

# Village Voice

March 2022  
22nd Great Year  
Vol 22-12

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## SCAMS TO BE AWARE OF

See page 12 & 13



## Village Health Check

See page 14

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**From the  
Editor's Desk**  
Professor Regi Alexander

This month, your Village Voice comes to you with a new format for its cover page. My thanks to Bryan Diggory for designing and delivering this new look and hope you will welcome this change. I very much look forward to hearing your comments and please do send in photographs that can feature in our future covers too.

Last month's new column, Ordinary People, Extraordinary Lives featuring Norfolk magistrate Jackie Grace generated considerable interest and many of you have told me about how much you enjoyed reading it. The next few issues will feature more of these columns from a wide range of people making extraordinary contributions to their communities. If you are one of those or know someone who may well be, please do write in and let me know.

This month's issue has a health check column that addresses the topic of Long COVID which is increasingly causing concern to the small but significant number of people who are affected by it. It also features a two page spread that focuses on scam alerts, one that many of you may find particularly useful.

Finally, a word about the Village Voice grants worth £2300 that were awarded to a number of voluntary organisations within our villages. I hope it is a small contribution that helps sustain and enrich the remarkable work that is done by these bodies. The wonderful and selfless people who run them deserve every praise for what they do.

### A message from Jean Samuels

Do any of the Village Voice readers remember **Edward Brooks** aka **Bunty Brooks** (1927-2003)? He lived in Browston for 75 years, initially at The Gardens, Browston Lane and then from 1956 at 4 Browston Green with his wife Gladys and 3 children. He ran a scrap metal business in Browston, drove a distinctive navy blue truck and had a small holding with various livestock including the Browston herd of pedigree dairy goats. Hopefully, a memoir of his life will be published this year. If you have any memories of Bunty (Edward), please send them to 11 Yare Road Belton NR319JZ or email [beltonvveditor@gmail.com](mailto:beltonvveditor@gmail.com)



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### GOOGLE DOES HAVE ITS USES

At a lunch time during the last week of January I received a phone call from a number I did not recognise or was expecting but as it was a UK dialling code I answered it. A lady said "sorry to call you, but I live in Gloucester and"! I interrupted and ask her to explain, as I was wondering if it was a scam call? She said her father who was 94 always spoke on the phone every day to his cousin who was 90, and lived in Belton. During the previous 7 days he had been unable to get any reply and was deeply concerned. Not being able to travel or knowing any other way to make contact this lady said she then went onto Google and typed in Belton, Norfolk.

From her search my name came up linked to the JGI and also connected with the Village Voice, together with my telephone number.

After further conversation she told me where her father's cousin lived in Belton. I then said I would try and help her by visiting the address and if I found any information I would call her back.

Upon visiting the address I found out from neighbours that this lady had fallen on the ice a week earlier and was in the JPH with a broken ankle, but otherwise ok. This was telephoned back to the lady in Gloucester and the concern was alleviated. So this shows that the power of "Google" can have positive uses. *Bill Richmond (Village Voice)*

### Time to get walking again!

At this time of year we start to think about the mud drying up and getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks?

Walking in Norfolk <https://www.walkinginengland.co.uk/norfolk> has hundreds of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (the custodian of the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Norfolk (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. So home or away, check out the websites and get walking! *John Harris*  
[www.walkinginengland.co.uk](http://www.walkinginengland.co.uk) [john@walkinginengland.co.uk](mailto:john@walkinginengland.co.uk)

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## Village Voice

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Adrian Myers

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**April 2022 edition is**  
**15th March 2022**

March 2022 **252nd** Edition

**Cover Picture:** Duck Pond at Fairway  
Lakes Village, Caldecott Hall, Fritton.  
Photo by Grumpy of Bradwell

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

Eleven Parish Councillors including Borough Councillor Tracy Cameron plus County Councillor Carl Anison and Burgh Councillor Adrian Myers and one member of the public attended the February 1st meeting of Belton with Browston Parish Council, Ken Botwright was in the chair.

There was no news as to if the County Council would give permission for a piece of artwork to be installed by the Village Sign in Belton, Councillor Cameron and Mr Greystone will be working together on 'Belton in Bloom'. Regarding the possibility of a community garden at the top of Heather Road, Mr

Greystone was informed that he would need to find out who owns the land. Councillor Myers will ask at the Borough Council if funding for the scheme would be possible from the Bell Lane Charity as it meets the necessary criteria.

The issue of waste dumping on land off The Loke is on-going with The Environment Agency and Borough Council. Councillor Cameron will contact the builder again over delay in removing waste after the new build on St.

Johns Road. It was noted that areas of the recently resurfaced footpath requiring repair on New Road had been marked out.

Borough Councillor Myers will try to find results of the recent Boroughwide playground and open spaces survey throughout the Great Yarmouth area.

The Events Working Party are still working on the June 3rd Jubilee event and the large music event at New Road on July 16th. (since the meeting more details of the July event have been published)

In planning, members agreed that the condition on the original planning consent not

to allow independent living in the separate unit at Lochinvar, Short Road at Browston should not be removed, the Borough Council will be advised, members understood that it was already being used as a dwelling. There were no objections to a new extension and revisions to a earlier permission at 59 Station Road South, Belton.

There had only been one quotation to undertake the grounds maintenance work which includes the churchyard, burial ground and New Road field. Members agreed unanimously that the grass cutting part of the specification should be carried out 'in house' with a further meeting proposed to discuss details. The chairman thanked Councillors Cameron and Mills and Mr M Goreham for helping plant trees at Bell Lane. Wild flower seeds will be sown at Bell Lane and Bland Corner.

The meeting then went into closed session to confirm the 'Citizen of The Year' award, this will be announced later and plan for employee appraisals.

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

Full details with booking information coming soon.

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Showaddywaddy, The Sweet  
and many more

## KATE DANIELS CHARITY CONCERT FURTHER INFORMATION

Just to add some information. Several people have said to me they don't like Jazz. I can assure you this is not just a Jazz concert. It is a mixture of wonderful singing, in a Blues style, of well known classic numbers by Kate Daniels together with her great musicians who in themselves are great artists. The music will meet all tastes. Two great



classics of Kate are "It Don't Mean A thing if it Ain't Got the Swing" and "The Folks Who Live on the Hill". This truly is an opportunity to see great artists perform in our village, which may never happen again, at a very reasonable price for a ticket. Please support this performance, sponsored by your Village Voice as all profits will go to a local charity which will be announced on the evening.

If you are coming to the Kate Daniel's Concert on the evening of 24th March, free parking will be available at The Compass Centre with access from Deben Drive. It is then a short walk along Bell Lane and through to the church. This will be available from 6.40pm on the evening.

Tickets are still available so if you want to have this unique and great opportunity to see and hear famous artists playing and singing in our village without travelling very far and at a very attractive price get your tickets soon. As stated they are from Binky's cafe in the precinct, The Pharmacy in Station Road or from Bill Richmond at 4 Nursery Close.

**Please call me, Bill Richmond, for any further clarification on 01493 780822 or 07950 039455.**

# Burgh Castle Parish Council



There were six members of the Parish Council plus County Councillor Carl Smith, Borough Councillor Adrian Myers, the Rev Rosie Bunn and two further members of the public at the February 14th meeting of Burgh Castle Parish Council, Brian Swan was in the Chair.

There was a discussion on the proposed parking meters at the Roman Fort site. A decision had been deferred at the Borough Development Control (planning) meeting so that all parties can look at the issues and alternatives. The Parish Council Chair had set up a meeting which County Councillor Smith has agreed to Chair for the following week. The Rev. Rosie Bunn expressed concern at displaced parking from people unwilling or unable to pay the fees causing further damage to the church triangle. Everyone also agreed with Councillor Smith's concerns that there will be an accident from parking on Butt Lane and other roads and larger vehicles including fire appliances will have difficulty getting through. Also to be discussed at the joint meeting are possible

alternative sources of funding. Councillor Smith did agree to pay for current damage at the church triangle from his 'ward budget'.

