

Village Voice

April 2022
23rd Great Year
Vol 23-01

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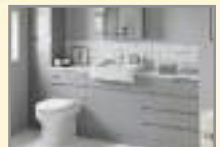
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From the Editor's Desk

Professor Regi Alexander

I am writing this just a few days before the Kate Daniels charity concert organised by Village Voice at All Saints Church, Belton. Bill Richmond who took the initiative to organise the event has done a stellar job and my understanding is that tickets for the event have been sold out or are at least down to the last few. There was a part of me that wanted to delay the date of this magazine going to the printers till after the event on 24 March, but in the end we decided that printer deadlines do matter. I shall bring you news and photographs of this jazz and blues concert in our May issue.

This issue features a health check column on a very important issue- the physical health inequity that is suffered by people with severe mental illness. Dying 15-20 years early due to inadequate prevention and treatment strategies is a thoroughly unacceptable situation and Priyanka Tharian sets out the specifics of the annual health check approach. Five years after its launch, the results show that more needs to be done. After a break, the Village Voice Book Club column returns in this issue with a new reviewer. Dr Toral Thomas, a forensic psychiatrist himself, reviews two books written by leading forensic psychiatrists in the country. His economy with words paints a picture of how both books are worth a read. Finally, as part of the Ordinary People, Extraordinary Lives series, Village Voice brings you not an individual, but an organisation this time. We feature a description of the extraordinary service carried out by the dedicated men and women of Norfolk Lowland Search and Rescue.

Happy reading everyone

1st Belton Scouts

Dear Village Voice

On behalf of the 1st Belton Scouts Group can I please say a very big thankyou for the grant to replace our strimmer that was stolen.

It has been purchased and used, thankyou again
Jane Clarke, Beaver Scout Leader and Group Administrator

EASTER REFUSE COLLECTIONS

Great Yarmouth Borough Council have provided the following information for refuse, salvage and garden waste collections over the Easter period

Week commencing April 11th (to Good Friday) – All rounds collected as normal including those normally collected on Good Friday.

Week commencing April 18th (from Easter Monday) – No collections on Easter Monday, all collections running one day late with Friday April 22nd rounds being collected on Saturday the 23rd.



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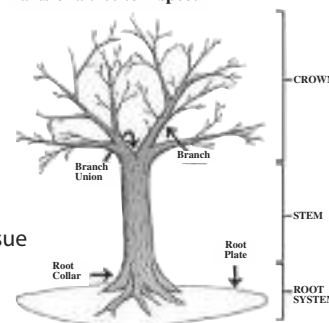
Tree Safety and Inspection is so Important

In view of the recent storms we have experienced, it is advisable for you to check the condition of any trees within proximity of your property. With the weather patterns changing, the winds are stronger than ever, and trees can be a safety concern depending on their condition!

Safety Checklist of trees:

1. Where the branches connect to the trunk make sure they are all looking strong with no signs of weakness.
2. If the tree is leaning to one side, it could be a sign of a damaged trunk.
3. Check that none of the trees could damage buildings, overhead cables etc. if they fall, as this could be an issue of public safety.
4. Look for signs of erosion or root damage.
5. Disease or damaged branches need to be addressed before they become a real problem.

Parts of a tree to inspect



During stormy weather most damage to trees occur when the tree or its limbs fall during the storm. In the summertime it can be due to the soil conditions, if it has been particularly wet and high winds, and in the wintertime the weight of snow on the tree can have an impact on the tree's branches and even the whole tree being brought down.

This can be of great concern for someone who owns a property or premises with regards to safety, and an appropriate strategy should be brought into place to minimise any issues that they may have with their trees. Contact an arboriculturist for tree management and disease advice or a tree surgeon for pruning or if branches require removal if you suspect any of the aforementioned risks.

Your Village Voice Contacts

EDITOR

Regi Alexander
Belton Lodge, Belton Norfolk
NR31 9JQ
01493 789035
beltonvveditor@gmail.com

ARTICLES & FREE ADS

Bill Richmond
01493 780822
Text 07950 039455
beltonvvgraphic@gmail.com

ADVERTISING & LAYOUT

Bryan Diggory
01493 663115 / 07307 858609
beltonvvadds@gmail.com

ADMIN & DELIVERY

Suzanne Craig
beltonvvsect@gmail.com

FINANCE

Anneka Gearie
beltonvvaccts@gmail.com

Village Voice

CHAIR OF VV BOARD

Adrian Myers

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YOUR VILLAGE VOICE

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

April 2022 253rd Edition

Cover Picture: February scene of
snowdrops, Rectory Gardens, Belton
photo by Bill Richmond

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

There are two meetings to cover in these notes, an extra meeting on February 15th and the regular monthly meeting on March 1st, both chaired by Ken Botwright at the New Road Centre.

The Parish Council took the decision to do its own grass cutting (New Road, Bell Lane and the Churchyard) from 2023 and offered its existing contractor, Garden Guardian a one year deal whilst plans were finalised. However now that this has been turned down by the contractor, plans are in place to go 'in house' from this Summer. Partly linked to this a part time extra caretaker will be recruited to help with this additional work and cover the holiday periods of the two existing caretakers.

Borough Councillor Myers confirmed times for the Mayor's visit on Saturday April 16th when it is hoped he will meet Parish Councillors and leaders of some of the Village's groups and organisations. Plans from the Events Working Party were confirmed for the Queens Jubilee event on June 3rd. The event will take place at the New Road centre, various village groups will attend including the Community Choir and there will be a display from the History Societies documents.

Community Caretaker

Belton with Browston Parish Council are seeking to recruit a Caretaker/Handyperson/Village Maintenance Assistant, initially on a flexible, part-time basis.

Your duties will mainly include the opening, closing and cleaning of New Road Sports and Leisure Centre, village maintenance to include grass cutting, strimming etc. and you must have basic DIY capabilities for general repairs and maintenance. Cover for the two existing caretakers' holidays will be required.

The candidate must be personable, trustworthy, dependable, conscientious, industrious and self-motivated. Some experience in a similar role and a driving licence is required.

You will have access to the following benefits:

**Paid holiday scheme • Statutory sick pay
Statutory maternity paternity and adoption pay
Pension scheme**

For further information and/or to apply, please contact/send your C.V to Kate Ruddock by email to beltonparish@yahoo.co.uk or by post to Parish Clerk,

Kate Ruddock, 56 Victoria Road, Gorleston, Great Yarmouth, Norfolk NR31 6EF Telephone: 01493 602960

Deadline for applications: 24th April 2022

Interviews will be held week commencing Monday 2nd May at New Road Sports and Leisure Centre.

It was reported by Councillor Myers that the Borough Council seem keen to stop paying the Concurrent Functions grant to Parish Councils, this at present forms part of their annual funding and will have a serious effect on the Councils budget. 20 heritage trees have been planted at Bell Lane and another 100 small trees are expected shortly. Councillor Myers will investigate the cost of installing and emptying any new dog waste bins. There are suggestions for these to be located at Hobland Road/Browston Lane, Church Lane (by the entrance to Belton church), and on Station Road South.

