

Village Voice

February 2022
22nd Great Year
Vol 22-11

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The Kate Daniel's Quartet

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From the Editor's Desk

Professor Regi Alexander

Hope you have all recovered from the 'excitement' of yet another unusual Christmas and New Year period. This February issue of your Village Voice features the announcement of two new initiatives. Firstly, on page 4, we start a new column titled "Ordinary People, Extraordinary Lives". In the first of these, we feature Jackie Grace describing her life as a magistrate in Norfolk over the last 5 years. I hope you enjoy reading her engaging account and please do write in to me on beltonvveditor@gmail.com about other experiences that could go into this column. Secondly, this magazine considers itself privileged to host the concert by the Kate Daniel's quartet on 24 March 2022 (page 8). A special word of thanks to the indefatigable Bill Richmond whose efforts made this possible.

We consider health related issues too in this issue. On page 12, the proposed new development of the James Paget Hospital site is discussed. Please do write in with your comments and suggestions. The Village Voice Health Check column on page 13 by Dr Priyanka Tharian addresses the very topical issue of 'Winter Depression' and I hope that gives useful information of relevance to many of you.

Finally, a word about politics. This magazine has long taken the view that while it focuses on local issues, we also recognize that these are not divorced from national political realities. Therefore, we pay careful attention to the views of our elected local representatives and indeed members of the public on contemporary national issues that affect our daily life. You get a flavour of that on page 6. Please feel free to write in with your views about these or related issues and as always, I will endeavour to publish that too

Belton in Bloom

We currently have a small group doing a sterling job tending the flower beds throughout the village.

The parish council are looking to create some new areas to enhance the village. There will also be a Community Orchard to commemorate the Queen's Platinum Jubilee in Bell Lane.

We are looking for volunteers to help plant, water and tend these trees.

If you are interested please contact Tracie Cameron

Email: cllr.tracy.cameron@great-yarmouth.gov.uk

Phone 07968 882240

Tracy Cameron, Councillor - Lothingland Ward

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ROADWORKS

Butt Lane at Burgh Castle will be closed both ways just off its junction with Mill Road/Stepshort from February 7th to the 11th for a domestic gas connection.

An ongoing closure, till June this year is the riverside footpath between Belton and Burgh Castle for work on the river bank



Those Dull Days after Christmas

Spring seems so far away.
Still we have those dull days as we did before
Christmas. Everything falls flat after the
New Year celebrations.

I am reminded of Oliver Herford's quotation :-
I heard a bird sing in the dark of December,
A magical thing and sweet to remember,
We are nearer to Spring than we were in September.

We have Candlemas to look forward to:-
Candlemas Day is February 2nd.
According to country people the worst of winter is over.
The date is halfway between the winter solstice
and the spring equinox.
In both the Pagan and Christian calendars
it is the day for lighting candles and
celebrating the return of light.

There is the famous country person's rhyme :-
If Candlemas be fair and bright,
Winter will have another bite.
If Candlemas be dull and grey,
Winter will have gone away.

Jean Samuels, Yare Road, Belton

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YOUR VILLAGE VOICE

The closing date for all
Articles and Adverts for the
March 2022 edition is
15th February 2022

February 2022
251st 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 we report on the last two council meetings, December when all 12 Councillors and County Councillor Carl Annison attended and January when 11 Parish Councillors were present, Ken Botwright chaired both meetings.

The Council has been asked to consider a piece of glass artwork representing a Heron next to the village sign at just the cost of materials and advice is being sought from the County Council to see if this would be acceptable on their land. The issue of rubbish from a building site spilling on to Belton Fen is being taken up by Councillor Cameron. A planning application has been submitted to replace the dead hedge by the allotments and an ecology report has been requested by the Borough Council. Councillor Cameron will place a piece in Village Voice concerning 'Belton in Bloom 2022'.

Councillor Annison congratulated the Parish Council on getting a large quantity of new trees

through various offers and Councillor Cameron reported that she has had no response regarding fly tipping in The Loke. Councillor Annison is willing to fund three new signs at the entrances to the village. 80 new trees for the Community orchard needed to be planted and this work was set for January 22nd by five councillors and two allotment holders.

Members have agreed their budget for 2022/23 and there will be a 4.9% increase in the Parish Councils part of the annual precept.

At the New Road Centre neither football club has implemented the new parking arrangements with vehicles spilling on to the cycle path therefore a paid official will be needed with costs spread between the two clubs and other busy time users of the centre, this employee, using a zero hours contract will also cover absences of the hall and village caretakers. The Parish Council would like to thank Mr Searby for undertaking the trench work, free of charge, for the water, electricity and sewage connections for the new toilet block on that site.

From work by the Events Working Party a major event at New Road is scheduled for July 15th which will include 5 tribute band acts with offsite car parking arrangements. The capacity will be set at 5000. A village Queens Jubilee event on June 3rd is still at the planning stage.

The possibility of a 'Zipwire' on the Bell Lane field was considered, an alternative could be a trim trail, Councillor Cameron will first find out first if any new equipment will be forthcoming from the Borough Council after the recent Boroughwide play equipment survey. In planning, a raft of objections were made to a retrospective request to the Borough Council for barn at Pansy Villa on Beccles Road Belton to be used as a holiday let. Also objected to was the use of a barn off Browston Lane, Browston, as residential use, this has previously been refused once both by the Borough Council and at appeal. There were no objections to 8 Berry Close (new shed/hobby room), 19 St James Crescent (extension), 25 Bramble Gardens (single and two storey extensions), and 12 Waveney Drive (single story extension). Refused by the Borough Council 12 Waveney Drive (an earlier larger homes extension) and Pipistrelle Barn, Beccles Road (leisure annexe with swimming pool). Approved at the Borough Council Pinecot, Sandy Lane Belton (raise roof by 1.5 meters), 7 Beccles Road, Belton (single and two-story extensions), 26 Broome Gardens (first floor extension), Swallow Park Glamping Site (single story building used as reception area) and The Nurseries, Station Road South (new 2 bedroomed bungalow).

The next meeting of the Parish Council will be on Tuesday February 1st at the New Road Centre (7.30pm), Details from the Parish Clerk, Kate Ruddock on 01493 602960 or email beltonparish@yahoo.co.uk.

Rededication of Belle of East Plaque at the Railway Tavern

The rededication day for the "Belle of the East" plaque at the Railway Tavern will be on **April 16th 2022** from 10am onwards throughout the day

B-24H-15-CF Liberator 41-29420 "4Z-L": "BELLE OF THE EAST" of the 791st Bomb Sqn, 467th Bomb Group, USAAF. Written off (damaged beyond repair) 25 August 1944 when crashed at Belton, 6¼ miles north-west of Lowestoft, Suffolk. On return from mission to attack Lubeck, Germany, this plane was abandoned in air by crew after the engine cut out. The reason being that the crew believed that the B-24 was out of fuel.

However, despite this, the plane flew on - unmanned - and made a survivable crash landing at Belton, 6¼ miles north-west of Lowestoft, Suffolk, all engines torn out. Three crew were slightly injured due to injuries sustained during their bale outs.

