

Village Voice

January 2022

22nd Great Year

VOL. 22-10

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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

Phone 01493 453100

answerphone outside of hours

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





From the Editor's Desk

Professor Regi Alexander

As was widely trailed over the last couple of months, this January 2022 issue of the Village Voice, is the magazine's 250th. From what started as a 4-page mono-chrome newsletter in April 2000, this initiative has evolved into a 28 to 32 page magazine that consistently features in the top 10 of similar publications across the country. What has remained consistent over the last 22 years though, is the ethos that underpins its production and distribution; a small and tightly knit group of volunteers giving their time and expertise for the sake of a bigger goal. Funded by advertisement revenue, the magazine covers not just developments in our local villages but also wider issues of national significance. Its readability is enhanced by a range of columns that focuses on topics as varied as health, travel, cookery, nature, books, politics, gardening and many more too.

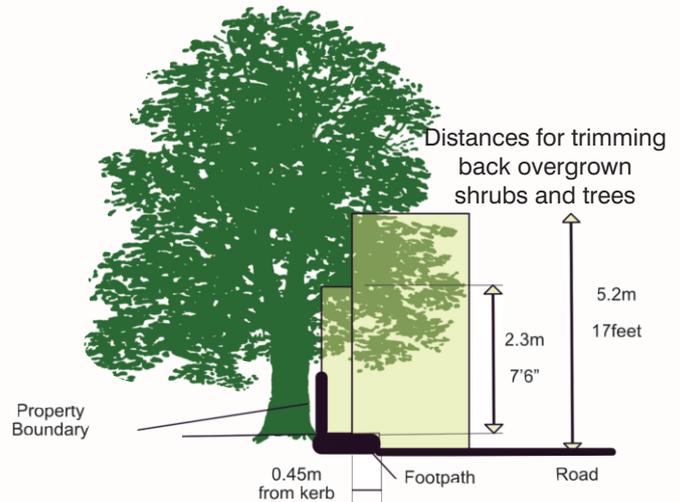
I recall fondly the remarkable contributions made by the founder editor, the late Malcolm Scott who set out the path and Mr Brian Swan who as editor took it to new frontiers. Editing this magazine since June 2016 has been one of the most rewarding experiences of my life and I remain grateful not just to the board members, distributors, contributors and advertisers, but also all of you dear readers for the unfailing enthusiasm that keeps this shared community enterprise going.

Finally, a mention of the remarkable Malcolm Metcalf. This issue features the last of the 'Malcolm Metcalf columns'. His 'Nature Notes' has had a well deserved reputation as one of this magazine's most popular columns and all of us wish him a very happy and contented retirement. My best wishes to all you for a very happy new year and hope 2022 turns out to be peaceful and prosperous.

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Overhanging branches onto pavements



A few months ago, the Village Voice published an article about shrubs and hedges that overhang onto pavements.

While the situation has improved, it still continues to be a problem in many parts of our villages. Please remember that it is an offence to block a footpath in this way. Apart from the legal aspect, it is an issue that disproportionately affects those who have visual impairments. While those with normal vision may be able to dodge the overhanging branches, they can be a real danger to this group when they are at face height. While we do not think anyone is being deliberately negligent or malicious, we would request all residents to consider this issue carefully and trim back to give a free walkway to a height of 7 feet 6 inches (as in picture). There are particular concerns on Bracon Road and Station Road in Belton. We thank you for your co-operation.

Letters to the EDITOR

Dear Editor,

To all involved in the publication of the Village Voice, congratulations on being the winner in the best print category of the National Parish Magazines Awards 2021 and 5th place overall for A4 size magazines. We all know locally what an excellent magazine you produce; it's good that it has once again been recognized, nationally. Thank you for all you do in producing the Village Voice month after month.

Yours sincerely
Rosie Bunn, Belton

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Village Voice

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YOUR VILLAGE VOICE
The closing date for all Articles and Adverts for the February 2022 edition is 15th January 2022

January 2022 250th Edition

This Magazine is a Community Enterprise professionally printed - 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.

We welcome your news, views, letters and articles and photographs for publication. No anonymous items will be accepted. Complaints, please write to Adrian Myers, Chairman, Village Voice Board by post at 49 Heather Gardens, Belton NR31 9PP

Your Parish Council Reports

BELTON WITH BROWSTON PARISH COUNCIL

This month's council meeting fell too late to be reported in Village Voice, details next month when the meeting of the Council has been delayed to Tuesday January 11th (to avoid being near the seasonal holiday period) at the New Road Centre (7.30pm), Details from the Parish Clerk, Kate Ruddock on 01493 602960 or email beltonparish@yahoo.co.uk.



CITIZEN OF THE YEAR

Belton with Browston Parish Council are inviting nominations for the Citizen of the Year 2021 award which will be presented in the Spring of next year.

The nomination can be for help and assistance to an individual or within a group or organisation based in the Parish

As previously there will be one award. As well as being open to residents of Belton with Browston it will be available to non-residents of the parish provided the work for which that person is nominated is within the parish. Anybody who has received an award covering the previous two years will not be eligible this time round. Nominations can be for more than one person for the same service/good deed. (Parish Councillors cannot be nominated for the award).

To make a nomination send the person's name and address together with the specific details of your nomination to Kate Ruddock, Parish Clerk, Belton with Browston Parish Council, 56 Victoria Road, Gorleston, Gt. Yarmouth, NR31 6EF, e-mail beltonparish@yahoo.co.uk by Monday January 24th 2022.

BELTON with BROWSTON PARISH COUNCILLOR VACANCY

There is currently a vacancy on **Belton with Browston Parish Council** which the Council are able to fill by co-option. The Council meets at the New Road Centre on the first Tuesday of each month at 7.30pm (In January 2022 on the 11th due to the holiday season).

If you would like to put something back into the local community and help make a difference further information is available from the Parish Clerk, Kate Palmer on **01493 602960** or e-mail: beltonparish@yahoo.co.uk or the contact the Chairman Ken Botwright on **01493 789978**



Moorlands C of E Primary Academy

Well, what a term it has been at Moorlands Church of England Primary Academy! Since the return to school in September, we have all been working tirelessly to regain a sense of 'normality' - something our children really need after the past eighteen months. The action packed weeks have flown by and we have found ourselves ready for Christmas in the blink of an eye.

A few highlights of our term include:

Author visits - As you are aware, Moorlands has a love of reading and we love nothing more than promoting this to all of our children. Visits from Mitch Johnson and Matt Dickinson both went down extremely well and we enjoyed listening to their tales, and seeing how they piece together their stories.

Reading for Pleasure School of the Year - Yes, you read that correctly! Moorlands is officially the Reading for Pleasure School of the Year! We are thrilled with this and grateful to the hard work of the teachers, and the attitudes of our children for making this a reality - particular praise needs to go to Mr Jon Biddle for his passion and dedication.

Exciting Curriculum Developments - We have been working hard in the background to prepare for a brand new curriculum at Moorlands! This exciting development will be hitting the classrooms in January, with improved provision for subjects such as history, geography, science, art and physical education. Watch this space for more information as the year unfolds - we are all very excited!

Finally, the children and staff of Moorlands would like to wish everyone in the wider community a very merry Christmas and a wonderful New Year!

John Siddles, Deputy Head Teacher
Moorlands Primary Academy



BURGH CASTLE PARISH COUNCIL

Sadly no report this month as the meeting was late and Village Voce had an early finish due to the holidays. Double news next month. The January meeting will be held at the Village Hall on Monday January 10th (7.30pm), details from Kate Ruddock the Parish Clerk, on 07948 705218, e-mail burghcastleclerk@gmail.com.

“The Parish Council would like to make it clear that the request for residents to comment to the Borough Council over the Roman Fort parking proposals (December Village Voice page 3) came from council members at the November Parish Council meeting and not the Norfolk Archaeological Trust.”



Burgh Castle Tea Room & Bargain Stall

(Village Hall Church Road)



Thank you to everyone who has supported us in 2021 we look forward to seeing you again next year.

Opening will be limited during the winter period, but the next date to look forward to is

Friday 21st January 2022

In line with current Government rulings, masks will be worn and distance observed where possible.

Proceeds to Church and Village Hall Funds
Please continue to collect your unwanted goods these can be collected locally.

**For more information 01493 780126
mgreenacre532@gmail.com**

Burgh Castle Church Restoration Fund

Thank you to everyone who has supported us during the year, with fund-raising and a small legacy we have been able to send our damaged stained glass to be repaired .

Once again, because of the current health situation, we have decided not to hold our

Burns Night Event,

but hope to be able to arrange a gathering for the **Queen’s Jubilee Celebrations in June 2022.**

Watch this space for details

For more information 01493 780126
mgreenacre532@gmail.com

FEEDING GULLS

The feeding of Gulls by residents can cause a nuisance to neighbours due to the amount of noise and mess that they create and this issue has been brought to the attention of Burgh Castle Parish Council.

Whilst this problem is not covered by a specific bylaw within the Great Yarmouth Borough Council’s area, action is taken when a complaint is received by the Borough Council under current ASB (Anti-Social Behaviour) legislation which is used as a power to get those involved to stop putting feed out for these birds.