The Chairman reported that the Councils Facebook page settings had now been put back to what was originally agreed so that comments from the public are not accepted as it is a council information site.

Councillor Greenacre was concerned about privately owned trees that overhang public areas and paths that might have been damaged in recent storms possibly causing damage to people or property if branches have become broken.

There was very little planning activity just objections raised to proposals to raise the roof of Pinecot on Sandy Lane at Belton as the proposals were considered to be oversized for the site. The Borough Council has approved a single-story rear extension at 25 Bramble Gardens.

The next meeting of the Parish Council will be on Tuesday April 5th at the New Road Centre (7.30pm), Details from the Parish Clerk, Kate Ruddock on 01493 602960 or email beltonparish@yahoo.co.uk.

PUBLIC NOTICE Under section 121(2) of the Charities Act 2011.

Belton with Browston Parish Council recently registered a 200-year-old Surveyor of Highways Allotment with Land Registry and the Charity Commission. This site on the A143 was allotted to the Parish for the purpose of road repairs via the local Inclosure Act of 1809 and is known locally as Belton Pit. The site has not been used for its original purpose for 120 years and has become a naturalised woodland and used as a midden. There is no safe access to this 2¼ acre site i.e. no parking and no pedestrian access, other than walking along the A143 and being caught in the backdraught of speeding vehicles, and it has been used for fly tipping. The Parish Council have therefore decided to sell this land to eliminate the cost of its maintenance and removal of illegally dumped waste. The proceeds will be used to purchase land within the parish, primarily to address the long waiting list for allotments, source land for the existing allotments which in time will be reclaimed by the Diocese (the landowner) and provide a nursery to service the Belton in Bloom project. Any representations about this proposal should be made in writing prior to 30/4/2022 and sent by email to: Beltonparish@yahoo.co.uk or by post to Parish Clerk, Kate Ruddock, 56 Victoria Road, Gorleston, Great Yarmouth, Norfolk NR31 6EF



Burgh Castle Parish Council

All seven members of the Parish Council plus Borough Councillor Adrian Myers and four members of the public were present at the February 14th meeting of Burgh Castle Parish Council, Brian Swan was in the chair.

A resident raised concerns about a large amount of rubbish dumped on land off Back Lane. The Chairman reported that he had already contacted the Borough Council about this and they advised that they had known about it since last year however due to its location it came under the Broads Authority jurisdiction and the officer thought it had been dealt with. He then contacted the BA and they agreed to pass the latest information on to the Environment Agency for action, Borough Councillor Myers offered to chase this matter up for the council.

Councillor Myers reported that it was an oversight that the Parish Council had not been contacted over a Planning Inspectorate decision last year. The clerk reported that plans for extensions at Edj Cove (Marsh Lane) and for three properties at former pig sties behind Burghwell Lodge on Market Road had both been agreed by the Borough Council against the views of the Parish Council. Councillor Myers agreed to investigate further. The Parish

Council raised no objections to a small array of solar panels at Lucy's Cottage off Butt Lane.

Letters are to be sent to residents/owners about three overgrown hedges. A bungalow at Stepshort the Norfolk Archaeological Trusts field on Butt Lane and another field used as paddocks on Butt Lane. The possibility of repositioning the Stepshort SAM2 machine due to safety concerns will be investigated when it is worked on.

Councillor Greenacre Reported that instead of a celebration Jubilee Tea Party the church will be placing a commemorative bench in the churchyard (it is thought that the Queens Head are organising a tea for the event), the Parish Council donation will be transferred to the seat project.

There had been a reply from the County Councils highways engineer to a long list of outstanding highways matters. These were left to the next meeting to discuss as County Councillor Smith was away. Concerns included a statement that the new Kingfisher Park Bus shelter could not be funded till 2022/23. There was still nothing on the Chery Tree Corner tidy up and the fact that the engineer could not see



an issue with Crows Farm corner on High Road, except for about 22 square meters just off the actual corner was concerning to members.

The Chairman reported that he had been able to get agreement from Royal Mail to reposition the posting box at

the former Post Office site to new location next to the Parish notice board and Kingfisher bus stop, although it might be a few months before work is processed.

Borough Cllr Myers added that there is a £150.00 per household Government Energy fund grant for all households in Council Tax bands A-D – Details are now on the web at <https://www.great-yarmouth.gov.uk/energy-rebate>. Payment will be automatic for residents with Council tax payment direct debits in place, others will be contacted, a limited scheme for higher band residents with financial difficulties is expected.

The next meeting of the Parish Council will be at the Village Hall on Monday April 11th. The Annual Parish Meeting will be held on Monday May 9th (7.30pm) followed directly by the Annual Parish Council Meeting. For up-to-date information contact Kate Ruddock, the Parish Clerk, on 07948705218, e-mail burghcastleclerk@gmail.com.

LOCAL HYDRO POWER PROJECT

With the energy crisis looming and costs rising, an investigation is going to take place to look at the feasibility of using the tidal stream of the river at Burgh Castle to generate electricity by hydro generators.

This would involve some small excavation work along the Breydon Water side of Burgh Castle to place state of the art mini hydro generators that are capable of producing kilowatt levels of energy that can be transmitted to the National Grid wirelessly. Hence no excavation for cables. With the controversy over cables coming ashore with off shore wind farms then this technology could be up scalable to overcome these problems.

This is a completely new technology and this area has been chosen due to its rural setting with a village quite near-by and in an area like this where old buildings such as windmills are found that could be used to locate the main transmitter of energy to the national grid.

If proved successful then this would help not only local areas like Burgh Castle but other remote areas in both the UK and the world who don't have an electricity source but do have a nearby river or mountain stream. The company 'Frailpool Energy', based in Lincoln, who have pioneered this technology said "This will offer many people local work over the coming years". They hope the work will start late in autumn of 2023 if planning permission is granted. Further details of this project can be found at www.frailpoolenergy.co.uk



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

We will be open every Friday, but on Thursday 14th rather than on Good Friday.

Then we are back to Thursday and Friday for the season.

Kate will be back with an Easter Tombola for Macmillan Cancer Relief in the first two weeks of April with the last being on 14th 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 goods to dispose of, we can collect or arrange a convenient time for you to drop off.

