal less each day. This is something that cannot go on in the long term without serious consequences. Yes, we can all put on extra layers, wear a woolly hat and fingerless gloves to keep warm, but the cold can be a real challenge for those who are elderly, immobile or unwell. The anxiety of all this is not good for anyone to bear.

The Pantry foodbank, run by the church in Belton, for those in need in Belton, Browston and Burgh Castle, exists to support families and individuals in need. The Pantry is currently keeping sixteen households in the village afloat; what happens when all these cuts and increases kicks in? The Pantry will seek to meet the challenges; grateful to all the people who contribute goods or money to this enterprise. An enormous thankyou to Moorlands CofE Primary Academy for their harvest gifts donated recently (over 600 items) and for the large donation from the Belton Events Committee, which will help us in the coming months.

There is only so much that one organisation can do to support the needy. During the early months of lockdown, neighbours looked out for neighbours; we all learnt to give and receive the help we needed. May be this autumn and winter we could once again look out for one another; if we have a surplus and are able to give to others in need, perhaps we could do this. I hope and pray that those who struggle will be able to find a way to ask for help, and receive the help and support they need. Yes, we are all in the same storm, but our experience of it will be different if we are in a well resourced sea-going vessel in rough waters, compared to a small broads cruiser lacking in resources. In real life, even a well maintained boat can get in trouble in a storm. For some people, the effects of our current situation will come as a shock/surprise. Many in our village will be fully aware of their vulnerability and not be able to do much to improve their situation. In real life, a boat struggling in a storm would look for a Lifeboat for rescue, but in what direction might we look?

Rosie Bunn



Men's Church Monthly Walk

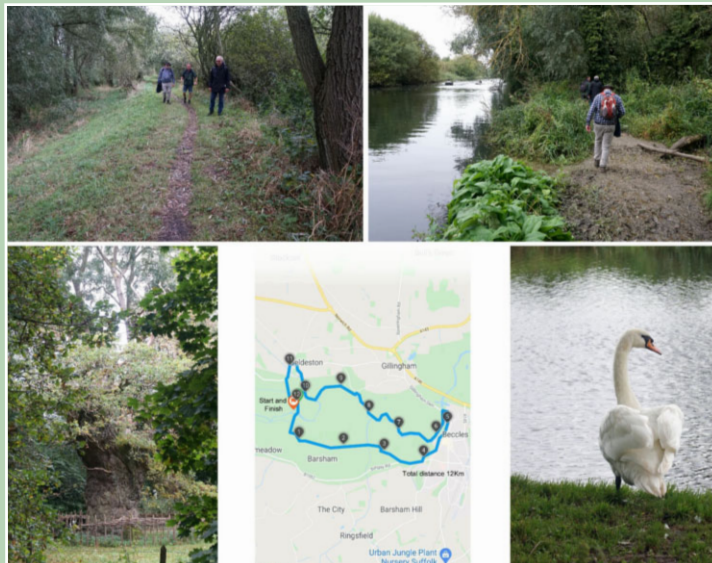
On the first Saturday of October another walk took place on a wonderful autumn morning. We started at the Rectory with a bacon butty before travelling to Geldeston Lock, near Beccles.

From there we walked across marsh with swans and other wildlife in view. We passed by several large fields full of maize that was grown for bio-composting. It was truly as high as an elephant's eye. After joining the Beccles/Bungay road we walked into Beccles and entered Puddingmoor Street. Apparently this is the only street in the UK with this name. It is said that the name could have come from residents in the 1300's with the name Podymor. Along the B1062 is a large house and grounds known as Roos Hall, and has a very old oak tree, with a fence around it, that

can be seen from the road. It was judged to be several hundred years old and still growing. We continued to the Gillingham river bridge and immediately crossing it turned left through a car park and then followed the

river all the way back to Geldeston village for a well earned glass of refreshment. On this leg further sightings of Swans, Kites, Pheasants, Partridges, Herons were seen, plus several paddle boarders on the river. The distance of the walk was 12 Km or 8 miles. It is always amazing the new sights you come across as you walk through our countryside. If you would like to join any of the monthly walks then

watch the Village Voice for information. Generally they are on the first Saturday of the month, weather willing.



ormiston venture academy

Venture Elite: Success at Netball and Football Tournaments ORMISTON VENTURE ACADEMY 6th October 2021.