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FRITTON with ST. OLAVES PARISH COUNCIL



At the start of the November meeting of the Parish Council a plaque was presented to the chairman and received on behalf of the parishioners as a token of remembrance for the community to reflect on what had been achieved during the pandemic. Seven Parish Councillors, the Parish Clerk and ten members of the public plus Borough Councillor Adrian Myers were present, the meeting was held in St. Olaves Village Hall and Stannas Bellaby was in the chair.

A resident raised concerns about the 40 mph speed limit being broken on Herringfleet Road. The chairman confirmed that there is a new SAM2 speeding sign for St Olaves and a new St Olaves Speedwatch group is being formed. The police are also aware of the situation. Another member of the public raised issues concerning the construction of five properties on the Decoy P.H. site at Fritton. The public house has been for sale for over five

years without success as a going concern. Issues raised included safety at the New Road/A143 junction and suitable pedestrian paths between Fritton and St Olaves to access The Bell at St. Olaves as an alternative establishment for residents. The chairman stated that fundraising options were being investigated to make this second point possible.

The St Olaves Village Hall management had been contacted to consider allowing general parking on their site to alleviate some of the village's parking issues but their committee felt that there were too many concerns to make this possible. There had not been any updates from the County Council on any of

the outstanding highways issues in St Olaves.

Members discussed finances for 2022/23 and agreed a very small increase on the parish section of the council tax of 1.6% for the financial year.

The new Fritton defibrillator will go at the Village Hall with the suggestion that it be placed on posts if the actual hall wall is considered unsuitable for the unit.

The planning aspect of the Fritton Decoy being replaced with five new properties was discussed, objections put forward to the Borough Council include dangerous vehicle access, over-development of the site and fears the villages sewage system cannot cope with more properties. Borough Councillor Myers had looked at the possibility of registering The Decoy as a community asset however with the complex work required to do this it is an unlikely outcome.

The next meeting of the council will be at Fritton Village Hall on Thursday January 27th (7.30pm), details from the Parish Clerk on 07827 681269, e-mail fritton.stolaves.clerk@outlook.com



Bingo at Fritton Village Hall

Friday January 21 starts 7.30pm

Thank you to all the regulars who have supported this monthly event, would be great to see new faces for an enjoyable evening I have been told. Quality Prizes including a raffle and still only 50p per card
Many Thanks Roy Hall

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Places of Interest in Fritton/St Olaves

Herringfleet Priory (also St Olave's Priory) was an Augustinian priory of Black Canons located in St Olaves, 6 miles (9.7 km) north-west of Lowestoft in eastern England. The site is in the county of Norfolk, although prior to 1974 it was part of the former Suffolk parish of Herringfleet. Founded in 1239, the priory was situated near the ancient ferry across the River Waveney. The priory of SS. Mary and Olave was founded by Sir Roger Fitz Osbert of Somerley in the time of Henry III. The remains consist of the undercroft, two aisles of the Lady Chapel, and the refectory, now a barn.






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A Word from your Local MP and Councillors



BRANDON LEWIS

MP writes

are all issues I am pursuing, and I will continue to provide updates in this column.

A big thank you to everyone who took part in my Health Survey publicised in last month's column. If you missed it, it's not too late to complete and have your say at www.brandonlewis.co or by asking for a paper copy via my constituency office.

Whilst I am still analysing the results, there are a few definite themes that have emerged from the survey and the additional information provided by individual constituents. These include access to GP appointments, problems with local dental services, as well as the continued response to the pandemic. These

has been an enormous effort by the Government, NHS England and other public bodies to encourage people to get vaccinated and have a booster jab. I am pleased that the uptake of the booster vaccination has been high across Norfolk. That itself, has led to logistical challenges for our local health teams. Whilst booked appointments have been the preference, to balance available staff and not waste vaccines, it has meant that available appointments are snapped up quickly.

Many constituents have contacted me, to raise concerns that they have not immediately been able to book a vaccination appointment locally on their first attempt. A rapid widespread vaccination programme like this is a

mammoth task, and it will throw up strange anomalies, as the system defaults to the next nearest appointment at that moment in time. Local NHS managers assure me that new appointments are added all the time. So, it is worth trying again later. More importantly, walk-in vaccine centres are now available at the Louise Hamilton Centre at the James Paget Hospital and at Market Gates in Great Yarmouth. Again, constituents have contacted me when booked appointments are cancelled at the last minute. Whenever, this happens I will contact the local team. There is normally a reasonable explanation, for example staff illness itself.

Working together we've managed to fight the coronavirus. New challenges, such as the Omicron variant will come along, requiring a change in approach. We will have to live with the virus for some time to come. But with diligence, and patience, we will return to a normal way of life.

ADRIAN MYERS

Borough Councillor



With the latest announcement by the government about the social care bill, it is again disappointing, but not surprising that the least well off in society will bear the heaviest financial burden. Limiting the cost to £86K may seem like progress.

The three key elements of this bill are:-

- ▶ those with assets of less than £20,000 will not have to pay anything from these towards care fees - **although they might have to pay from their income.**
- ▶ those with more than £100,000 in assets - **the value of their home**, savings, or investments - will not get any financial help from the council.
- ▶ those with assets between £20,000 and £100,000 will qualify for council help, but will have to pay **£86,000 out of their own pocket to reach the cap.**

If you own your own home worth £100,000 on death you will lose 86K from the estate if you have reached the cap limit, leaving £14K. If your home is worth £500,000 you will lose £86K from the estate leaving £414,000

So, you can see where the financial imbalance is. Boris Johnson in 2019 as a manifesto pledge that "no one will have to sell their home to pay for social care. Move

forward to 2021 and he said, "no one will be forced to sell a home they or their spouse is living in as it will not be counted as an asset." Even 19 Tory MPs voted against the bill.

People might say that home ownership and the increasing value of that home, is not earned money. However, that home had to be bought in the first place, and home value increases are exponential to the original cost, meaning a 10% rise on a £100,000 home is £10,000, on a £500,000 home it is £50,000.

I am critical of this government's policy making regarding social care, because once again the greatest financial burden for funding the care falls on the majority of middle to low income/asset holders and not those who are financially well off.

Experts said that means poorer individuals will reach the cap faster than those who are wealthier and will therefore see more of their assets eaten up by care costs.

Cllr. Adrian Myers Independent.

Early last year, I was asked to take over the chair for the Village Voice Board. I felt really quite honoured to have been asked and I did take up the position. Now nearly two years on, I am delighted to be the chair on the occasion of this the 250th edition of Village Voice. Considering that all the work and distributions are done by volunteers who give their time freely, this magazine punches well above its weight, and this year came 5th out of 300 hundred entries in the A4 size magazine class. As chair I would like to thank all the other board members who deal with the accounting, advertising, editing, and composing of the magazine, along with the contributors, advertisers, and deliverers without whom we would never have reached 250 editions a magnificent achievement by any standards.

Adrian Myers
Chair Village Voice Board

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The Village Voice Kitchen



Do you enjoy cooking or at least watching someone else cooking?
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This new column in the Village Voice introduces you to culinary experiences, just that little bit different.
Please send in your suggestions, comments and contributions to Beltonvveditor@gmail.com

CHRISTMAS LEFTOVERS COLCANNON PIE

Sonia Shephard

Below is a pie that I make after Christmas that uses up the leftovers. I always make 2 and freeze one for a day when you need a bit of comfort food, at the minute it seems it is an everyday occurrence, or perhaps take to a neighbour in need of cheering up.

Ingredients:

5 Large Potatoes
Various leftover meats, ham, pork, turkey, beef etc.
Onion
Kale or Cabbage/Leek
Carrot
Celery Stick
Garlic Clove
Knob of Butter
Any leftover cheeses, grated
2 tbsls chutney or sauces
250ml stock or gravy granules



Method:

1. Preheat oven to 200 degrees, peel and boil the potatoes until soft, then add the green vegetables to the pot. Cook for a further 5 mins and then drain. Add the butter and the half the cheese and mash. Set aside.
2. Mince the meat, but if you don't have a mincer cut the meat into small pieces. Chop the carrot, the celery and the onion into small chunks. Peel and grate the garlic clove.
3. Add a little oil to a frying pan. Add the meat to the frying pan and cook for about 2 minutes. Add the vegetables and the garlic clove. When cooked through add either chutney or cranberry/apple sauce, along with 250ml of stock or gravy granules if you prefer.
4. Transfer to a serving dish or two and top with the colcannon mash, then sprinkle with cheese. Put in the preheated oven for about 20 minutes until the brown on top and the cheese is bubbling.
5. This can be served with more vegetables or good old baked beans.
6. Enjoy. Happy New Year to all.



MARINATED SPICY FRIED CHICKEN WITH VEGETABLES AND RICE

(Sufficient for 2 to 3 servings)
Bill Richmond

This is a favourite dish of mine since we discovered the plum dipping sauce. It is easily modified to use other vegetables if desired or extra spices to one's own taste. The exact amount of each ingredient is not critical and you will very quickly adjust it to your own needs. I do say that the final taste is dependent on having some of each ingredient in your recipe. The full grain mustard is essential in the marinade.