For more information call **01493 780126** or email mgreenacre532@gmail.com

Fritton with St. Olaves Parish Council

The Annual Parish Meeting will be held at St. Olaves Village Hall on Thursday March 31st. (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 Village Hall

BINGO				
19	33	48		76 82
14	22	39	36	87
20	23	55	85	79
1	24	47	60	81
4	12		74	78 88
2	15	36	64	72
	28	30	43	87 76
9	27	38	58	89
	16	22	46	56 61
3		42	57	75 85
17		58	82	77 89
	21	34	51	71 88
18	31	41	66	84
14	30	38	52	83
6	11	37	68	70
7	13	25	44	80
8	26	40	53	69
10	29	40	49	88

Welcome to the Easter Bingo to be held at Fritton Village Hall on Friday April 15 Starting at 7.30pm Lots of prizes on offer to be won including Easter Eggs, 14 games to play at only 50p per card, Raffle also £1.50 for 5 strips, Looking forward to seeing you for an enjoyable evening, Roy



Regular events that are at St. Olaves Village Hall

MONDAY EVENING

Ring craft dog training (training for shows): Contact Jane Thorpe – Tel: 01502 569243

TUESDAY EVENING

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

THURSDAY EVENING

Saxon and Viking Re-enactment Society www.jormungandrreenactment.com/

FRIDAY EVENING

Middle Eastern Dance: Contact River Scent 07854 407419 www.riverscent.com

SATURDAY MORNING

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

PUPPY DEVELOPMENT

Development Stages and Influences on Temperament

Many owners are under the belief that socialisation simply means exposing their new puppies to other puppies and dogs. This is an oversimplification of a complex process which can lead to issues with temperament as an adult dog. There are many developmental phases for a puppy which start before they are even born. Every experience they encounter will shape the dog they turn into. Some behaviour issues are even influenced by the approach of the breeder.

Before Birth

The mother's environment, experiences, how she is treated, nutrition and health status all affect a puppy's development in the uterus. If she experiences stress this can have a direct impact on the puppies.

Birth to 2-Weeks: Learning Begins

Gentle regular handling seems to be a benefit at this age to encourage a confident puppy. Although the puppy's ears and eyes remain closed, they experience touch and smell.

2 - 3 Weeks: Transition into Socialisation Period

When the puppy's ears and eyes start to open, they begin the transition into the socialisation period. The puppy becomes more active and starts to develop skills such as standing and walking. Interactions with litter mates will increase with play fighting seen. This starts the development of communication skills and signals. They can

learn quicker and can keep this learning on board into adulthood.

3 - 5 Weeks: Gentle Training Can Start

Puppy will accept gentle handling and will approach and interact with unfamiliar things. Introduction to friendly household dogs can start if the mother is happy. Introducing interacting items to the whelping box aids with confidence, enrichment, and mobility.

3 - 12 Weeks: Socialisation Period, The Most Important Stage!

This will be seen when interaction with the mother, littermates, other animals and humans are observed. The puppy is sensitive to bonds and will form attachments easily to other animals, humans and locations.

3 - 12 Weeks: Socialisation Period, The Most Important Stage!

Important learning takes place during this period, including learning independence. How the breeder approaches time alone and interactions with the puppy might influence how they cope with alone time once in their new home.

From 6 - Weeks: Fear Stage

The puppy is extra sensitive to anything negative, so it is vital to avoid any negative experiences. Anything negative experienced at this time can stay with the puppy long term and it can be hard to overcome it. It would be preferable to place a puppy in its new home before this stage.

6- Weeks Onwards

Read more about development stages by visiting <https://www.kateyaldred.co.uk/puppy-development/>



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**THE QUEEN'S
PLATINUM JUBILEE**

A Celebration on Friday June 3rd at New Road Sports Field

(No Dogs Allowed)

Belton with Browston Parish are inviting you all to this afternoon of Celebration FREE to all. A chance for our community to come together with music, stalls and activities.

- Delicious refreshments available, Community and Local Charity Stalls.
- Children's Royal Fancy Dress Parade.

Not a competition as our children are all winners in our eyes, just for fun, for your budding Prince, Princess or Queen.

- Cake Competition
- Belton Community Choir
- DJ
- Clarinet Soloist
- Garden Games with the Cadets
- Historical Belton in Photos

If you are a Local Business, Community Group, Activity or Charity, and would like to fund raise, or promote your group, please get in touch, we have plenty of room for all!

Pitches are FREE for Charity and Community Groups just bring your own tables and chairs etc.

For further information Contact
hilaryw.home@gmail.com 01493 780060 or
tracie.marshview@yahoo.co.uk



Setting up at noon and open at 1.00pm - 5.00pm
Looking forward to seeing you and please bring your flags



A Word from your Local MP and Councillors



BRANDON LEWIS

MP writes

Last month I spent time knocking on doors in the Belton area, listening to

residents views on a wide range of issues. I've always found this a vital part of my role as your Member of Parliament. It comes as a surprise to many people that my work doesn't all take place in the hurly-burly of the chamber of the House of Commons. It does involve dealing with the nitty-gritty of people's everyday problems. Like worries about speeding traffic along Herringfleet Road in St Olaves. This issue was raised with me so I arranged to meet with local residents to see the problem for myself. We were

joined by a County Highways engineer to discuss possible solutions to slow motorists down. Many residents raised similar traffic speed issues in Belton itself. It might not seem an exciting issue but resolving problems like this can make a big difference to a community.

For many the burning issue on the doorsteps is the pressures on the cost of living. Worldwide turmoil caused by the covid pandemic has impacted on prices around the globe. And more recent events in Ukraine are having a drastic effect on energy prices, which I know is causing strains on household budgets. That is why we are providing a package of support worth over £20 billion to help families with the cost of living, including direct support for energy bills, as well as delivering our multi-billion-pound Plan

For Jobs, an effective £1,000 tax cut for working families, and boosting the National Living Wage. Some people asked me how our tough sanctions against Russia and Putin's evil regime will have on the cost of living. Inevitably, there will be an economic cost in the United Kingdom as a result of our tough sanctions package against Russia. However, the price of not standing up to Putin would be far, far greater.

That's why we've introduced a range of support to help households including keeping our fuel price cap in place for the twelfth consecutive year and providing our £500 million Household Support Fund to help with the day-to-day costs of essentials such as food and utilities. Government action is so often based on the chats MPs across the country have with constituents on the doorstep. Just like those conversations with residents in Belton last month.



ADRIAN MYERS

Borough Councillor

I wrote some months ago about ongoing conflicts in the world since the

last two world wars and whether my children will ever see a conflict free planet, sadly no was my conclusion. Putin's attack on Ukraine and it is Putin's not the Russian people's, only goes, to sadly confirm that conclusion. As in all conflicts, it is the non combatants who bear the brunt of such conflicts which is usually the aged, women and children. We have all seen the images on the news and heard the stories. What is Putin's end game, only he really knows, but an escalation in N.A.T.O.'s involvement can in all probability only lead to a new European war with even more casualties. The biggest risk in all of this in my view, is an escalation to tactical nuclear weapon or even chemical use, which effects will be felt for many generations to come. My thoughts are with those in this conflict and the international response in humanitarian aid has demonstrated the basic decency in humanity as a whole.

The cost of living continues to rise yet this government seems either oblivious or simply does not care as to the effects

that it will have on the ordinary working citizens of this country. The chancellor could if he wished, reduce the green levy which currently stands at 8% and vat 5%. This would reduce bills by about 13% or £153 per average bill. The levy helps some 200,000 households in insulation and new boiler schemes.

