

Village Voice



DECEMBER 2021

22nd Great Year

VOL. 22-9

3500 copies monthly. Delivered free to homes in Belton, Browston, Burgh Castle, Fritton and St. Olaves. Also free through outlets in Bradwell.

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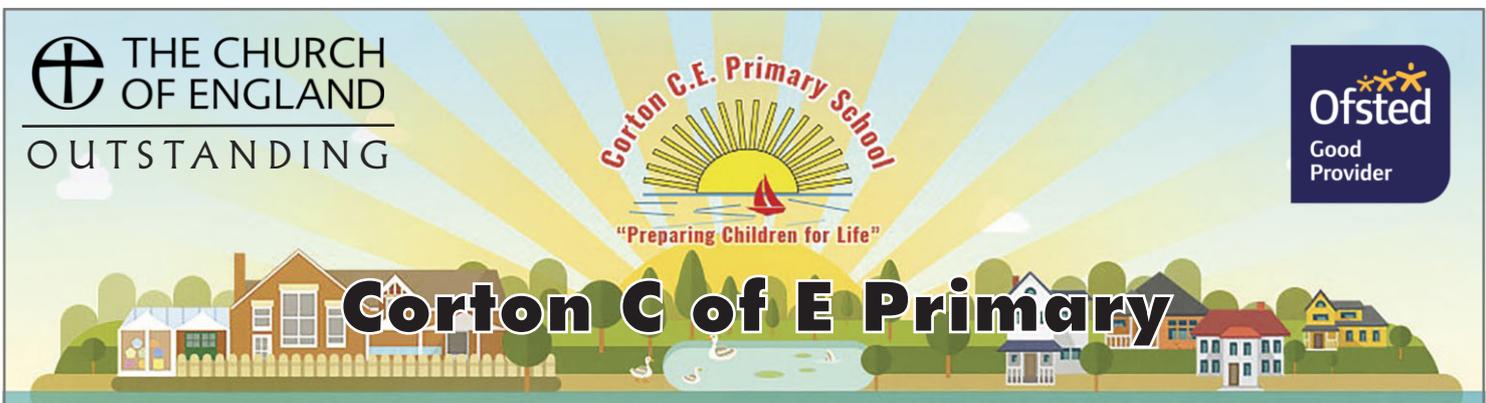
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Village Voice

December 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 January edition of Village Voice is 5th December 2021.

All contributions to
beltonvveditor@gmail.com and
advertising enquiries to
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Please provide 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



As the year draws to a close, there is some good news for this magazine. In the National Parish Magazines Awards, your Village Voice won the award for the best print and was also fifth overall in the category for A4 size magazines. With 330 entries, this is a very creditable achievement and continues the trend from previous years where we have consistently come in the top 10-15 in the country. My sincere thanks to all those who do so much as volunteers to make this magazine the great product that it is. In particular, I am grateful to our advertisers, contributors, distributors and board members who give so much of their time and effort. Congratulations too to our good neighbours, the Gorleston community magazine who this year came second overall in the awards and won the best editor award.

As in previous years, please do send in the annual reports of any clubs and organisations that you run in our villages so that they can be published in the first issue of 2022. The magazine has to go to print quite early because of the Christmas break and hence please do note the very early deadline on 5 December to get your contributions in.

Apart from being the first of a new year, the next issue will be a particularly special one as it is the Village Voice's 250th and there will be some new features to celebrate that occasion. One of those will be a new column that celebrates the life and work of people in our villages. We will highlight the extraordinary stories of ordinary people who quietly and diligently often make a difference in our everyday lives.

I am quite pleased that this issue features the Village Voice's invitation to groups, clubs and organisations in our villages to apply for small grants to support their activities. Please do contact Suzanne Craig on beltonvvsect@gmail.com for details on how to apply. Over the past several years, this magazine has given away much of the surpluses it generates to these worthy causes and I encourage all those who run organisation to apply for these grants.

Finally, let me wish all of you readers and well wishers a very happy Christmas and prosperous new year.

Professor Regi Alexander, Editor

Letters to the EDITOR

I want to warn any readers of this magazine that there is a rogue workman working around this area. On Monday of this week I had one knock on my door to clean and reseal my resin driveway. This man was in a white van with Pro Tec on the back door, called himself Edward Stevenson and said he was working up the road. He then gets on with the job within about 5 minutes of being on your property, doesn't give you time to digest and then once already started he gets you to sign an "invoice" (mine was for £800.00!) which puts you in a bit of a fluster.

I consider myself quite streetwise, however it all happened so fast and he seems very friendly and convincing so it wasn't until he'd left (to come back the next day to complete the job) that I realised I was being scammed. When he returned I told him to go away and refused to pay him a penny which he didn't like and then had the audacity to call me a con artist. Needless to say I have spent a couple of sleepless nights worrying he might return.

I have reported this to Crimestoppers but PLEASE be very wary of cold callers offering to do a job for you.

This whole experience has left me very scared so have arranged for much more security lighting and cameras around the property to be fitted.

BH, Station Road North

Dear Editor

Thank you for your 'From the editor's desk' column in the November 2021 issue of Village Voice. It thought it was really well put and I am so glad you wrote it.

Kind regards, Jane Mill

CONTENTS

Letter to the Editor	1
Village Voice Grants	1
Parish Council Reports	2-3
Fort Parking Charges	3
Magazine of the Year	3
Kate Daniels Quartet	4
Dogs Trust	5
Local MP & Councillor	6
GYB Christmas Collection	6
JPUH Christmas	8
Village Christmas Fayre	9
Health Check	10
Rev Rosie Writes	12
Jessica-Jane Applegate	13
Ormiston	14
Melcolm Metcalf	16
Art of the Samurai	16
Down the Garden Path	17
Book Club	18
Scouts	18
New Road Events	20-21
JGI	22-23
ENTUA	23
Free Ads	24
Dates for your Diary	24

Village Voice Grants

The Village Voice is inviting local groups, clubs, and organisations to apply for a small grant to help run or support their activity (up to a maximum of £300). These grants are made possible by the efficient running of the Village Voice and enable us to give back to the community some of the profits made from the advertising in the Village Voice above the monthly running costs.

Application forms are available on request from Suzanne Craig (e-mail beltonvvsect@gmail.com). If you do not have e-mail and would like an application form please apply to Suzanna at 99 Station Road North, Belton, NR31 9NW or phone 01493 789019

All applications must be returned no later than noon on Friday 21st January.

Grants will be decided by the Village Voice Board, with presentation of cheques at the JGI Saturday Coffee Morning on a date to be decided. If the number of grant applications exceed the monies available, then the Board will scale the amount requested proportionately.

YOUR PARISH COUNCIL REPORTS

BELTON WITH BROWSTON PARISH COUNCIL

Eight Parish Councillors, Borough Councillor Tracy Cameron (who is also a Parish Councillor), Borough Councillor Adrian Myers, the Parish Clerk and one member of the public attended the meeting of the Parish Council on November 2nd, Ken Botwright was in the chair. Members were informed of the resignation from the council of Darren Buckworth.

Borough Councillor Myers reported that he had sent photos to the County Highways Engineer showing the quantity of weeds coming through the resurfaced cycle path on New Road, he also suggested that a mast rather than using the church tower, could be used to transmit camera signals to the New Road centre control. Councillor Cameron reported that she will get an update from the Borough Council environmental services over the issue of continued dumping on land off The Loke. The highways department are to be asked if bus stop road markings can be put down at the stop opposite the JGI.

At the New Road centre a licence would not be needed to show films however there would be a licence fee of £180.00 a year to sell alcohol on the site. Good progress is being made with the new toilet block and it now appears that the

CCTV system does not need so much repair as previously thought, just installation of better cameras a massive cost reduction.

In planning there were various objections including outside Boroughwide plan Access concerns, and overdevelopment of the site to plans for a two-bedroom bungalow at The Nurseries, Station Road, South. No objections were raised for any of the following 7 Beccles Road, Belton (single and two-story extensions), 14 Station Road South (taking lower branches off an Oak tree covered by a protection order) and Pinecot, Sandy Lane (raise part of roof to provide extra accommodation). The Borough Council have approved all the following, 12 Provan Crescent (first floor extension), 26 Station Road South (front and side extensions to garage) and Carvedras, Lound Road, Browston (single story side extension to annex. Members agreed to support any objections made by Burgh Castle Parish Council against the proposed car parking charges at the Roman Fort site.

The minutes from the Allotment Working Party were noted, it was agreed to increase the



returnable key deposit fee and to restrict allocation of plots to residents of Belton and Browston in future. It had been agreed with the rector that the whole length of the hedge along Church Lane is in need of attention but the way forward has not been decided as it would cost in the region of £1100.00 as road closure costs would be involved.