Ingredients:

1 Good sized Chicken breast
Half a medium size Onion
1 small Apple
6 small Mushrooms
1 large Tomato
1 small Courgette
Half a large Red Pepper
1 dessert spoon of dark soy sauce
2 tablespoons Tomato Ketchup
2 teaspoon full Grain Mustard
Half a lemon
2 tablespoons Plum Dipping Sauce. (from M&S)
1 tablespoon Sweet Chilli dipping sauce
2 dessert spoons of Mango Chutney
2 teaspoons of Lazy Garlic (optional)
Half a cup of Frozen Peas
5 dessert spoons of Basmati Rice
Pepper and salt



Method:

Place rice into bowl and cover with water and leave to stand for 10 minutes. Strain and rinse twice and place into a saucepan ready for cooking.
Chop chicken into 1½ cm pieces
Place in a dish and with the plum and chilli sauces and whole grain mustard with the squeezed juice from the lemon. Leave to marinate for minimum of 30 minutes.
Chop the tomato, onion, courgette, apple, red pepper and mushrooms into small pieces.
Place a tablespoon of olive oil into a large hot frying pan and add marinated chicken. Season with pepper and salt to your taste.
Put a litre of boiling water onto the rice and bring back to boil with saucepan lid on. When boiling remove lid, stir well and turn heat down so that the rice keeps cooking for a total of 12 minutes.
When chicken is cooked, approx 4 to 5 minutes add all the other chopped items, the mango chutney and peas and lazy garlic if required into the frying pan.
Continue to stir all gently and after 3 minutes add the soy sauce and tomato sauce. Continue to stir gently for a further 4 minutes. Check liquid consistency and add a small amount of water if desired. The final sauce thickness is your own choice.
At this time both the rice and chicken dish should be cooked.
Strain the rice and rinse with boiling water and leave in sieve over the hot saucepan until ready to serve.
Serve onto hot plates the desired amount of rice and chicken plus a glass of red wine.

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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.

CONSTIPATION IN ADULTS

About the author:

Reena Tharian is a 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 ninth in a series of 12 articles in the Village Voice on topics about well being and/or mental health written by RADiANT members <http://radiant.nhs.uk>



What is constipation?

Constipation is unsatisfactory defaecation. This is characterised by (1) infrequent stools, (2) difficulty in passing stools and/or (3) seemingly incomplete defaecation. It is important to recognize that bowel habits vary considerably among adults and not having a bowel movement every day, does not necessarily mean that you are constipated. You are likely to have constipation if you have not moved your bowels at least 3 times in the last week, the stool is dry, hard or lumpy and you strain or have pain when passing stool.

How common is it?

Chronic constipation has a prevalence rate of 14%. It is more common in women and those who are pregnant, including up to 6 weeks post delivery. It can be a particular problem in the elderly; 26% of women and 16% of men over 65 have it, the rate increases to 34% and 26% respectively in those aged 84 or over. For those in long term care settings, the prevalence can be as high as 80%.

What are the causes of constipation?

Quite often, there may be no obvious cause of constipation other than dietary or life style factors. These include (1) not having enough fibre in the diet (eg: fruits, vegetables, bran, etc), (2) not drinking enough fluids, (3) spending long periods sitting or lying in bed, (4) not exercising, (5) having sudden changes in diet or routines and (6) ignoring the urge to go to the toilet.

Rarely, constipation may be secondary to other physical or mental health conditions. This can include an under-functioning thyroid, bowel obstruction or malignancies, neurological disorders like Multiple Sclerosis (MS) or Parkinson's disease, diabetes and diabetic neuropathy, abnormalities in blood levels of calcium or potassium, stress, anxiety, depression, schizophrenia, dementia and developmental conditions like learning disability. In conditions like dementia or learning disability, if the person is unable to verbally express distress, constipation can be missed. In these cases, it is important to be aware that changes in behaviour may be because of pain and discomfort caused by constipation.

Constipation can also occur as a side-effect of prescribed medication. This includes analgesics (opioids like Morphine, NSAIDs like Ibuprofen), anti Parkinsonism drugs (eg: Bromocriptine), anti convulsants (eg: Pregabalin and Gabapentin), antidepressants (eg: Tricyclics, Reboxetine, Paroxetine, Venlafaxine, etc), antipsychotics (eg: Clozapine), antihypertensives (eg: Clonidine, diuretics, Verapamil, etc), antiemetics (eg: Ondansetron) and oral iron supplements.

Red flag signs and symptoms associated with constipation

A few "red flags" associated with constipation have been described and they are particularly important in older adults. These include a recent change in bowel habits, unintentional weight loss, blood in stools, feeling either abdominal or rectal masses, vomiting, fever, severe abdominal pain, a family history of colon cancer or inflammatory bowel disease and abnormal laboratory results (eg: anaemia or iron deficiency). If these are present, a medical consultation is advisable.

Treating constipation: Diet & Lifestyle

This may produce results within a few days to a few weeks.

1. Drink on an average 6-8 glasses of water/ fluids every day.
2. Avoid alcohol.
3. Aim to consume about 30 gms/day of fibre. Most adults in the UK tend to consume only about 18 gms/day and so this may require a special effort. Be aware of high fibre containing food including whole grain breakfast cereals like shredded wheat, whole meal or granary breads, potatoes with skin and pulses. You can visit <https://www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet> for more details on specific fibre-rich recipes for breakfast, lunch and dinner.
4. Improve your toilet routine by keeping to a regular time and place, giving yourself plenty of time to use the toilet and not delaying when there is the urge to go to the toilet. Finally, try resting your feet on a low stool while going to the toilet and if possible, have a sitting position where your knees are above the level of your hips. A video is available on the NHS A-Z site referenced below.
5. Have a daily regime of physical activity (eg: a walk or a gentle run)

Treating constipation: Medication

You can speak to the pharmacist if the diet and lifestyle changes are not helping. They can screen for any red flag features and if appropriate, suggest the use of laxatives. There are 4 main types of laxatives.

1. **Bulk-forming laxatives:** These work by increasing the 'bulk' of your stool, which in turn stimulates bowel movement. It takes about 2-3 days to work. Fybogel (Ispaghula

husk) is a typical example.

2. **Osmotic laxatives:** These work by drawing water from the rest of the body into your bowel to soften the stool, thus making it easier to pass. It takes 1-3 days to work. Lactulose and Macrogol (Movicol) are typical examples.
3. **Stimulant laxatives:** These work by stimulating the muscles of your gut and help move the stool along. It works within 6-12 hours. Senna and Bisacodyl (Dulcolax) are typical examples.
4. **Stool softener laxatives:** These work by letting water into the stool to make it easier to pass. It takes 1-3 days to work. The typical example is Docusate.

In general, the advice is to start with a bulk-forming laxative and if there is no improvement, go on to an osmotic laxative and then a stimulant laxative or a combination. This is not a general rule and for constipation due to certain causes (eg: side effects of medication like Clozapine or opioids), the advice is to avoid bulk forming laxatives and Lactulose, instead using stimulant laxatives as the first line. Suffice to say that the choice of laxative has to be made in consultation with a pharmacist or your GP. Crucially, before taking the medicine, do read the patient information leaflet very carefully for a full idea about its effects, side effects and potential interactions with other drugs.

Laxatives are not suitable for everyone and are usually not recommended for children or pregnant women (unless advised by a doctor) and for patients with conditions like Crohn's disease or ulcerative colitis. They are meant to be used only for a short time (usually no more than a week at a time). You are advised to seek medical help if constipation does not improve with this treatment or if you are regularly constipated for long periods of time, have bloating for similarly long periods, blood in stools, unexpected weight loss or excessive tiredness.

Sources and acknowledgement:

NHS Health A-Z
<https://www.nhs.uk/conditions/constipation/>
 British National Formulary (BNF)
<https://bnf.nice.org.uk/treatment-summary/constipation.html>

Canadian Family Physician
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The Maudsley Practice Guidelines for Physical Health Conditions in Psychiatry, 2021

Disclaimer:

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In 1912 the recently formed Royal Naval Air Service (RNAS) established an airfield on the Great Yarmouth South Denes. The Denes then were still in their natural, un-built state, consisting of an expanse of hard packed sandy soil with a short coarse-grass surface. The natural flatness of the Denes was useful for the operation of land-based aircraft and the adjacent seashore allowed the launching of flying-boats and floatplanes. A large Air Station was built along the seaward side of the Denes and a concrete road (still existing beneath tarmac) was constructed to loop around the airfield for access.

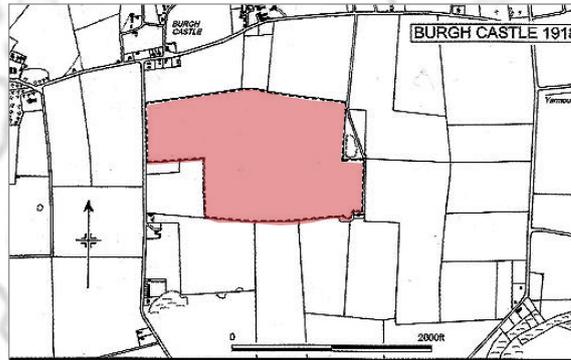
After the outbreak of the First World War the East Coast of England found itself under bombing attack from Zeppelin airships and, later, from Gotha bombers so the RNAS added anti-aircraft duties to the maritime patrol work that was its original remit. Zeppelins usually timed their operations so that bombing occurred at night. This was due to the inherent vulnerability of the Zeppelin concept (which was relatively slow and buoyed up by highly combustible hydrogen gas) and night attack might also have been considered to be a psychologically more effective way of terrorising an enemy.