41-29420 was one of 36 aircraft which took off at 07:30 for a mission to

Lubeck, Germany. 33 aircraft dropped 324 x 500lb GPs, 5 x 500lb XG20 and 5 x 500lb G25 leaflets. One plane dropped 10 x 500lb GP bombs at 53°50'N-12°32'E. Lt. Col Smith led the group in the PFF ship. The results of the bombing were very good. Heavy inaccurate flak was encountered to the target. 25 aircraft in a dog fight were seen at 53°40'N-12°00'E.

41-29420 was salvaged at Belton, Suffolk on 4-5 Sept 1944, and authorised for reclamation as scrap and components.

On the 26th August 2006, exactly 62 years after the event, villagers in Belton, Norfolk, gathered for a ceremony to unveil a road sign called "Belle Of The East Way" in memory of the Group B-24 that crash-landed here during WW2.



Burgh Castle Parish Council



The December meeting of Burgh Castle Parish Council was too late for last month's Village Voice due to early closure for news caused by the Christmas Holidays. Six councillors, Borough Councillor Adrian Myers, County Councillor Carl Smith, two members of the public and the Parish Clerk also attended on December 13th, Brian Swan was in the Chair. At the start of the meeting Mr Chris Dicker, on behalf of the Norfolk Lieutenancy presented the community with a plaque to commemorate what members of the public in general had achieved during the pandemic. This was



accepted by the Chairman and has now been placed on the wall of the Village Hall by the main entrance doors.

Many highways items are still outstanding with nothing seeming to get progressed and issues on High Road and at the junction of High and Mill Roads were added to the growing list. Councillor Titterington reported that he had collected a box of rubbish outside his property, the possibility of a litter pick in 2022 was mentioned although there are health and safety concerns for 'pickers' due to the lack of footpaths in most of the parish.

The only planning was to confirm that the council's detailed objections to the proposals for machines and parking

charges on the Roman Fort site had now been passed to the Borough Council, a decision is still awaited. The only other planning was confirmation of approval to a change of cladding on a chalet on the Waveney Valley site which had come from the Broads Authority who cover the riverside area the village for planning matters.

Regarding the closure a year earlier of the local Post Office- Post Office counters had written to indicate that a return of the service was unlikely due to the nearness to both Belton and Bradwell Post offices, Councillor Griffiths did mention the possibility of a community based service but it was generally felt that these schemes worked well in really rural communities but this would not be the case in Burgh Castle.

The closure date for tenders for the maintenance and upkeep of various areas in the parish including the Burial Ground and Churchyard was extended due to tenders coming in very slowly and this will now be an item on the February, rather than January, meeting agenda.

The January meeting, scheduled for the 10th at the Village Hall, has subsequently been cancelled due to

charges on the Roman Fort site had now been passed to the Borough Council, a decision is still awaited. The only other planning was confirmation of approval to a change of cladding on a chalet on the Waveney Valley site which had come from the Broads Authority who cover the riverside area the village for planning matters.

Covid and the fact that with the long holiday shutdown of main councils there was almost nothing new to discuss, the February meeting will be on the 14th, at present scheduled for the Village Hall at 7.30 pm, although nationally attempts are being made to get the Government to reinstate permission for remote meetings which will require their primary legislation.

For up-to-date information contact Kate Ruddock, the Parish Clerk, on 07948 705218 e-mail burghcastleclerk@gmail.com.

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We were really disappointed not to be able to open in January as planned, but felt with Covid infections increasing in the area, it was the safest thing to do.



However we plan to be there on

17th and 18th February and hope you can join us.

From **March 4th** we will be back every Friday until Easter, then we hope to be able to open two days a week for the season.

Thank you to everyone who supported our Macmillan Tombola, we sent £327 to the charity on 18th December.

We welcome donations of unwanted goods, especially those unwanted Christmas presents and can collect locally at any time.

For more information

01493 780126/mgreenacre532@gmail.com

Local British Legion Poppy Appeal 2021 Total

The local collection for the Belton, Browston, Burgh Castle, Bradwell South, Fritton and St. Olaves area has raised a marvellous total of £5,686.28.

I would like to express my sincere thanks to all the businesses and contributors who have supported the appeal. Thank-you receipts will be sent out in the next few weeks

indicating each individual location total.



Special thanks go to the staff and the volunteers at the Bradwell Morrisons, who managed to help raise a fantastic total of £2,064.23. The stall and

volunteers were organised by Stephen Webster and we are very grateful to all those who helped out in any way.

Thanks also go to the delivery and collecting teams (Linda, Emma, Sean, Kelby and Warren), without whom we would never have reached such an excellent total.

We have covered 44 separate locations this time with 70 collection pots; if you are in this area and did not receive a poppy collection kit, and would like one in 2022, please contact me using the details below.



Ian Walker

EGC02 Honorary Poppy Appeal Organiser

Email: IanWalker22@gmail.com

Mobile: 07887 640 385

Ordinary People, Extraordinary Lives

This new column in the Village Voice examines the experiences of people's careers, vocations and lives.

They involve stories that describe, narrate and inspire.

Please write in about your own journeys or about someone else's that you find fascinating.

Please send in your pieces to beltonvveditor@gmail.com

(About the author: Jackie Grace is a social worker. She has lived in East Anglia for thirty years and currently lives in South Norfolk with her husband and three cats).

I am about to start my fifth year "on the Bench", as a serving magistrate for the county of Norfolk. I want to tell you a little about my experiences, in the hope that some of you will consider applying to the Bench yourselves. We need new magistrates, and particularly welcome applications from younger people and those from diverse backgrounds.



Magistrates deal with over 90% of the criminal cases which come to court. We deal with everything from shoplifting to drug-dealing and domestic violence. Our sentencing powers include fines, community orders (ie "Probation"), and prison sentences of up to 6 months. All criminal proceedings, including murder and terrorist offences, begin in the Magistrates' Court. The work is interesting and challenging. If you have any interest in the law, social policy, mental health or British history, this role might be for you. I say "British history", because the role of magistrate is a very old one, and has been evolving since mediaeval times. It's a significant part of the way in which the authority and reach of the state was enforced throughout the realm. We used to be called Justices of the Peace, and "JP" is still part of my ejudiciary.net log-in.

Any citizen can become a magistrate. It's no longer the preserve of the local "great and good". We still have a few older, alarmingly posh and out-of-touch magistrates, but most of us do ordinary jobs and bring our life-experience to our decision-making.

Being a magistrate involves a time commitment. You will be expected to attend initial training sessions and then to be available to sit on the Bench for a minimum of two days a month. It is compatible with working full-time, if you have a supportive employer. I work full-time, as a social worker, and taking the time off for Bench duties has

not been a problem. I have only ever sat for the minimum number of days. Most employers have a policy of releasing employees for "civic duties", but they sometimes expect you to take unpaid leave. You can claim expenses for loss of earnings, however. Being a magistrate is a voluntary role, but you can claim expenses for travel and subsistence, and they are quite generous.

You do not need to have any legal qualifications. In court, magistrates are advised by qualified Legal Advisors (formerly known as Clerks to the Courts). We also take laptops into court with useful information such as the Sentencing Guidelines for all the offences we try. We sit in benches of three people: a chairperson and two "wingers". We try to come to unanimous decisions, but if necessary can reach a verdict based on a 2:1 majority.

The training provided is of a very high quality. It is usually delivered by the legal advisors or by probation officers. New magistrates are supported by a mentor, an experienced magistrate with whom you can discuss anything which puzzles or confuses you. To begin with you will have a lot of questions, and your relationship with your mentor is an important one.