Members agreed to run the Citizen of the Year award again with a closing date of January 24th. The Council has received the Covid Memorial Plaque, these are being issued to parishes in recognition of the overall community help in the current pandemic. The Belton one will be installed on the outside of the New Road Centre.

The next meeting of the Council is on Tuesday December 7th at the New Road Centre (7.30pm). The January meeting has been delayed one week to Tuesday the 11th to avoid running close to the holiday period. Details from the Parish Clerk, Kate Ruddock on 01493 602960 or email beltonparish@yahoo.co.uk.

Belton Bowman



Autumn /Winter season is well underway on Monday evenings at Moorlands C of E primary Academy . The child/family session members have gone back to the way we were before the dreaded covid hit and the club had to stop. Now lots of new members



The Adult sessions are going at a steady pace as well. The club offers archery for all abilities. Child /family club 6pm - 7pm £3.50 per session Adult club 7pm - 9pm £6.00 per session Equipment provided if you do not have your own . For more information contact Duncan 01493 780418

SANTA AND HIS SLEIGH

The Great Yarmouth Lions Club Santa Sleigh will be touring Belton on Monday December 20th. Starting at 6.45pm, having started the evening on the Bluebell Estate at Bradwell at 6pm. During the run up to Christmas the sleigh will also be in other local villages

Proposed Holiday Accommodation & Leisure Development at Browston Hall

A presentation has been arranged with Lanpro, the Planning Consultants, together with their architect on Friday 10th December at 3pm at the New Road Sport & Leisure Centre They will stay on site until 5.30/6.00pm to accommodate members of the public who cannot attend the presentation at 3pm.

Please visit <https://www.lanproservices.co.uk/Browston-Hall> (news supplied by Jean Samuels)



BURGH CASTLE PARISH COUNCIL

Present at the November 8th meeting of Burgh Castle Parish Council were all seven Parish Councillors, Borough Councillor Adrian Myers, the Parish Clerk and two members of the public, Brian Swan was in the chair.

Having written an objection to the application, Borough Councillor Myers expressed his disappointment that the Broads Authority had allowed a reduction from four to two weeks for the February annual site closure at Burgh Castle Marina. The Parish Council had also objected strongly and the chairman advised that the situation needed to be monitored carefully each year a position that the Broads Authority were aware of. Having increased the Parish Council's share of Council tax in recent years to restore its financial reserve level members agreed to a 10% reduction



in 2022/3 although this will be more than swallowed up by increases of the larger portions for the County, Borough and Police Authorities.

The clerk had not had a reply to queries over design of the three new village highway entry signs and she was asked to follow this up for the next meeting, members agreed in principle to tidying up the area near the village sign using funding from the Parish Partnership Scheme that will meet half the cost, this is dependent on the outcome of nearby residents comments which are awaiting reply from the County Councillor.

In planning, the application to convert loft space to residential at Foxglove, Back Lane, has been approved by the Borough Council although they have again refused plans for a new dwelling with garage at

The Nursery (land adjoining Oak View) on Mill Road.

Members were pleased to hear that following concerns raised over the condition of the boardwalk behind the church and fort site by the Parish Council repairs had been promised by the County Council and were due to be made shortly.

Various highways issues were reported, all on Mill Road, still more remedial work required outside Shahdara area, a pothole outside Fenside and a large area of surface damage on the west of the road near to the Market Road junction, there were no updates on any other outstanding highways issues. The Community Speedwatch team have been out and reported 16 vehicles for speeding on their last session.

The next meeting of the Parish Council will be held at the Village Hall on Monday December 13th (7.30pm), details from the Parish Clerk, Kate Ruddock on 07948 705218, e-mail burghcastleclerk@gmail.com.

Burgh Castle Tea Room & Bargain Stall

(Village Hall Church Road)

Because we realize that people like to have somewhere to go for a coffee and a chat, we intend to keep open on Fridays, until 17th December. Special attraction until Christmas! Tombola for Macmillan Cancer Relief, Kate will be on site each Friday with loads of prizes please support this great charity. Our volunteers will continue to wear masks and observe distance where possible, we would appreciate if our visitors would do the same. Proceeds to Church and Village Hall Funds We welcome donations of unwanted goods, and can collect locally. For more information call 01493 780126 or email mgreenacre532@gmail.com

Magazine of the Year Awards 2021

We are pleased to announce that the Village Voice was the winner in the best print category in the National Parish Magazines Awards 2021. The magazine also achieved 5th place overall, out of the 330 entries from across the UK in the category for A4 size magazines. This is an apt recognition for all those who contribute to making the Village Voice the great magazine that it is.

THE NORFOLK ARCHAEOLOGICAL TRUST

FORT PARKING CHARGES GETTING NEARER

Paying for parking at Burgh Castle Roman Fort is getting nearer with news from the Norfolk Archaeological Trust that they have submitted a planning application to Great Yarmouth Borough Council.

The previously outlined proposal was discussed at the November meeting of Burgh Castle Parish Council who confirmed their earlier view that this would cause chaos on nearby roads, Butt Lane and Church Road when visitors park outside the fort grounds to avoid the fee. (It has been promised that annual membership of the Trust will allow for free parking).

The councils objections are based on roads getting clogged up and impassable and the danger from people and dogs alighting from vehicles on to the roads which in the main do not have footpaths causing a danger to life and limb.

Residents and site users alike are urged to object to the application through the Great Yarmouth Borough Council web site planning section before 7th December 2021.
<https://planning.greatyarmouth.gov.uk/OcellaWeb/planningDetails?reference=06/21/0925/F&from=planning>

FRITTON SET TO LOSE PUB

A new planning application currently being considered by the Great Yarmouth Borough Council means that Fritton and St Olaves could lose a public house, the application reads as follows:-

Application 06/21/0899/F - Decoy-Tavern Public House, Beccles Road, Fritton, NR31 9AB - Demolition of public house and erection of no. 5 dwelling houses with parking; new highway access onto New Road (existing accesses onto Beccles Road removed); new footway on A143. The details show the five two story properties in blocks of two and three facing Beccles Road with all vehicular access on the new service roadway off New Road. Public consultations close on November 29th.



Bingo at Fritton

All welcome to our special Xmas edition Bingo at FRITTON VILLAGE HALL to be held Friday 17th December. Eyes down 7.30pm and still only 50p per card



St Edmunds Fritton Church

Carols By Candlelight Service

Thursday 9th December at 7pm

Everyone welcome to come in from the cold and warm up with our most favorite carols

*Try Mulled Wine * Spiced Apple Juice
* Mince Pies on this festive occasion...
*Enjoy the wonderful baritone voice of Andrew Gallant *



A Spring 2022 Highlight for Belton

The Kate Daniel's Quartet

The Village Voice is proud to announce that they are supporting a great and unique concert to be held next March in Belton at All Saints Church with the famous London based Kate Daniels Quartet. Kate crosses continents

providing a rip roaring musical feast of gypsy jazz, South American Tangos and songs from the great American Songbook including Cole Porter and Hoagy Carmichael.

Kate gives more than a concert and she connects with her audience as she sings, Watch the coming Village Voices for details of date times and tickets.



Hello from Dogs Trust!

Your local Dogs Trust branch at Snetterton would like to briefly make you aware of a few services that we provide free of charge:

The first, our Canine Care Card scheme, is a free service for dog-owners whereby, in the event of their death or illness, we will look after their dog, providing them with all the care they need until we can find a responsible, loving new home for them. This is often a great concern to the elderly, as their dog may be their only friend and companion – Dogs Trust can give them peace of mind, knowing that their canine companion's future is safe, should the worst happen to them. Every year, we care for more than 14,000 dogs at our nationwide network of rehoming centres and we never put down a healthy dog

Secondly I wanted to make you aware that we provide free talks to local community groups. I cover the whole of the East Anglia region, to talk about the varied work of Dogs Trust, where we come from and where we hope to be in the future. There are no speaker fees or travelling expenses so please let me know if you believe that your local club would be interested.

If anyone has any further queries, or would be interested in booking in a talk, please contact me by emailing emily.matthews@dogstrust.org.uk or phone 01953 497912."



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A WORD FROM YOUR LOCAL MP AND COUNCILLORS



BRANDON LEWIS

MP writes

Thank you to everyone who recently took part in my first "Ask Brandon!" event, where I responded online to some of the questions received from constituents about the Budget. Following the success of this first "Ask Brandon!" I will be running more of these events next year focussing on current topics and including some live online events.

One of the questions, which was asked by several constituents, was how the Budget delivered new investment for Great Yarmouth. With all the media focus on the "Levelling Up" agenda and talk of funding commitments to help the so-called "Red Wall" seats in the North, some people thought Great Yarmouth was losing out.