In planning, a proposal to use a former barn/store at Crows Farm for residential purposes raised no objections provided it is never sold separately to the farm and provided the unit only has agricultural tenancy usage in relation to Crows Farm. The Chairman assured members that he had it in writing from the Broads Authority planners that they would be monitoring the closed period (15/28th February) at Burgh Castle Marina to ensure that the site is shut down (this does not apply to the small number of residential units at the far corner of the site). Councillor Myers agreed to question Borough Planners on why the planning appeal decision on the Porters Loke shop for riding equipment had never been communicated to himself or the Parish Council even though it was known last June.

Members agreed to the Chairman's suggestion that the Royal mail posting box at the former post office site be

moved a few yards to the left on safety grounds to be with the Kingfisher bus stop, Parish notice board and litter bin.

Although it had been well publicised the only application for the grounds maintenance contract was the current holder, Garden Guardian and as they had been doing an excellent job it was agreed to award the contract to them for the next three years.

The Speedwatch group have not been active recently as work and personal commitments have made it impossible to get three volunteers together at any one time. Issues with blocked drainage ditches on land to the south of Mill Road will be reported to the relevant Internal Drainage Board.

There were no updates on any of the many outstanding highways issues and County Councillor Smith said that when he was in County Hall the following Monday he would go into the Highways Department and see what is happening.

The next meeting of the Parish Council will be at the Village Hall on Monday March 14th (7.30pm).

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



*Burgh Castle Church is planning to recognise the Queen's Platinum Jubilee by installing a seat in the churchyard. Would you like to contribute to the cost of this, a list of sponsors will be displayed in the church porch. All donations to M Greenacre, Greenacre. Stepsbort, Burgh Castle, or to any church member.*

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It's great to be back and welcome our regulars.

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. Kate will be back with an Easter Tombola for Macmillan Cancer Relief in the first two weeks of April and we have new stock for you to browse.

As Covid regulations ease our staff will make their own decisions regarding wearing masks and we would encourage visitors to do the same.

Please think of us when you have unwanted good to dispose of, we can collect or arrange a convenient time for you to drop off...

For more information

**01493 780126 / mgreenacre532@gmail.com**

# FRITTON with ST. OLAVES PARISH COUNCIL



Eight Parish Councillors, the Parish Clerk and one member of the public were present at the January 27th meeting of Fritton with St Olaves Parish Council, the meeting was held at Fritton Village Hall and Stannas Bellaby was in the chair.

Fritton Post Office has agreed to have the Covid Community plaque on their wall and there has been an offer from a resident of New Road at Fritton to have the new defibrillator on their property and this will be followed up.

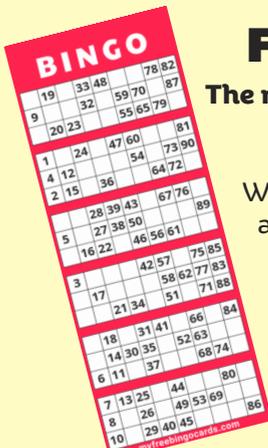
The Great Yarmouth 'BID' application for funding for the path between Fritton and St. Olaves was unsuccessful as it did not score highly enough against other applications received.

The only planning matter was notification that the application to demolish the Fritton Decoy Public House and replace it with five properties has been withdrawn by the applicant.

There was a long list of highways related matters including Councillor Storey reported that the hedge by the A143 at Caldicott Hall had been cut but there is a section left that is overhanging the highway. There are still issues with cars parking on Herringfleet Road, St Olaves, by Priory Close. If the County Council cannot fund the installation of bollards it was

suggested as a possible item for future Parish Partnership funding whereby the Parish Council meets half the cost themselves. One of the SAM2 posts (by Warren Loke) has been hit and needs replacing and a recurring dip that has appeared on the A143 by the New Cut bridge has again developed dangerously since its last repair. An identification item found in fly tipping has been reported to the police and they have also reported that they will deploy a speed gun officer to St Olaves on a monthly basis. The Speedwatch group will in future pass details of commercial vehicles breaking the speed limit on to the clerk to be followed up and possibly advised to VOSSA.

The next meetings will be at St Olaves Village Hall on Thursday March 31st. when the Annual Parish Meeting will commence at 7pm followed by the Parish Council meeting at 7.30pm, details from the Parish Clerk on 07899 846148, e-mail fritton.stolaves.clerk@outlook.com



## FRITTON BINGO

**The next bingo at Fritton Village Hall for March is Friday 18th, 7.30pm start.**

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### TUESDAY EVENING

Pooch Paws Dog Training Club (Obedience, clicker training, fun/tricks & more): Contact Katey Aldred - 07841 040171 [www.poochpaws.co.uk](http://www.poochpaws.co.uk)

### THURSDAY EVENING

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### FRIDAY EVENING

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### SATURDAY MORNING

Pooch Paws Dog Training Club (Obedience, clicker training, fun/tricks & more): Contact Katey Aldred - 07841 040171 [www.poochpaws.co.uk](http://www.poochpaws.co.uk)



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are some key things you can do in advance to be prepared. Breed: is it a good fit for your family and lifestyle? Breeder: are they experienced; how many litters have they had; will the puppies be properly registered with the kennel club; will they do any puppy rearing programmes? (This will help you assess if they are a good breeder).

Sleeping: what area do you want your puppy to sleep in? Make this comfy and secure with toys and water. Lifestyle: What will the future look like? Camping, long walks, fireworks? Make a list and start socialisation early. Health: register at a veterinary practice, check with the practice before you get your puppy. Due to the boom in pet ownership some veterinary practices are not taking on new registrations. Check with the breeder which vaccines, flea and worm treatment has been given. Ensure the vets you will use will have compatible products.

You have prepared for your new addition so now you need to think about prevention. Puppy proof: look around your home, loose cables – hide them, expensive items – make sure they are out of reach. Restriction from areas: purchase some baby gates. If you have a large breed you will need dog gates as these are taller. Escape spaces: Do you have other dogs or pets? Ensure your other pets are not harassed by the puppy providing escape spaces away from the pup. Teaching children: Have children? Look up specific programmes like the family paws project to educate children as to correct interactions.

For more tips on stealing, frustration, biting, other puppy related problems plus read about predicting, being proactive and providing visit: [www.kateyaldred.co.uk/freebies](http://www.kateyaldred.co.uk/freebies)

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# A Word from your Local MP and Councillors



## BRANDON LEWIS MP writes

It's such a relief to be able to turn our attention to more positive times as we focus beyond the virus pandemic. Last month we remembered the 70th anniversary of the Queen's accession to the throne. Watching some of the documentaries and news coverage I was reminded of the sombre tone at the time of the Queen's accession. But although the country mourned a King there was real optimism about the future. Some historians already refer to it as the Second Elizabethan Age. Before the Platinum Jubilee celebrations, it's a time we can reflect

upon the achievements of a remarkable woman. In doing so we recognise the dedicated and dignified service she has provided to our nation, and the Commonwealth, during her reign. The Queen demonstrates a timeless quality that is central to the British character – an interest and concern for those around us. Every week I see these qualities shine through in those I meet out-and-about across the constituency. Anyone who meets my colleague Councillor James Bensly will know he always seems to be smiling. And it was no different when we last met up. He briefed me about opening the new Great Yarmouth hub, operated by TimeNorfolk, to help those families devastated by pregnancy loss. From his own personal experience, it's a cause that is important to James and his family. He was delighted that families and couples could now access specialist

support in the Great Yarmouth area. The hub will provide much needed hope for the future at a time for those affected when there seems no hope. Another local hero is Trevor Saunders, who runs the non-profit organisation Mandalay Wellbeing. We chatted about the work to help people in our community. Trevor distributed over 40,000 food parcels to the most vulnerable during the pandemic. For organisations like this accessing funding is hard work, and we discussed what help is required and where it might be found. Whilst Mandalay faces challenging times, Trevor will continue helping others, demonstrating the very best of British spirit. I'm looking forward to the Jubilee celebrations later in the summer. It will be a time when we not only celebrate the Queen's reign but we celebrate the qualities of our country and the people that make it so great