Although aircraft were still in an early stage of development, fighter aircraft nevertheless took off from the various East Coast airfields to search for the German raiders in the dark and would, necessarily, have to land in the dark – a highly hazardous undertaking without sophisticated flight instruments. Landing at night in that period required the lighting of a flare path (on hearing an approaching aircraft) aligned in a direction suitable to the wind conditions. A problem arises with this, in that the airfield becomes identifiable as such in the dark by the flares, to an overhead enemy. Where a large, near-by, built-up area is present such as existed in Great Yarmouth, the local population is also threatened by vagrant bombs during an opportunist enemy bombing attack on the airfield. For this reason, both to protect the RNAS establishments and local populations it became normal to establish what were called Night Landing Grounds (NLGs) at a safe distance, for returning fighter aircraft to use for landing.

The low density of habitation of the countryside at that period reduced the possibility of civilian casualties in the event of random bombing. The first of several NLGs to serve RNAS Great Yarmouth was established at Burgh Castle in November 1915. A 50 acre site was commandeered and rudimentary facilities were provided for the ground handling of aircraft. Officially Burgh Castle was considered to be 'Great Yarmouth' and it is from the papers of G. W. R. Fane* who regularly flew from Burgh Castle that a separate record of the part played by the airfield in the overall Great Yarmouth operations exists.

As the war intensified, irregular operations were undertaken from Burgh Castle airfield such as that of the 1st October 1916 when Flight Sub-Lieutenant Northrop 'flew off' in a BE 2a at 20:30 hrs to search for any of the 11 airships that attacked the East Coast on that night. He spent forty minutes patrolling but was defeated by a heavy mist which impeded visibility. A later instance of East Coast attack, again by 11 airships, occurred on the night of the 19th – 20th of October 1917. This time Flight-Lieutenants Walker and Nunn took-off from Burgh castle to hunt for the raiders. Nunn sighted Zeppelin L.54 and gave chase but was unable to catch the enemy. A strong West-wind was

A Short Burgh Castle



Burgh Castle Air Station. The three hangars erected on the site are not shown here. They probably stood near the road to the West.

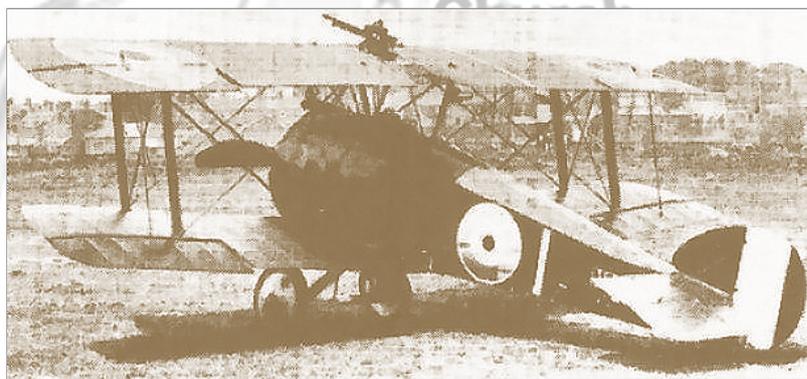
blowing when he returned to the airfield with the result that he crashed on landing in the darkness. The conditions must have been trying because a further two pilots crashed on landing that night.

The end of November 1916 saw a mass airship attack against England when, during the afternoon of the 27th, 10 Zeppelin airships left their sheds to make raids on the Midlands and Tyneside. One of these airships, L34, was shot down into the sea off West Hartlepool, the glare of the blazing airship being so bright that it was seen by an RFC pilot 140 miles away. After nine hours over England L.21, one of the airships detailed to attack the Midlands, found her way out to sea between Great Yarmouth

and Lowestoft intending to return home. Her approach had been reported to the commodore at Lowestoft (Commodore Ellison) and various aircraft were sent to intercept the Zeppelin. At around 5.00 a.m. on the 28th Lieutenant Cadbury left the South Denes airfield flying BE 2c (No. 8625). Shortly after take off he was forced to land at Burgh Castle with a faulty engine. There he met Flight Sub-Lieutenant Fane who was warming the engine of his aircraft (BE 2c 8420) after difficult starting in the extremely cold weather conditions. Fane took-off and patrolled between Great Yarmouth and Lowestoft at 6,500 feet, hoping to intercept L.21.

At about 6:20 a.m., after attention to his engine, Cadbury also took off and carried on with his interrupted patrol. A few minutes later Cadbury spotted L.21 travelling at 30 knots and, joined now by Fane, gave chase. Cadbury and Fane attacked L.21 about 9 miles east south-east of Lowestoft Naval Base. Under heavy machine-gun fire from the airship Cadbury fired off four complete trays of tracer ammunition at a range of about 700 feet without apparent result - his ammunition now exhausted. L.21 now increased her speed to 50 knots as Fane flew in to attack. After only a few rounds his gun jammed and, in the 'excitement of the moment' as he later put it, he climbed

up above L.21 intending to bomb it. As Fane turned across the airship on his bombing run he saw she was on fire at the stern (where Cadbury had been firing) L.21 then exploded so violently that Fane's face and flying helmet were badly scorched and parts of his machine blistered by the heat. In recognition of their service, Lieutenant Egbert Cadbury and Flight Sub-Lieutenant G. W. R. Fane were both awarded the



Sopwith Camel of 212 Squadron Great Yarmouth. Gorleston can be seen in the background across the River Yare.

Distinguished Service Cross (DSC) by H.M. George V.

Fane spent the period June 1917 to May 1918 flying coastal patrols from Great Yarmouth/ Burgh Castle. The Sopwith Camel was one of the types he used for this work, which, being a rotary-engined land-plane, was barely suitable for offshore patrols and was operated from the Burgh Castle airfield because it was better suited to the landing and take off requirements of the lightweight fighter than the narrow South Denes airfield.

In 1912 the recently formed Royal Naval Air Service At the beginning of the month of August 1918, the Royal Airforce was formed, absorbing the Royal Flying Corps which had provided the land-based aircraft operations in the

History of Air Station

Great Yarmouth area, so that now Burgh Castle became an 'Air Station' of No. 4 (Operations) Group R.A.F. under the command of the now promoted Captain G. W. R. Fane D.S.C. Two Flights of aircraft, numbers 485 and 486, were formed at Great Yarmouth on the 7th August 1918; 485 consisting of Sopwith Camels and the other of De Havilland DH4s - these constituting the basis of 273 Squadron R.A.F on its formation on the 20th of that same month.

Thereafter 273 Squadron operated under Fane at Burgh Castle where three 'aeroplane sheds' (small hangars) measuring 66 feet x 42 feet were erected to house the eight aircraft. Seven pilots were permanently on site in addition to Captain Fane. Regular reconnaissance missions of the North Sea coast were undertaken by the two Flights at Burgh Castle. The normal complement of a Squadron was twelve aircraft (typically three Flights of four aircraft) and in November 1918 a further Flight (534 - Sopwith Camels) was formed and became part of 273 Squadron. These additional aircraft were stationed at Covehithe airfield south of Lowestoft.

On the night of the 5th and 6th of August 1918 one of the more notable actions concerning Zeppelin raids on England took place, again involving Cadbury. The now Major E. Cadbury, with Captain Robert (Bob) Leckie D.S.O, D.S.C, acting as a gunner, managed to shoot down another Zeppelin - L.70.

At around 8:45 p.m. L.70 - considered the finest airship in existence at that time - was seen, by ground observers, approaching the East Coast about 40 miles northeast of Great Yarmouth in company with two other airships (L.65 and L.53). After taking off in a De Havilland DH4 (A8032) from the South Denes airfield, Cadbury attempted unsuccessfully to jettison the bombs that the DH4 was carrying, in order to help his aircraft intercept the enemy intruders.

At 10:20 p.m. his heavily laden aircraft finally caught the trailing Zeppelin and he attacked from slightly right of the airship so that Leckie could bring his gun to bear. Explosive bullets fired by Leckie were seen to concentrate three-quarters of the way back along the hull of the airship and blow a great hole in the fabric and start a fire which quickly ran along the length of the Zeppelin. Within 40 seconds the airship was completely consumed and fell, a blazing mass. On seeing the fate of their companion the two remaining airships turned east and escaped at full speed, later turning back over the Wash to continue their mission. Despite suffering from engine trouble Cadbury continued with his patrol and re-encountered Zeppelin L.65. Cadbury attacked bow-on and Leckie opened fire from about 500 feet range until his guns jammed and couldn't be cleared.

A second unidentified machine also attacked L.65 and although she wasn't brought down, the airship was lucky to return home where it was found her gas-bags had 312 bullet holes. While this action was unfolding a total of 12 other aircraft, nominally from Great Yarmouth (and 26 from other stations) were 'groping in the mist' for the enemy. Three of the machines, two Sopwith Camels and a DH4, took off from Burgh Castle Air Station within two minutes of receiving the intelligence.

The pilots were Captain Fane and Lieutenant Hodson in the Camels followed by Lieutenant Tompkins in the DH4. Fane recorded that within five minutes of taking off he saw three Zeppelins at about 20 miles off. However,

Fane was unable to continue the chase when he experienced engine trouble and had to force-land at Great Yarmouth. Further misfortune occurred when Lieutenant G. F. Hodson failed to return. Hodson's fate is unknown although it is speculated that he might have mistaken burning fuel on the sea from L.70 as landing flares at one of the night landing grounds to the north of Great Yarmouth and been accidentally killed in an attempted landing. Post war, one German authority claimed that Hodson had been shot down by L.70 although no then-surviving airship commander had any knowledge of it.