In fact, the opposite is true. In many ways, Great Yarmouth was ahead of other areas in securing Government cash. Over the last few years, not just in Budget announcements, we've seen the Government reveal significant funding packages for the Great Yarmouth area. Without this funding the important infrastructure projects that are in progress now would not be going ahead. That's why the Third River Crossing is under construction. That's why the council is redeveloping the town centre and we are seeing empty or derelict buildings being given a new lease of life. That's why the long-neglected Winter Gardens will be restored to its former glory offering a new visitor attraction alongside the new Marina Centre on the seafront.

Another recurring question was about the dualling of the Acle Straight. The county-wide campaign involving MPs, councils and businesses across Norfolk continues. Investment is in place for significant improvements to the Vauxhall Roundabout. Without this work, any immediate work on the Acle Straight, would funnel traffic more quickly towards the town worsening congestion and tailbacks. I remain confident that alongside these works the Government will make the long-term commitment to improve the Acle Straight. With my Parliamentary colleagues, I will continue to fight for that commitment from Transport Ministers.

Finally, may I wish you and your family a happy Christmas and New Year. Although the coronavirus is still very much a part of everyday life, now we have a robust vaccination programme with booster jabs, we can all look forward to a festive period very different from that we endured in 2020.

ADRIAN MYERS

Borough Councillor



Today 14 November, I attended the remembrance service at St Georges Park. During the service it was mentioned about "the war to end all wars". It made me think about past conflicts since the first world war and ones that are still happening today over 103 years later, since the end of the Great War, now known as the first world war. We have the civil war in South Sudan, in Yemen, in Libya and ongoing conflict in Afghanistan. It seemed to me that humanity's lust for conflict and aggression has abated little, since the end of the First World War in 1918. It saddened me, that in the 21st century such wars and conflicts continue to happen. Often the biggest casualties in these conflicts are the civilians, non-combatants, men, women and children. I mused, when will this world that we all have to share, see the end of such conflicts? Not in my lifetime, and I fear not in my children's either.

With Christmas fast approaching my neighbours and others are putting up their Christmas decorations both outside and in. It is a delight to see the children in my area looking with shiny eyes at these decorations and the clear joy that it brings to them.

I continue to work on behalf of the residents of Lothingland and for others in the borough.

I wish you all a very happy Christmas, and a wonderful New Year.

Cllr. Adrian Myers Independent Lothingland Ward



Revised Collection Dates over Christmas and New Year

NORMAL COLLECTION DAY

Monday	20th Dec
Tuesday	21st Dec
Wednesday	22nd Dec
Thursday	23rd Dec
Friday	24th Dec
Monday	27th Dec
Tuesday	28th Dec
Wednesday	29th Dec
Thursday	30th Dec
Friday 3	1st Dec
Monday	3rd Jan
Tuesday	4th Jan
Wednesday	5th Jan
Thursday	6th Jan
Friday	7th Jan

REVISED COLLECTION DAY

Saturday	18th Dec
Monday	20th Dec
Tuesday	21st Dec
Wednesday	22nd Dec
Thursday	23rd Dec
Friday	24th Dec
Normal	
Normal	
Normal	
Normal	
Tuesday	4th Jan
Wednesday	5th Jan
Thursday	6th Jan
Friday	5th Jan
Saturday	8th Jan

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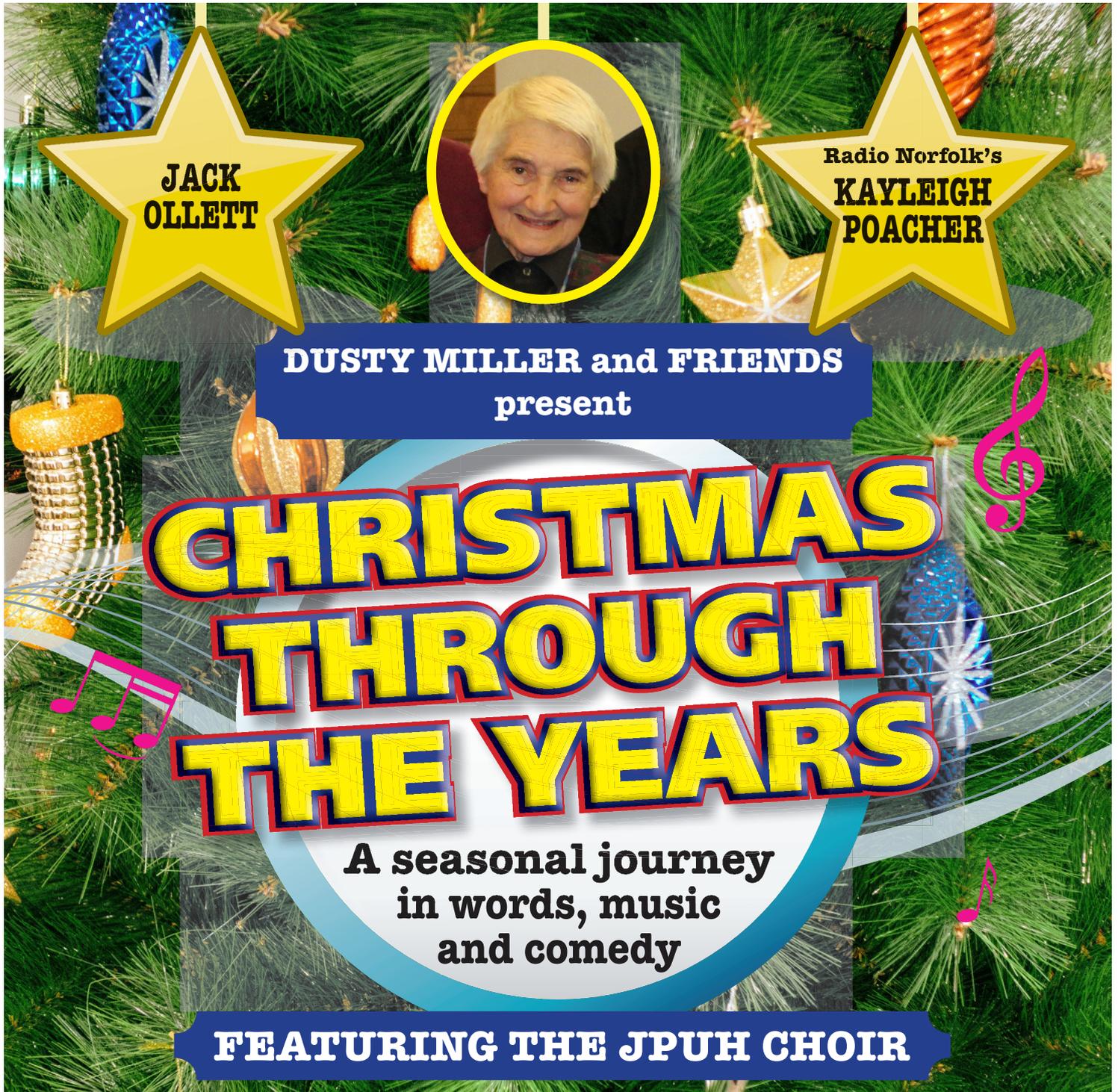
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This event is subject to any COVID restrictions that are in place

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including a
complementary
mince pie**

Kings Head Pub, Belton Community Village Christmas Fayre 12th December – 2pm onwards



We are extremely excited to announce our first ever charity community Christmas Village Fayre in Belton.

Everyone is very welcome to join us and we will be encouraging everyone to get into the Christmas spirit by wearing their festive jumpers!

There will be lots to do for young and old with numerous craft stalls, children's fairground rides and a Santa's grotto where everyone can meet Father Christmas. Festive hot and cold food and drinks will be available all starting from 2pm with Carols all together to get everyone in the mood for the big Christmas tree light switch on at 5.30pm!



We will be supporting SHINE a local non-profit organisation that not only supports children with additional needs but their families too, we'll be holding a Christmas raffle for them too where very kindly we have already received some lovely donations from local businesses to get the ball rolling.

From the 5th December everyone is welcome to pop in to collect a tree decoration for free then bring it back with them after taking it home to decorate and place it on the tree that night ready for the light turn on for everyone to see.

We thank you all for welcoming us into the beautiful village of Belton and hope by putting this on we can all come together and spread some Christmas cheer.

If you would like to donate anything towards the raffle or charity, please contact Jodie



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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.

SLEEP & INSOMNIA IN OLDER PEOPLE

About the author: Reena Tharian is currently a mental health clinical pharmacist at Norfolk and Suffolk NHS Foundation Trust and a member of RADiANT (Research in Developmental Neuropsychiatry). She has previously worked as a community pharmacist for 15 years. This is the eighth in a series of 12 articles in Village Voice on topics about well being and mental health written by RADiANT members
<http://radiant.nhs.uk>



What are the different types of sleep?

There are two main stages for sleep. They are called Rapid Eye Movement (REM) sleep and non-REM sleep. People move between REM and non-REM sleep around 5 times per night. In REM sleep, the brain is very active, the eyes move around and the person dreams. In non-REM sleep, the brain is quieter and the body repairs itself. Non-REM sleep has three stages namely pre-sleep, light sleep (where you wake up without being confused) and slow wave sleep (where it is hard to wake up and if you do, you are confused). You tend to dream more towards the morning, during REM sleep.