One issue regarding high energy costs apart from domestic woe is that of public bodies. Hospitals, schools swimming pools all have to be heated. One school has announced that its energy bill will rise from £14,000 to £36,000 where in the school's budget is this going to be met, by a decrease in educational opportunities for our children? This government seems paralysed in its ability to deal with this crisis. The £150.00 "gift" from the government is administered by local authorities through the council tax base, this is not a reduction in council tax, but £150.00 towards your energy bill. If you pay by direct debit, then you need do nothing as it will automatically be credited to your bank account. If you do not, you

will have to apply for it from your local council, please check the Councils website. <https://www.great-yarmouth.gov.uk/energy-rebate>

THE COUNCIL STATES

Eligible residents in Bands A-D are due to receive £150 under the scheme. Those who pay their council tax by Direct Debit do not need to do anything, we will be paying the £150 direct into their bank accounts in April.

For those who are not on Direct Debit, we will be making contact with them to obtain their bank account information for the purpose of paying their £150 rebate.

There is also a discretionary scheme under development for those who may be in financial need of this type of support outside of Bands A-D or for those that do not have a council tax liability, for example they live in a House of Multiple Occupation where the landlord is the liable person for council tax. I will update you once this scheme has been developed and approved by the Members Working Group.

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Adrian Myers Independent
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NORFOLK LOWLAND SEARCH AND RESCUE

Norfolk Lowland Search and Rescue (NorLSAR) is a charity formed in 1999 to support Norfolk

Police in searching for high risk missing people across Norfolk. Since its inception the charity has grown and developed into a vital resource for the county.

So what is Lowland Rescue? Well I'm sure the majority of people have heard of Mountain Rescue. Mountain Rescue organisations fill the parts of the country without mountains. There is a general difference between Mountain Rescue and Lowland Rescue teams in that mountain rescue are generally called to people who are lost or injured on the hills and wish to be found, Lowland Rescue however are generally looking for those who don't want to be found or in some cases aren't even aware they are missing. This is because NorLSAR are generally looking for despondent, suicidal or very mentally unwell people or those with conditions such as Dementia who have wandered off and may find themselves lost and confused. This presents a dynamic set of challenges for the team which requires training to the National Association of Lowland Rescue Standards. This takes around 3-6 months part time to train and qualify as a Search Technician. Why part time? This is because Norfolk Lowland Rescue is a 100% voluntary team training and operating around their day jobs.

Once Qualified Search Technician's

continue to commit to training sessions twice a month as well as call outs. Once qualified as a Search Technician our teams can go on to train as Team Leaders, Search Dog Handlers, FREC3 Medics, Water Team members and Search Managers. All of these roles form a vital part in making NorLSAR a versatile asset to Norfolk Police. To break down some of the roles Search Technicians form the foot team, this is the core of the team deployed by Norfolk Police to search for those high-risk missing people mentioned above. A typical foot team deployment will see 3 to 4 foot teams deployed with a Team Leader for each team and a Search Manager

working in our dedicated incident command vehicle to plan and search areas passed to us by the Police Search Manager. This could be anywhere in Norfolk as well as on occasion crossing the borders to support our Suffolk or Cambridge colleagues.

The Dog Team is a smaller unit, they are all qualified search technicians and form part of the foot team as well. They do a minimum of 4-5 training sessions a month and have a mixture of air scenting and trailing dogs. We are currently working to qualify a number of new dogs and hope to have at least two of them through their mock

assessments in the coming months, no mean feat for a group of volunteers considering it takes around 850 hours of training to get a dog qualified.

The Water Team has two boats and a group of 12 flood first responders and 2 swift water rescue technicians. In addition to being used by the police



this team can be utilised by Norfolk Fire and Rescue Service to assist with Water Based Incidents. All of the team are trained in basic life support and life-saving medical interventions. However we have 6 team members further qualified to the nationally recognised FREC3 standard, we are hoping to increase this to 10-12 by the end of 2022. The team carries a number of AED devices as well as other medical equipment. Team Leaders and Search managers undertake additional training to allow them to ensure the team are effectively deployed on searches liaising with Police and other organisations.

Knowing all of this it may surprise you to learn that the majority of funding to keep this charity running comes from donations,



we receive some grants for specific items but the majority of our equipment has been purchased by the good will and kindness of campaigns by local business or you good people popping some change in a pot or tapping your card when you see us out and about in supermarkets or at events fundraising, so thank you for supporting us.

The team has volunteered to come to Belton on Tuesday July 5th and give an illustrated talk at 7.30pm at the JGI. So please put this in your diary and support this great team in all that they do.

It will be a free evening but donations will be expected on the night.



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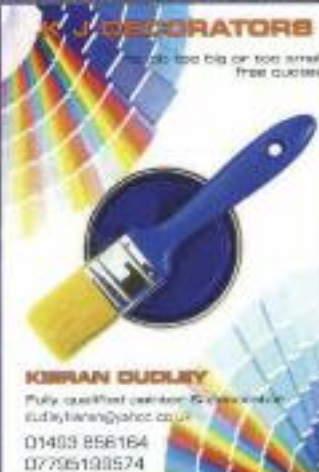
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The Village Voice Health Check

Health Check is a regular column in your Village Voice.

Each month, a health topic of interest to the general public will be discussed by a health or social care professional. Please feel free to write to beltonvveditor@gmail.com with suggestions about topics that you would like covered in the future.

PHYSICAL HEALTH IN PEOPLE WITH SEVERE MENTAL ILLNESS (SMI)

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 twelfth 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>



What is SMI?

Severe mental illness (SMI) refers to people with debilitating psychological problems that severely affect their ability to engage in functional and occupational activities. It refers to two conditions namely schizophrenia and bipolar disorder, although it can include any other condition with psychotic features. Typically, a duration of illness of around 2 years or more may be needed before a condition is called an SMI.

Why is physical health considered an issue in people with SMI?

Many people with SMI have poor physical health. If they have one physical health condition at the same time as their mental illness, that is known as comorbidity. What is more common though is multi-morbidity which refers to more than one physical health condition at the same time as their mental illness. This multi-morbidity leads to serious consequences including a shorter life expectancy by an average of 15–20 years in comparison to the general population. Much of this morbidity and mortality is due to preventable and treatable factors. People with SMIs are three times more likely to smoke. They are at double the risk of obesity and diabetes, three times the risk of hypertension and metabolic syndrome, and five times the risk of dyslipidaemia (increased levels of cholesterol and other unhealthy fats in the bloodstream). These risk factors if identified and treated early can lead

to better health outcomes. This however has not been happening in people with SMI. It is at least partly because of a lack of clarity around responsibilities in healthcare provision in primary (ie, GP led services) and secondary care (ie, mental health Trusts) and shortfalls in coordinated care. Primary care clinicians may have gaps in training about SMI while those in secondary care have similar gaps and arguably a lack of confidence in dealing with physical health issue. Indeed, the national audit of schizophrenia in 2014 showed that only about a third of patients with schizophrenia in NHS Trusts had adequate care of physical health issues.

What is being done about it?

In 2016, NHS England suggested the launching of annual physical health checks for people with SMI. The check involves 6 different elements.

Checking Blood Pressure

Checking weight, height and Body Mass Index (BMI). BMI is an index calculated by dividing weight in kilograms by the square of height in metres. A BMI above 30 indicates obesity.