Following the action of the night of the 5th and 6th of August, Lieutenant-Colonel Vincent Nicholl, the commander of the Great Yarmouth establishment, recommended that Cadbury** be awarded the Victoria Cross with lesser awards to Leckie (his acting gunner) and two other participants (Lt R E Keys and AM A

T Harman flying DH 4 A8039). The authorities (probably correctly) did not approve the appeal and instead awarded the Distinguished Flying Cross to officers Cadbury, Leckie and Keys and the Distinguished Flying Medal to Private Harman.

With the end of hostilities in November 1918 activities at the Great Yarmouth Air Station wound down as did those of the satellite airfields. 273 Squadron was disbanded on the 5th July 1919*** and Burgh Castle was finally closed during that same month.



A DeHavilland DH4 at an unidentified RNAS air station.

The precise location of the Burgh Castle airfield was more or less forgotten and it is thanks to the work of aero-historians Mick Davis and Bill Morgan of the First World War Aviation Historical Society, that the basic details of most of the WW1 flying sites were recovered from official records and published a few years ago in the Society magazine Cross & Cockade International.

* Fane's private papers including his pilot's log book kept during his time with the RNAS and 212 Squadron RAF, Great Yarmouth, are held as part of the Imperial War Museum's collection as Documents.3860.

** Airmen were well-aware of the tragedy of the war in which they were engaged. After this action Cadbury wrote to his father '.....another Zeppelin has gone to its destruction, sent there by a perfectly peaceful 'live and let live' citizen, who has no lust for blood or fearful war-spirit in his veins. It all happened very quickly and very terribly'.



The ill-fated Zeppelin L.70 leaving Nordholz airship station.

Later he wrote:

'I saw the Zeppelin approaching the coast and immediately chased after it. It was flying about 5,000 feet when I first saw it and it immediately climbed to 8,000 feet. I went after it. I approached from the stern about 3,000 feet below and fired four

drums of explosive ammunition in to its stern, which immediately started to light. At the same time one of the other pilots was flying over the Zeppelin and to his horror he saw a man in the machine-gun pit run to the other side and leap overboard. Having seen the Zeppelin circle down to the sea in a blazing mass - a most horrible sight - I went back to Yarmouth. I could not say I felt very elated or pleased at this; somehow I was overawed at the spectacle of this Zeppelin and all the people aboard going down into the sea.'

(Note that this later account suggests that Cadbury was still attacking L.70 as Fane flew in to his intended bombing attack.)

*** 273 Squadron was reformed in 1939 and operated in the Far East, later flying Spitfire and Hurricane fighter aircraft.

References:

The Story of a North Sea Air Station

by C. F. Snowden-Gamble, 1928

Cross & Cockade International,

Winter 2010, Vol 41/4.

ALL SAINTS BELTON

Rev Rosie Writes

At the end of one year and the beginning of another it is sometimes good to take time and reflect on what has gone by the past twelve months and what our hopes are for the coming twelve. As we began 2021 we knew that we were highly likely to be in for another lockdown, and so we were from the 4th January, but it was all a little more hopeful that March 2020, as the vaccines were beginning to be rolled out. What a rollercoaster of a year 2021 has been.... Just as we were beginning to feel that life was slowly getting back towards normal, we were hit with the Delta variant and now we are facing all the possibilities of what the Omicron variant brings.

Life constantly presents us with risks that we assess, often without realising it. Some actions become second nature, like looking both ways before crossing the road, washing our

hands before eating a meal, or asking the dog owner whether their pooch is friendly, or not. Similarly, for me anyway, is the picking up a new face mask as I go out the door, putting it on when entering a shop or somewhere indoors, using the sanitising gel going in/out of shops (when it is provided) or using my own when it is not. Having said that there are some things that do need thinking about; assessing the risks to self and to others and I seem to have had a year and a half of doing just that with regard to the churches. I hope and pray that all we have continued to do will keep people safe when coming to worship at Belton or Burgh Castle; because it is the loving thing to do. I know that some people have been frustrated with mask-wearing, but it is the loving thing to do, just like taking a lateral flow test before going out to meet with

others.

Just recently I read a "Note to Self" ... which I share with you as we begin the new year of 2022.

"What is my purpose in life?" I asked.

"What if I told you that your fulfilled it when you took an extra hour to talk to the child about her life?" said the voice.

Or when you paid for that young couple in the restaurant? Or when you saved that dog in traffic? Or when you tied your father's shoe laces for him?"

Your problem is that you equate your purpose with goal-based achievements. God isn't interested in your achievements ... just your heart! When you choose to act out of kindness, compassion and love, you are already aligned with your true purpose. No need to look any further!"

At Christmas we might have shared

a lot of love with our families and friends, but what of the rest of the year? Love came down at Christmas is an old carol that talks about angels and stars giving the sign, of Jesus being the sacred sign, and that love shall be our sign, our gift and our plea. With all that we have been through these past months, a little bit of kindness, compassion and love shared about during 2022 by each one of us, could make the difference to our quality of life in our village and community. Let's choose to make a difference as we begin the new year, to be kind, compassionate and loving towards others, in the hope that your example will not just benefit others but also be an inspiration to others.

May God bless you with his peace and presence in 2022.

Rosie

St Peter St Paul Burgh Castle

What a year! Another year of lockdown and then gradual re-opening; of church services being 'live-streamed on-line' more than actual live in-person services in our church buildings. Of seemingly endless risk assessments as the criteria changed from week to week. Of thinking, just how can we, as the church in Belton and Burgh Castle, show love and care for people in the community; of responding to the pastoral needs of people, whilst not being able to meet together very easily? As I write this on a dark afternoon, I remember with gratitude the warmth of the summer and autumn when we could sit outside around a table and be together, when it wasn't so easy to do so inside.

I know I have had to be careful, myself, but so have many people and that is why the church has moved forward, adapting to holding services where people can attend in the churches twice a month, and on-line-only twice a month; that way we cater for

people not yet ready to attend church in person. Burgh Castle Church has Holy Communion in the church on the first and third Sundays in the month, and Morning Prayer on-line on the second and fourth Sunday. All Saints Belton has a Communion service in church on the second and fourth Sunday of the month, so that if anyone wants communion every week, they can. We have also reintroduced the monthly Tuesday traditional Holy Communion service, with Young at Heart back meeting each week in the church.

During the year Rev Vivienne Ridpath and myself have had the privilege of leading funeral services in the churches for a number of residents. We take considerable care with funerals entrusted to us, and are always willing to spend time with those who are bereaved to help plan a funeral that honours their loved ones, and afterwards giving support whenever asked. 2021 also saw a couple of weddings

taking place, which had had to be postponed in 2020. In fact, we had three weddings in Burgh Castle church and three in Belton, so for some it was still a year of celebration, and a year to remember with a smile.

As a result of the pandemic we had to stop all the work we had previously done with the children in the villages, but Rock Solid resumed in September 2021 and the children who attend have had a great time. Messy Church meets Muddy Church has evolved since the summer in the Rectory Garden; making the most of the garden and the fire pit, taking care to avoid the pool. The children have really enjoyed eating hotdogs and toasting marshmallows, as well as learning about our Creator God in the midst of creation.

As a church, for the whole of the pandemic, All Saints Belton has run The Pantry (foodbank) supporting people in need in our villages. We are grateful for the regular donations we receive from church members and The Labour Party locally, together with contributions from Moorlands Academy at harvest time. (This year there were over 600 tins & packets donated by the school.) Groups that meet at the JGI and the New Road Sports &

Leisure Centre have also given generously, and the Pantry benefited greatly from a donation from the closed Belton Entertainments group. Thank you. The Pantry exists to supplement and support people in need in Belton, Browston and Burgh Castle, and can only continue to serve our community with your support. A huge thank you to the Pantry team who work so hard.

One aspect of church life that many are unaware of, is that the churches are totally self-funding; we receive no grant from the Church of England and actually have to raise around £60-70K between the two churches each year to keep open and active, that's before we start on the maintenance of the two medieval buildings. This year we have once again paid the requested £40,500 to the Norwich Diocese, thanks to the amazing generosity of the church members. Thank you, and well done.

2021 was certainly a challenging year, but one I believe the churches stepped up for and achieved more than we thought would be possible. Thank you to all who support us in our activities and worship.

Rev Rosie Bunn

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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

NORFOLK VILLAGES NECTON • NORTH PICKENHAM WEST LEXHAM • EAST LEXHAM

An offer of a car ride around some of Norfolk's villages by Alan Collier was greatly accepted. We started at the village of Necton, stopping at its 14th century All Saints Church, which has a lantern on top of its tower. It has 6 bells.

Inside, the eye is instantly attracted to its magnificent hammer beam roof which has several large carved Angels, which lean out over the pews. The roof contains 60 tons of Oak and Chestnut. Several years ago it was discovered in the roof a knot on top of a beam of a carved mouse, munching an acorn between its forepaws.

The Jacobean pulpit is dated 1630. Its first rector in 1315 was Ralph de Fuldone.