What is insomnia?

Insomnia is the difficulty in initiating and maintaining sleep. It causes impairments in day-time functioning (feeling tired, dropping off, difficulties in concentration, feeling low or worried, etc). While it occurs in about 10% of adults, its rate in the older adult is about 40%.

Is age a cause of insomnia?

The amount of sleep we need, depends on our age. Babies may sleep for up to 17 hours/day while adults need around 8 hours of sleep at night. As we age, although the need for it may be the same, the duration of sleep goes down. There is one period of deep sleep often in the first 3 or 4 hours and after that, there are periods when one wakes up more frequently or easily. As adults, people tend to wake up for 1-2 minutes every 2 hours without really being aware of these 'mini-wakes'. However, as one gets older, these 'mini-wakes' feel much longer and give the impression that one is not 'sleeping at all'.

What are the other causes of insomnia?

This can range from the mundane facts of everyday life to serious physical or mental health problems. The former can include noise, room temperature, uncomfortable beds, eating and drinking habits, use of cigarettes or alcohol, etc. The latter can include physical problems like heart disease, respiratory problems, diseases like Alzheimers or Parkinson's disease, urinary problems, hormonal problems, gastrointestinal problems (eg: acid reflux), etc. Serious mental health problems causing insomnia can include anxiety and depressive disorders. In many cases, insomnia may not be caused by an illness, but be a response to the worries caused by life experiences and the extremes of normal human emotion.

Assessing insomnia

This will focus on how the problem manifests itself at night and its day time consequences. It should also include a screening for any physical or psychiatric conditions, including the use of alcohol and drugs.

Treating insomnia

If there are no physical or psychiatric reasons causing the insomnia, the first line of treatment should be through non-medication means. Cognitive Behaviour Therapy (CBT) is widely used and there is evidence that 70-80% of those undergoing it report improvement (up to 50% symptom reduction) without using medication.

The core components of this include introduction of good sleep hygiene rules and techniques like sleep restriction, stimulus control and progressive muscle relaxation training which are modified as needed for the older adult. Many of these techniques are those that can be followed at home, without necessarily needing to attend hospitals.

Sleep hygiene refers to behaviours that one can follow to promote good sleep. They include maintain a regular sleep routine of going to bed and waking up at the same time, having a comfortable pre-bedtime routine, using a quiet and dark bedroom with a comfortable mattress, avoiding daytime naps, not staying in bed awake for more than 5-10 minutes, not watching TV or using computers or reading in bed, not drinking caffeinated drinks after late afternoon and avoiding cigarettes or alcohol that can interfere with sleep.

Stimulus control strengthens the link of being in bed with sleeping (ie, only getting into bed when you are tired and using the bed only for sleep and sex), weakens the link of being in bed doing things that keep you awake (eg: watching TV, doing work, etc) and weakens the link of being in bed worrying (ie, if in bed, awake and worrying, the instruction is to get up and do something until you feel tired again). Sleep restriction is a technique that allows one to go to bed later to avoid spending too much time in bed awake. Progressive muscle relaxation is a technique of tensing and then releasing your muscles, working up from the feet to the legs, arms, shoulders, neck and face.

Medication is not the first line of treatment and may be needed if there are additional mental or physical health problems. This needs careful discussion with your doctor. If used for insomnia alone, the advice is that it should be a very short-term measure.

Risks of over-prescribing

Over-prescribing of medication without appropriate indications can be a problem and a rate of 10% has recently been reported in UK primary care. While clearly, all over-prescribing is not for insomnia, over-prescribing of sedatives can be a particular problem in older adults. In the UK while benzodiazepine prescriptions (eg: drugs like Diazepam/ Valium, Lorazepam, etc) have come down, those of Z-drugs (eg: Zopiclone, Zolpidem) have steadily increased. There are about half a million people in England taking Z drugs. These drugs are meant to be effective only for around 2 weeks of short-term use. However, in practice they are taken for much longer and this can cause several adverse effects. These include tolerance (ie, needing higher doses for the same effect), dependence, drowsiness, somnolence, decreased alertness, falls and consequent physical injury.

Why does over-prescribing happen?

While the term 'over-prescribing' implies that someone is at fault, in reality it occurs due to a combination of patient factors and prescriber factors. Patient factors can include pre-conceptions about needing a pill to put things right, lack of confidence about other approaches, disagreement about the need to stop medication, concerns about withdrawal symptoms or the return of insomnia. Prescriber factors can include attitudes towards medication and the patient, unavailability of other interventions and pressures in the working environment.

Sources and acknowledgement:

Sleeping well, Royal College of Psychiatrists, <https://www.rcpsych.ac.uk/mental-health/problems-disorders/sleeping-well>

The Sleep Council, <https://sleepcouncil.org.uk>

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

Louise Hamilton Centre

palliative care east



Update to services running from within the Louise Hamilton Centre

Whilst the Centre is currently a hub for the Covid vaccinations the original Louise Hamilton Centre staff are on site continuing to provide ongoing vital services for people with life limiting and progressive illness, their family and carers.

We are here to offer people help, advice and support when they most need it.

Working in partnership with a variety of organisations to provide a range of services.

The Centre provides welfare advice, information about health conditions, support for carers including the return of some of our evening support groups for carers, Counselling and Lymphoedema clinic appointments. We continue to offer ongoing telephone support. Please call for further information or support.

We are open Monday to Friday 09.30am - 5.30pm

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For all enquiries relating to Covid vaccinations at The Louise Hamilton Centre please call 01493 453930



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REV ROSIE WRITES

ALL SAINTS BELTON



Christmas is coming, but before we enjoy the celebrations of Christmas, there is the waiting of Advent, and counting down the days towards Christmas Day. How many of us enjoy opening the doors of our Advent calendar each day? I know the children do, especially if it contains a chocolate!

At school and in the churches, Advent is usually marked with four or five candles a wreath, where we light the first candle on Advent Sunday, and then light another, and another on the Sundays of December, until the central, white candle is lit on Christmas Day marking the birth of Jesus. It is always a poignant moment in the middle of Midnight Mass when we pause to light the candle, recognising that Christmas Day has begun.

This year, during Advent as we prepare to celebrate once again the coming of Christ into the world some 2000 years ago, there is an anticipation. Often that anticipation focusses around the joy of presents given and received, time spent with family and friends and special food to be enjoyed.

For the four weeks of Advent in our churches, this year, we are focussing on the many different names given to Jesus in the Bible, and what they mean to us; a different name for each of the twenty five days leading to the celebration of Jesus's birth. I thought it might be good to share a few of those with you as the different names of Jesus Christ tell us much about his character and purpose. Some will be familiar from the Christmas Bible readings read at carol services, others not so well known.

Son of God – spoken by the voice from heaven at Jesus' baptism (used first of all to Mary by the Angel Gabriel)

Messiah – the deliverer of the Jewish nation (used by the wise men in seeking direction from Herod)

Saviour – because Jesus came to save the world from sin and death (spoken by the angel to the shepherds)

Immanuel – a Hebrew word meaning "God with us" (spoken by the angel in Joseph's dream, when he changed his mind and took Mary to be his wife).

The Word – "was with God... and was God ...in the beginning ... through whom creation was made" (from the familiar reading of the first chapter of John's gospel).

The Way – through Jesus we know God; he is the way to forgiveness, restoration and eternal life (from words spoken by Jesus himself as he prepared his disciples for what would happen – his crucifixion).

Prince of Peace – because Jesus brought peace between God and humankind.

Morning Star – when Venus rises, the sun is about to follow. The birth of Jesus heralded the coming of the Kingdom of God

Good Shepherd – to be the shepherd of (God's) people, in leading, providing and protecting, (in the description given to the wise men when they were looking for the newborn King of the Jews in King Herod's court).

Redeemer – Jesus is the one who bought back our lives, by giving himself on the cross.

Jesus – his name means "to save, to deliver" (given by the Angel Gabriel to Mary as the name for her son).

At Christmas we remember Jesus as the newborn baby in the manger, but he is far more than just the baby. His birth was spoken of at the beginning of the Bible and referred to many times in the Old Testament; the New Testament records what he did whilst he lived on earth, and after his resurrection to new life, and what Jesus' followers did in the early days of the Christian church.

Christmas is exciting and inspirational, because in Jesus God reintroduced himself to humanity and offered us the invitation to life in all its fullness, a life that never ends. Meet Jesus at the manger; let him inspire you, let him love you, let him reveal the real beauty of Christmas once again.