Norfolk now has only three Magistrates' Courts, in Norwich, Great Yarmouth and Kings Lynn. You can decide that you want to sit in all of them or only in the courts most local to where you live.

Before you make a formal application to become a magistrate, you are encouraged to come along to court and just observe proceedings. Any member of the public can do this, you don't need to make a special arrangement, and the ushers will be extremely helpful if you explain you are considering applying to become a magistrate. You will see a great variety of cases over the course of a day, particularly in a GAP court (Guilty Anticipated Plea), which is usually the busiest court. When I did my observations I was struck by the courtesy with which all participants were treated, including defendants. Everyone is called by their title, Mr, Mrs etc and addressed politely. I was also struck by the compassion with which magistrates treated everyone who came before them. Many of the people who find themselves in court have immensely complex problems, including in some cases homelessness, addictions and mental illness. Magistrates try to address the offending behaviour of people with those problems in ways which aim to make their situation better rather than worse. Probation officers always attend GAP courts and magistrates are always grateful for their advice. Sometimes it is possible, within the constraints of the sentencing guidelines, to order a defendant to attend drug or alcohol treatment programmes or to seek treatment for their mental-health problems.

Most people want to be able to make a positive difference to their communities. I'd suggest that becoming a magistrate puts you in a position to make a real difference, and in the process to learn a lot about yourself and about your community. It can also be great fun, which might sound an odd thing to say but is none the less true. Magistrates are a convivial bunch, and we all spend a lot of time in the "retiring room", during lulls between cases, chatting and getting to know each other. Quite apart from the social value of joining the Bench, it can be a great way to expand your social circle!

I have included a couple of links to sites which will tell you more about the role.

<https://www.gov.uk/become-magistrate/apply-to-be-a-magistrate>

<https://www.magistrates-association.org.uk/about-magistrates>

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A Word from your Local MP and Councillors



BRANDON LEWIS MP writes

In my last column, I expressed optimism for the year ahead. That optimism has been bolstered by the country's response to the Omicron variant and the successful booster programme. Norfolk has consistently out-performed much of the rest of the country with the vaccine rollout. It was the case once again, with the booster. Despite demands from some quarters that we should have gone into another Christmas and New year lockdown it's proven that the Government made the right decision to protect the population by putting so much effort to

get people boosted. Our local health teams worked tirelessly to implement booster vaccinations at speed, whilst they were still in the process of delivering second vaccinations in lower age groups. Without their hard work we would not have been able to enjoy time with friends and family over the holiday period. Without their dedication to getting jabs in arms we would have not turned the corner and be in the much more optimistic position we are today.

As I write these words, I've just listened to the Health Secretary deliver an update to the House of Commons, where he stated, "I am cautiously optimistic that we will be able to substantially reduce restrictions next week." As a fellow minister, I hope by the time you read these words that we can implement such an

easing of restrictions. After two years of significant restrictions, I am optimistic we are moving to a new phase where we are learning to live as normal as possible alongside the virus.

In doing so, we can focus more on other priorities for our country, such as taking advantage of an economy that is continuing to perform more strongly than our competitors and seizing opportunities to bring more investment and jobs to our area. Or to continue the recent successes by our policing teams in Norfolk and finally break the despicable County Lines drug trade. Or to tackle local health priorities such as the lack of NHS dental provision and the building of our new James Paget Hospital.

I'm hoping in the months ahead rather than commenting or updating you on the pandemic response I can provide updates on these other issues instead.



ADRIAN MYERS Borough Councillor

Again, this article is written in advance of publication and as such situations mentioned may have moved on. The date of this article is January 11th.

Last year I wrote about the trust required for advice and rules issued governments, to be accepted and followed. One of the key drivers of trust is the belief that those in government are being truthful and honest with you. With revelations about parties at number 10,

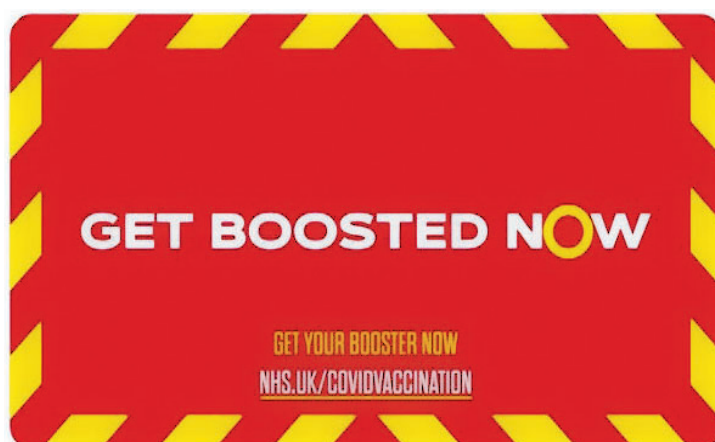
office meetings with cheese and wine, avoiding the questions asked by saying that no rules were broken, and now in response to the allegation of over a 100 people attending a party the PM states that it is under investigation and would not answer a direct question as to whether he was there. These responses do nothing to promote the political office of a prime minister and goes to undermine trust. Two years ago, citizens were being fined up to £10,000 for holding a party when mixing was not allowed. I wonder if the organiser of that party will be fined £10,000 and how long has Boris Johnson got as leader?

I am delighted to announce that the

current mayor will be visiting all 13 wards in the borough this year. Lothingland which has three parishes will of course be one of those wards. I will be meeting with the three parish chairs to discuss the visit. The mayor would be interested in meeting those who contribute to the community in whatever capacity this might be. To this end, if any individual or group would like to put themselves forward for consideration in meeting the mayor, then please contact me via my councillor email address which is cllr.adrian.myers@great-yarmouth.gov.uk. Or through your local parish council.

I wish you all a wonderful new year.

Adrian Myers Independent
Lothingland



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As advertised in the December edition of the Village Voice we are now pleased to announce that the concert by a professional quartet, hosted by the Village Voice will take place on Thursday 24th March at 7.30 pm in All Saints Church, Belton.



Kate's band crosses continents providing a rip-roaring musical feast of gypsy jazz, South American Tangos and the Great American Songbook including Cole Porter and Hoagy Carmichael.

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This is truly
a unique occasion for our
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professional artists. The quartet will include guitarist Nils Solberg (Bryan Ferry's guitarist on his award winning album *As Time Goes By*) and award winning Clarinettist Julian Stringle

Tickets are available and will be limited to 120 people due to seating space in the church. So get your ticket early to avoid disappointment.

Cost is £10 each for a wonderful evening's

entertainment. These are available from Binkey's Café in the precinct, The Pharmacy in Station Road North or Bill Richmond, 4 Nursery Close, Belton.

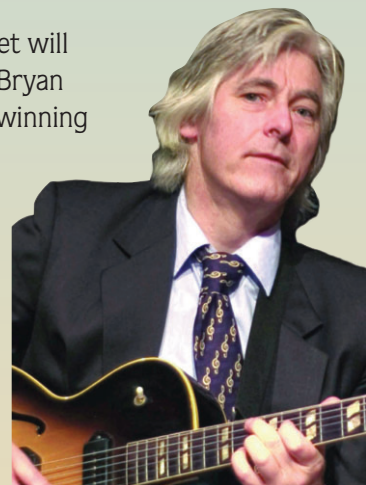
If paying by cheque please make payable to Lothingland Village Voice.