Check blood sugar (glucose) levels in blood

Check lipid levels in blood (cholesterol and the balance between healthy and unhealthy fats)

Check smoking status

Check level of alcohol consumption.

If any of these risk factors are identified, then remedial measures are offered. The charity Rethink Mental Illness offers an excellent self assessment tool that can be used to record and monitor these health checks <https://www.rethink.org/media/4862/interactive-physical-health-check-tool.pdf> (Please note that these health checks for SMI are quite distinct from the now more widely known NHS health checks offered to all between the ages of 40-74 designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia).

Who is responsible for doing it?

It was suggested that primary care teams (ie, GP led services) were responsible for carrying out annual physical health assessments and follow-up care for patients

with SMI who are not currently in contact with secondary mental health services (ie, NHS Trusts) and those whose condition had stabilised and had a shared care arrangement with secondary care. Secondary mental health services are responsible for in-patients and out patients who had either not stabilised or been under their care for less than 12 months. In practice however, these arrangements vary locally with care being arranged either through GP surgeries or the local mental health team. People with SMI can request a carer or family member to accompany them to the health checks and may also be eligible for help regarding travel costs from the local councils, charities or NHS Trusts. Clearly described guidance on how to seek an appointment and how to address problems if any in accessing these is set out by Rethink Mental Illness on their website mentioned below.

How is it progressing?

When launched in 2016, the ambition was that over the next 5 years, 60% of those of GP registers for SMI would have had all 6 elements of their annual physical health check. Figures released in February 2022, suggest that there is more work to be done as only 35% (183,971/ 526,443) appear to have had it. Monitoring of smoking status, blood pressure and BMI appear to be going well with rates of 62-65%, but the other actions need to catch up significantly.

Sources & Acknowledgements

1. Rethink Mental Illness <https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/severe-mental-illness-and-physical-health-checks/>
2. <https://www.nhs.uk/conditions/nhs-health-check/>
3. <https://www.england.nhs.uk/statistics/wp-content/uploads/sites/2/2022/02/Physical-Health-Checks-SMI-Statistical-Press-Notice-2021-22-Q3.pdf>

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.

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ALL SAINTS BELTON

Rev Rosie Writes



Is death the end of the road for all of us? It's a question that I am often asked, especially by families who have lost a loved one. And my answer is "No! I don't believe death is the end because I believe that life goes on beyond the grave, but in a different dimension..." The reason I say that is because of what Jesus taught his disciples before he was arrested and killed, and because of what happened the first Easter.

Jesus was preparing his disciples for what was going to happen to him; he did this as they journeyed towards Jerusalem and in the last days prior to his arrest. So what did he say?

Just before Jesus and the disciples began their journey from Caesarea Philippi, Jesus was in conversation with them and asked them "Who do people say the Son of Man is?" They come up with various answers but Peter declares, "You are the Messiah, the Son of the living God." From that time on Jesus began to explain to the disciples that he must go to Jerusalem and suffer many things at the hands of the elders, chief

priests and teachers of the law, and that on the third day be raised to life.

Later, when they were in the area around Jerusalem, and when the time was coming nearer that he would be taken from them, he begins to explain that he is going to prepare a place for them, then come back and take them to be with him. This is the conversation when Thomas wants to know where he is going and how he/they would know the way to find him. Jesus tells them that "in his Father's house there are many rooms . . . and that they would find their way because Jesus himself is the Way, the Truth and the Life.

At the time of Jesus' death, the disciples don't seem to have remembered what Jesus had said to them previously. When he was arrested – they run away in fear. Peter goes to the courtyard of the place where Jesus is being held – and then three times he denies he knows Jesus. John hangs around with Jesus' mother, Mary, and the other women, and saw Jesus crucified. Then on the third day they are all hiding behind locked doors for fear of

the Jews; that they might be next!

Jesus came in the evening to all the disciples and showed himself to be very much alive. He had previously appeared in the morning to Mary Magdalene in the garden; some of the disciples had seen the empty tomb where Jesus had been laid, and they hadn't understood what had happened.

But they did when he was standing there in front of them and they were able not just to see, but to touch him too! Jesus appeared to the disciples a number of times before he ascended back to heaven, teaching them and helping them to understand the Scriptures.

Easter is such an important time for Christians. It is the time when we remember that Jesus (the Son of God who was born and lived life as a human being) was crucified on Good Friday, died and was buried, but three days later on Easter Day was alive. It is because Jesus overcame death we have the hope of eternal life for each one of us. What happened at Easter restored some of what God intended for us in the

beginning; we shall fully know and experience life at the end of time.

For me, Easter means I can live a life of love – loved by my Heavenly Father, and belong to God. I can live my life in relationship with God, through Jesus, knowing that I am forgiven all the things that I have gotten wrong, and living a life of joy and peace (even when life is not easy and there are many troubles in life). Easter also focuses my hope: I have a purpose on earth, receive the gift of eternal life and can look forward to life with God at the end of it.

This is the Good News that Jesus came to earth to share. To know the love of God who gave everything that we may know him for ourselves. This is what we shall be celebrating this Easter in the churches in Belton and Burgh Castle. Do join us – at the Sunrise Service (5.30am) at Burgh Castle Roman Fort, or in Burgh Castle Church (9.30am), Belton Church (10.30am) or at Messy Muddy Church in the Rectory Garden at 4pm. We have Good News to share! Happy Easter.

Rosie Bunn

EASTER DAY

5.30am Sunrise Service
Burgh Castle Fort
followed by a cooked breakfast

9.30am Holy Communion
St Peter & St Paul, Burgh Castle

10.30am Easter Communion
All Saints, Belton
followed by an Easter Egg Hunt

4-5.30pm Messy Muddy Church
The Rectory Garden

GOOD FRIDAY Services


10am St Peter & St Paul, Burgh Castle

11am All Saints, Belton, followed by

11.30am Walking the Way of the Cross

It was lovely, after so long, to have pancakes together again on Shrove Tuesday. We were able to present £51.50 to Bumble, a very relaxed Guide Dog, for the charity, Guide Dogs for the Blind. Bumble declined the cake!

Or at least his humans did on his behalf. We have welcomed two new members. Young @ Heart offers tea, coffee, biscuits and friendship every Tuesday morning, 10.00am - Midday at All Saints Church, Belton. Over 50's welcomed, Sue Angell



MEN'S CHURCH WALK



Walberswick on the B1387 we turned into Lodge Lane and parked as shown on the map. We then walked across heath to the river bank and into the village. We stopped for a coffee and then continued along the pebble shore for about 1.5 miles before turning inland through the marsh, heathland and woods to our starting point. A very

enjoyable walk, meeting lovely people on the way. Total distance 5.3 miles. The next walk is on Saturday 9th April, leaving the Rectory at 9.15am to walk in the Somerton area. If you would like to join us meet at the Rectory at 9am.