Year 10 and 11 Netball Tournament Thursday 30th September at Venture



Year 10 Netball

After a long break due to COVID 19 it was great to host the Year 10 and 11 Netball tournament at Venture, welcoming 5 other schools to take part in the tournament. It was amazing to see so many talented athletes competing against each other in a well-mannered but tough battle. As an extra wow factor the PE department had on show their brand new interactive giant score board, showing up to date scores, times of the game and upcoming fixtures.

Fraia, Esmee and Rubie were so quick at passing the ball, the other team just could not intercept the ball. To top it off, they won every game, with the final game score reaching 9-0. The Year 11 team had some tough competition and finished with a win, draw and loss.

Year 8 and 9 Netball tournament Thursday 7th October at Lynn Grove



Year 8 Netball

The year 9 team started of this year's tournaments at Lynn Grove with a bang winning two games, drawing one and only having one loss against five other local schools. Sienna Carlyon was on fire with her incredible one footed on the move layup shots which found the net each time. It was a really spirited effort from the girls. Year 8's had their first competitive game together as their progress has been hampered by the COVID break, however they got off to a great start winning two and losing two games. Similar to Sienna Saule was finding the net with her amazing shooting regularly and topped off an amazing team effort.



Year 9 Netball

Year 9 boys and girls Football tournament Monday 4th October at Charter Academy

Great Yarmouth Charter Academy hosted the first 6-a-side football tournament. The year 9 boys team (complete with a Covid call off the night before) entered with optimism and a new kit!

The team played 5 matches beating Flegg Academy and Charter Academy, drawing with Caister academy and Lynn Grove academy and only narrowly losing to Cliff Park academy. The results concluded with a 3 way draw at the top of the mini league. Happily, due to the number of goals the team scored, Venture were crowned overall champions and received large round of applause.

Connor Kelf led the team superbly with notable mentions to Keegan Roderick for standing in as goal keeper at the last minute



Year 9 Girls Football

and Archie Darby and Brodie Munro for their ability to find the net! The other team members included Alex Wood, Kai Siaucila, Taylor Woods and George Vaughan who were all excellent.

The girls' team had never played together before and finished in a credible third place in their first competition. Poppy Harwood, played up a year and Sienna Carlyon was fantastic throughout.

"Miss, when is the next tournament?" Quote from the whole netball and football teams at the end of the tournament. This is always a good sign.

"It was great to see 17 different teams attend these tournaments from 6 different schools in the area and give the students the opportunity to get back into competitive sport. This is the reason I chose to teach." Miss Ermini.

For further press information, please contact Andrea Cockrill on:

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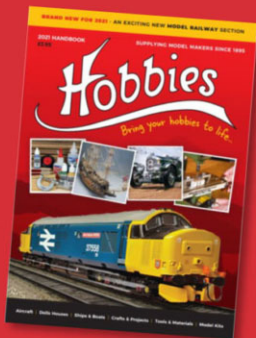
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THE MALCOLM METCALF COLUMN

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

He can be contacted on 01493 661138.

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

MAPS, SCHOOL, SCOUTS and CHURCH

On July 6th I posted a large world map to my wartime school in Dry Sandford near Abingdon. Oxfordshire but it never was delivered. After many inquires I was informed it was returned to sender but never arrived. I then purchased another one and intended to deliver this by hand.

On September 22nd Alan Collier kindly agreed to drive me the 180 mile journey to deliver it. Shortly before departing my doorbell rang, it was the postman with my original world map, now I had two maps. After a night's stay nearby we arrived at the school at 10am. We signed in and met teacher Christina Stirling. In her classroom of 10-11 year olds some pupils had met me before.