Happy Christmas everyone. Rosie

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6.30pm Carols by Candlelight at Burgh Castle

Christmas Eve: Friday 24th December
4pm Crib Service at All Saints, Belton *
11.30pm Midnight Mass at Burgh Castle

Christmas Day: Saturday 25th December
10.30am Family Communion at All Saints, Belton *

Sunday 26th December
10.30am Family Communion with Christmas Carols at All Saints, Belton *

All Saints Belton and St Peter & St Paul Church, Burgh Castle
* Services at All Saints Belton also available on Amazon Chime and Facebook Live



Jessica-Jane Applegate

Journey to swimming success and her charity involvement

She also received a congratulations letter from Prime Minister Boris Johnson



Jessica - Jane Applegate returned back to the village of Burgh castle after competing at the European Championships earlier this year in May a four times European Champion after winning the 200m Freestyle, 100m Backstroke, 100m Freestyle and 100m Freestyle. This was a test event for her as she had only been swimming in an actual pool since April.

Every other athlete on a British Swimming program across the country had been using high performance centres to train at throughout lockdown but due to Jessica's fragile mental health being away from home for long periods of time and in isolation the decision was made to support her to stay at home to train in a swim spa supplied by BHtubs for the duration.

After managing to re secure her spot on the team again out in Portugal it was back to training in preparation for the Games but only one week after returning, she was involved in a car accident that wrote her car off causing her whiplash and a shoulder injury.

This was not ideal but with good physio it was still possible to make it to Tokyo, whilst the insurance companies argued she borrowed money so she could get another car so she could continue training and access physio but only after two days of driving her new car another car drove into the back of her whilst she was stationary.

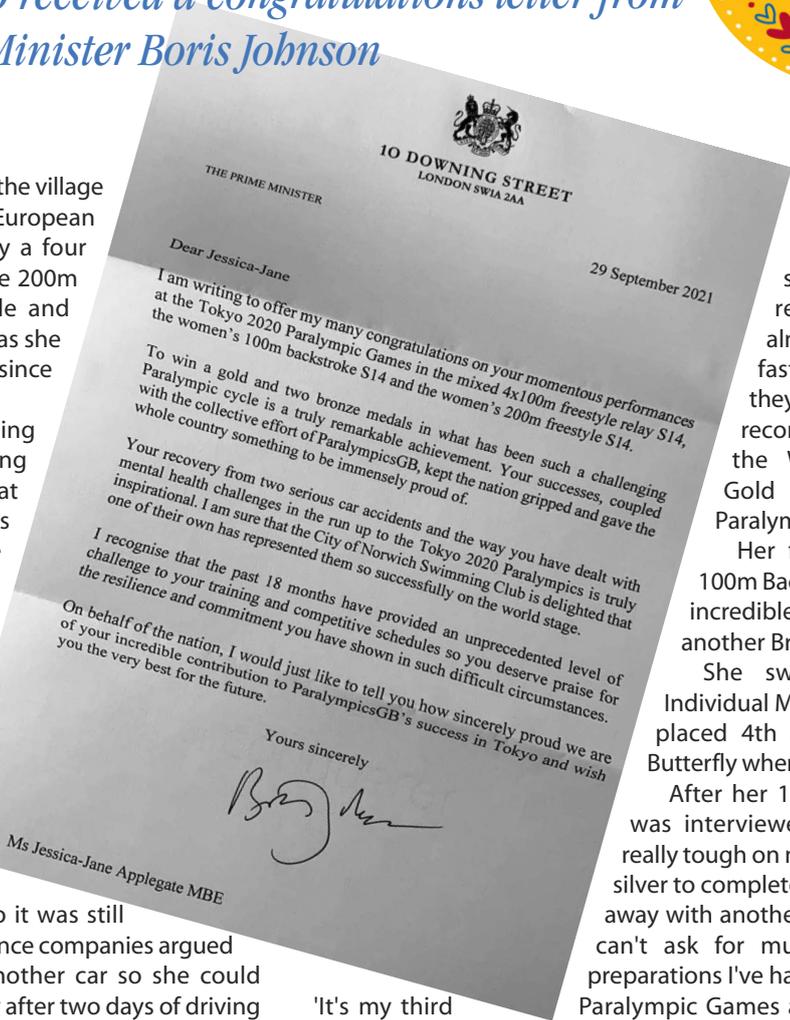
She hadn't been paid out for the car, she'd borrowed money to get another one, she was battling with her mental health, she was injured, spent 18 months training in the garden and she had trained for 5 years to go to Japan and now everything was spiralling out of control.

The day before leaving she was contacted and told that her covid results had been lost in the post several days before so unless she had an emergency test done in Norwich within the next few hours and the results were back in time, she wouldn't be allowed to enter Japan.



Fortunately, whilst being booked into the Airport testing centre the original paperwork came through just in time so it was all back on again!

It's no wonder that when Jessica-Jane won her first bronze medal in Tokyo she was totally ecstatic in her interview dedicating it to her coach, family and friends who have stuck by her through a very



difficult time.

The following night she swam a sensational spilt in the relay swimming almost a whole second faster than she when they previously broke the record, the team smashed the World record, took Gold and became Paralympic champions.

Her final event was the 100m Backstroke she swam an incredible final race to take yet another Bronze.

She swam in the 200m Individual Medley where she was placed 4th and also the 100m Butterfly where she was placed 6th.

After her 100m backstroke she was interviewed and said.... 'I am really tough on myself, I really wanted silver to complete my set. But to come away with another individual bronze, I can't ask for much more after the preparations I've had.'

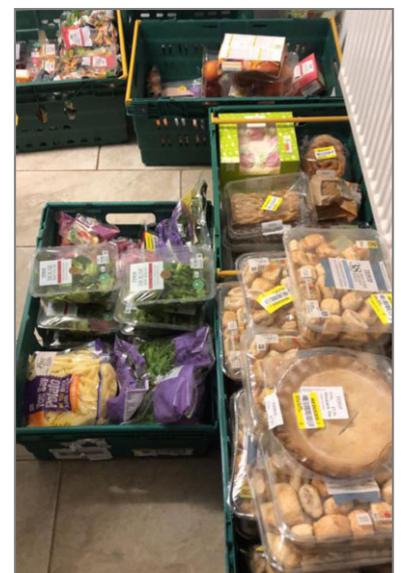
'It's my third Paralympic Games and I've medalled at every single one, but I'd just like to see if I could get to one in good health. I had throat surgery before Rio and dreadful preparations before Tokyo so let's see if I can get to Paris in one piece, I'm not done yet!'

She is not only a local sporting hero, but also a food waste hero and has been volunteering with the app OLIO for two years now supporting the local community.

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ormiston venture academy

Students at Venture Academy receive lifesaving first aid Training

Year 8 and 9 students at Ormiston Venture Academy, which is part of Ormiston Academies Trust (OAT), have received vital first aid training.

The students took part in the training sessions that were run by Nigel Wildman from the British Red Cross, over a two week period. The intensive training covered the core aspects of first aid, including helping the students to identify which personal qualities they have that are great for helping others in an emergency.

The training included various vital practical sessions, including one on how to deliver CPR and using an Automated External Defibrillator (AED). All of the students were incredibly well engaged and loved being able to be hands on, doing CPR on Resusci-Anne's and getting to use practice AED's. This gave the students not only the skills but the confidence to use these techniques in a real-world situation.



Following on from the training, the academy plans to offer all their Venture Ambassadors the opportunity to train as First Aid Champions. The training is a certificated online course set up by the British Red Cross that will build on the basic skills the students have already been given and will further develop their abilities and confidence in first aid.

Providing the students with this vital opportunity has been a fantastic way to support not just those at Venture Academy but will also help to keep the wider community safe. Overall, the training was a great success and has ensured that students are now prepared in the case of an emergency.

Year 9 student Jessica said: "It was amazing to find out how to save a life and really good training."

Year 9 student Kayleigh said: "It is good to know what to do if you find yourself in that situation, with your parents or other family members in particular."

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

"It is crucial to offer our students the ability to partake in life saving first aid training, to help keep them and the rest of our



community safe.

"I am extremely proud of how they all showed great maturity, patience and kindness throughout the training and I am very pleased that they all understood and appreciated how valuable the information they were learning is."

Owen Cooper, Head of Student Support at Ormiston Venture Academy, said:

"This training was a fantastic opportunity for our



students to learn the basics in first aid. It is so important that everyone has basic first aid training to allow them to have the skills and the confidence to deal with situations in a calm and responsible way. Hopefully, the students will never have to use these skills but if they do, then they will have the key knowledge to be able to save a life."

After receiving this month's article from Ormiston, as you see above, we were extremely pleased to see young people being taught the skills of CPR.

As founder members of Heartstart Malvern in 1994 and starting and running the 500th group to be formed in Belton in 2000 we now felt it was the ideal time to pass our "Annie" Manikin over to another great group at Ormiston Academy.