While signing the visitor's book a chance reading of a leaflet revealed a "Christmas Fayre" was taking place that day in North Pickenham, so we decided to visit.

On our journey along many narrow roads we later came across a well built stall outside a house. This had a huge selection

of jams, marmalades, chutneys, and pickles. At £1.25, we purchased a jar of whisky marmalade, brandy marmalade, and pear chutney with walnuts.

In North Pickenham we found where the "Christmas Fayre" was being held, called "The Hub", which is run by a committee of local people. We were given a friendly welcome. Inside we found lots of various stalls and won two prizes on the Tombola. In the canteen we enjoyed delicious mince pie and coffee for £1.

After an enjoyable hour talking to stall



holders we left to drive through small lanes and came to the small village of West Lexham. Here we found the church of St Nicholas with its round tower. Nearby was a superb village sign which seemed to have been made recently. (see my photo)

At East Lexham (population 150) is the church of St. Andrew which has the oldest Saxon round tower in England. (see my photo)



Of the 180 round tower churches standing in England, Norfolk has 124, Suffolk 38 Essex 7 Cambridgeshire 2

"It is with great sadness that we write to advise that after many years of writing Malcolm Metcalf has decided to hang up his pen and this month's edition will be the last 'The Malcolm Metcalf Column'. Many thanks to Malcolm for his contribution over the years, it will be greatly missed"



1st Belton Scout Group

We would be grateful to receive book donations for our sales.

They can either be dropped at 6 Station Road North, Belton or telephone 01493 780965

Beavers

The Beavers this last month have completed their stage 1 air activities badge, we made paper airplanes, had a go at using the phonetic alphabet, built a pack aeroplane, talked about the trips Beavers and leaders have done in airplanes.

Some of the Beavers have started their personal challenge by learning how to iron their own group scarf, then choosing something else to do. On the same evening the Beavers had a go at mini bows and magnet darts. We have celebrated the Jewish festival Hanukkah listening to a story, making lanterns and having a taste of potato pancakes.

There are 3 spaces at Beavers if you have a young person 6 years or about to be 6 years and are interested, please contact Brown Beaver (Jane) 07975 533572

Cubs

The Cubs this last month of the term will be learning about budgets and money and how what affects us when we spend money, as part of the money matters activity that is sponsored by HSBC all thought out by our former scout leader Skip.

On the 2nd December we plan on visiting the Salvation Army Citadel, looking at how they practice their religion, beliefs and history, along with how they

support the community. This will all help towards the world faith activity badge.

There is a treat to jump warehouse to finish the term off with the Scouts.

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

Scouts

The Scouts have started their emergency aid stage 3 activity badge looking at different types of burns and how to treat, us their groups scarfs as a sling, made short bread which was to hot to eat on the night so had to go home

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 8th January 2022 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. February's collection Saturday 5th February 2022.

1st Belton Scout Group Newspaper Collection Dates 2022

Saturday 8th January 2022	Saturday 5th February 2022
Saturday 5th March 2022	Saturday 2nd April 2022
Saturday 7th May 2022	Saturday 4th June 2022
Saturday 2nd July 2022	Saturday 30th July 2022
Saturday 10th September 2022	Saturday 1st October 2022
Saturday 5th November 2022	Saturday 3rd December 2022

Please have your newspaper/ birthday cards/ magazines/ leaflets outside property by 8.45am.

Paper can be left at 6 Station Road North, Belton anytime.



Down Memory Lane

Elizabeth Myhill



It being the 250th edition of Village Voice it started me reminiscing on our life in Belton during the early seventies until the nursery moved to Fritton in 2000.

We bought 'Tofts' a bungalow on Station Road South in April 1972 when Belton was a very different place to what it is today! Until the 1960's the centre of Belton had consisted of smallholders. Growers sent their goods to London via the Railway Station situated between Station Road North and South but after Beeching closed the line that was the end of many of the smallholder's businesses. By 1972 most of the glasshouses had been demolished, the station buildings were derelict, the grass grew and it all looked very neglected.

Barry, born and bred in Yarmouth, had, from an early age, an allotment at the Tar Wash Works off North Gate Street. There the old gardeners taught him how to grow plants. When we moved to 'Tofts,' Barry built a small greenhouse and continued with the tradition of growing tomatoes, cucumbers, and chrysanthemums. I can remember the beautiful mop heads he grew for the florists in Yarmouth at Christmas time and we sold tomatoes and cucumbers from the door. In 1974 I grew bedding plants for my own garden but soon the residents began enquiring if we had any for sale.

Traditionally bedding was grown in wooden boxes and sold on the market wrapped in newspapers. Again times were changing we found we could grow them in cell trays



and the plants roots could be planted without them being disturbed and ripped apart in the planting thereof. We displayed out plants in the front garden and drive and found that people when visiting the post office and the institute would often wander over and buy them. In 1976 Barry with the help of his brother built a large polytunnel in the back garden enabling us to grow more for the people on the new housing estates. We then had to apply for planning permission in order to continue which was a worrying time. The Parish Council, were very supportive and Councillor George Johnson a Borough Councillor who lived in the village fought our case saying 'we do things differently in the villages' when some others on the borough council were against. However, we got the necessary planning so all was well. We took courses in horticulture, joined a group of business owners, visited other nurseries, garden centres, etc. to gain the

experience and qualifications that we have today.

In 1987 (the year of the Great Storm) we moved next door but one to 'Waveney House' which is a house having approximately 1.5 acres of land. In August we moved our polytunnel across the dyke with the help of friends and neighbours' up the lobe between the house and the cottage out into the road and back down into the land at the side of the house. We moved like a giant caterpillar with much laughter, shouting and too many bosses but we made it only to meet disaster when the Great Storm two months later ripped it apart, some of it ending in the



grounds of the rectory! However, we survived and continued to serve the village until we moved to Fritton in 2000 but that is yet another story.

Best Wishes for Christmas, stay safe and have a Peaceful New Year.

Liz & Barry Myhill

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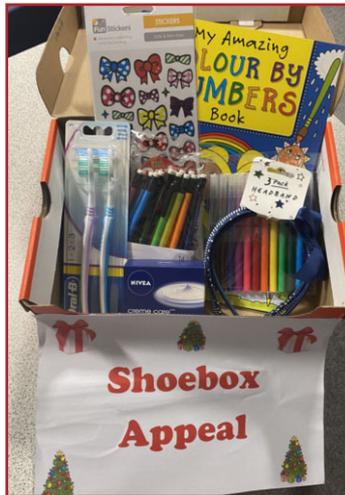
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Shoebbox Appeal 2021

Following the launch of this year's Shoebbox Appeal via our Virtual Collectives in October, PL Groups across the academy have been busily packing items ready to provide some Christmas cheer for less fortunate young people in Eastern Europe & Africa in time for the November deadline.

The Samaritans 'Operation Christmas Child' is where shoe boxes full of gifts are created and then delivered to countries with children living in poverty as a Christmas present. These will often be the only gifts they will receive. A shoebox gift provides a connection between different cultures, backgrounds and nationalities. It bridges the gap between someone who has something to give,



and someone who can't wait to receive it. Students at Venture were told that over one million shoeboxes were sent out from the UK and Ireland again last year, with 5,000 UK volunteers helping to prepare the shoeboxes for delivery in fourteen different countries again in 2021. With 2020 being such a difficult year for everyone, the Samaritans 'Operation Christmas Child' Appeal was perhaps even more important than ever, with even more young people across the world struggling to provide basic necessities, let alone gifts at Christmas time. However, despite the national lockdowns and disrupted terms-with virtual collectives in place to spread the message, 43 shoeboxes were packed by students, teachers, administration staff and parents and were delivered to the local drop off point in Norwich. Students were delighted to be involved in something so interesting that will bring so much joy to so many young people in parts of the world they may never visit. A post-Christmas email informed us that our shoeboxes were delivered to Romania for Christmas 2020. This year, we have also sent parents information via Parent mail and handed out leaflets at Venture's Academic Review Day to keep parents and carers informed of our plans. The target is to better the number of shoeboxes in 2020; so we are aiming for 44 or more for Christmas 2021.



Mr Doggett, who launched the appeal again this year said, "Tutors showed a video about the shoebox appeal and it clearly hit home. It makes students realise that life in Great Britain is perhaps far less difficult than it is in other parts of the world, even after the pandemic. Despite another tough year for our own communities here on the East Coast, we have managed to pull together and hope to better last year's total number of boxes, providing even more young people who our students will never even meet, something to smile about on Christmas Day 2021"

Mr Doggett,



Christmas time. However, despite the national lockdowns and

disrupted terms-with virtual collectives in place to spread the message, 43 shoeboxes were packed by students, teachers, administration staff and parents and were delivered to the local drop off point in Norwich. Students were delighted to be involved in something so interesting that will bring so much joy to so many young people in parts of the world they may never visit. A post-Christmas email informed us that our shoeboxes were delivered to Romania for Christmas 2020. This year, we have also sent parents information via Parent mail and handed out leaflets at Venture's Academic Review Day to keep parents and carers informed of our plans. The target is to better the number of shoeboxes in 2020; so we are aiming for 44 or more for Christmas 2021.