We thank Rosie Bunn for the use of the Church as the venue. It is the largest suitable venue in the Village and most ideal for this great concert.

To read more about Kate's music visit :-

<https://encoremusicians.com/The-Kate-Daniels-Quartet>

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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

Rounding up our Scouting year, I think the most important item from all the adults, even though it took a lot of hard work having to do the risk assessments and having them agreed by our national HQ, was starting face to face Scouting again. Before then we had done Zoom meetings where the Scouts joined in with the Cubs and thanks to Akela for that. The Beavers had their own meeting. We covered all sorts of subjects on Zoom. The Beavers made moving machines, cooked, made sweets, had a go at crafts, space activity badge, learnt new camp songs, had a zoom sleepover and so much more. Again, the Cubs and Scouts did map reading, knots, cooking (Akela made a video on how to make pasta) and so much more. Our thanks need to go to the parents who supported this. Without their help Zoom would not have worked.

The Beavers started back first spending the time outside, which we have shown can work, so whenever it is light enough and not raining we have been outside doing all sorts of activities from planting seeds for Rectory Corner, having a sunflower competition and growing potatoes that did not do well as they did not get watered enough. We have had a go at archery, made bird feeders and so much more.

The Scouts have planned hikes for the future, have done some team challenges, made their own wooden woggles, learnt about the safety aspects of using tools and sandpaper, cooked a few times making short bread and sweets at Christmas.

The Cubs again have used the outdoor space, cooked on the camp fire after fire lighting and had a camp fire sing song. Inside, they have done their personal challenge, cook's badge cooking a three-course meal and so much more

For Beavers

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

For Cubs

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.

For Scouts

Would you be interested in helping to support the Scout section. You don't need to help every week just when ever 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

The Group at our AGM remembered our treasurer Dave Eley who sadly passed away in April. We, with his family, planted a pear tree and have a wonderful 8 seated picnic table. We then went on to have a buffet with our scouting family.

Paper Collection next on Saturday 5th February 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.

March's collection Saturday 5th March 2022

We would be grateful of any books / Jumble/ Bric-a-brac for sales. They can either be dropped at 6 Station Rd North Belton or phone 01493 780965.

Bric a brac Sale with a coffee morning on Saturday 12th February 10am to noon at JGI

Jumble /Bric-a-brac Sale on Sunday 13th March 2022, 10am to noon at the JGI

1st Belton Scout Group Dates 2022

Scouts Paper Collection

Saturday 5th Feb, Saturday 5th March

Bric-a brac Sale

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 to give your views.



Communities encouraged to give their views towards the James Paget's plans for a New Hospital

Ahead of the next milestone within the development of ambitious plans for a new hospital, the James Paget University Hospitals NHS Foundation Trust (JPUH) is asking for the views of patients and local communities on what is important to them.

The James Paget, located in Gorleston, was announced in 2020 as one of the hospitals that would receive funding through the Department of Health and Social Care to develop plans for a new hospital, as part of the Government's Health Infrastructure Plan.

As part of this announcement, JPUH received funding to begin development of its plans, which is part of the Government's ambition to build 40 new hospitals by 2030. In early 2022, the James Paget will submit its Strategic Outline Case for review, a significant step towards its vision of a modern hospital and health and care campus in the future.

The hospital is asking patients and residents for their views on how plans for a new hospital can build on the quality of health and care services locally, and what is important to them in developing the James Paget's physical environment.

Anna Hills, Chief Executive of the James Paget, said: "We are delighted to be part of the New Hospital Programme, and the opportunity this provides for our hospital to physically grow to continue to deliver outstanding care to our patients

and communities."

"We know this a long journey, and we are focusing on listening to the views of our staff and patients every step of the way."

Mark Flynn, who is Director of Strategic Projects at the James Paget and leading the hospital's New Hospital Programme, said: "Everyone at the hospital recognises the Paget's role as a much-loved part of the local community, as well as its reputation as a healthcare provider."

"Our planning is reflecting this – we are focusing on how a new hospital can support high quality, modern clinical services in the future, but also the positive impact it can have on our local environment, employment market and economy. That is why we are asking for a breadth of views from our communities to support the ambition of what we want to build for the area."

The James Paget has established a short survey where anyone can give their views on what is important to them, which will be utilised as part of the hospital's Strategic Outline Case for the New Hospital Programme. Access the survey here: <https://forms.office.com/r/hVTJcErZYS>

Further information about the Paget's New Hospital development and progress to date can be found on its website (<https://www.jpaget.nhs.uk/about-us/strategies-policies/our-new-hospital/>)

Background:

- * JPUH serves a population of around 250,000 across Great Yarmouth, Lowestoft and Waveney, as well as to the many visitors who come to the area
- * The hospital's main site is in Gorleston, supported by the Newberry Clinic and other outreach clinics in the local area.
- * JPUH has a current CQC rating of 'Good', received in December 2019
- * Further information about the Government's Health Infrastructure Plan and New Hospital Programme can be found here: <https://engage.dhsc.gov.uk/ournhs/buildings/>

JPUH is asking for response to the following questions:

- ▶ We are developing our hospital site over the next 10 years – what is important to you in how we provide and locate services at our hospital in the future?
- ▶ Based on your experience, how could we improve the services we provide at the James Paget?
- ▶ What is the most important thing to you in how we design our new hospital?
- ▶ What else could our new hospital provide to benefit the communities of Great Yarmouth and Waveney?

Responses can also be emailed to
JPUHNewHospital@jpaget.nhs.uk

The Village Voice Health Check

Health Check is a regular column in your Village Voice.

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

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

SEASONAL AFFECTIVE DISORDER (SAD) OR WINTER DEPRESSION

Priyanka Tharian

About the author:

Growing up in Belton before going on to do her medical degree at the University of Birmingham and specialist psychiatry training in London, Dr Priyanka Tharian now works as a Consultant Psychiatrist at East London Foundation NHS Trust. This is the tenth in a series of 12 articles in the Village Voice on topics about well being and/or mental health written by RADIANT (Research in Developmental Neuropsychiatry) members <http://radiant.nhs.uk>



been suggested therefore that getting bloods done to exclude this contributing factor may be useful in people where this condition is suspected.

There is also the theory of increased melatonin production in winter causing more fatigue. A hormone known as melatonin is produced by the pineal gland in the brain. During dark hours more melatonin is released to make the body feel sleepy. In winter, with reduced daylight hours more melatonin is produced, and the person feels more lethargic. People with SAD seem to have an overproduction of melatonin in the winter months. Usually our body has a biological clock (balance of chemicals that determine our waking and sleeping states) which allows us to adjust to longer dark hours in winter. This biological clock is disrupted in those with SAD and that contributes to the mood changes.

How is SAD diagnosed?

It is important to distinguish between sadness and lethargy as normal human experiences and depression or SAD as an illness. This is particularly so because many people experience the features described earlier during the winter months. They do not necessarily have depression or SAD as an illness. It is only if those features interfere with daily life and disrupt one's social and occupational functioning, that the possibility of SAD needs to be explored.