## ADRIAN MYERS Borough Councillor

As I write this month, Covid restrictions are being lifted, travel is returning to some form of normality and people seem to be just getting on with their pre-pandemic lives. So perhaps like the flu, Covid is something that we will learn to live with and not allow it to restrict our future activities as it has done in the past. Last Saturday the Village Voice magazine gave out cheques totalling £2,300 to various organisations in the village that support residents or provide services on a voluntary basis. Anyone can apply for these annual awards so if you

would like to be considered for next year's grants, then please contact one of the board members. The introduction of car parking charges at the Roman Fort car park, has caused major concerns regarding the possibility of vehicles not using the car park but in fact parking on the road. Those of you who know the road will be aware that it is a narrow one, and any vehicles parked on it will severely if not totally restrict traffic such as Fire engines, caravans, and other large vehicles. There is no foot path, nor is lit at night. Discussions of all interested parties continue to be held to try to find a solution. It has been announced that council tax rises will again be implemented this year. Although it has not been increased by as much as it could have been, it is still an increase, and is intended to plug a £60 mil.

shortfall in funding. I will be voting against the increase, but this is a Norfolk County Council led increase and a failure of properly funded services from central government. I am also concerned that the social care precept is being kept. This means that working people will be paying for social care twice, once through the precept and again through the increase in National Insurance contributions, yet despite all that, the county council cabinet will discuss the funding gap at a meeting on Monday, July 5, with £17.7m from adult social services and £8.7m from children's services among the latest savings drive (cuts) This surely cannot be right, and I will be raising the issue at county hall. I continue to work on your behalf.

Adrian Myers Independent  
Lothingland

## Jubilee Celebration 3rd June

The parish council are holding a Jubilee celebration at New Road for the village to come together and celebrate the Queens Platinum Jubilee. We would like to invite all local clubs and groups and local acts and bands to have the opportunity to perform.

There will be food and drinks stalls and if you are a baker there is a Bake Off competition for you to enter. We are looking for volunteers to help on the day so if you can spare some time to support this community event or you would like a stall please contact Cllr Tracie Cameron. Phone: 07968 882240 Email: cllr.tracy.cameron@great-yarmouth.gov.uk

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# ALL SAINTS BELTON

## Rev Rosie Writes



### *That's not fair... a universal human cry from cradle to grave*

When Jesus spoke of justice and liberation of the oppressed, many people listened to him. Whether we are a victim or offender, we all need to know God's justice and mercy for us. You might think of the former Post Office managers, wrongly prosecuted for monies missing from their accounts, but caused by errors in the software used by the Post Office, or the injustice of farmers paid less than the cost of production of coffee, chocolate or milk. The people of Jesus' time lived under the oppression of the Romans; the Jewish leaders wanted a quiet and peaceful life, so when Jesus spoke out against this, his days were numbered.

We often talk about giving something up for Lent – wine? beer? chocolate? And that might help us focus on what Lent is about, but this year the churches in Belton and Burgh Castle are thinking about Living Lent Embracing Justice; a 40 day challenge to reflect and react to various themes. We shall cover justice in creation and relationships, communities of justice and the way Jesus dealt with justice and mercy, not forgetting the lack of justice for Jesus himself on the way to the cross.

The Bible contains many stories of justice, probably the most well-known would be the Exodus of the

Hebrew people from the oppression of the Egyptians, or perhaps the parable of the Good Samaritan, which challenges our thinking and the way we exclude or pass-over people who don't fit into our way of thinking, our tendency to "write people off".

The prophet Isaiah speaking God's words said "Is not this the fast that I choose: to loose the bonds of injustice?" When we reflect on the injustices of the world we can be transformed to be a people who live by a vision of God's world, where all are created equal. No matter what laws and guidance are given to human beings, we seem to struggle to do justly and love mercy. It is only in Jesus that justice and mercy are perfectly united – in one perfect life, a sacrificial death and a glorious resurrection. Exploring this line of thought might be difficult, but justice is costly.

Jesus' life revealed God's heart for justice. The first recorded occasion of Jesus standing up to speak in the Synagogue, when he read from the scroll of the prophet Isaiah.

The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favour"  
Luke 4: 18-19

Throughout Jesus' ministry on

earth he showed real concern for the poor, and for those on the margins of society; he fed the hungry, he ate and drank with the people that those in leadership considered unworthy, he washed the feet of his disciples when no one else was prepared to carry out that function before eating dinner. Jesus placed himself on a par with those who were normally ignored by people who lacked humility and grace, but he also challenged those who were disadvantaged or despised, to account for their own choices. Those who thought they already led good lives tended to disassociate themselves from him. It was surrounded by great and powerful men that Jesus experienced the abuse and perversion of Justice that so many endured then, and too many suffer today. All too often the powerful justify their actions and choices whilst the powerless suffer in silence.

"Even when we know that Easter is coming, the resurrection of Jesus does not take away the cross or its scars. Much of the world lives poised between the pain of the cross and the hope of resurrection." The followers of Jesus are called to "weep with those who weep, and sit with those who have no tears left to cry. We might rage at injustice and the way it so often seems to triumph", so writes Isabelle Hamley in the reflection for the day between Good Friday and Easter Day.

God's invitation is for us to join his mission of transformation; it is an invitation to churches, communities and individual Christians today – even as we live in a fractured and hurting world. We are people made in the image of God who need God's loving and challenging embrace, if we are to respond. And respond we must!

Rosie Bunn



**Yes we are back!**  
Tuesdays, 10.00am - 12 midday in **All Saints Church**  
for a cuppa and a chat.  
We are looking forward to a Fish & Chip lunch together and pancakes on Shrove Tuesday.  
*If you feel lonely, there is a chair and a welcome here for you - Sue Angell*

## Men's Church Walk



On the first Saturday in February six men from All Saints Church, Belton went on one of their monthly walks. This one was a circular walk from Somerleyton

Railway Station car park through Somerleyton village, through part of the estate and into Lound by Snakes Lane. It was planned to stop for a coffee but as the Mardle cafe had a private function booked we were unable to do so. The walk continued by turning right at the crossroads in Lound into Earth Lane. We then followed paths through the trees and came out onto Green Lane. At the end of the lane we crossed over the Blundeston Road and then made our way over field paths and through woods back

to the station. The total distance was 7.4 miles. On a woodland path, nearly back to the station, there was an old "Pound" as shown in the photograph. This is the only other known round pound apart from the Blundeston Pound,



unless someone knows differently. The next walk will be on 5th March at Walberswick, weather permitting. If you would like to join us meet at the Rectory at 9am.

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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

Congratulations to both Akela and Gov who have been involved with Belton Scout Group for 30 years. Akela as a Cub, Scout, Venture Scout, Young Leader, Assistant Beaver Scout Leader and in recent years Akela. Gov was first involved with the scout section, then became Akela for a while before helping the group as Group Scout Leader who supervises all the sections.

They were both presented with a mug to mark the occasion.