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Great Yarmouth Stroke Club

Transport is still a big issue, Really expensive five taxis to transport member's wheelchairs and also a problem with members having to leave early. Members come from Rollesby, Caister, Great Yarmouth, Gorleston, Bradwell, Halvergate and Belton.



With all necessary safety measures in place we have had only three meetings.

Great Yarmouth mayor Adrian Thompson and Mayoress Jenny Thompson recently paid a visit to the group and chatted to all members present.

They joined in the quizzes and beetle game which is very competitive. All members enjoyed their company. Christmas meeting entertainment was with Chris the singer and all enjoyed seeing him and his wife Jayne, which because of lockdown had been a long time.

We are hoping to return on 13 January 2022. Then we hope that we will have visit from Elvis. Birthdays Ray, Sue, Jean C and Jack. The members would like to say a big thank you for a brilliant Village Voice magazine.

Contact
 Sue Casey on
 01493 781846
 for
 information.



Up4fitness Annual Report

At the start of this 2021 we were in lockdown and had just started meeting for an online coffee session. This helped us get through the early months. We were all a bit green and it took time for us to become at ease with it all. Sallyann finally decided to start up some trial online exercises classes, which proved popular. She also thought, if we were not able to raise funds for a charity in our usual way we could save used posted stamps for the RNIB. Our members have been donating regular through the year and they will be sent off in the New Year.

Finally in April 2021 we were given the go ahead to open up so we opened with 10 am class and 11am walking and the 12 noon seated exercise. These ran till up to August holidays. In September we had a registration session to find out interest and the uptake was good with new and former members wanting to join us on a Monday.

During September and October we didn't go full steam as Sallyann had some Mondays off due to past commitments postponed from Covid. After half term Sallyann condensed the seated classes into 10 am and 11 am seating up to 10 people in each class. Finally, we have had a full six weeks without any breaks and we have focused on Balance, Risk of falling, Stairs or steps, Sitting and standing and tips to get down and up from the floor.

Our sessions form a normal exercise session warming up with gentle moves to increase the heart rate followed by a mixture of resistance band work to maintain muscle mass and keep the strength both for lower and upper body. We do concentrate on the basic moves for independence like getting up from a chair or in and out of a car. We include a section on balance and coordination and what we use for everyday life. Most of us get a little unsteady and have a fear of steps or falling, all of these are taken into consideration when planning the sessions. Contact me at up4fitness@gmail.com Text or ring on Mobile 07599 044806

BELTON JUDO CLUB

LATEST UPDATE FOR JANUARY

Here we are in 2022 so first of all Dominic King Judo & MMA Academy (AKA Belton Judo Club) would like to wish all our friends, past and present, a very happy, fit and healthy new year.

At the time of writing this, we are hoping to go forward with all guns blazing but we have to be mindful of the fact that if any new mutation of the virus rears it's ugly head, we may have to modify our plans but let's all be positive and plan for a rosy future.

Much of 2021 was not a great year for anybody with our Judo club having to close due to the restrictions but we still made some progress as our assistant coach Ryan King is in the fortunate position of living with his coach and mentor (also his dad!!) Dominic King and when restrictions were partially lifted, they had use of an excellent private dojo a short distance from their home (Massive thanks to Roy Bradford!!) The situation resulted in Ryan winning Silver at the British Championships in Sheffield and being selected for another year in the England Squad and firmly establishing himself as one of the top two fighters in the UK.

This coming year, we are hoping to continue recruiting new members as well as welcoming returning members. We have spaces on all our sessions so why not make it a New Years resolution to give our excellent sport a try, first two sessions are FREE OF CHARGE so nothing to lose and who knows, it may be a life changing event. (Ask our 75 year old lady going for her black belt who only started her free sessions in her 70th year!!)

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



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IN 2022, East Norfolk Sixth Form College (EN) celebrates 40 years of being a specialist sixth form.

Over the 40 years, the College has continually developed into the strong and diverse organisation that it is today. The College serves over 26 different schools and ensures that young people, regardless of their backgrounds or circumstances, can strive to achieve their dreams.

EN has always been a Community Sixth Form College that seeks to continually adapt and meet the needs of our local community by giving our young people the skills that they need to help themselves and the local economy.

These opportunities clearly have an impact on our young people. In 2021, 362 students applied to Higher Education including 24 Oxford and Cambridge University applicants. The number of young people gaining places at the most competitive universities all over the UK from Edinburgh to Exeter continues to increase.

The College has an extracurricular programme that offers students experiences to expand their learning outside of the classroom across a wide range of specialist areas. From Mandarin, cybersecurity or representation in Youth Parliament, Student Voice and debating, the opportunities are endless.

EN is home to the only state funded sixth form Combined Cadet Force in the country which gives young people the chance to develop teamwork and leadership skills with the support of the military. Alongside, students can also take part in the Duke of Edinburgh's Award, completing their levels through to Gold.

During this academic year, the College started delivering T Levels; the new technical qualifications that complement A levels and BTEC qualifications. Health, Healthcare Science and Digital T levels are only being taught at EN in our Borough with Finance, Accountancy and Engineering starting in September 2022.

EN's teachers are specialists in their subject

areas and know how to get the best out of 16-19-year-old students. This ensures that students fulfil their potential and feel motivated to achieve, leading to a rich college experience and progression to amazing futures.

The campus itself is an attractive option for students, with everything available in one place. There is no need to travel between different sites for lessons. The facilities are also designed to support students to achieve at the highest level. The new league standard 3g pitch, fully equipped gym and specialist sports equipment are complemented by new buildings, new classrooms and the latest IT.

2022 is a world of opportunity for our local young people and the local community should be very proud and reassured that the young people of East Norfolk are giving us all hope for the future.

If you would like to find out more about East Norfolk or have a visit to see how things have changed, please do get in touch – enquiries@eastnorfolk.ac.uk

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I would like to thank **ALL** of our Advertisers for their continued support for the Village Voice.
You are **VERY MUCH APPRECIATED** and without your contribution, this magazine would not exist in its current form.
Many, many thanks,
Bryan Diggory



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

Not much to report this month as it is a short span from the last one. The hall is all working well and our new Trustees have made a real impact on sharing the load of items that are needed to be undertaken to keep everything running efficiently. We have had several functions and parties in over the past weeks and it is great again to see a Village Hall used as it is meant to be. Although all but full during the week there are the odd slots that are available and also weekends if you are looking for a great venue to hold an event in. Please contact Geoff or Shelia on 01493 298164 for further details. From all Trustees we wish all our users a Happy Christmas and a great New Year.

WEDNESDAY MORNING DROP IN

This morning drop in keeps going from strength to strength with a great gathering of friends every Wednesday morning. The chat and exchange of information is wonderful. The 5 to 10 minutes of simple stability exercises that have started have been well received and we hope these will continue into the New Year with more variations. If you have not dropped in to us yet, then give it a try in 2022. Happy Christmas everyone.



Call Sue on 780822 for any further information

Proposed New Craft Group come Workshop at JGI

If Interest is shown then it is proposed to start another craft/workshop group on Tuesday morning from 11am till 1pm, or possibly 10.30 till 12.30 which ever suited most people. Hopefully to start Tuesday 11th January 2022.

Anyone who likes any crafts, or would like to learn one then please get in contact with me. Even if you would just like to pop in on that Tuesday for a chat and explore your interests over a cuppa you are welcome to attend. I can provide knitting needles, crochet hooks, yarn, embroidery cotton etc, for anyone who needs them. The cost will be £3 each, which will cover the cost of the hall and refreshments.

You could be surprised in your own talents.

For further information, please contact me on

07721 599 559 (leave message if I don't answer or text me)
or email at ladavis273@btinternet.com

Christmas is almost upon us and at a time when finances are stretched, please shop wisely and have conversations with family and friends who you would normally buy for and place a limit on the amount you spend on a gift. It is after all the thought that counts. DIAL has now appointed a Budgeting and Financial awareness advisor who is here to help with lots of money saving tips and ideas and budgeting advise so if you are looking for money saving tips or budgeting support please call Andy on 07593 449640 and he will arrange a meeting to discuss your needs.



DIAL has recently updated its website having secured funding from the Norfolk Community Foundation Transformation Fund. There is lots of useful information on the site so please spare a few minutes to take a look by visiting us on www.dial-greatyarmouth.org.uk. We would welcome feedback on the site so please leave a comment as this will help us in making future changes.

Sarah will be at the JGI again on the second Wednesday of the month so if you have any questions regarding Money and Debt please pop along and see her at the between 10:30 and midday where she will be please to help.

That's all from me for this month apart from taking the opportunity on behalf of DIAL to wish you all a Very Merry Christmas and a Happy and Healthy 2022.

Jo Howes , CEO DIAL Gt Yarmouth

Craft Fayre at JGI

At the end of November a great Craft Fayre was held at the JGI with 13 different crafts being displayed and some wonderful items for sale.

It was good to see a steady flow of people attending.

Those who did were able to get some unique early Christmas presents.

It is proposed to hold similar days at the JGI every other month throughout the new year.

Please support your local talented crafters.



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	Julie	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)			

Quiz Nites

These are great fun and always a good prize to win. Get a team of four together and come and see how good you really are at quizzing.

The dates for the coming months are below.

All on a Friday evening at 7.30pm start.

**17th December 2021 • 28th January 2022 • 25th February 2022
18th March 2022 • 29th April 2022.**

Question for January quiz nite.