I soon had their attention when I gave a couple of loud blasts on my American train whistle. Christina was doing a lesson on old English currency. We all talked about this, I promised to send her some samples from my collection.

After a break I placed the world map on the board. Christina asked the class, "How many of you would like Malcolm to continue speaking", instantaneously every hand was raised. Pointing to the world map I then asked if any pupil could tell me where Tasmania was, A pupil raised his hand, telling me it was below Australia. He knew as he had been reading about the Tasmanian Devil. This is a carnivorous marsupial, with a bushy tail and teeth like a Hyena. I once spent a week in Tasmania, but never saw one.

Leaving the school we visited my good friends Joan and Michael Rivers and talked about the days gone by. We enjoyed coffee and delicious



homemade biscuits. We then visited Dry Sandford Church, which was alas, closed due to a roof fall, I stood for a while at the grave of an uncle, aunt and cousins.

We drove to my old scout camp, where I was a member 75 years ago. Youldbury Scout Camp near Boars Hill, Oxon, is the oldest scout camp in the world, set in 42 acres of beautiful woodland. It now has accommodation indoors and outdoors for scouts from around the world. The camp was first used in 1913. Sir Alfred Evans had a cabin built for the local scout patrol. I well remember this cabin, but it was demolished in the 1980's. During my visit I met Megan Watts of the scouting association who gave me a map of the site. We had a long chat about the changes since I was there.

The following morning we took a leisurely drive through many villages in Oxfordshire, stopping in Witney for breakfast. Then on to Bladon, where Winston Churchill is buried. We continued our journey to Woodstock and Enstone, then to the small town of Hook Norton. Here we visited its church of St Peters. While there we enjoyed meeting and talking with three ladies who were busy preparing some stunning flower arrangements for the Harvest Festival. This interesting church has a chancel from the 12th century and a unique stone font of the 11th century which has a rare stone carving of Adam and Eve. The ladies told us we should visit the nearby Museum of Hook Norton Brewery which has been brewing beer since 1849 and still uses a Buxton and Thornley steam engine that has powered the machinery since 1899.

It was another memorable journey.



1st Belton Scout Group

Beavers

The Beavers had a great evening on Gorleston beach finding stones to spell out Belton Beaver Scouts and also made a very large sandcastle out of lots of small sandcastles. We then walked along the beach to do our annual litter pick. Everyone this year had a great surprise we only collected half a carrier bag full, the best ever.

The Beavers all had a go at archery using 4 arrows with a lot of help and catapults after talking about safety of both activities. We collected sticks to have a go at making a small fire to light with help. We just got the fires started to toast marshmallows, but the heavens opened so we had to rush inside. The Beavers will have to have another go on another evening, all part of their Outdoor Challenge.

There are 2 spaces at Beavers if you have a young person 6 years or about to be 6 years and are interested, please contact Brown Beaver (Jane) 07975 533572

Cubs

The Cubs this past month have been busy working on 2 badges specifically, the chef activity badge and book readers activity badge.

The Cubs learnt all about different countries cuisine as well as health and safety, health and hygiene. Also how we cook different foods. The Cubs were surprised to find out that there were a lot of different cooking methods and most of them could be used to cook 1 item. We then chose a menu to cook from either Italy (pizza and Italian donuts with chocolate), Mexico (chicken



tacos and chilli chocolate brownies) or England (sausage rolls, chips and beans, pancakes). A lot of fun was had by all. We then did our book readers badge, learning about each other's favourite books and authors, learning about libraries and dictionaries as well as taking care of books.

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 have been fire lighting, cooking/toasting marshmallows on the fire. They have started the DIY badge learning about how to turn off the mains electricity, gas, water should it need to be done in an emergency. They have discussed the 4 projects they want to do. We have all learnt new team games

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 or email john.clarke@btinternet.com



Group

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

December's collection Saturday 11th December 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.

We would be grateful to receive book donations for our sales. They can either be dropped at 6 Station Rd North Belton or phone 01493 780965.