On a cold damp Saturday morning in early March the monthly walk took place in the area of Walberswick. After entering

ALL SAINTS CHURCH, BELTON

A coffee morning will be held on Thursday 7th April 10am – 1.30pm in the Church to raise funds to send to the Ukraine appeal. It will include refreshments, lunches, cakes and a raffle.



Please come and support us so that we can help those who are desperate for funds.



ENTUA

(East Norfolk Transport Users Association) is a voluntary independent body which monitors bus and rail provision in the East Norfolk Area.

To learn more about us please visit our website www.entua.org.uk

In previous issues ENTUA expressed its concern that when the current bus recovery grant ends at the beginning of April, bus companies will need to save money and this may result in either reduction in frequencies or loss of some services. ENTUA's view is that it would prefer a reduction in frequencies rather than the loss of services.

However ENTUA is pleased to learn that the Department for Transport (bus industry) in England will receive a further six months recovery funding beyond the planned end date for the Bus Recovery Grant (BRG) from 6th April until October, 2022.

Over £150m has been allocated, it covers both bus and light rail sectors in England. Department for Transport states that the money "represent the final tranche of pandemic-related support to operators" and adds that it is intended to help them and local transport authorities to adapt to changing travel patterns and help the continued delivery of Enhanced Partnerships and Bus Service Improvement Plans as part of the "National Bus Strategy for England"

In a statement issued on 1st

March, 2022 the Department for Transport said "The funding announced today will ensure millions of us can continue to use vital public transport services, and brings the total that we have provided to the sector to keep services running throughout the pandemic to over £2bn". Not only that – as we look ahead and continue our work to overhaul services and build back better from the pandemic, this funding will also help authorities and operators to work together to provide even better services for people right across the country"

With current bus occupancy running at 70% of pre-Covid levels, ENTUA was fearful that, if the grant had not been extended bus operators may have had to rationalize services to keep within budget. As we have mentioned before the X11 services between Belton and James Paget Hospital does not perform particularly well and without subsidy this is a service risking being reduced to an hourly frequency. However, ENTUA is greatly encouraged by the Department for Transport announcement and means that when we meet with local operators to discuss their plans for

forthcoming services from May 2022, we can do so in the knowledge that existing services are fully funded until October. Before we can hope to get any new services, existing services must be paying their way and our hope is that by this Summer existing services will be back to pre-Covid levels in terms of passenger numbers.

The East Anglia Transport Museum begins its 2022 season on Sunday 3rd April, (12 noon – 1630 hours) It is then open every Sunday until 23rd October. The first Thursday opening is on 7th April and then every Thursday until 27th October. Regular Saturday openings commence on 4th June until 27th August, although there is an Easter Treasure Trail on Saturday 16th April and Sunday 17th April (12 noon – 1630 hours both days)

We will announce other special event days in subsequent issues of Village Voice under the ENTUA heading.

Admission prices have remained the same for the past 5 years e.g Adults = £9.00, Concessions (60 plus) = £8.00, Child (5-15) = £6.00. Under 5s = free.

As the car park is limited the Museum promotes the use of public transport. There are bus stops outside the Museum on Chapel Road and on Mon-Sat the X22 provides a half-hourly frequency between Lowestoft and Norwich. The X2 and X21 between Lowestoft and Norwich stop at The Crown public house on the A146 in Carlton Colville 5-8 minutes walk from the Museum. Borderbus operate Service 146 between Norwich and Southwold and that to stops outside the Museum. For more information on Museum opening times please visit www.eatransportmuseum.co.uk For information on bus timetables go to:

First Eastern Counties Buses – www.firstbus.co.uk/easterncounties or telephone 0345 646 0707 Borderbus – www.borderbus.co.uk or telephone 01502 714565

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

TONY GRICE



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



For Beavers

The Beavers this month have had an evening using the mini bows to see if they could improve their scores from last time. Had a go at magnetic darts. Some of the Beavers have started their personal challenge which they chose themselves from washing up/ filling water bottles and were shown how to iron and fold their group scarfs.

The Beavers spent an evening building a model that had a moving part out of recycling materials provided by their parents and family. They had to pre plan what they were going to build and make a list of the materials they thought they might like to use. This was to gain their builder badge.

We had a go at the Beaver version of curling thinking about the winter Olympics

The Beavers are looking forward to a visit to Gorleston Library re their Book Readers badge.

Brown Beaver was invited to Cubs to be involved with Harry, Thomas and Sam's going up ceremony to Cubs and watched them being invested as Cubs. She also presented Frasier with his Bronze Chief Scout Award who has just had his link to Cubs along with Riley.

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

Cubs

This month we have been looking at various badges to finish off things we have started over the first few months of the year.

We finished off our artist badge by designing a poster to advertise cub scouts to our friends and then each young person passed that on to someone who is not part of the scout group. We have celebrated Chinese New Year tasting Chinese food that Akela made, we made a Chinese drum and also had a go writing our names in Chinese.

We finished off the Our Skills Challenge by learning a friendship knot to tie in the bottom of our group scarfs (something which also finished off the Personal Challenge) and looked at how we can solve problems in some problem-solving activities.

We have also had a joint meeting with the Scouts where we had fun looking at our disability awareness activity badge. We have appointed 3 new sixers and 3 new seconders and spent a morning training them to become the best sixer and seconders.

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 looked at how they could reuse cloths by either changing the look or making it into something completely different. They thought about taking sleeves off, making jam jar covers, rags removing buttons to make a waist coat etc.

They used the rest of the Beavers recycling materials that they did not use to make a free-standing tower as tall as they could, each team had a reel of sellotape to help. One tower touched the ceiling of our HQ.

The Scouts made pancakes and talked about kitchen safety.

There are places at Scouts (10 years to 14 years) please contact Gov below.

Would you be interested in helping to support the Scout section, you don't need to help every week just when every you are able to help, we are looking for a team of people to support them. For more information, please contact John (Gov)

Group Scout Leader 07443 567326 or email john.clarke@btinternet.com

Group

Paper Collection next on Saturday 2nd April 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. April's collection Saturday 7th May 2022.

2nd April - Scout Paper Collection
7th May - Scout Paper Collection

A Lonely Seal

(Please keep your distance which also applies to dogs)

While walking along the shore line from Hemsby to Scratby during mid March a single seal pup was way up the beach well clear of the water line. We

assumed sunning his or her self before venturing back into the cold North Sea. It was fascinating to watch the pup struggling



through the rough water to get back to the sea as there was a very strong South Easterly gale blowing. After about 4 minutes it achieved its

aim and set off in a Northerly direction, never to be seen again. I can assure all readers that the observations were via binoculars and the



photos taken with a telephoto lens. We never got nearer than 30 or 40 metres to the pup which I hope anyone else who comes across young seals along our coast at the moment will do likewise.

Bill Richmond

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ormiston venture academy

Venture Smashes 25th World Book Day

Students at Ormiston Venture Academy, which is a part of Ormiston Academies Trust (OAT), have been celebrating the 25th World Book Day, by dressing up as their favourite book characters.