SAD is diagnosed by a psychologist, psychiatrist or medical doctor. The current criteria for a diagnosis of SAD (in the DSM) states that five symptoms should be present for two weeks. One of the symptoms should be a depressed mood or disinterest in usual activities. The other possible symptoms include- decreased activity levels, social withdrawal, feelings of worthlessness/guilt, difficulty concentrating, irritability, excessive sleeping, carbohydrate cravings leading to weight gain or apathy leading to weight loss. Suicidal ideation is also a possible symptom and should always be enquired about.

There are some screening tools that may be used to identify at-risk individuals (eg: Seasonal Pattern Assessment Questionnaire). The diagnostic process may involve screening, taking a full history, detailed assessment of the key symptoms and a physical examination with blood tests to exclude any medical conditions that may cause a lack of energy.

How is SAD treated?

Various modalities of treatment have been suggested, some of which are described below. They should be commenced after a medical consultation and subject to professional advice. The best treatment depends on severity and patient choice. For mild symptoms, self-help may suffice but if more severe the first choice is usually between a light box and medication.

Self-help: This may involve exercising more during daylight hours, avoiding over-eating/excess weight gain which can worsen mood and sharing your experiences with friends and family so they can support you.

Light therapy: A light box for 30 minutes to an hour every day ideally at breakfast may help to counter the effects of less daylight in winter. Any benefits are usually noticed within the first week. Side effects are mild and usually are limited to headache, nausea or blurred vision.

Dawn-simulating alarm clocks: These come on dimly about an hour before waking up time and gradually get brighter. These can be helpful for those struggling to wake up on winter mornings.

Cognitive Behavioural Therapy: There is some evidence that CBT can help winter depression and may prevent relapse. CBT is an evidence based treatment for anxiety and depression in general.

Vitamin D: Many people with SAD have low vitamin D levels. Vitamin D is important in the production of serotonin, a brain chemical that stabilises mood.

Psychotropic medication: Anti-depressants may be helpful, although sedative ones are best avoided. The best evidence is for the use of SSRIs including sertraline, citalopram or fluoxetine. Initial benefits usually take two weeks to be apparent, but can take up to four weeks. Timing of treatment often involves starting antidepressants in the autumn and stopping them in the spring. They need to be taken for at least three-six months to help prevent relapse. Bupropion can also be used for people who cannot tolerate SSRIs. It works by increasing a brain chemical called dopamine which helps improve mood. Bupropion is known to boost energy levels and can help improve concentration in SAD sufferers.

Sources & Acknowledgements:

1. [https://www.rcpsych.ac.uk/mental-health/problems-disorders/seasonal-affective-disorder-\(sad\)](https://www.rcpsych.ac.uk/mental-health/problems-disorders/seasonal-affective-disorder-(sad)) (Royal College of Psychiatrists)
2. <https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview/> (NHS)
3. <https://www.mind.org.uk/information-support/types-of-mental-health-problems/seasonal-affective-disorder-sad/about-sad/> (MIND)

Disclaimer:

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

What is seasonal affective disorder (SAD)?

Seasonal affective disorder is a type of depression that occurs in a seasonal pattern. It is also called 'winter depression' or 'winter blues'. Rarely, some people have this condition in summer months. That however, is very much the exception than the rule. In general, SAD tends to get better in the spring and about a third of people with SAD have a time when they feel more energetic than usual during the spring and summer. SAD symptoms include low mood and lack of interest and enjoyment in life. People can also experience low energy, feeling irritable/less sociable and loss of their sex drive. Unlike in most other cases of depression, people with this condition typically sleep and eat more.

In the past, SAD was dismissed because it seemed to resolve without intervention. Doctors and psychologists felt that it did not fall into a typical pattern of depression and hence could not be described as a diagnosis. In 1984 a psychologist named Rosenthal noted that he was less productive and experienced lower moods during winter and after his studies on SAD, it was accepted into the Diagnostic Manual for Mental Disorders (DSM), used globally by mental health practitioners.

How common is it?

Around 3 in every 100 people are diagnosed with SAD in the UK. In women of the child bearing age group, it is three times more common than in men. It is less common in children and in older adults. When it comes to the latter category, men and women are equally likely to be affected.

What are its causes?

Research is ongoing about this but it is thought that the reduced amount of light in winter is important. During winter, people often stay indoors, wear many layers of clothes when outdoors, and the overall daylight hours are diminished. In some people this may contribute to a vitamin D deficiency. Individuals with low Vitamin D are at risk of developing SAD. It has

ALL SAINTS BELTON

Rev Rosie Writes



NEW SHOOTS!

Have you noticed the way that roses and shrubs and bulbs are producing new growth? I have a patch of beautiful snowdrops in the garden and each day there are more and more showing their heads. On some parts of the lawn there is no sign of what will eventually be a carpet of white snowdrops, and then yellow with the daffodils, not forgetting the crocuses – but they don't last long as the deer seem to have a taste for them.

On Sunday, our Messy Muddy Church gathered in the Rectory garden and the children had fun



finding "NEW" things. So the snowdrops and bulbs shooting were seen, but there were also new mushrooms and molehills, and a 'new' Christmas tree planted in the garden. During our time sitting around the campfire, we also spoke about experiencing a new day, or a new week – as well as just having begun a new year and a variety of new experiences.

There are many verses in the Bible that talk about "new" things . . .

In Lamentations 3: 22-24 the writer expresses his trust in God because God's love and compassion never fail; they are new every morning and his experience of God's faithfulness is enough for him. Each day might bring troubles, but

we start each new day afresh – or we can do.

St Paul writing to the Corinthian church explains to them (and us) that with faith in Jesus Christ we can begin a new life. With an acknowledgement of what we have gotten wrong, in seeking forgiveness, believers are made a new creation – the old has gone, the new is here! Letting go of all the past hurts and wrong-doing, there is the offer and promise of beginning again. It is a picture that is very much part of the church's baptism service – remembering Jesus' baptism as he was immersed in water and rising up out of it (being dead to sin and rising to new life).

At Messy Muddy Church we also talked about God's promise to give us a new heart and put a new spirit in us; removing from us our hearts of stone and giving us a soft heart of flesh (Ezekiel 36:26). The children suggested that having hard hearts meant we might be mean, or selfish, unkind or just not care about people, but soft hearts meant that we would be kind and generous, that how people felt mattered and that we wouldn't want to intentionally hurt people.

I wonder what new shoots you might be seeing in our community; in nature but also as we try to start



anew following the various setbacks that we have all experienced as a result of the covid pandemic. New shoots, new opportunities, looking at things afresh is part of every day life, if we want it to be.

New experiences of God's love can come in a variety of ways, often through people with soft and loving hearts who choose to make a difference to the lives of others.

However, tender new shoots need nurture and encouragement to grow and mature. This spring, let's be aware of the new shoots growing in our gardens and the countryside around us, but also in our lives and the lives of others, new shoots budding in the organisations and groups in our community, and let's try to encourage one another and see the beauty of it all as it develops.