### For Beavers

The Beavers have had a very busy month making bird feeders, threading apples with string using a reef knot. They have taken part in the Great British Bird Watch as part of their animal carer activity badge. We made cheese and ham muffins when we had a visit from our new district commissioner.

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

### Cubs

Since we have been back from Christmas the Cubs have been working towards their "Our Skills Challenge". This has included looking at how we solve problems in a calm and organised manner. We introduced the young people to British sign language and chatted about why people use it for different reasons and



then we had a visitor who tested them on this.

We also had a visit from our new district commissioner who witnessed us making soda bread which the cubs said was delicious.



We also completed our personal challenge by learning a friendship knot and will get better over the next few weeks.

Further plans up to Easter include visits out and doing disability awareness, a firm favourite with the cubs.

Also on a Saturday morning the sixers and seconder had a morning at the HQ, which gave them lots of information about their new roles in a fun packed way.

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

The Scouts this month have made pasta from scratch with Akela when they had a visit from our new district commissioner. They have continued to work towards their safety badge looking at different types of fire extinguisher we have at the HQ. They spent an evening looking at different scenarios such as First Aid.

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

Our thanks go to the Village Voice for the grant they gave us towards some equipment.

Paper Collection next on Saturday 5th March 2022. Please have your paper outside property by 8.45am in Belton ready for collection, or it can be dropped at 6 Station Rd North, Belton any time.

April's collection Saturday 2nd April 2022.

**Annual Jumble /Bric-a-brac Sale on Sunday 13th March 2022 at the JGI. Also a small sales table on Saturday 12th March between 10am to noon at the JGI Coffee Morning**

## CLIFF EROSION AT HEMSBY

On a walk early in February along the beach at Hemsby towards Scatby it brought home how precarious the property along the cliff road is today and it was too obvious that there will be much more erosion and loss of property in

the coming months. On this day the sea was rough and pounding in but speaking to a local it was nothing compared to what hit them in the storm a few weeks earlier. The photograph with the direction sign post shows just how much cliff was

lost then and the others do not really show the devastation that is happening along that part of the coastline. To see your house fall into the sea is unthinkable.

Bill Richmond



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# Neighbourhood Watch



## SCAMS TO BE AWARE OF

One of our members received a phone call purporting to be from **Virgin Media**. The number came from 01493 379822. This number has not come up on "Who Called Me" but when the recipient asked who they wanted to speak to they could not answer.

If you have received a telephone cold call which you believe to be a scam you can report it to us via our partners the Citizens Advice consumer helpline on **freephone 0808 223 1133**.

done on or around your property, only deal with reputable companies you have researched and chosen yourself and have obtained a written quotation from before starting the work

If you see cold callers operating in Norfolk, please contact us through our partners the Citizens Advice consumer helpline on **0808 223 1133** or Norfolk Police on **101**. If you feel intimidated or are concerned for vulnerable neighbours call **999**.

### Rogue Trader Alert – Doorstep Cold Callers offering gardening and tree work – 27 January 2022

NTS are warning residents to be on their guard after receiving a report of a cold caller offering gardening and tree work in the Dussindale area. In the incident, a man cold called at a property and offered to trim bushes in the front garden. The resident declined the offer and asked the cold caller to leave. He was seen to return to a white sign-written Ford Transit van.

Their advice is never deal with doorstep cold callers and never **agree** to have work done on or around your property if approached in this way.

If you see cold callers operating in Norfolk please contact us through our partners the Citizens Advice consumer helpline on **0808 223 1133** or Norfolk Police via **101**. If you feel intimidated or are concerned for vulnerable neighbours call **999**.

Looking for a trader you can trust? Try a Norfolk Trusted Trader. To search our directory and read feedback from their customers visit [www.norfolk.gov.uk/trustedtrader](http://www.norfolk.gov.uk/trustedtrader).

### Scam Alert – Telephone cold calls claiming to be from 'the Council' – 26 January 2022

We are warning residents after receiving a report about a telephone cold caller claiming to be from 'the Council'.

The caller states to be working on behalf of the council and attempts to arrange a visit to your property in order to carry out window repairs.

If you receive this or a similar call it is a scam. **Do not** give or confirm any information and hang up.



### Rogue Trader Alert – Doorstep cold caller claiming issues with properties' roofs – 26 January 2022

We are warning residents to be aware of doorstep cold callers making claims that they can see issues with roof tiles.

This follows an incident in the Hellesdon area where a number of men cold called at a property and told the resident that they 'could see a missing tile on the roof' which they offered to replace.

The men then accessed the property's roof, after which they came down and told the resident that they had found issues with the ridge tiles and this would cost '£4,000 to fix'.

**Our advice is:** Never deal with cold callers looking to do work on or around your property

Never agree to have work done by somebody who is 'just passing' or take their word that it needs to be done at all

Never allow a cold caller access to your home, roof or garden even if they are offering to do tasks for a small fee or free

Never pay for work before it is completed. When looking to have work

### Lloyds Bank alerts customers to 'cruel scam' on WhatsApp which loses victims £1,950

LLOYDS BANK has issued a warning to its customers over a "cruel scam" on WhatsApp which is losing people around £1,950, according to its data.

The bank is sounding the alarm that fraudsters are increasing their operations on the messaging app and are successfully conning people out of their hard-earned cash. Specifically, scammers are using WhatsApp to falsely impersonate family members or friends of their victims, who are supposedly in difficulty. Despite only a handful of scams being recorded in 2020, this number has gone up exponentially over the past year.

According to Lloyds Bank, the total number of scams reported as starting on WhatsApp has risen by more than 2,000 percent in 2021 and is expected to rise even further this year.

In comparison, scams which impersonate banks or financial institutions have gone down by 14 percent over the same period. On its website, the bank explained how the scams operate: "Once someone has responded, they will use the pretence of being a family member who has lost their phone and got a replacement.

"This gives them an excuse for having a different phone number, and means they don't even need to know someone's name, just 'Mum' or 'Dad' can be enough. "The story they tell can vary, but most often they will claim that because it is a new phone, they don't have access to their internet or mobile banking account, and therefore they need urgent help with paying a bill."

Liz Ziegler, a Fraud Prevention Director at Lloyds Bank, explained why this exponential rise in WhatsApp fraud has taken place. She said: "Organised criminal gangs are always inventing new ways to dupe people out of their hard-earned cash, and the emergence of the WhatsApp scam over the last year shows the depths to which these heartless crooks are prepared to sink.

"This is a cruel scam which preys on someone's love for their family and friends, and that natural instinct we all have to protect those closest to us. If you receive one of these calls, hang up and then call the family member, friend or neighbour on their original mobile number. If they answer then all will be well. *Please do be careful with this SCAM.*

**Scam Alert – Telephone cold calls claiming to be from the 'NHS' – 3 February 2022**

We're reminding residents to continue to be aware of telephone cold calls.

This follows a report from a Norfolk resident who received a cold call from a person who stated that they were 'calling from the NHS' and then asked the resident whether there was an adverse reaction following the coronavirus booster. They then went on to ask if the resident had life insurance and who it was with. Fortunately, the recipient of the call is a Norfolk scam alerts endorser and finished the call. It was likely that the fraudster would have continued with the call, attempting to get the resident to give personal details. The resident ended the call at this point and reported it to us.

Our advice is always to be very wary of unexpected telephone cold calls and never give or confirm any personal or financial details if approached this way.

You can report telephone cold calls received to us via the Citizens Advice consumer helpline on freephone **0808 223 1133**.

**Scam Alert – Telephone cold calls claiming to be from TV companies – 3 February 2022**

We are warning residents about telephone cold calls claiming to be from TV subscription companies such as Sky or BT. This follows a number of reports where Norfolk residents have received telephone cold calls claiming to be from TV companies stating they can reduce your bill. The cold

caller then attempts to gather bank account details to allow them to 'return people's money'.