Both students and staff showcased their wonderful imaginations, talent and creativity through their amazing costumes. The costumes that filled the academy came from a wide range of books and comics, with staff and students dressing as different Harry Potter characters, Mary Poppins, and even a dictionary.

Students were also given the opportunity to participate in a range of activities throughout the day, from a 'guess the teacher' competition to afternoon tea in the library to celebrate reading.

The costumes and celebrations sparked some great conversations amongst students over what their favourite book is and everyone really enjoyed being able to guess which famous character their friends had come dressed as.

The World Book Day celebrations were a fantastic opportunity for the academy to bring students together to celebrate a range of wonderful literary stories, as well as inspiring everyone to read more.

A Year 7 student at Ormiston Venture Academy commented:

"It was so fun to dress up, I loved taking part in the competitions and it was great to see everyone in their costumes."

Rebecca Kirby, Leader of Literacy and Humanities at Ormiston Venture Academy, said:

"It was awesome to once again be able to celebrate World Book Day in true Venture style this year and to have the whole academy engaged in a range of activities."

"Here at Venture, we put reading and literacy at the heart of everything we do and promoting World Book Day is just one of the many ways that we advocate reading for pleasure. It's brilliant to see our students so enthused about the wonderful world of reading."



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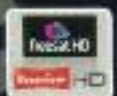
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Down the Garden Path

Elizabeth Myhill



Congratulajons. H.T.

There is nothing more beautiful in an English garden than a rose. Our ancestors, those with large gardens, would grow roses in large separate beds which their gardeners would look after and the houses would be full of vases of perfumed blooms from June to September.

Few of us live in large country

houses with acres of grounds and even fewer of us have full time gardeners to tend to our roses. Roses have become less popular due to disease and the withdrawal of many of the chemicals that the ancient gardeners used.

However, roses are coming back into popularity due to the producers of virus tested rootstock, and work to produce more disease resistant varieties so it is possible for everyone, even those with balconies and the smallest of gardens can grow a rose. It is advised, where possible to grow among other plants, perennials and shrubs, rather than in rose beds and they all need feeding with rose food as they are all greedy plants and all need full sun.



Hot Chocolate Floribunda

Miniature Roses as the name suggests are good for patio pots and can make good presents for birthdays and other anniversaries.

H.T. Hybrid teas are the largest and most popular rose class, due to their elegant form and large variety of colours. They are known for their *long, elegant pointed buds that open slowly*. Hybrid teas have a

high-centered bloom form and are carried singly or with several side buds.

Floribundas (also called cluster-flowered roses) have many flowers per stem and tend to repeat-flower continuously from summer to late autumn.

Climbers and Ramblers as the name suggests need something to climb up a wall fence, pergola.



Sweet Dreams Pajo/Miniature

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Events at the New Road Sports & Leisure Centre

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

Up4fitness & Sallyann

Sallyann and members will be joining the community group event at New Road Sports centre on Friday 3rd June. If you have wondered what we get up to on a Monday morning, come along if you can and have a go if you wish. We will have members there to talk about the group and there will be a demonstration of what we do. Join us to celebrate the Queens Jubilee.

Our Monday classes consist of movement generally in a seated position and offer, flexibility, mobilising joints and strengthening of muscles used in everyday life. Recently we have added standing exercises, supported with a chair or not, these are beneficial for balance and walking to help reduce the risk of falling.

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. Our Monday 4th session will have refreshments at the end of our session, to enable everyone to chat & catch up.

Belton Monday morning class at New Road Sports Centre has only one class running at present, however another class can be arranged if there is interest. The session starts in the hall for 10.15 am. As an alternative the online class is held at the same time over zoom, anyone wishing to join the zoom/online class please contact Sallyann to find out how.

We are all shocked by the recent happenings; our world is going through again so soon after living through Covid. Sallyann would like to say; our thoughts and prayers are with those who are affected and all the displaced people of our world.

Did you know Sallyann is on Facebook, Instagram and twitter so you can always find out what she's up to? Look for Sallyann Protheroe or up4fitness to connect with her, you can also email up4fitness@gmail.com Text or ring on Mobile 07599044806.

Great Yarmouth Stroke Club

Our foot lady could not come to our last meeting so the group had a treat of an ice cream from Dimascio.

A games afternoon with quizzes, beetle, card bingo, with the chocolate box getting raided again.

The group had a donation following the death of Alf who was one of our very dear members for about ten years. Birthday greetings to James, Marion, Dawn. Rex and Tom. We send get well soon wishes to Grace.

Contact Sue Casey 01493 781846 about our meetings at The Sport Centre New Road. Belton on Thursdays 2 to 4pm.

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Belton Judo club latest update for April

Dominic King Judo & MMA Academy is continuing to make good progress and building membership at all our venues. We are recruiting new members at virtually every session but we still have capacity to welcome more thanks to our excellent team of coaches. Given their experience at top level international competition, we are able to cater for anyone from complete beginners up to serious competition players aspiring to reach the highest level possible.

Assistant coach Ryan King is currently attending exclusive elite training sessions every week with Great Britain's No1

Junior male and female fighters even though he is still only classed as a cadet. He was once again selected to represent Great Britain at the European Cadet Cup in Zagreb, Croatia and beat Italy's two-times national champion in his first fight. He met a tough Lithuanian lad in the next round and was making good progress when he dislocated his toe while defending a strong attack. After receiving medical attention to put the toe back and tightly strap the injury, he bravely decided to carry on but his mobility was severely restricted and he was beaten with a strangle. Ryan was confident that without the injury he could have progressed further.

This coming year, as well as recruiting new members, we are seeing a number of returning members which is very encouraging. 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" 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 or contact him via Facebook or WhatsApp





EN is celebrating 40 years and we would love your help to mark this special anniversary.

Since opening in 1982, thousands of students have studied at the college and progressed to amazing careers.

We would love to hear from former students, parents and former staff with their memories and photos of EN throughout the last four decades.

We would also like to hear from members of the local community who might have pictures or articles relating to the college from across the last 40 years.

Share your story through art, photos, paperwork, podcasts, video or in writing and later in the year we will add your story to our 40 years celebration online gallery.

Everyone who takes part will be sent a 40th anniversary gift and we will also keep you up to date with latest news from EN and give you the chance to be involved in our celebrations in August.

By sharing your story you will inspire the students of today and for the next 40 years

Please join in by contacting marketing@eastnorfolk.ac.uk





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Events at the John Green Institute

HALL POST CODE NR31 9JG

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

JGI Trustees

During the last month the outside of the hall has had a good tidy up and clearance of winter weeds etc. The hall is now all but fully booked during the week that is very pleasing as that is what a Village Hall should be, a community meeting place. We have lost "Baby Boomers" on a Thursday lunch time as Hayley did not have enough support to continue but that slot could be filled by the time you read this. Contact any trustee for further information.

Wednesday Drop In

We meet every Wednesday morning from 10.30 to noon for tea/coffee and cakes but most of all a good chat and exchange of information. We are a very friendly bunch and welcome anyone who would like to join us. Just turn up. If you would like some information first then ring Sue on 780822.