DOWN THE GARDEN PATH

Elizabeth Myhill

Hebe's (Shrubby Veronica) are easy to grow evergreen shrubs that thrive in reasonable well-drained garden soil ideal for small to medium size gardens and for busy people who like their garden to look nice but haven't a lot of time to spare! Avoid feeding them as this makes them grow too quickly making for floppy leaves. These are easy maintenance, generally trouble free-flowering evergreens that just need a bit of sprucing up occasionally. Normally it is enough to simply cut out the damaged stems, and regardless of the shape after doing so, it will soon regain the compact habit of growth for which they are known. After flowering – which can be quite prolific, the fade trusses should be snipped off. This will allow flush of new growth – and also prevent the untidiness of this particular variety going to seed. Allowing the seed heads to develop will also take away some of the vigour from the shrub. There are a large number of Hebe varieties some small enough to grow in the 'rock garden' These known as whipcord Hebe have erect stringy leaves and are mostly yellowish-green in colour. Among the Garden Shrub varieties are 'Mrs Winder' with purple leaves and blue flowers from June to September and up to 1 metre in height. Variegata has variegated leaves and needs greater shelter from east winds Albicans with white flowers grows to 90cm and one of my favourites 'Jewel of the Nile'

Happy gardening Liz Myhill



Hebe Albicans



Hebe Jewel of the Nile



Hebe Mrs Winder



Hebe Variegata

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Do you enjoy reading? Do you enjoy sharing your thoughts with others who enjoy reading?

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This column in the Village Voice invites book lovers to write about the books that have touched them. From fiction to poetry, biographies to travelogues.

We would love to hear your thoughts. No genre is off limits.

Please send in your contributions to beltonvveditor@gmail.com

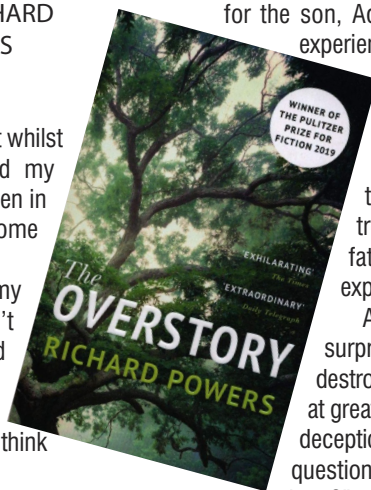
The **OVERSTORY** BY RICHARD POWERS

Reviewed by Rosie Bunn

I was recommended this book by a friend, and read it whilst away in the caravan. It was a book that gripped my imagination; firstly, in where the book was going and then in wondering how all these different parts could ever come together in concluding the story.

A quote on the inside of the front cover, set up my expectations in reading this book, and I wasn't disappointed. Extraordinary – The author Richard Powers follows nine characters whose lives are bound up with the beauty, history, science, mythos and heedless destruction of trees. The Mail on Sunday. I think it's a book that many of us would benefit from reading.

The seven characters are set in different cultures, as they begin their story. Nicholas Hoel plants six chestnut seeds in a challenging environment picked up when he proposed to his wife, and the growth, or lack of growth, of the trees are documented by monthly photographs, year on year taken from the same spot. In 1948 a young Chinese student is granted a visa to travel to America to study engineering, taking with him valuable ancient artefacts given to him by his father. Missing his family and marking the beginning of his new family, a Mulberry tree is planted and becomes central to this new family's experience; the experience of his daughter Mimi Ma becomes integral in the developing plot. Then there is Ray Brinkman and Dorothy Cazaly for whom trees mean almost nothing; the Appich family whose Father chooses to plant a tree for each child born, where a sibling rivalry develops as to the most beautiful, fruitful or healthy but starts a significant interest in the natural world