We advise to always be very wary of any approach made in a telephone cold call and never give or confirm any personal or financial details.

If you are a TV subscriber and you wish to check on the validity of any contact from them you should contact BT and/or Sky customer services.

If you need advice  
a b o u t



telephone cold calling or have given or confirmed personal or financial details during a cold call, contact us via our partners the Citizens Advice consumer helpline on freephone **0808 223 1133**.

**Scam Alert – 'Green Passport' scam email claiming to be from the NHS – 2 February 2021**

We have become aware of scams circulating attempting to lure victims into providing their personal details to fraudsters in order to obtain a 'Green Passport' for a vaccine passport.

The email scammers pretend to be from the National Health Service circulating fake material made to look genuine with logos and pictures used by the NHS. The mocked up email contains a "push button" option to apply for one. This is leading on to a section asking for your bank details.

Victims have also been led to fake websites online via different email addresses claiming to be from the NHS and asked to provide their passport numbers and other forms of identification.

Some victims have even been directly asked for payment to obtain a COVID passport. Information on Covid passes and free proof of your double vaccination and your booster can be found on the NHS website. Remember: if you are suspicious about an email you have received, forward it to report@phishing.gov.uk.

**Rogue Trader Alert – Doorstep Cold Callers claiming they can "See something wrong with chimneys" – 2 February 2022**

We are warning residents about a number of men who are cold calling at properties claiming they can see something wrong with residents' chimneys.

**Our advice is:**

Never deal with cold callers looking to do work on or around your property

Never agree to have work done by somebody who is 'just passing', is 'working at a neighbour's' or take their word that it needs to be done at all

Never allow a cold caller access to your home, roof or gardens even if they are offering to do tasks for a small fee or free. Never pay for work before it is completed

When looking to have work done on or around your property, only deal with reputable companies you have researched and chosen yourself and have obtained a written quotation from before starting the work

You can report doorstep cold callers operating in Norfolk to us via our partners the Citizens Advice consumer helpline on **0808 223 1133** or Norfolk Constabulary via **101**. Please share this alert through local networks and with family, friends and neighbours, especially those who are not online.

**Scam Alert – Telephone cold calls claiming to be from Citizens Advice – 1 February 2021**

We are warning about telephone cold calls claiming to be from Citizens Advice.

This follows a report from a Norfolk resident who received a cold call claiming to be from 'Citizens Advice', during which call the cold caller asked a number of questions about debts before stating they could 'help to reduce these'.

Citizens Advice advise that they do not cold call or authorise others to cold call on their behalf.

If you receive one of these calls do not give or confirm any personal information, hang up and report the call to us via our partners the Citizens Advice consumer helpline on **freephone 0808 223 1133**.

**Did you know that you can report any historic crimes to CRIMESTOPPERS anonymously for free. Just call 0800 555 111**

***If a crime is in progress or life is in danger then ALWAYS call 999. Please don't think that someone else is calling. It is better for several people to call than no one.***

# The Village Voice Health Check

Health Check is a regular column in your Village Voice.

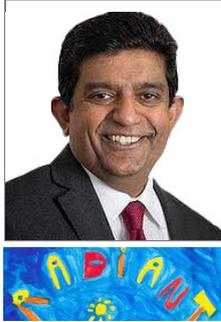
Each month, a health topic of interest to the general public will be discussed by a health or social care professional.

Please feel free to write to [beltonvveditor@gmail.com](mailto:beltonvveditor@gmail.com) with suggestions about topics that you would like covered in the future.

## LONG COVID: APPROACHES TO WELL BEING & MENTAL HEALTH

### Regi T Alexander About the author:

Professor Regi T Alexander is a Consultant Psychiatrist in the NHS, Associate Dean of the Royal College of Psychiatrists, President of the Royal Society of Medicine's Intellectual Disability Section, and Editor of Village Voice. This is the eleventh in a series of 12 articles in the Village Voice on topics about well being and/or mental health written by RADIANT members (Research in Developmental Neuropsychiatry <http://radiant.nhs.uk>).



where symptoms continue for 4-12 weeks after the acute infection or a post-COVID syndrome where symptoms continue for longer than 12 weeks and cannot be explained by any other condition.

It has been suggested that about 1 in 5 people (21%) affected by COVID can have continuing symptoms at 5 weeks and just under 1 in 8 (13.7%) at 12 weeks. Long COVID is probably more common in the 35-69 age group and seen more commonly in women than men.

### What are the signs and symptoms of Long COVID?

Long Covid can present with a wide variety of symptoms and signs, some of which change over time. They can include extreme tiredness or fatigue, shortness of breath, chest pain or tightness, problems with memory and concentration (often referred to as "brain fog"), insomnia, depression, anxiety, heart palpitations, dizziness, pins and needles, joint pain, tinnitus, earaches, feeling sick, diarrhoea, stomach aches, loss of appetite, a high temperature, cough, headaches, sore throat, changes to sense of smell or taste and rashes.

The World Health Organisation (WHO) suggests that its three main features are fatigue, "brain fog" and shortness of breath. They suggest that the current evidence is that Long COVID symptoms can last between 6 to 9 months. This can be very variable though and more evidence is being collected through ongoing clinical research studies.

### Does it need treatment and how does one seek help?

In the UK, the National Institute of Health and Care Excellence (NICE), Healthcare Improvement Scotland (SIGN) and the Royal College of General Practitioners have brought out an excellent booklet for people who have signs and symptoms of Long COVID. It is available free of cost and can be downloaded here <https://www.sign.ac.uk/media/1894/long-covid-patient-booklet-2021-update-final.pdf>

### The NHS website

<https://www.yourcovidrecovery.nhs.uk/> sets out the common features of Long COVID and gives practical suggestions on how to monitor and use self-help methods to address each of those. If these self-monitoring and self-help measures do not help, you may want to seek advice from your GP or community pharmacy services.

On mental health related issues, the current Royal College of Psychiatrists guidance is listed below. For people with ongoing symptomatic COVID-19 or suspected post-COVID-19 syndrome who have been identified as needing an assessment, a holistic, person-centred approach should be used. It should include a comprehensive clinical history and appropriate examination that involves assessing physical, cognitive, psychological and psychiatric symptoms, as well as functional abilities. People with ongoing and symptomatic COVID-19 or suspected post-COVID-19 syndrome should be referred urgently for psychiatric assessment if they have severe psychiatric symptoms or are displaying high risk of self-harm or suicide. Relevant national or local guidelines should be followed on referral for people who have

anxiety and mood disorders, or other psychiatric symptoms. Referral should be considered for psychological therapies if they have common mental health symptoms, such as symptoms of mild anxiety and mild depression or to a liaison psychiatry service if they have more complex needs (especially if they have a complex physical and mental health presentation). A multidisciplinary approach to guide rehabilitation should be used, which includes physical, psychological and psychiatric aspects of management. Any symptoms that could affect the person being able to start rehabilitation safely should be investigated first. Integrated, multidisciplinary rehabilitation services should be provided, based on local need and resources. The core team could include, but not be limited to the following specialist areas: occupational therapy, physiotherapy, clinical psychology, psychiatry and rehabilitation medicine.

### Key sources of information:

<https://www.sign.ac.uk/media/1894/long-covid-patient-booklet-2021-update-final.pdf>  
<https://www.yourcovidrecovery.nhs.uk/>  
<https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/responding-to-covid-19-guidance-for-clinicians/post-covid-19-syndrome-professional-guidance>

### 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 COVID?

COVID-19 is a disease caused by the coronavirus, SARS-CoV-2. Though typically characterised by fever, persistent cough and a loss of smell and taste, a range of other symptoms have been described as more virus variants have been recognised. Most infections with COVID resolve within the first 4 weeks.