Young at Heart

It was lovely having last 'term' together finishing with a Christmas afternoon tea and singing. Unfortunately we decided to not restart Young at Heart during the second week of January because of the Omicron variant. Hopefully by the next Village Voice edition, we will be meeting again regularly. Happy New Year everyone. When we start back a warm welcome and refreshments will be available on a Tuesday morning, 10 00am until noon at All Saints church, Belton. New members welcome. Sue Angel

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Ormiston venture academy

ECO Team & Great Yarmouth Green New Deal

After a successful litter pick at the beach in Autumn term 1 the Union of Venture Students and the ECO Team decided to continue their quest to neutralise Venture's carbon footprint by planting 78 trees at the front of the academy. From the UVS actions they have already offset over 50% of the academy's printing output with plans for more trees to be planted in the future.

It was a very cold and wet day but this didn't deter the students from getting their spades out, digging holes, carefully planting the trees and hedge rows, and gently covering them with a protective case to stop wildlife and weather from affecting the success of the project.

A huge thank you goes to Great Yarmouth Green New Deal that helped and supported with this project sourcing the trees from the National Woodland Trust. Venture and the Green New Deal have started a very successful partnership which hopefully will continue to flourish as time goes on.

These events are a joint effort in partnership with completing the ECO Schools award. At Venture we have obtained the Bronze and Silver ECO



Schools Award by completing litter picks, tree planting, creating a nature garden and making the school more ECO friendly in regards to the amount of recycling bins we have at the academy. We were due to complete our Green Flag Award however due to COVID 19 this has been delayed but still something the Union of Venture Students are passionate about completing.

Mr Waters (Assistant Principal) said, "The students are so passionate about their community and environment. It was great to see them actively taking a role to effect positive change for the community". Maggie Brown of the Great Yarmouth Green New Deal commented, "It was so lovely to see the passion that the students showed in regards to such an important issue. The students have left a legacy for the rest of the community to admire". Head Girl of Ormiston Venture Academy, Mollie Speed said, "My friends and I had such a great time planting all the trees. I know becoming more environmentally friendly is a priority for all students and so being able to take the lead on this was a real privilege and good fun."



East Norfolk Combined Cadet Force - developing the leaders of the future

EN is home to the only state funded sixth form Combined Cadet Force (CCF) in the country. It gives young people the chance to develop teamwork and leadership skills as part of a youth organisation with a military ethos, funded by the Ministry of Defence.

The CCF offers life changing experiences that no other extra-curricular activity can match and has an ethos enabling the development of personal responsibility, leadership and self-discipline.

The CCF is an educational partnership between EN and the Ministry of Defence and is affiliated with the Army. The programme is set up to help young people achieve lifelong success with lots of emphasis on promoting the qualities of responsibility, self-reliance, resourcefulness and a sense of service to the community.

Cadets build important skills like teamwork, confidence and self-discipline, as well as having the opportunity to take on leadership roles. The Army themed training activities and events, all focus on building the cadets courage, self-discipline, respect for others, integrity, loyalty and commitment.

It also offers students the opportunity to get to know a wide-range of people from across the college, working together to take on new challenges and having the opportunity to get involved with volunteer and charitable work in the community. The cadets recently supported the Poppy Appeal, which EN has been responsible for in the Great Yarmouth and Gorleston area since 2019. This gave them the opportunity to explore their local area as part of delivering poppies, to collect donations at the Remembrance Day event at St George's Park and to work with the Great Yarmouth branch of the Royal British Legion with which they are affiliated.

Student Xander Carstens said; "I chose cadets as I hope to join the Royal Marines when I leave college. I know it will look good on my CV for when I apply for the Marines as well as any job. I enjoy the cadets because I get to learn new things skills such as map reading, fieldcraft and even weapons handling. I think that cadets teaches people important things like respect and I believe that people can use what they learn in cadets in their day to day lives and will really benefit them."

Student Harvey Hicks said: "I chose to be part of the CCF because it creates a huge sense of belonging and adventure. For example, I really enjoy being part of a team and as I progress through the CCF I have enjoyed becoming the team leader for the group, so I can pass on my skills and knowledge. It was also great to be involved in encouraging our local community to remember veterans and those who have lost their lives as part of the Poppy Appeal."

Alongside, the CCF, students can also take part in the Duke of Edinburgh's Award, completing activities, volunteering and developing new skills as they achieve from Bronze through to Gold standard.

The benefits of achieving a DoE Award at any level are endless and support students along the path to a productive and prosperous future. A Gold Award can open the door to employment, progression to Higher Education and provide access to a whole range of opportunities in the local community.

Achieving an Award gives students new skills, confidence and an edge over others when applying for university or a job as they teach the 'soft skills' that are developed through extra-curricular activities, such as communication, commitment, leadership and teamwork.

Students also tell us that undertaking the DoE helps them with character traits like confidence and resilience, that can boost mental health and wellbeing and allow them to overcome personal challenges.

Student Beth Lawler said: "Participating in DoE at East Norfolk has been a brilliant opportunity for me to challenge



myself, go on expeditions and make new friends. It has allowed me to develop more independence and learn new skills. It stands out on your CV and really sets you apart. I truly believe it's an amazing award scheme."

The Duke of Edinburgh's Award has been offered at the College for several years, and all expeditions are now delivered in-house, where students are supported by the DoE Manager Mark Stacey. Mark explains, "Working with students as part of this scheme is inspiring. They are so passionate about improving their skill sets and getting involved in local community projects and opportunities. You really do see them grow and develop into amazing young people. We have had students working with charitable organisations, scouts and guides and volunteering in local schools and as part of the DoE, and every year we see even more examples of how participation leads to better community links and an understanding of their local area."

If you've got potential volunteering opportunities for our Duke of Edinburgh participants to get involved in or you'd like to find out more about our Combined Cadet Force then please do get in touch, we'd love to hear from you.



A REVIEW OF ANTI-SOCIAL BEHAVIOUR

Anti-Social Behaviour (ASB) covers many types of actions from low-level persistent nuisance to serious public disturbance and is behaviour that:

- ☛ is capable of causing nuisance and annoyance
- ☛ is likely to cause harassment, alarm or distress
- ☛ creates significant and persistent problems in the neighbourhood
- ☛ Leaves communities intimidated and afraid.

Examples of such behaviour would include:

noise, harassment, vandalism, graffiti and fly tipping, nuisance neighbours, street drinking, intimidation and threats, violence and hate behaviour that targets members of identified groups because of their perceived differences.



"I've been lying in bed admiring your music system, could I take a peek at it?"

How do I report ASB?

- ☛ Report it via the Norfolk Police website at <https://www.norfolk.police.uk/contact-us/6-report-it/08-anti-social-behaviour>
- ☛ Contact Norfolk Police by calling 101.
- ☛ Contact your local District Council.
- ☛ Social housing tenants can report the problem to their Housing Officer.

In an emergency always call the police on 999.

Daisy Woodward-Smith (Community Engagement Officer) for Great Yarmouth, Norfolk Constabulary

Mobile: 07917 642073

Daisy.WOODWARD-

SMITH@norfolk.pnn.police.uk



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Belton Judo club latest update for February

Not the best start to 2022 for our Judo club but we are forever optimistic and things are going to get better as we move forward with many positives ahead. Ryan has already done a grueling winter training camp at Kendal with the UK squad but was unable to defend his Scottish Open title as the 2022 Scottish Open was canceled due to Covid-19 concerns. We also had the local Eastern are low grade competition postponed for the same reason which was a shame as it would have been an ideal competition for many of our younger fighters. We also had to cancel our sessions for a week which was unavoidable as two of our coaches tested positive for Covid-19 but thankfully everything is now back to normal.