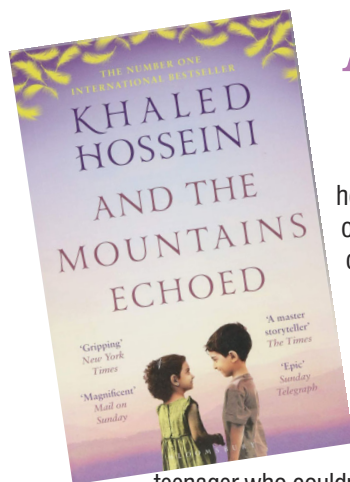


for the son, Adam; Douglas Pavlicek, a man with such a variety of life experiences, but who is told that "a tree saved your life" and finds satisfaction in planting saplings for a living until challenged by the destruction of the giants of the forest. Neelay Mehta, whose world becomes almost totally virtual through the development of computer programmes, yet is fascinated with the natural world; Patricia Westerford whose great love of trees and the natural world is fostered through trips with her father, which she develops into a world-wide recognised expertise.

All these people with their backstories are brought together in surprising ways to make a stand against the forces that would destroy the world's forests and trees, in specific places, and often at great cost to themselves. There are stories of great love, and then deception, of loyalty and betrayal as they fight "the authorities" and questions asked: "Why didn't you do something? You, who were there?". . . The answer, "We did what we could!" Towards the end, Ray of the couple who had no interest in trees, sees what it is all about, but too late.

I love novels with intrigue and action, and this one more than fulfilled that criteria. I also love trees and I found I had a much greater understanding and respect for the importance of trees, and just what they contribute to our lives. Bill Gates writes in his book review, "Near the end of the book, Powers writes that "the most wondrous products of four billion years of life need help." The Overstory may not have convinced me to move to a remote forest so I can live in a canopy, but it did make me think differently about my relationship with the trees right outside my window". With COP26 happening in Glasgow this month, it is perhaps a book that needs to be read.

(The Overstory is published by Vintage and is available on paperback from £8.19. The book won the Pulitzer Prize for fiction in 2019).



AND THE MOUNTAINS ECHOED BY KHALED HOSSEINI

Reviewed by Regi Alexander

Described as a writer who makes "our hearts ache, our stomachs clench and our emotions reel", Khaled Hosseini is one of those master storytellers whose personal backstories illuminate their literary work. He arrived in the USA as a 15-year-old asylum seeker, the son of an Afghan diplomat who couldn't return home due to the Soviet invasion of his homeland. From a

teenager who couldn't speak English, Hosseini would come

of age in an alien land, graduating in medicine from the University of California, his medical education and career, something that he would later compare to an "arranged marriage". He then went on to find his true love, writing. His first two novels, Kite Runner and A Thousand Splendid Suns became New York Times best sellers which also attracted richly deserved critical acclaim. Dear reader, if I sound like a fan, it is because I am one.

And The Mountains Echoed is Hosseini's third novel. While it "pulls off his usual trick of breaking your heart and leaving you smiling", it is also decidedly different from the style of his previous two offerings, something that has attracted a mixed response from his critics and fans.

At its core, this novel is a story that spans generations starting from 1952 Afghanistan where a father and his two young children, Abdullah and Pari, are travelling across that country to what appears like a new life in Kabul. And yet, this story is also one about the journey of a family split apart by desperate poverty and a father's decision to sell his daughter to a childless couple. The novel's opening with the bedtime story that the father tells his two children involving divs and gins (monsters and spirits) and the heartbreak of having to cut a finger to save the hand has a disconcerting effect that lingers with the reader. In many ways, the novel is an examination of the div's statement that cruelty and benevolence are but shades of the same colour and that one has to be brave enough to make the choice.

What distinguishes this novel from his previous two is the fact that Hosseini introduces a large number of other characters and some critics have compared it to "a collection of short stories which are told in a hurry". While that is one way of looking at it, I cannot fail to be struck by the vivid and evocative descriptiveness of his writing that "rides a raw edge between nostalgia and pain". His characters, imperfect and flawed as they may be, are nevertheless authentic and realistic and leave a deep and heartfelt imprint on your soul. I remain a fan!

(And the Mountains Echoed is published by Bloomsbury Publishing and is available on paperback from £9.99).