However, at the very severe end of the illness, people develop serious and life threatening complications affecting the lungs, heart and blood vessels. In the UK, there have been around 18.6 million COVID-19 cases and over 161,000 deaths. Following the widespread introduction of the COVID vaccination programme, there has been a reduction in the number of hospitalisations and deaths following severe illness.

### What is Long COVID?

Long COVID is an informal term that is commonly used to describe difficulties that continue beyond the usual 4 weeks of an acute COVID infection. It can either be an ongoing symptomatic COVID

# The Benefits of Reiki for over 60s

Many seniors struggle with age-related discomforts that can significantly reduce their quality of life. Arthritis brings pain and stiffness to joints, injuries and surgeries can be slow to heal, and everyday life as a senior can be incredibly stressful. Fortunately, Reiki may help alleviate many of these discomforts associated with senior life.

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Web - [riverscent.com](http://riverscent.com)

Facebook - @hoogtjiriverscent



## BELTON BOWMEN

Belton Bowmen meet every Monday at Moorland primary Academy Family session 6-7 pm Adult session 7- 8.45 pm Equipment provided for those who do not have their own.

Belton Bowmen received a grant cheque on February 12th from the Village Voice which will go towards replacing and updating some of the equipment and is much appreciated. Many thanks goes to the Village Voice.

If anyone would like to try their hand at archery please come along and give it a go.

*For any other information please contact Duncan on 01493 780418*

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# Down the Garden Path



Elizabeth Myhill

Among the new introductions in Patio Plants for 2022 is Calibrachoa Cabaret, variety Good Night Kiss, voted the best plant at the Show Grounds in Oxfordshire in 2021. Available this year from Garden Centres and Nurseries. Early flowering: Flowers fast and full on mounded trailing plants: Foliage stays dark green: Tolerates cool temperatures: Makes ideal plants for hanging baskets and window boxes. Also available in 8 other colours: Sure to be a winner!

For those who prefer Double Flowering Calibrachoa then Pinktastice is a new variety. Unique and highly colourful "mini-rose." Well-branched, compact and tight habit makes for neat basket hanging displays.

Calibrachoa can be bought into colder conditions once they have gotten a good root system started. Hardened-off plants can be brought outdoors in the spring months. As long as they are hardened off, most calibrachoa can tolerate a mild frost -28 degree F.

Plants that can be planted safely outside are Primulas can take frost and will provide you with an abundance of colour until things warm up... Primulas are happiest in humus-rich, well drained soil which does not dry out so add plenty of organic material to help conserve moisture for the roots.



Calibrachoa Goodnight Kiss



Calibrachoa Early Sky Blue



Calibrachoa Cabaret Early Diva Orange



Calibrachoa Can Can Pinktastic

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# Events at the New Road Sports & Leisure Centre

CENTRE POST CODE NR31 9JP • Bookings Tel: Kate 01493 602960

## Up4fitness & Sallyann

I am so pleased the days are getting longer, day by day it's making a difference and when the sun comes out it's so powerful to lift our spirits and enliven us. It feels like we are starting to awaken after hibernation and the snowdrops are out too, a sign of spring and new life on its way, although I still cannot believe we are coming to the end of our first 6 week block at the Belton activity Morning. The year has started well with all members attending. Unfortunately I have organised my half term break with Suffolk term dates and we will have a class on Monday 14th February. This will be our last one before we return on the Monday 28th February to continue till and including the Monday 4th April when we break for the Easter holidays

Dates for classes are - Monday 28th February - Monday 7th, 14th, and 21st, 28th March - Monday 4th April. All will begin at 10.15 am and are £5.00 until further notice.

Sallyann attended the funeral services of two of our members recently, Faith Kippen who was a member for a short while and had lived in Gorleston & Bradwell and Yvonne Eldridge who attending my classes at Kessingland, Gunton and Belton. Yvonne lived in Lowestoft. Our thoughts are with their family and friends at the sad time, both lovely ladies will be remembered fondly.

Our Belton Monday morning class at New Road Centre has 12 members in the hall for 10.15 am. However an online class is held at the same time over zoom. Should anyone wishing to join the zoom/online class please contact me to find out more.

Classes consist of movement, flexibility, mobilising and strengthening of our everyday muscles. They also include elements of standing exercises whilst supported to help with balance and walking to help reduce the risk of falling.

Please contact Sallyann for any of the above by email [up4fitness@gmail.com](mailto:up4fitness@gmail.com) Text or ring on Mobile 07599 044806 or private message Sallyann through messenger on Facebook pages Sallyann Protheroe and up4fitness Thank you

## Belton Judo club latest update for March

After a relatively slow start to 2022, our Judo club, Dominic King Judo & MMA Academy, is starting to rapidly return to normal with competitions and events coming in thick and fast following many cancellations and postponements due to the pandemic. In the next couple of months, our assistant coach Ryan King, has been selected to represent Great Britain at two major prestigious European events, the EU Cadet Cup in Spain and the EU Cadet Cup in Croatia. These are massive achievements for a fighter from the east coast being so far away from the national training centres but it goes to show what can be achieved with excellent coaching (dad Dominic) and hugely dedicated work ethic (Ryan). We also have new members attending a Festival of Judo to experience the competition environment without any pressure to perform so as you can see we have something for everybody from complete beginner to International Judo fighter so everyone is welcome to come along and try our excellent Olympic sport!

This coming year, we are hoping to continue recruiting new members as well as welcoming returning members. We are currently running a competition for all to recruit new members with prizes of club t-shirts, hoodies and judo suits. We have spaces on all our sessions so why not add it to your "to do"



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list 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](mailto:dominic@fightingfitjudo.co.uk) or contact him via Facebook or WhatsApp

## Great Yarmouth Stroke Club

At an invite to the John Green Institute I had a wonderful surprise from the Village Voice magazine on their grant presentation morning by receiving £300 towards our travelling costs. The group are so grateful. Our members just love the magazine it offers so much information and help.

March birthdays Lisa, Marion, Dawn, Rex, David.

Members enjoyed having Elvis back and Chris. Members get so much enjoyment from great music.

A thank you to Lynn for donation of disable items for the group.

For further details contact Sue Casey 01493 781846

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## BEAUTY AND THE BEAST



Stephen as Monsieur D'Arque, and Millie-Anne as Enchantress



Ms Smith, Director and choreographer commented: "I was astounded by the number of students who wanted to get involved and they have worked incredibly hard showing a great level of professionalism



throughout the whole process. The best thing about putting on an Academy production is the transformative change we see in the young people."

I would also like to take this opportunity to thank the peri staff and other musicians who have given up their time and lent their expertise to the experience.

The Academy owes a huge debt of gratitude to all who have assisted in the production of the show, although a special mention must go to Miss Cornwell the tech operator, Venture Alumni member Cameron Hodds – stage manager and assistant director, conductor Mr Ward, as well the students who have helped to



promote and organise the production.

A Community member commented "Wow the show was absolutely amazing and it was so wonderful to see the students performing on the stage and really giving it their all. It really did warm my heart and was just amazing"

Students, staff and professional musicians came together to deliver a mesmerising rendition of the Disney musical – Beauty and the Beast at Ormiston Venture Academy. The show ran over 3 nights from Tuesday 8th February to Thursday 10th February and included over 50 performers and crew members.

A rigorous audition process and numerous rehearsal and practice sessions from a totally dedicated group of students (and staff) led to some wonderful performances. The successful chosen students had the unique

opportunity to work alongside professional musicians, and delivered knock out performances to year 7 and 8 students in a matinée show, as well as sell out audiences in the evenings.