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 Year's 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



BELTON AND DISTRICT HISTORICAL SOCIETY

CLOSURE ANNOUNCEMENT

As announced in the November Village Voice, the historical society has now reluctantly had to wind up at the end of last year due to a lack of volunteers to assist with its running.

Great Yarmouth Stroke Club

We had to make the decision to delay the return of group meetings until February 10th because of high numbers of Covid cases in the area.

The Belton History Society which has now closed, has given a very generous donation to our Stroke Group in memory of Ken Lindsay who suffered a stroke. Ken, in the past, has donated items from his collection to the group to help start up conversation between members.

I would just like to say how grateful we are to receive the money. It will make a huge difference to provide members with transport who

are unable to get to the group meetings, especially members from Rollesby, Caister, Yarmouth, Belton, Gorleston, Halvergate and Bradwell. Last month for members in wheelchairs we had to use five taxis and with a shortage of drivers it was not easy.

Birthday wishes to Jack, Maureen B, Francis and Angie.

We will still be grateful for any unwanted Christmas presents, to help to raise money for the group. We will collect.

Contact Sue Casey on 01493 781846



The club ran very successfully from 2006 until early 2020 and over this time organised hundreds of talks

and events covering items of

local historical interest.

After a committee meeting in December the club funds are to be distributed to local causes. **This comprises significant contributions to the Great Yarmouth Stroke Club in the memory of Kenny Lindsay**, who was a founder member and event organiser, the Belton PCC food bank, the 1st Belton Scouts Group and the 1st Belton Guides Group.

Should you have an interest in local historical matters we will maintain the club website as long as financially viable (<http://beltonhistory.co.uk>) with additional historical information on the village web site (<http://beltonandbrowston.com>)

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

Ian Walker (Club Chairman)

Mobile (evenings and weekends) 07887 640 385

or IanWalker22@gmail.com

Up4fitness & Sallyann

Finally we manage to get some sort of normality in classes during 2021. We held our end of year celebration on Monday 13th December and had a small Covid safe get together. About 15 members attended and as a surprise the Healing Melodies singing group came to sing carols. This was enjoyed by all. Thank you to Rachel & Marjorie for coming along and to Maureen & Sallyann for completing the singing group. The event raised £50 after costs from voluntary entry donations and a raffle. We will all decide where the money will go in 2022.

Belton exercise class will start in the New Year on the Monday 10th January at 10am and will hopefully run for 6 weeks at a time. On the sixth week Monday 14th February after the session we will bring our own coffee to have Covid safe social session before we leave at 12 noon. This is because many members have

missed the social part of the group.

Only one class is being delivered at present, as some of our members will not be returning for many different reasons and the second class has not enough members to run.

There are also changes to times from Monday 17th January 2022. The class start time will change to 10.15am as this allows Sallyann to set up without incurring extra charges. The cost of hiring the centre has increased by a considerable amount and class fees will have to be raised to £5.00 at least to help cover some of the extra costs.

Although the class is full at the moment, we do run an online class over zoom if you would like to join us or contact Sallyann to be put on a waiting list.

All year we have been saving use postage stamps and finally we will be sending a large envelope of 200grams of stamps to the RNIB.



Please contact Sallyann for any of the above by email up4fitness@gmail.com Text or ring on Mobile 07599044806 or private message Sallyann through messenger on Facebook pages Sallyann Protheroe and up4fitness Thank you

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*These courses are subject to validation.

Join us at our next open event!

Lowestoft campus

Wednesday 23rd February 5pm - 7pm

Great Yarmouth campus

Thursday 24th February 5pm - 7pm

uos.ac.uk

eastcoast.ac.uk





Events at the John Green Institute

HALL POST CODE NR31 9JG

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

JGI TRUSTEES

Not much to report this month. The Christmas period passed successfully with the hall remaining busy with some children's parties and other Christmas hire. Various essential maintenance took place so that the hall is a welcoming place to hire. We wish all users a belated New Year and thank them all for using the Hall. That is what a Village Hall is all about. Contact any Trustee for further information and especially Geoff and Shelia for hiring information.

WEDNESDAY MORNING DROP IN

Well Christmas and the New Year have passed and so far we have all survived the nasty Covid. Lets hope and pray we continue to do so in 2022. We have been able to meet every Wednesday morning without a miss over the Christmas period and all have really enjoyed getting together. We try and make the hall as safe to meet as we can with always with windows open and fresh air flowing through the room. We welcomed some new faces during the end of 2021 when we started again and invite anyone to join us for a happy exchange of chat on a Wednesday morning throughout the coming year. We meet from 10.30am til noon every Wednesday.



Call Sue on 780822 for any further information

MONTHLY INFORMATION TO THE VILLAGE VOICE

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

THE JGI ADVERTISING BOARD IN THE HALL

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

If you or you know of someone or organisation who are advertising on this board to take the trouble and come along some time and check.

False information is worse than no information.



The next Quiz Evening is on Friday 25th February at 7.30pm. Teams up to 4 at £5 per team. Great prizes and raffle. Get a team together and come along for a fun evening.

Part One Question for 25th February
How many legs are on a Polo field during a game?

Part Two on the evening

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)			

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(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

Due to the Covid pandemic and resultant drop in passenger numbers "National Express" have ceased running their 491 Service from Lowestoft. The 491 Service still operates from Great Yarmouth Market Gates via Norwich to London. The situation will be reviewed if and when there is sufficient demand for the service from Lowestoft to be re-introduced.

While on the subject of "National Express", from 7th December, 2021 they have introduced a new direct service 727 between Great Yarmouth and Stansted Airport and Heathrow Airport.

On Mondays through to Fridays, departures from Great Yarmouth are at 0530 and 9.15. from Market Gates, Regent Road Stop A. On Saturdays and Sundays, the departure times are 0550 and 0915. The 727 runs via Acle, Norwich, Thetford, Mildenhall, Newmarket, Cambridge Parkside, Cambridge (Trumpington Park and Ride) Stansted Airport, Heathrow Airport (Bus Station) Heathrow Airport T5 (Bus and coach station).

Direct return journeys between Heathrow Airport and Great Yarmouth depart Heathrow Airport at 1230 (Stansted Airport 1425) and 1615 (Stansted Airport 1825) arriving Great Yarmouth at 1800 and 2150 respectively (Monday-Friday). On Saturdays and Sundays, departures from Heathrow Airport are 1230 and 1615 (Stansted Airport 1425 and 1810) arriving Great Yarmouth at 1800 and 2135 respectively. For more information Telephone

08717818181 or visit www.nationalexpress.com

With effect from 10th January, 2022 Greater Anglia have introduced a change to their weekday

www.greateranglia.co.uk

For passengers using the buses in Norwich from 8th January, 2022 for a period of approx. 8



months the bus stops on St. Stephen's Street will be closed. This is to facilitate the up-grading of bus stops on that road. Alternative stops have been identified on Castle Meadow, Rampant Horse Street and Red Lion Street. This does not affect services that usually terminate at the bus station, so travelling into Norwich by X1, X11, X2, X21 and X22 will remain unchanged. For more information on the St. Stephen's Street closures please visit the Traveline East Anglia website at

www.travelineeastanglia.org.uk

You may have noticed that for several years one of the ex-Leicester ALX400 double-deckers was painted in 'Great Yarmouth Transport' livery. Its fleet number is 32059, but it was generally referred to as '59'. Well, alas its stay in Great Yarmouth has come to an end as during week commencing 10th January, 2022 it is moving into preservation in Leicester where it first entered service.