On Wednesday 10th November we went to Ormiston and after being introduced by Andrea Cockhill, we presented our "Annie" to the Head Girl Molly Speed and Head Boy Alexander



Alexander Doggett. Andrea said it would be a great asset to the school and would allow more hands on by students during training sessions.

Bill and Sue Richmond



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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

PLANET EARTH EPITAPH BELL RINGING

I visited St Peter Mancroft church in Norwich to view the seven-metre replica of planet earth. This phenomenon is what astronauts experience when viewing from space. Ending on October 31st it attracted thousands of visitors of all ages. The replica rotated every 4 minutes - 300 times faster than the real earth. While watching this I sat near a wall on which was an epitaph dedicated to Sir James Smith. He was greatly interested in the natural world, he founded and was President of the Linnean Society of London in 1788 and his library and botanical collection acquired European fame.



The Linnean Society of London is the world's oldest Biological Society devoted to Natural History, and takes its name from the Swedish naturalist Carl Linnaeus and is found at Burlington House Piccadilly London. Sir James Smith died at his Norwich home in Surrey Street on March 17th 1828 aged 68. He is buried in St Margaret's Churchyard Lowestoft.

During my visit I met and talked to a

member of staff named Michael, who told me about some of the history of the church. Built between 1430 - 1450 it has vaulted porches north and south. Its massive tower is one of the most enriched in England. Inside shafted piers rise upwards with canonised saints between clerestory window, its east window has some of the best surviving examples of medieval glass of the 15th - 16th century.

Michael also told me about visits to the bell ringing chamber. Bell ringing (campanology) practice takes place in the tower on Monday evenings. At 7.30 pm the following Monday I entered a very tiny door and up a narrow winding stone staircase which brought me to the bell ringing chamber for beginners. Here I met Nikki Thomas who was in charge. She told me there are 8 training bells, each attached to a laptop computer, so that a ringer can practice on their own. This unique training centre is only one of three purpose-built centres in the world, the others are in Worcester Cathedral

I then met Steve Rabown, a bell ringer from Loddon church, he led me up some more steps to the main chamber, here I sat within a few feet of the 12 bell ringers. I was told there are 14 bells, but only 12 are used. Steve showed me a list of all the bells.

Norwich St. Peter Mancroft The Church Bells			
	WEIGHT	NOTE	DATE
Tenor	37-3	15 B	1814
11th	27-0	23 C#	
10th	20-3	15 D#	
9th	18-2	25 E	
8th	15-1	26 F#	
7th	11-0	11 G#	
6th	9-2	7 A#	1775
5th	7-2	23 B	
4th	7-2	1 C#	
3rd	6-2	21 D#	
2nd	6-1	19 E	
Treble	6-2	7 F#	
Flax 6th	0-3	1 A	1900
Extra Treble	0-1	7 G#	1907

The above table was added in 1907 by The Worshipful Bell Foundry London.

On May 17th 1715 the first recorded peal of plain bob triples took place, a Norwich weaver John Garthon, worked out how to ring a full change of 5,040 change. It took 3 hours 15 minutes. During my 1½ hour stay I learned that bell

ringing is mathematical, the methods are rung from memory, the ringers ring as a team and the conductor, puts in the calls.

The Mancroft Guild of ringers is made up of 28 members. Simon Rudd is the current master. Anyone who would like to learn the art of ringing would be most welcome, for me it was an unforgettable experience.

Art of the Samurai

The ancient sword art of the Japanese Samurai is attracting those who simply want a hobby or an unusual way to relax and de-stress or an art to learn.

An existing group, Kenshinkan-dojo (Norfolk), who teach the traditional sword skills of the Samurai, as part of a worldwide network of clubs linked to Japanese masters. The group teacher (Sensei) Roy Bradford (3rd Dan), from Belton, with 40 years' experience in martial arts, who studied sword techniques for twenty years. Roy initially trained in Nottingham but also trained in Japan with the Japanese masters.

The club, Kenshinkan-dojo (Norfolk), is unique within the area and its teaching is based on the 'old style' Samurai sword techniques, not dissimilar to



movements seen in the film 'The Last Samurai', 'The 27 Ronin' and 'The Matrix'.

In the class you will learn the Japanese art of drawing and cutting with a Japanese sword. It may sound simple, but it is very precise. It is about mind, body, and soul and a lot of concentration is needed.

In our working life, we all get stressed so the movements we learn are both physically and mentally stimulating, but also, because you must concentrate, you will find they are very relaxing. Students need to be aged over 16, male and female most welcome. Kenshinkan-dojo (Norfolk) meets on Thursdays (7.00pm - 9.00pm) at Moorlands Primary Academy, Morland Way, Belton (NR31 9PA). For further details, call Roy on 07826 565354 or visit www.kenshinkan-dojo.co.uk and Facebook [kenshinkan dojo](https://www.facebook.com/kenshinkan.dojo).



DOWN THE GARDEN PATH

Elizabeth Myhill

This Gold Collection of Hellebore (Common name the Christmas Rose,) is a robust evergreen perennial with either white, rose or red flowers. This new variety flowers from December through to May. Hellebores develop an extensive root system, and require a large pot to allow for growth as well as space for any additional plants you might want to put with them – ivy, grasses or spring bulbs, for instance. Plant the hellebores in a gritty soil-based compost and mulch with gravel. Move pots into prime position close to the house when they're in flower. Hellebores are not likely to be eaten by your pets if they do the majority won't get more than an upset stomach. Deer and rabbits won't touch them but slugs may eat the leaves but are easier to get rid of! They will make lovely Christmas presents. Don't neglect them once they've finished flowering. If you tuck them away, remember that they'll need regular water and liquid feed through the summer if they're to continue to thrive.

Best Wishes for Christmas and the New Year Liz



Helleborus Ice N Rose Red



Helleborus Ice N Rose White



Helleborus Ice N Roses Rose

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THE VILLAGE VOICE BOOK CLUB

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

Cry to be Heard!

My Road to Recovery

by Steven Foyster

Reviewed by Jim Channell

Mental health has come a long way. In these days when even royalty gives voice to its inner struggles we may gauge how far and feel we have finally arrived at a healthy state of awareness. However, sadly it is still all too possible for people to soldier on day after day. Outwardly working to maintain a façade of normality while unseen their inner world is crumbling. Perhaps this is especially true for men. As they often feel the ultimate responsibility of keeping the family train on the tracks and can literally go on to destruction.

A new book called 'Cry to be heard' by Steven Foyster details such a journey. With raw honesty, Steve tells of the deteriorating circumstances and depression that led him to the brink of suicide in Feb 1986 from the

top of the Rose lane multi storey car park in Norwich.

"I felt that I was being somehow squeezed into a function rather than the person I used to recognise. I felt totally numb, no longer had the capacity to love anyone, least of all myself. I also thought I was going mad. Looking back, I think I was in fact insane, if you take that to mean out of my normal mind"

"I was desperately trying to hold down a temporary job after being let go from my previous employment because of my illness. Nearly seven years of extreme loyalty and dedication was wiped out by a mental, rather than a physical weakness. I did not



have the confidence to question the unfairness. I was a complete and utter emotional wreck"

Later in May of that same year Steve did in fact jump from the top floor of St Andrews car park in Norwich. Although sustaining very serious injuries he miraculously survived!

Steve's subsequent journey of recovery, physically, mentally, emotionally and not least spiritually is told with honesty and great wit. I found the book a compelling read and very encouraging, since it is ultimately suffused with the love of God. I feel

that the distressed and grieving could well be helped by the reading of it.

Cry to be heard is available from www.allthingsnorfolk.com Revelation Christian Bookshop and Waterstones, London Street Norwich. It is also available from Jarrolds in Norwich and Cromer.



1st Belton Scout Group

Beavers

The Beavers have looked at different leaves on the trees finding a good one to use for leaf printing. They also on that evening split into small groups to do tracking signs outside, then swapping over to follow each other's trails. The Beavers finally were able to light their fires and toast their marshmallows. Just as we finished, we were able to watch hundreds of geese go over the scout HQ looking for somewhere to roost for the night.

We celebrated Trafalgar Day making eye patches, making paper boats and having a try to see if they would float, playing a new game all to do with different types of boats crossing the English Channel and finally finishing the evening with a sea shanty. We have welcomed some new children into Beavers.

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 last month has been dedicated to the communicators badge and commemorating armistice day at the Scout HQ, something we have never done before.

For the communicators badge we have been learning about semaphore and origins of this and then attempting it ourselves. The hardest part was remembering which way round our arms had to be because of the mirror effect. We learnt that there are many different ways of communication and then participated in an activity where 1 group built a logo structure and then had to give the other group instruction to build their structure.