A tremendous display of lights and sound effects (thanks to Miss Cornwell) complemented stunning performances from the principal cast members including: Grace as Belle Michael as the Beast Alex as Gaston Tiwalade as Lumiere Grace as Mrs Potts Abbie-Gail as Cogsworth Gracie-Mae as Madame de la Grande Bouche William as Chip Mary-Lou as Babette Max as Lefou Dominic as Maurice

## EN celebrates student success at annual celebration evening

The amazing achievements of students at East Norfolk Sixth Form College were celebrated at the annual Awards Evening (6th Jan).

Former students and their parents gathered at the College to receive their certificates and special awards.



Great Yarmouth Mayor, Councillor Adrian Thompson was Guest of Honour and presented special awards to a number of students for achieving outstanding results or for their contribution to the College or local community.

EN Principal, Dr Catherine Richards, said: "2021 was yet another fantastic year for the College with students achieving some outstanding results. Our students achieved a 99% pass rate and there were 46 subjects with a 100% pass rate. More students were placed at universities than ever before and more students went on to Russell Group Universities including Oxford, Cambridge and the UEA than ever before. Some students have progressed to high level apprenticeships and many have gone straight into employment."

Many students also achieved Norfolk

Scholar Awards which are presented to students who gained A\*, A and B grades or Distinctions.

Dr Richards added: "Our former students



should be very proud of their achievements and the fact they attended such a high performing Sixth Form College. Every year, they continue to show what an amazing place EN is. None of this would be possible without the support and commitment from the dedicated team of staff across the College, both teaching and non-teaching staff, who make sure our students are at the centre of all that they do."





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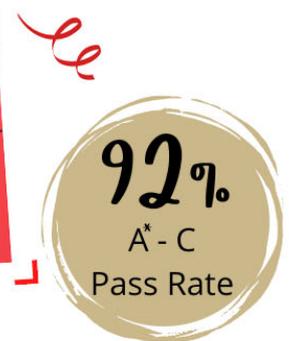
# Year 11 Information Evening

9th March 2022

4pm - 7pm

This is a great opportunity for you to tour our fantastic campus and meet our amazing teachers and students. You can learn about our additional support for students including the Extend and Enhance programmes, plus all the other extra-curricular options that sets EN apart from other colleges. The Admissions Team will be on hand to talk to you about the application and interview process and help answer any questions you have.

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# 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

The Trustees are responsible for the running and maintenance of the hall and do their best to make it a warm and attractive venue to meet. Being an old building with no modern insulation in its walls it is often difficult to get sufficient heating into the building's fabric to get a satisfactory temperature in the room in a morning. This is especially true for a Monday morning after the hall has sat cold over a wintery weekend.

As the Scouts are planning to hold a bric-a-brac sale on the second Saturday morning of each month the Trustees will also hold a Coffee morning at the same time. This is to try slowly to get the monthly Coffee mornings back after the hiatus over the last two years. If any group would also be interested in holding a fund- raising event on these Saturday mornings then please get in touch with the Trustees

## Wednesday Drop In

Another month and the days are beginning to brighten. Our numbers have kept up exceedingly well throughout the winter from the time we started after the prohibiting of indoor meetings. All who attend are welcomed and the morning's gathering are always positive and informative. If you would like to be part of this relaxed and fun gathering then give us a try, I am sure you will enjoy yourself. We meet for tea/coffee and cakes every Wednesday morning from 10.30 til noon. Come out it will do you good. If you would like any more details before visiting us call me on 780822 Sue Richmond.

## JGI Saturday Coffee Morning

There will be another JGI coffee morning on March 12th between 10 and 11.30am. There will also be the Scouts Bria a Brac table with lots of new items this time

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## Short Mat Bowls

We all thank you for the cheque we received at the grant presentation which has been used for up to date scoring equipment. Alan Brown

## Belton Crafty

Thanks to the Village Voice for the £200 grant we received for the Thursday evening sessions. The money will help with the hall hire as numbers have dropped since the covid pandemic. New members will be welcome 7 to 9pm each Thursday.

## The Tuesday Craft Group

Tuesday craft group meet at the JGI from 10.30am til 12.30. All welcome. Cost £3 including refreshments. I can supply equipment as necessary.

More details of either group from Linda on 07721 599559, (leave message if necessary) or email [ladavis273@btinternet.com](mailto:ladavis273@btinternet.com)

## Belton Over 60's

On behalf of the members of the Over 60's group Rose Bishop and myself would like to thank most sincerely the Board of the Village Voice for the grant we received. It is to purchase new games for our members and to replace old and worn ones. Rose Bishop and Ann Manthrope

### 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)			

## Village Voice Grants Presentation

On Saturday 12th February at the JGI, during the coffee morning with the Scouts Bric a Brac stall the Village Voice presented grants to 10 local clubs and groups that operate within Belton. These were Belton Bowmen, Short Mat Bowls, Belton Crafty's, Over 60's, Young@Heart, Belton Scouts, Belton Pantry, Rock Solid, All Saints Church and Great Yarmouth Stroke Club. In total £2350 was given to these clubs.



There were four Village Voice Board members present, Adrian Myers, Bryan Diggory, Suzanne Craig and Bill Richmond. Look for the article from the above organisations to inform you how the money they received will be spent

The next Saturday coffee morning at the JGI with the Scouts table will be on March 12th At 10am.

## A Little bit of JGI History

For those who remember the opening of the JGI after it being saved by John Green for the Village and its restoration we received the letter as shown from Sir John Mills. There are still many people who do not realise the connection between this great actor and the village of Belton. A copy of this letter is displayed in the JGI.

Dear Mr. Hunting,

I am very distressed to read your letter. I have many happy memories of the Village Hall, after all it was there I made my sensational debut when I was 7 years old!

I performed the Sailor's Hornpipe with my sister Annette and we had an astounding success. Gales of laughter erupted halfway through the number and I didn't think it was supposed to be funny. I discovered later, to my embarrassment, that the flap of my trousers that my mother had made out of an ordinary Able Seaman's suit had fallen down and I was exposing more than I intended!

I think it would be a tragedy if they demolish the Village Hall, it is a real link with the past and I am sure it would be sadly missed.

Yours sincerely,



Sir John Mills CBE



# 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](http://www.entua.org.uk)

First Eastern Counties buses have published changes to their fares structure that took effect from 30th January, 2022. Under the heading 'Ticket Easy' First Eastern Counties have made changes to their range of fares and tickets to make them simpler and more flexible, so passengers can buy the right ticket for the journeys they make, with less hassle. Whether you choose to buy your ticket on board the bus or from the comfort of your own home on the First Bus App, you will now pay the same price, although some of the best money saving options will still be available exclusively on the App.

Single fares are in the range: £1.50, £2.20, £2.80, £3.40, £4.00 and £4.60 Adults and £1.20, £1.70, £2.10, £2.60, £3.00 and £3.50 for young person (5-19 yrs) e.g a single fare from Belton to James Paget Hospital is £1.50, to Gorleston High Street - £2.20 and to Market Gates - £3.40 but if you intend to make a return journey, other than to and from the JPH the best choice is a Gt. Yarmouth Day ticket at £4.30 Adult (£3.20 young person (5-19 yrs)

For regular travellers a 5-day ticket is £17 Adult (£13 young person 5-19 yrs) A weekly, Flexi 5 or 10 trip ticket is £19 Adult (£14 young person 5-19 yrs). A daily High 5 group ticket is £8.50. A monthly ticket is £65 Adult (£50 young person 5-19 yrs)

Great Yarmouth zone tickets are valid on all First Eastern Counties services between Caister and the James Paget Hospital and inland as far as Belton and Burgh Castle, extremely good value for money.