Another double-decker has been painted in the 'Great Yarmouth Transport' livery – a B9 Volvo Gemini (fleet no. 37562) and on Saturday 8th January, 2022 both buses, together with a preserved AEC Swift (85) single-decker were made available for a photo-shoot at Caister Road Bus Depot. This was followed by a convoy trip around the town and then onto Seashore Holiday Park for another photo-shoot. The photograph shows all three vehicles with '59' in the centre.

While '59' retires into preservation, the 'Flying Banana' Dennis Dart, often seen in Belton and Burgh Castle, is not so lucky and has been sold for scrap!

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

TONY GRICE

Kenshinkan laido

Looking for something different in the new year? Then why not have a go at the ancient Japanese Art of drawing and cutting with the Japanese sword, we have classes available in Belton and Lowestoft, we are a member of the Japanese Budo Association Under Sensei Asano who is a teacher of two styles of swordsmanship.

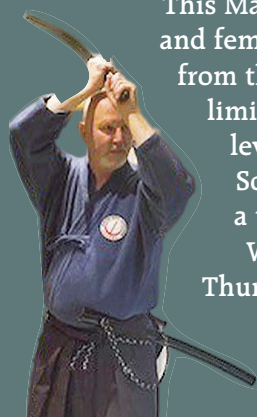


The classes are run by Sensei Roy Bradford 3rd Dan who is the sole representative of Asano Sensei in the UK.

This Martial art is suitable for both male and female students, you can start training from the age of 14 with no upper age limit, training is tailored to any fitness level and ability and is fully insured. So don't just sit there come and have a try.

We meet at Moorlands School on Thursday evenings between 7 and 9 pm.

Roy Bradford



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WANTED

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

FOR SALE

Merrythought large, medium brown bear 32 inch high £34, **Bearington** Willy and Chilly retired 2007 £34 Tel 07980 815499

Foldable light weight wheelchair, will go into a car. Little use £50 ono Call 07709 088857

Gents cycle, Barracuda, all stainless steel frame & wheels, Various speeds plus extras, VGC £75 Call 01493 440072 or 07854 251943

Nintendo Wii with 3 controllers plus chargers and fit board and discs £10. **Three** Photographic lamps on tripods complete with reflectors £4 each or £10 for all. **Body** Shop massage oil 3 bottles unopened £3 **Compact** stereo DAB/VHF radio, cd, cassette player £10 Call 01493 780822

Portable Electric Radiator on wheels

Height 12" length 23" as new £10 Revitive Massage machine for legs and feet £10 Call 01493 780145

Crock Pot Slow Cooker, Brand New in Box £25 Call 07375 558120

Pair Unicorn curtains pale pink/grey 65" wide X 72" drop £5, Boots size 3 Aqua-rite brown suede/leather £4 Call 01493 780737

Panasonic TV 60" £125 **Antique** Pocket Watch £50 **Ladies** Cox's Sheepskin slippers £30 **Plastic** Decoy Duck £2 call 01493 662323

Two sets of Bowls, 4 bowls plus Jack in each set £20 **Bowls** shoes size 7 and size 10 Brand new, £10 per pair Call 01493 663695

Gents Black with satin piping Dinner/Lounge suit. Jacket 48" Regular chest. Trousers 40" waist 31" leg. As new. Only worn once £25 tel: 07983 457750

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Einhell GH-EC 2040 2000w electric chainsaw with tool free chain tensioner and free bottle of oil. Brand new, never used, not even taken out of it's original box. Oregon high quality guide plate and chain. These sell on Amazon for around £70.00. Complete and ready to go with 1 litre Oregon oil. £70 Call 07434 810557

Scrabble Game £2, **Dolls** Pushchair £3, **Model** of Globe Theatre £5. **Numerous** copies of "Enquire Within" £2 for 5 copies. Telephone 01493 662323

'Draper' Garden Leaf Sweeper 20ins. brush push action. As new (used twice) £20 Tel 07786 936227

RSPB Telescope in case as new £125

Nakajima AX160 Electronic typewriter £50 Call 781655

Dates for your Diary

Sunday 30th January

Holy Communion for Candlemas

9.30am St Peter & St Paul Church – IN CHURCH

Morning Celebration with Christingle

10.30am All Saints Church, Belton – ON-LINE
ON Amazon Chime & Facebook Live

Sunday 6th February

Holy Communion

9.30am St Peter & St Paul Church – IN CHURCH

Morning Celebration

10.30am All Saints Church, Belton – ON-LINE
ON Amazon Chime & Facebook Live

Tuesday 8th February

Traditional Holy Communion

11am All Saints Church, Belton – IN CHURCH
(Coffee available from 10am onward)

Friday 11th February

10am – 12 noon Women's Bible Chat – IN CHURCH

Theme: The wise woman of Abel Beth Maakah
(2 Samuel 20)

Sunday 13th February

Morning Prayer

9.30am St Peter & St Paul Church – ON-LINE on
Amazon Chime

Holy Communion

10.30am All Saints Church, Belton – IN
CHURCH and on-line Amazon Chime &
Facebook Live

Evening Celebration

6.30pm All Saints Church Belton

Sunday 20th February

Holy Communion – IN CHURCH

9.30am St Peter & St Paul Church

Morning Celebration – ON-LINE on Amazon

Chime & Facebook Live
10.30am All Saints Church, Belton

Messy Muddy Church

4-5.30pm in The Rectory Garden and the
stables including a Campfire

Sunday 27th February

Morning Prayer - on-line on Amazon Chime &
Facebook Live

10.30am at St Peter & St Paul Burgh Castle

Holy Communion

10.30am All Saints Church, Belton IN CHURCH
and on-line on Amazon Chime & Facebook
Live

Sunday 6th March 2022 – First Sunday of Lent

Holy Communion

9.30am at St Peter & St Paul, Burgh Castle - IN
CHURCH

Morning Celebration

10.30am All Saints Church, Belton – ON-LINE
ON Amazon Chime & Facebook Live

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Useful Telephone Numbers

Belton/Browston PC Clerk Kate Ruddock	01493 602960
Burgh Castle Village Hall Margaret Greenacre	01493 780126
Norfolk Highways	01603 224200
GY Borough Council	10493 856100
Church Pantry	07514 458186
Moorlands School Reception	01493 780007
Well Being Pharmacy Belton	01493 222299
UK Power Network	105
Essex & Suffolk Water	0345 782099
Blocked Drains Anglia Water	0845 7919195
New Road Bookings	01493 602960
JGI Bookings	07984 443808
Police Non Emergency	101
NHS 24 hour medical advice	111
James Paget Hospital	01493 452452
Doctors Millwood Surgery	01493 444484
Dentist J Plummer	01493 662717
Block Drains Anglia water	0845 791 9155
BT Customer Services	0800 800 150
Essex & Suffolk Water	0345 782 0999
Clean water supply emergency	
UK Power Network	105
Gas leak	0800 111999
Rev Rosie Bunn	01493 780210
Samaritans	0330 094 5717

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