On the 11th November we commemorated Armistice Day at the scout HQ, Bagheera built a card board cenotaph. The Cubs made wreaths out of



paper plates and red paper for poppies, the Cubs then presented them to our cenotaph as they do at an armistice Memorial Day. The Cubs told us what they knew about 11th November and why we wear a poppy's and we also learnt about the purple poppies and the Dickens medal which the Cubs were very interested to hear about. In the future meetings we look forward to a visit to the Salvation Army Citadel, the money matters activity badge and a Christmas treat

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 completed their DIY badge sewing a button on and learning how to put a patch onto clothing. They made woggles out of oak that had been drying out since last winter. They were shown and had a go at taking the bark off there woggles, learnt how to sand them correctly with the grain and rub in rub on varnish. They have tested fuses and batteries.

Would you be interested in helping to support the Scout section, you don't need to help every week just whenever you are able to 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

Scout Paper Collection

Paper Collection next on Saturday 11th December 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. January's collection Saturday 8th January 2022.

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.



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EVENTS AT THE NEW ROAD SPORTS AND LEISURE CENTRE



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Bookings Tel: Kate 01493 602960

BELTON VILLAGE VOICE JUDO CLUB LATEST UPDATE FOR DECEMBER

Belton Judo Club, together with many businesses and organizations, are coming to the end of a very difficult year. We were prevented from practicing our Olympic sport which we all know and love for an extended length of time due to the fact it is a very close contact sport. We are only just managing to get back close to where we were before but due to the fact that we have many loyal members who have returned to us together with growing numbers of new faces, we are continuing to grow at all our venues.

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)

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

And finally, we would like to wish all our members and friends past and present a very Merry Christmas and a happy and very fit 2022!!

Great Yarmouth Stroke Club

At last a long awaited get together. Volunteers have had several meetings just to weigh up safety aspects so we can keep our members safe as possible. Transport has been a big problem to get members to the meeting due to shortages of drivers.

It was just so lovely to see our members smiling and chatting, of course we missed our late members.

**New member Paul.
 Birthdays Alan, Sam and
 amazing Maisie.**

If anyone has any items we could use for raffle prizes to raise funds they would be most welcome.

Photo of Sam wearing one of her birthday gifts giving a lot of laughter in the room.

**Contact Sue Casey
 01493 781846**



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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BOHEMIANS FOOTBALL CLUB

(Formed June 2004)

CHRISTMAS UPDATE

We welcomed a few new teams to Bohemians this season taking us up to 12 teams at the club and participating in three leagues across the County, with roughly 140 players from u7 through to adult.

We've had a few teething problems this year, juggling the kick-off times of our home matches at New Road and trying to fit everyone in for training on a Saturday morning.

The club are once again donating to a local foodbank this Christmas and have £140 in donations from our teams and volunteers at the club. The items purchased will be handed over to the organisation in late November.

The club would like to thank our members yet again for thinking of those who are not quite so fortunate as themselves at this time of year.

We would also like to thank our younger teams for wearing removable poppies on their shirts on Remembrance Day matches, as we reflect on those who made the ultimate sacrifice in service to their country.

The club would also like to confirm that we have now received and secured in place at New Road, the bench purchased with funds donated to the club in memory of one of our long-term supporters, David Eley, who sadly passed away in April.



David was an active and valued member club, being a team manager, volunteer, supporter, and committee member over the years and is sorely missed by us all.

Our thoughts are with Kim, Paris, Dalton and Dallas.

We would also like to thank Belton FC who kindly dug out and installed the concrete base for us to place the bench.

The club wishes our players, managers, coaches, sponsors, and parents a Merry Christmas and Happy New Year.

Matt Simm



CHARTER STANDARD CLUBS

Up4fitness & Sallyann

From November 1st 2021 the seated exercise classes changed to 10 am and 11 am. The online seated exercise class remains at 10 am on Zoom if you would like to join us.

Remaining class dates for this year are Monday 29th November & Monday 6th December 2021. Monday 13th December 10am to 12 noon will be our Christmas 'Teddy Bear' Mince Pie Meet up'

Thoughts for winter time! When the clocks went back, it meant some of us go to and come home in the dark from work. Generally it can be hard to get motivated. Others will dread the long nights, often we will feel the weekdays and weekends roll into one and when will it end.

You could 'Flip it' and use this time to find a new hobby, meet new people, make new friends, visit the library, find out what's happening in your area. Ask your friends and family what they do, ask google. Take in fresh air daily outside or through a window. Meeting up with friends or friend can work wonders, plan your week so you have to go out most days. I have just joined a local Art group. My first visit went well and the dark rainy nights are not helping. If all goes well it means I will have the time and space to be creative, which I found in lock down but since going back to work have lost again.

Exercising regular can help blow out the cob webs and banish the blues. Walks near trees or water can help clear the mind and is said to help improve our mental health. Maybe you're housebound or a full time carer and cannot go out! What then! Think what would work for you. Ask friends round for coffee, give someone close a call, download audio books, indoor gardening, open the curtains let the daylight in. Look out of your windows regular and see if you can see something different each time and may be keep a log of what you see. If you have worked with me in the past, have a go at the Heel-Toe sequence we used to do. Start with practicing first then build up slowly to a count from 5 up to 15 over a month. Do it the same time of the day or a morning & night time, it will help to keep your joints moving and exercise your heart. If you cannot remember the sequence message or email me or join my online seated exercise classes through the winter. Stay safe, keep safe and smile!

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

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DOG FOULING
It has come to the notice of the Village Voice that **DOG FOULING** has increased in many areas in all villages. It is an offence not to clear up from dog fouling. Please all be responsible owners when walking your dog, especially where children visit and walk. Do not be afraid to report an incident if witnessed.



Please Clean Up After Your Pet



EVENTS

at the John Green Institute

HALL POST CODE NR31 9JG

Hall Trustees: Bill Richmond, Roger Gowen (Chair), Robert Goffin, Lin Davis, Geoffrey Evenden, Sheila Evenden, Bridget Lawrence, Faye Green (Sec)



JGI TRUSTEES



At the beginning of November the Trustees had a long awaited committee meeting as these were not possible during the lockdown periods

All were brought up to date with how the hall coped with the shut down and the reopening afterwards. Providing all necessary additions to the hall to make it covid safe was a large undertaking.

It was reported that the hall lost close £6000 between January 2000 and September 2021. Thankfully we now have full weeks of groups and clubs back using the hall and income is beginning to improve. Thanks to all who are now regular users of the hall.

We also now have 3 new Trustees who are taking over some essential tasks. Geoff and Sheila Evenden are now responsible for all bookings and invoicing. If you need to find any information about bookings then please contact them on 01493 298164..Linda Davis is our third addition to the Trustees looking after the hall with the broad term of "Housekeeping". We thank them for joining us and helping to run our great Village Hall. Also Suzanna Craig has joined us as Secretary but not as a Trustee.

Thanks were expressed to Terry Ladbrooke who has stood down as a Trustee after many years service.

Call for Group/Club Yearly Reports

As usual the Village Voice is asking all local groups and clubs who meet either at the JGI or New Road to submit a short summary of the past years activities, especially if they have received support as a grant etc from the Village Voice. These will be printed in the February edition so the dead line for a report is January 10th. We are sure you can find 10minutes over the Christmas period to write and email them in to beltonvvgraphic@gmail.com

JULIE'S YOGA TO AUDIO CD

It's been nice to have been able to get back to our regular once a week class and all be together again.

Our annual Christmas meal will be held on December 8th at the Conservative Club in Gorleston and our guest of honour will be Maisie our retired yoga teacher who we all miss very much but we are carrying on and hope she will be proud of us all.

We meet every Monday 10.15 till 11.45.

At present our class is full but should you wish to be placed on the waiting list just give me a call.

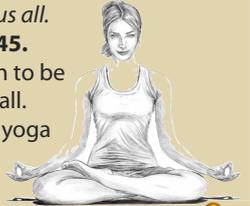
Some basic knowledge of yoga is required a yoga mat and loose fitting clothing.

My contact number is Julie on **01493 780121**

Wishing all the Yoga girls a Very Happy Christmas and Healthy New year.

No yoga 27th Dec recommence 3rd Jan.

NAMASTE. (I bow to you)



JGI DATES OVER CHRISTMAS AND NEW YEAR

If you have not done so please let Geoffery and Shelia know your usage dates for the Christmas period and over the New Year as soon as possible.



Line Dancing Last dates for December
Thursday 16th December and Friday 17th December.
Restart January 2022 Thursday 6th January and
Friday 7th January
Art Club Last date December 8th and return January 5th

WEDNESDAY MORNING DROP IN



This is a great coming together of friends over a cup of coffee/tea and cake. Also there is great exchange of talk and information about the local community. We have a short session on basic stability exercises to help all as we get slightly older. If you would like to join us you will be made very welcome. Looking ahead slightly our Christmas morning will be Wednesday 22nd December and we shall also be at the hall on the 29th December. Come on, make a date and give us a try, We are sure you will not regret it If you would like any further information call Sue on 780822.