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Judo club latest update for November

November/December is proving to be a very busy period for our Judo clubs with competitions and training camps both near and far now coming in thick and fast with only one weekend free during that period. We are allowed a short break over the Christmas holiday but for some such as Ryan, who is a member of the England Squad, training starts in earnest with a gruelling winter training camp in Kendal starting on 2nd January!

We are continuing to increase our numbers at all our venues which is a very positive sign for the future. We are a very inclusive Judo club and we welcome anyone wishing to give our sport a try. We 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. Never say you're too old or unfit (our oldest female member is 75 years young and training for her black belt!) All standards from elite competition fighters to complete beginners, adults or children of any ability, disability or special needs, everyone is welcome and can be catered for.

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)

ht

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. Dominic is also a mentor for the British Judo Association together with a small number of top coaches to help with any problems that judo fighters may face.

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

With everything crossed, we should be up and running again on 4th November. Volunteers have had several meetings to sort out transport which has been a problem, shortage of drivers. I think we will have transport problems for a while. Letters have been sent out to members to see if their mobility has changed over the time and we have put safety rules in place. Birthday wishes to George, Rita, Brenda, Michelle, Jean, Peter, Marilyn, Roger and Denise. It is with great sadness that I have to inform you that our volunteer and member Pauline Parkinson has died. She was a very artistic lady and a brilliant hairdresser.

Contact Sue Casey 01493 781846

Up4fitness & Sallyann Belton Activity Morning

Our new classes have been going well since reopening. The 10am is full with online class at the same time and 12 noon is half full. The walking exercises at 11am have not been popular and so for the rest of this year after half term there will be no walking. This means 12 noon class will move to 11 am.

Dates for classes are.

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

Monday 6th & 13th December 2021.

Some of our members are not very well and so let's think of them and hope they get better soon.

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

Events at New Road

Monday

10.00am - 12noon

Up 4 Fitness contact Sallyanne 07599 044806

1.30pm - 3.30pm

Deaf Connexion contact Lisa 07799 350520

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)

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JGI TRUSTEES

Firstly a big thanks to those who came forward with help in running the hall. It is now in safe hands with a full complement of Trustees and the future looks good.

Our thanks go to Terry Ladbroke who has stepped down from the Trustees for all her work over the past years..

We now have a good firm base of Trustees who will offer great facilities at our Village Hall.

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Roger Gowen 07950 770488 Chair

Bill Richmond 07950 039455

Robert Goffin 07526 201088

Bridget Lawrence

Lin Davis

Geoffrey Evenden

Sheila Evenden

Faye Green

A POLITE REMINDER TO ALL HALL USERS.

We do remind all groups that it is their responsibility to stack all tables and chairs after you have finished unless you know the following group needs them. Also thank all who use the dishwasher for hygienic reason but remember it has to be emptied !!

Also please behave sensibly in parking your car. There have been occasions when a car has been parked in the bus stop opposite and in such a position that it blocks the bus from passing through. We do not want any prosecutions for parking.

If any further information is required then please contact either Roger or Bill.

WEDNESDAY MORNING DROP IN

The meeting on October 6th was a special one. As reported last month it was Sylvia Rivett's 90th birthday on this day. With a gathering of over 40 friends we celebrated this day with her. A birthday cake was presented to her while John Woodhouse sang some appropriate songs for her. A highlight was a surprise visit from her son Ian who lives away from the village. A great morning was had by all.

Sylvia wishes to thank everyone for their kindness and multitude of cards and gifts.



Our group meets every Wednesday morning at the JGI from 10.30am til noon. There is always a big welcome and tea/coffee and cake to all who come along.

We are now introducing some gentle exercises for all to help with leg and arm movements as well as helping with the body's stability. That is helping anyone from tripping over and possibly breaking a limb. Come along and see what it is all about.