If you are travelling further afield either a Coastal Zone or Explorer Zone ticket may be the best option. Coastal Zone tickets are valid anywhere along the coast from Martham to Southwold and inland as far as Acle, Beccles and Bungay, and of course, Belton and Burgh Castle.

A Coastal Zone day ticket is £7 Adult (£5.50 young persons 5-19 yrs). A 5-day ticket is £22 Adult (£16.50 young person 5-19 yrs). A weekly, Flexi-5 or 10 trip ticket is £24 Adult (£18 young person 5-19 yrs).

Going beyond the Great Yarmouth and Coastal zones you can purchase an Explorer Zone ticket. If you are travelling from Belton or Burgh Castle to Norwich you will need an Explorer Zone ticket and this ticket is valid on all First Eastern Counties buses, all over the coast and all over Norwich.

An Adult ticket is £8 (£6 young person 5-19 yrs). A 5-day ticket is £25 Adult (£19 young person 5-19 yrs). Just think about this: If you work in Norwich or go to school in Norwich an Adult travels for 5 days for £19! Between Gorleston High Street (Boots) and Norwich City Centre the X1/X11 operate a 4 buses per hour frequency (Mon-Fri) at 07, 22, 37 and 52 minutes past the

hour. The first X11 departs Belton, Bracon Road at 0655 hours.

Other Explorer Zone tickets available are:

Weekly, Flexi-5 or 10 trip tickets at £27 Adult (£20 young person 5-19 yrs). A monthly Explorer Zone ticket is £92 Adult (£69 young person 5-19 yrs)

A High 5 group ticket is £14.

A 5-day (NEW) ticket is valid for 5 consecutive days unlimited travel in your chosen zone.

A weekly ticket is valid for 7 consecutive days unlimited travel in your chosen zone.

A Flexi-5 ticket (NEW) is valid for unlimited travel on any 5 days in 14 in your chosen zone.

A 10-trip ticket is valid for any 10 single journeys in 28 days in your chosen zone.

A High 5 Group ticket - If you are travelling in a group of two or more, you can save money on the price of two adult return or day tickets with a High 5 Group ticket. They are valid for unlimited travel (in your chosen zone) for up to 5 passengers for one day with a maximum of 2 adults age 20+

You can purchase tickets on the bus either cash or contactless or via the First Bus App. - mTickets. For more information visit:-

[www.firstbus.co.uk/norfolk-suffolk/tickets/ticket-cosy-new-fares-2002](http://www.firstbus.co.uk/norfolk-suffolk/tickets/ticket-cosy-new-fares-2002)

With regard to Rail Services, Greater Anglia have increased its services with the ending of Plan B Covid restrictions. With effect from Monday 7th February, 2022 the following changes take effect:- More services will run from London Liverpool Street and back from Ipswich, Colchester, Chelmsford, Southend Victoria, Cambridge, Bishops Stortford and Hertford East.

The intercity service between Norwich, Ipswich, Colchester and London Liverpool Street will become half-hourly for most of the day, with just some evening services remaining hourly.

All the usual regional services (which includes Great Yarmouth and Lowestoft) will run as normal. Stansted Express services between London Liverpool Street and Stansted Airport will continue with mostly two trains an hour, but with three trains an hour at certain times.

For more information please go to [www.greateranglia.co.uk](http://www.greateranglia.co.uk)

ENTUA always welcomes new members, all we request is a minimum annual donation of £5.00 which helps us cover the cost of printing and postage of our 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 [beltonvvgraphic@gmail.com](mailto:beltonvvgraphic@gmail.com)

We will run your advert for 3 months but please let us know if you sold it so we can remove the advert.

**(Commercial entries charged at 25p per word)**

## WANTED

Burgh Castle Village Hall sales stall. Tel. 01493 780126 (local collection Any Saleable items, Bric-a-Brac, Books, Games, Jigsaws unwanted gifts etc)  
Knitting machine cones for lady to knit jumpers for a charity. Willing to pay if required. Please call 07963682810

## FOR SALE

Men's Diamond Back Mountain bike, Hard Tail, Mud flaps, 20" frame, 26" wheels. Great condition, very little use. £99 Call 07746 032972  
Bosch fridge freezer [electronic model] Size 595 Wide, 560 Deep, 1760 High [White] Good working order £75 Telephone 01493 789030  
DeLonghi Bean to Coffee Machine ECAM44.66X Complete with Milk Heater at a Giveaway price £30  
Call 01493 601809 any time  
Wood pellet boiler. Biomass 15 kw WES E compact. Requires igniter element. It is a simple repair. Has been heating our 3 bed 10 rad bungalow for the past 7 years. £250 Tel: 07979788741  
Blackout roller blind 136cm X 136cm. Plum with flowers (modern) £20 Spring loaded curtain rod 50cm with nets £4 Call 01493 789594  
Petrol Lawn Mower Mountfield SP454 self-

propelled good working order 45cm cut £60 ono Call 01493 652019 or 07572554233  
Spear & Jackson Pole Hedge Trimmer, 550w, 51cm rotating 4 position blade, extendable handle 215cm up to 285cm. 10 metre cable. Shoulder strap. Instruction manual. Used once. £90.  
Suitcases by Revelation - Set of 4, Various Sizes. All with Keys. Used three times. Very Good Condition. £120.  
PC Desk. Wood. Fixed shelf and Keyboard Shelf. On castors. £25.  
Roller Blind, White, 100% polyester. Size- W-90cm, D-160cm. C/w fittings. Brand New and Boxed. £20.  
CD Carousel Storage. Wood. Holds 72 CD's. Size:- H-13", D-11.5", W-11.5". Excellent Condition. £50.  
Picture Frames, various sizes and styles. £2 - £30. 01493 781094  
Mobility Scooter, 2 new batteries £300  
.Mobility Scooter Re-hab Illusion, very light weight for in and out of car £400. 4 wheel Rollator walking frame with seat, as new £45. 3 wheel walking frame with bag, as new £35. Wheelchair, easy fold down £40.  
Floor pedal exerciser £10. Tel. 07768350171.  
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Merrythought large, medium brown bear 32 inch high £34  
Bearington Willy and Chilly retired 2007 £34 Tel 07980 815499  
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Call 01493440072 or 07854251943  
Compact stereo DAB/VHF radio, cd, cassette player £10 Call 01493 780822  
Portable Electric Radiator on wheels Height 12" length 23" as new £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

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## Dates for your Diary



**2nd March – Ash Wednesday**

**4th, 5th & 6th March Leading Your Church into Growth**

**5th March – Men's Church Walk 9.15am Rectory -- Walberswick**

**Sunday 6th March – Lent 1**

**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 March**

**Traditional Holy Communion**

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

**Friday 11th March**

10am – 12 noon Women's Bible Chat – **IN CHURCH**  
Theme: Two Mothers in desperate dispute (1 Kings 3: 16-28)

**12th March 10 til 11.30am JGI Coffee morning with Scouts Bric a Brac table**

**Sunday 13th March – Lent 2**

**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 March – Lent 3**

**Holy Communion – IN CHURCH 9.30am St Peter & St Paul Church**

**Morning Celebration – ON-LINE 10.30am All Saints Church, Belton**

on Amazon Chime & Facebook Live

**Messy Muddy Church**

4-5.30pm in The Rectory Garden and the

stables including a Campfire

**24th March Kate Daniels Concert 7.30pm at All Saints Church, tickets required**

**Sunday 27th March – Mothers Day**

**Morning Prayer – IN CHURCH 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 3rd April 2022 – Lent 5 Holy**

**Communion & Annual Church Meeting**

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

**Morning Celebration & Annual Church Meeting**

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

**5th June - Queen's Platinum Jubilee – The Big Lunch?**

## 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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