“Who owns Amazon and when did it start trading?”

Annual report for Wednesday Drop In

This has been both a sad year as well as an exhilarating one. Sad as we were not able to meet every Wednesday morning throughout the year because of a Virus! But now pleasing as we are all together again each week. It showed how much it is essential to meet regularly for both people's physical and mental wellbeing. As well as meeting and a lot of chatting information on scams and other community items are given out each week. We have also introduced each week a small session on stability exercises to help with the prevention of falls and trips that are sadly common as age creeps on.

To find out more contact Sue on 780822

Village Voice Number 250

When Sue and I moved to Belton in April 2000 the first item that came through our new letter box was number 1 of the Village Voice edited and produced by Malcolm Scott. I never thought that 21 years later I would now be involved in producing number 250. It is a big thanks to all throughout these past years who have made this happen. The quality of the Village Voice has been reflected in the

positions we have held in “Magazine of the Year” over the past few years. I look forward to our next milestone of the 300th edition. A big thanks to all involved and especially to our deliverers, as without them you would not get your monthly copy.

On a side note my apologies to the Over 60's club for associating them with the word “organisation” and not club in last month's copy. A slip of the keyboard.
Best wishes to all for Christmas and the New Year Bill Richmond



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

First Eastern Counties Buses have published their timetable for the Christmas/New Year period.

Monday 20th to Thursday 23rd December, 2021
Normal weekday service

Friday 24th December, 2021 - Weekday service with last buses finishing around 7.00 pm

Saturday 25th December, 2021 - No service

Sunday 26th December, 2021 - No service

Monday 27th & Tuesday 28th December - Sunday service

Wednesday 29th & Thursday 30th December - Normal weekday service

Friday 31st December, New Years Eve - Weekday service with last buses finishing around 7.00 pm

Saturday 1st January, 2022 New Years Day -

No service

Sunday 2nd and Monday 3rd January, 2022 - Sunday service

Tuesday 4th January, 2022 - Normal services resume

From Belton and Burgh Castles' point of view, there will be no 6B evening services on Christmas Eve and New Years Eve.

For more information please visit the timetable page on the First Eastern Counties website – firstbus.co.uk/easterncounties

The officer responsible for public transport at Norfolk County Council has floated an idea and sought ENTUA's comments. Although this is not a response to the 'Bus Back Better' document we recently submitted, it nevertheless answers some of our aspirations for improved bus services in the area. The suggestion is for an off-peak service commencing at around 0900 hours hourly in both directions until approx. 1530 hours, linking James Paget Hospital, Bluebell Meadow, Bradwell Mill Lane, Millwood Surgery, Wren Drive, Mallard Way, Kings Road/Selwyn Drive, Magdalen Way Health Centre, Gorleston High Street, Gapton Hall Industrial Estate (Morton Peto Road), Gapton Hall Retail Park, North Quay for Aldi and Rail Station, Market Gates.

ENTUA has responded with its views, initially a good idea as it will give Bradwell residents direct

access to the James Paget Hospital and provide access to 'Gapton Hall from central Great Yarmouth, Bradwell and Gorleston. However it will not provide access for Bluebell Meadow children to the 3 Primary Academies in Bradwell or to Lynn Grove Academy in Gorleston. It will not be of benefit to employees on the Gapton Hall estates as it does not start early enough.

ENTUA prefers a 0700-1900 hours service to cater for these omissions, but alas Norfolk County Council does not have sufficient funds for this, although they would love to be able to. However it is a start and if it comes to fruition could be a basis to build on when 'Bus Back Better' funds become available.

This of course is a separate issue of connecting Belton to Millwood Surgery and Lynn Grove Academy which ENTUA is pursuing with First Eastern Counties and Norfolk County Council.

On Wednesday 1st December, 2021 Tony Grice and Stephen Hewitt of ENTUA met with Alan Neville, Community and Customer Engagement Manager at Greater Anglia. We raised several issues regarding local rail services including

- a) problems with passengers putting feet on seats,
- b) upgrade of Vauxhall Station, c) Summer Services for 2022, d) New timetable, e) Passenger numbers, f) Performance levels, g) Christmas 2021 arrangements.

a) Unfortunately feet on seats is a common problem and train conductors will deal with this as the need arises, but DFT are against having public announcements about this on trains.

b) The upgrade of Vauxhall Station – nothing new on this, although Martin Halliday of the Community Rail Partnership has some ideas about this which we hope to glean over the coming weeks.

c) With regard to Summer Services next year (2022) Greater Anglia expects this will run as normal eg. Mondays and Fridays from May-September – 4 additional trains each way and on Saturdays from July-September 4 additional trains each way.

d) The Winter timetable which comes into effect from 19/12/21 contains no significant changes to our local routes.

e) Passenger numbers compared to pre-Covid are picking up and overall the network is running at 60-65% of pre-Covid levels. Regional services are faring much better with some almost at 100% of pre-Covid levels. 87.18% of services are operating overall, but again 100% of Regional services are running.

f) Performance targets, Greater Anglia has met its targets over the past 2 quarters with 95% punctuality overall with the Great Yarmouth service achieving 98%. Very few cancellations occur compared to 2-3 years ago. There were some teething problems with the new Stadler trains, but these have been resolved and the new fleet of trains are very reliable.

g) Christmas /New Year Services are as follows:-

Christmas Eve services will finish early at around 2100 hours.

Christmas Day – No service

Boxing Day – No service (except for Stansted Express)

27th & 28th December – Sunday service

29th, 30th & 31st December – Saturday service

1st January, 2022 – Sunday service

2nd & 3rd January, 2022 – Saturday service

4th January onwards – normal services resume

For more information on train times please visit Greater Anglia website – greateranglia.co.uk

We wish all our readers good health for the coming year and hope that life returns to some sort of normality for us all.

ENTUA always welcomes new members, all we ask for is a minimum annual donation of £5.00 which helps 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

Your Village Voice Free Ads

It is free to advertise jobs, events, property or items for sale. Send details to 4 Nursery Close, Belton, NR31 9SP
 Tel 01493 780822. Text to 07950-039455 or email beltonvgraphic@gmail.com
 We will run your advert for 3 months but please let us know if you sold it so we can remove the advert.
(Commercial entries charged at 25p per word)

WANTED

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

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Two sets of Bowls, 4 bowls plus Jack in each set £20

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Royal Doulton Brambly Hedge boxed figures. 10 available at 315 each. Dolly Bunnykins £20. 07980 815499

Scrabble Game £2, Dolls Pushchair £3,

Model of Globe Theatre £5. Numerous copies of "Enquire Within" £2 for 5 copies. Telephone 01493 662323

Girls cycle- Disney Princess Apollo - Pink 18in wheels, GC. £15. **'Draper'** Garden Leaf Sweeper 20ins. brush push action. As new (used twice) £20 **Folding** lightweight wheelchair - GC. £20. Tel 07786 936227

RSPB Telescope in case as new £125.

Nakajima AX160 Electronic typewriter £50 Call 781655

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 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

Dates for your Diary

<p>Sunday 2nd January 2022 – Epiphany</p> <p>Holy Communion – in church 9.30am St Peter & St Paul Church</p> <p>Morning Celebration – on-line on Amazon Chime and Facebook Live 10.30am All Saints Church, Belton</p> <p>Sunday 9th January – The Baptism of Christ</p> <p>Morning Prayer for Burgh Castle 9.30am on Amazon Chime</p> <p>Holy Communion 10.30am All Saints Church, Belton – IN CHURCH and on Amazon Chime and Facebook Live</p> <p>Evening Celebration 6.30pm All Saints Church Belton – IN CHURCH and on Amazon Chime and Facebook Live</p>	<p>Tuesday 11th January Traditional Holy Communion (Epiphany theme) 11am All Saints Church, Belton - IN CHURCH (Coffee available from 10am onwards)</p> <p>Wednesday 12th January Holy Communion (Epiphany theme) 10.30am at Burgh House Residential Care Home</p> <p>Friday 14th January 10am – 12 noon Women's Bible Chat – IN CHURCH</p> <p>Sunday 16th January Holy Communion – in church 9.30am St Peter & St Paul Church</p> <p>Morning Celebration - on-line on Amazon Chime and Facebook Live 10.30am All Saints Church, Belton</p>	<p>Sunday 23rd January Morning Prayer for Burgh Castle 9.30am on Amazon Chime</p> <p>Holy Communion - IN CHURCH and on-line on Amazon Chime and Facebook Live 10.30am All Saints Church, Belton</p> <p>Sunday 30th January - Candlemas Holy Communion – in church 9.30am St Peter & St Paul Church</p> <p>Morning Celebration – IN CHURCH and on-line on Amazon Chime and Facebook Live 10.30am All Saints Church, Belton</p> <p>Tuesday 1st February 2022 Traditional Holy Communion (Candlemas theme) 11am All Saints Church, Belton - IN CHURCH (Coffee available from 10am onwards)</p>
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Closing Dates for Christmas and New Year

Binky's Café
Closed Dec 25th, 26th, 27th, 28th and Jan 1st.

Belton Pharmacy
Closed December 27th, 28th

Tesco Express, Belton
opening over Christmas
Closed Christmas day, Boxing Day, Sunday 26th
9am to 7pm
Rest of the week as normal



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