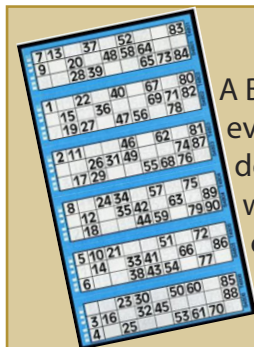
Contact Sue on 780822 for further information

The JGI Advertising Board in the Hall

We are pleased to see and welcome many many cards advertising services etc on the large board in the hall. But we do ask if they are all up to date and relevant?

If you are advertising on this board, please do keep it updated and relevant with accurate information.

False information is worse than no information.



BINGO at the JGI

A Bingo session is held at the JGI every Monday evening with eyes down at 7.30 sharp. Great evening with great prizes. For further details contact either

Hazel on 781916 or Toni on 780748. See you there

Community Choir

Well I am now learning Christmas songs in the community choir, yes it has to start somewhere and it's now.

So to stand any chance to replicate our Christmas concerts success of 2019 we are, under Mary our leader starting new and reworked old favourites to transport our audience to a place of yesteryear.

We are still in need of a key board player to help us during our rehearsals, we are having some success using backing tracks but nothing beats the abilities of a musician. This is for just an hour at the JGI for an hour on a Friday evening.

Please can you help, a piano and keyboard are available to use and you will be made very welcome.

If you've got the talent we need please contact Mick Graystone on **01493 780586**



Another month has flown by and with Christmas fast approaching and the increased living costs, many families will be worried about how they can manage to pay their bills. DIAL is here to help and support you with money saving tips, budgeting and support to manage your debts by liaising with creditors. Sarah our Money and Debt advisor will continue to be at the JGI on the second Wednesday of each month between 10.30 and 12noon to provide free, impartial, confidential advice and guidance so please come along.

DIAL also provides help and support on the complex welfare benefits system with our advisors being able to undertake benefit checks to make sure that you are in receipt of your full entitlement. We also have Health Connectors Toni and Maria who can support you to access and attend routine medical appointments, register with a GP or encourage you to have your Covid vaccination. If looking for work we have employment advisors who can help with your CV and prepare you for interview. All of the services we provide are open to all and we can be contacted on 01493 856900 or by visiting our website www.dial-greatyarmouth.org.uk, our Facebook page or by calling into our office on King Street Gt Yarmouth where one of our reception team will discuss your needs and book you in to see an advisor. We are launching our new website over the weekend of 23rd October so please take time to have a look as there is lots of useful information and advice that you may find useful.

We look forward to hearing from you.

Jo Howes, CEO DIAL Gt Yarmouth





BELTON AND DISTRICT HISTORICAL SOCIETY

IMPORTANT ANNOUNCEMENT

The society was set up in 2006 and is now very sadly being wound up at the end of this year due to a lack of volunteers to assist with its running.

We have tried various things over the last year to try and prevent this with no avail.

I would like to take this opportunity to thank all the members past and present and for all who have served on the committee over the past years.

Subject to a full committee meeting we will close the club and take suitable actions to disburse the club funds.

Ian Walker (Club Chairman)

Mobile (evenings and weekends) 07887 640 385
or IanWalker22@gmail.com

Quiz Nites

Our November Quiz Nite will be on Friday 26th November at 7.30pm.

Tables up to four people at £5 per table. Come and have a great fun evening with a good half time raffle. If you belong to a club or group bring a team to represent them.

See you on the Quiz evening. Call Bill on 780822 if more information is required. The October Nite is Friday 29th

Monthly Information to the Village Voice

The Village Voice is here to spread the word about your club or group and your activities. This can only happen if you supply a small write up for us to publish. It is a way of getting extra members as well. The article only needs to be about 200 words or less. You can send it by either email to beltonvgraphic@gmail.com or text it to 07950 039455.

BELTON LADIES GROUP

We will be starting our meetings again on Friday 15th November 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

Answers to Brain Teaser 6, 152, 923



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

In last month's article we referred to ENTUA's submission in response to the Government's 'Bus Back Better' - a National Bus Strategy for England. The document was discussed at ENTUA's committee meeting on 27th September, 2021 and, subject to some minor additions and amendments, was approved. The submission has now been sent to Martin Wilby at Norfolk County Council and our local MP Mr. Brandon Lewis.