Scout Group Toy Sale at JGI

Bri-a-Brac and second hand Toy Sale
 (large amount of Toys)
Saturday 11th December 2021
 at the
JGI Station Rd South Belton
10am to noon
Entrance free • Tea and coffee available



Over 60's Club

Since taking on the organisation in July we have gradually eased our way into the running of the club.



In September we had, what has become over the years an annual trip, to Southwold and Dunwich for fish and chips, an outing that was much enjoyed after the restrictions of recent times.

Looking forward to the New Year we would like to welcome some new members. We meet on Tuesday afternoons 2pm till 4pm for bingo tea and biscuits and various games such as Cards, Scrabble and Rummikub. It's was lovely to welcome Norma back to the club after her illness.

Rose Bishop & Ann Manthorpe

Call for Group/Club Yearly Reports

As usual the Village Voice is asking all local groups and clubs who meet either at the JGI or New Road to submit a short summary of the past years activities, especially if they have received support as a grant etc from the Village Voice. These will be printed in the February edition so the dead line for a report is January 10th. We are sure you can find 10minutes over the Christmas period to write and email them in to beltonvvgraphic@gmail.com

CHRISTMAS CRAFT FAYRE
 at The JGI
 On Sunday 28th November
 From noon till 3pm

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Contacts for Clubs and Groups at the JGI

To book the JGI Hall call Geoff or Shelia Evenden on 01493 298164

MONDAY			
10.15 – 11.45 am	Yoga	Judith	780121
2.00 – 16.00 pm	Short Mat Bowls	Mike	07754 503666
7.30 – 9.30 pm	Bingo	Toni	780748
		Hazel	781916
TUESDAY			
2.00 – 4.00 pm	Over 60's	Ann	780443
		Rose	780784
6.45 – 8.30 pm	Belton Guides	Louise	07826 919517
WEDNESDAY			
10.30 – 12.00 am	Drop-In	Sue	780822
2.00 – 4.00 pm	Art	Jan	488683
4.15 – 9.00 pm	Slimming World	Debra	07551 975800
THURSDAY			
10.30 – 12.00 am	Line Dancing	Jane	0778 408801
1.00 – 2.00 pm	Bookworms	Hayley	07804 608369
7.00 – 9.00 pm	Belton Crafters	Linda	07721 599559
FRIDAY			
10.30 – 12.00 am	Line Dancing	Jane	0778 408801
2.00 – 4.00 pm	Belton Ladies	Lin	782224
(Every third Friday of each month)			
7.30 – 9.00 pm	Choir	Mick	07795 422420
7.30 – 9.30 pm	Quiz Nite	Bill	780822
(Last Friday of each month)			

Q u i z N i t e s

The Christmas Nite at the JGI is on Friday 17th December. Please note it is a two weeks earlier this month due to Christmas Eve and New Year's Eve falling on a Friday.

Start at 7.30pm with fun and games for Christmas.

The January Quiz Nite will be Friday 28th January 2022.

To begin the Christmas pre quiz Nite question is.

"What is unique about the Alkaline Metal group A1 of the Periodic Table?"

There will be a follow up question related to this one on the night.



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

ENTUA officers Steve Hewitt and Tony Grice recently had the opportunity of meeting with Russ Smith the Operational Manager for First Eastern Counties Depots of Great Yarmouth, Ipswich and Lowestoft. Russ, who was originally Depot Manager at Ipswich prior to his promotion as Operational Manager, spreads his time between the 3 depots and we came away from our meeting with the impression that he is a man with an eye for detail. For example we had sent him an agenda in advance and he was able to supply answers to most of the items listed as we met. He is also acutely aware of the importance of maintaining frequencies and schedules and as we were talking he was receiving information on his monitor of various snagging issues.

Russ shares our aspirations for a service linking Belton to Lynn Grove Academy and Millwood Surgery and for a year round service to the Railway Station. He also has ideas of running a service from Great Yarmouth Seafront to Gorleston Seafront once the 3rd river crossing is operational.

In response to our question on whether we would see any newer buses in this area, he said that the best we could hope for is the transfer of some Volvo Gemini B9's (12 plate) from Norwich some time next year when they (Norwich) receive brand new Electric or Hydrogen buses

However a note of caution on whether First Eastern Counties could maintain its current service schedules when Government subsidy ends at the end of March, 2022.

First Eastern Counties are currently providing 90% of services compared to pre-pandemic levels, but are only carrying 60% of passenger numbers. The X11 to Belton is an area of concern. Passenger numbers between Belton and James Paget Hospital section are not returning to the pre-pandemic levels, whereas between James Paget Hospital and Gorleston High Street, numbers are increasing, particularly on the Middleton Road section. So there you have it, 3-4 months for

more people to start using the bus or risk changes being brought in which may reduce what we have now,

A ½ hourly service from 0700-1900 hours Mon-Sat all going through to Great Yarmouth, with those between 0700-1700 going through to Norwich. If car drivers used the bus regularly on one journey per week it would make a significant difference (and bus fares are not that expensive as we have pointed out in previous articles) it could ensure that we continue to receive this excellent bus service which has been a lifeline for so many people.

While still on the subject of buses, in the Norwich Zone, First Eastern Counties has been promoting a single fare of £1.00 per journey after 7.00 pm and has proved so popular that it is being extended for a further month. ENTUA have asked for this to be extended to Great Yarmouth and Lowestoft, and initial feedback suggests that this may happen in early 2022.

Not much to say about Rail services in this article, except to say we have a meeting with Alan Neville of Greater Anglia during the first week of December, so any items of relevance will be included in the January, 2022 article. The Greater Anglia timetable changes usually mid-December, but we do not expect any significant changes to the service between Great Yarmouth and Norwich.

As this is the last article prior to Christmas, ENTUA wishes all those who read our article a healthy, peaceful and safe Christmas and a brighter outlook for 2022.

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

TONY GRICE

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Baby pink and white unicorn cot bed with mattress. Brand new unused. Was £210 will take £130 ono Tel 07845 593447
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
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DATES FOR YOUR DIARY

Sunday 28th November – Advent Sunday
 Burgh Castle - Morning Prayer at **9.30am** – ON-LINE
 All Saints Church, Belton - Holy Communion at **10.30am** – IN CHURCH

Sunday 5th December – Advent 2
 Burgh Castle – Holy Communion at **9.30am** - IN CHURCH
 All Saints Church, Belton – Morning Celebration at **10.30am** – online on Amazon Chime and Facebook Live
Messy/Muddy Church : Messy Christmas
 A Saviour is Born! - The experience of the Shepherds **4.00-5.30pm** in The Rectory garden, including craft activities, story telling and learning about Jesus, ending with time around the campfire and food to eat.

Tuesday 7th December
 Traditional Holy Communion (Advent theme)
11.00am All Saints Church, Belton
 (Coffee available from 10am onward)

Wednesday 8th December
 Holy Communion (Advent theme)
10.00am at Burgh House Residential Care Home

Friday 10th December
 All Saints Church, Belton - Women's Bible Chat – Hannah

10.00 am – 12 noon
 Coffee/Tea and Cake available

Sunday 12th December – Advent 3
 Burgh Castle – Morning Prayer at **9.30am** – ON-LINE
 All Saints Church Belton - Holy Communion at **10.30am** – IN CHURCH
 Carols around the Christmas Tree – The Kings Head, Belton at **5.00pm**

Wednesday 15th December
 Carols around the Christmas Tree - Queen's Head, Burgh Castle at **7.00pm**
 Come and join in. it's a great night – everyone welcome

Sunday 19th December – Advent 4
 Carols by Candlelight – IN CHURCH
4.00pm at All Saints Church, Belton
 Carols by Candlelight – IN CHURCH
6.30pm at St Peter and St Paul, Church, Burgh Castle
 Mulled Wine and Mince Pies will be served after these events.

Tuesday 21st December
 Carols and Communion
10.00am Burgh House Residential Care Home

Christmas Eve – Friday 24th December
 All Saints Belton Crib Service at **4.00pm** – IN CHURCH
 The Christmas story for children and all the family. Children are invited to come dressed as shepherds, kings, animals or angels.

Christmas Midnight Mass
11.30pm at St Peter and St Paul, Burgh Castle – IN CHURCH (combined with Belton Church)

Christmas Day – Saturday 25th December
 Family Communion
10.30am All Saints Church, Belton - IN CHURCH and on Amazon Chime and Facebook Live
 (Combined with Burgh Castle Church)

Sunday 26th December- St Stephen's Day
 Combined Family Communion with Christmas Carols – IN CHURCH and on Amazon Chime and Facebook Live
10.30am All Saints Church, Belton
 (No service at Burgh Castle)

Sunday 2nd January 2022 - Epiphany
 Burgh Castle – Holy Communion at **9.30am** - IN CHURCH
 All Saints Church, Belton – Morning Celebration at **10.30am** – online on Amazon Chime and Facebook Live



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