ENTUA has put together a large shopping list on what we feel are serious gaps in bus provision in the East Norfolk Area. As mentioned in October's article we have included the following suggestions. (1) A service from Belton via Burgh Castle to link with Lynn Grove Academy and Millwood Surgery (2) The reinstatement of Service 9 to cater for residents in St. Anne's Crescent, Trinity Avenue, Kings Road and Shrublands. (3) A service from James Paget Hospital along the A47/A143 link road linking Bluebell Meadow with Bradwell's Mill Road, Willow Avenue, Laurel Drive and Church Road (4) A year round service linking the Railway Station with Market Gates bus interchange (5) A new service linking Market Gates with Harfreys and Gapton Hall Industrial Estates and Gapton Hall Retail Park (6) The reinstatement of a service linking Blundeston and Lound with the James Paget Hospital and Lowestoft (7) A new service linking Filby and Fleggburgh with Great Yarmouth and Norwich via Broadland Business Park (8) Provision of a service to parts of Caister that were previously

served by the withdrawn Service 4. We have identified a number of sites in Belton, Bradwell and Burgh Castle that would benefit from having

bus shelters installed. We have also put forward suggestions for through-ticketing and multi-operator ticketing, where appropriate. We now await a response from Norfolk County Council and will be discussing our document with First Eastern Counties when we meet at the end of October.

As a separate issue we have again made the case to First Eastern Counties for a service linking Belton to Lynn Grove Academy, as there appears strong support from parents of students living in Belton for a bus service. This would be a paid service (eg a young person's weekly ticket is £13 on the bus or £12.50 with mTicket and it can be used for 7 days from issue). We are still awaiting a response.

The East Anglia Transport Museum will not be holding its 'Santa Tram' event again this year due to the uncertainty of Covid. Instead the Museum plans to hold a 'Ride the Lights' event where the museum will be decorated as for Christmas with normal entrance charges applying. The dates are Sat/Sun 4th & 5th, 11th & 12th and 18th & 19th December, 2021 2pm to 6pm. The museum will be open on Sundays during November (for the first time) on 7th, 14th, 21st and 28th from 12 noon until 4.30 pm.

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

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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

Light Weight Wheel Chair, foldable to fit in car boot. Please call 01493 789516

FOR SALE

Ladies Black Bike, with basket on front, 6 speed, hardly used £75 ono Tel 07935 261157

Baby pink and white unicorn cot bed with mattress. Brand new unused. Was £210 will take £130 ono Tel 07845593447

Play Mobil western +super set boxed with wooden base. £40 ono. Deluxe tabletop football game boxes. £10. Call 01493 651077 or 07799 105777

ELECTRIC nero sport treadmill for sale little used £100 phone 780772

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.

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 07572 554233 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.

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 07881 866021



DATES FOR YOUR DIARY

Sunday 31st November

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; crafts; food and drink in the Rectory Garden and the Rectory Stables

Sunday 7th November

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 14th November –

REMEMBRANCE SUNDAY

9.30 am - Burgh Castle – no service

10.30am – All Saints Belton

Service of Remembrance with Holy Communion – in church and on-line on Amazon Chime and Facebook Live

4 pm Burgh Castle – Remembrance

Service – IN CHURCH

Sunday 21st November

9.30 am - Burgh Castle

Holy Communion – in church

10.30am – All Saints Belton

Morning Celebration on-line on Amazon Chime and Facebook Live

4-5.30pm Messy Church meets Muddy Church!

All-age service and activities in The Rectory garden, including refreshments around the campfire

Sunday 28th November – ADVENT SUNDAY

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 5th December

9.30 am - Burgh Castle

Holy Communion – in church

10.30am – All Saints Belton

Morning Celebration– on line on Amazon Chime and Facebook Live Amazon Chime and Facebook Live



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