Dear VV Board Members

On behalf of Young at Heart thank you so much for our £300 cheque. It will make a massive dent in our heating bill for this winter. Our average 23 members meet each week for coffee and chat and companionship. We are grateful to the Village Voice. Best wishes Sue Angell



CAMERA CLUB

Possible informal camera club starting in Belton in May. If you are interested in basic simple photography but would like to know more then please contact me with your interest on either cam938@btinternet.com or call 07950 039455.

The meeting would be either a Thursday or Friday afternoon, giving more daylight time to photograph. If sufficient interest is shown then a date to meet will be given in the May Village Voice for a first exploration of what information and activities people would like

Bill Richmond

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A Wonderful gift from Belton Bingo Players

In early March at a Monday Bingo session at the JGI, Belton, the organisers Hazel and Tonie, presented to The Great Yarmouth Friday Gateway Club a cheque for £1000.

This is money raised from their sessions over the past months from the early pandemic days to the present.

The Gateway Club is a registered charity affiliated to The Royal Mencap Society. They provide a friendly and safe environment for adults over 17 years with learning difficulties.



They have approximately 80 members. They enjoy various activities of art, crafts, pool and talent show competitions. The only funding they get is solely from sponsorships and donations such as this.



On the evening of the presentation Ray Humphreys (Vice President) and Maggie Hoyle (Hon Secretary) came with three of the members of the club and after the presentation they all went round the hall to thank individually the bingo players.

If you would like to find out more about the great work and support the Gateway Club provides go to www.greatyarmouthgatewayclub.co.uk

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)			



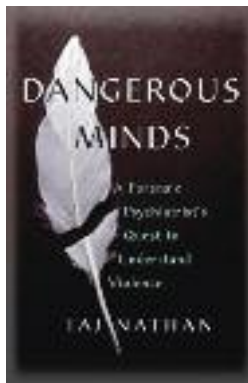
The Village Voice Book Club

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

Please send in your contributions to beltonvveditor@gmail.com

Professor Rajan (aka, Taj) Nathan's book showcases at its core that homicide in people with mental illness is rare and the individuals who commit such crimes are complex. He makes it clear from the outset that people with schizophrenia are usually not violent. In fact, people with a mental disorder are far more likely to be victims of crime than perpetrators. He describes ten cases in the hope of demystifying his super-specialism of forensic psychiatry and making it relevant to both his peers and a much wider audience.

Professor Nathan talks us through meeting "Amit" a narcissistic man convicted of double murder who eats the flesh of his victims. There is "Seb" - a man who stabbed his mother in her sleep as he was convinced that she had been replaced by a double (a rare syndrome called Capgras). We also learn about the lives before people get convicted - the mathematically gifted "Unabomber", the Nazi-fascinated poisoner Graham Young and a mute Esther who needs to be



assessed through sign language. Professor Nathan describes the origin of his speciality but breathes new life into these case histories by providing a rich narrative of the person, not just the pathology. He carefully moves us from the past to the present while offering a rare look behind the scenes at secure hospitals, courts and category A prisons - the highest level of security someone can be detained in.

Growing up for Professor Nathan seems almost Dickensian, though arguably, not in the material sense of the word. His early years were spent in an asylum where his father was the superintendent and psychiatrist in charge. His father travelled over in a ship from India with money hidden in a medical text and found a harsh

DANGEROUS MINDS

A forensic psychiatrist's quest to understand violence by Taj Nathan Reviewed by Toral Thomas

welcome where he was not allowed to specialise in paediatrics. Years later, his son Taj becomes a specialist in the type of hospital closely resembling his father's work - a medium secure forensic unit.

Although the subject matter can be weighty at times Professor Nathan engages his audience by nestling the cases in the richness of the human stories behind the horror. He expertly shows how neurobiology and disease is not enough to understand the complexity of people who commit murder. Psychiatrists will groan at his description of ward staff describing complex personality dysfunction as "behavioural" and shudder at the way we used to treat people by condemning them to spend years in asylums until their death. Each chapter deals sensitively with aspects of psychopathy. We meet Drew who self-harms even in seclusion when deeply distressed, Michelle who is

drowning under the weight of life itself and Sarah who is trapped in domestic violence and murders her abusive husband. Dr Nathan takes us through his assessment process and keeps us engaged throughout by never oversimplifying the issues and never shying away from legal terms and diagnoses.

Dangerous Minds would be a sombre reflection for any psychiatrist, a valuable training tool for doctors in training and an irresistible read for anyone curious about mental illness as a driver for murder. This book is part-biography, part history and wholly compelling. To see if this book would be for you, the original essay that was turned into the first chapter of *Dangerous Minds* can be read here <https://www.spectator.co.uk/article/dangerous-minds>. *Dangerous Minds* is published by John Murray and is available on Kindle from £4.99 and hardcover from £13.42.

THE DEVIL YOU KNOW

by Gwen Adshead and Eileen Horne Reviewed by Toral Thomas

"What kind of silence is this for you?" a young Professor Gwen Adshead asks "Tony", a serial killer in a high secure hospital. And with this first of eleven case studies, we get to see behind the scenes of both high secure hospitals and the psychotherapy delivered to some of the highest profile offenders in the country. Professor Adshead has spent years in academia and her research pedigree shines through this book in which she has collaborated with author and dramatist Eileen Horne. As a dually trained forensic psychiatrist and psychotherapist, her use of language is exquisitely compassionate. She describes the early work looking at psychopathy (the infamous "Mask of Sanity") and evolves this into the current theories behind psychopathy with crisp efficiency. However, she also describes her patients and colleagues in rich detail - from the ex-waiter serial killer with a fragiley beautiful Spanish mother and repressed homosexual

desires to the landscape gardener-turned-prison nurse Jamie who can describe his patients with the almost forensic precision he used in horticulture.

This book is particularly fascinating because of its personal nature. Professor Adshead looks back on her years in forensic psychiatry as she reflects on just eleven patients who are composites, combinations of people who have stayed with her throughout her career and that make up the bread and butter of the speciality of forensic psychiatry. She reveals her first day as a trainee in high secure hospitals through to later interactions as her knowledge and confidence grows. We get to see the inner workings of the prison team, the challenges of providing therapy to people who have committed almost unbearable crimes and the humanity

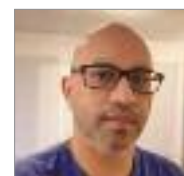


of the mortals who work with these individuals. This is brought into sharp relief when it is revealed, for example, that Tony himself was attacked in prison a decade into his sentence by three men he thought of as friends. This leads Tony to attempt suicide, get diagnosed

with depression and finally find himself in therapy at Broadmoor, a high secure hospital on the outskirts of London.

Anyone who has enjoyed a Danish noir thriller or the darker side of human nature will find this book an outstanding exploration of crime, psychology and human tragedy. Professor Adshead shares her experiences unwaveringly and the reader gets the full advantage of both her expertise and her honesty in working with individuals who commit

serious crime and the forces that shaped them. The tone of the book is empathic and considered. Professor Adshead introduces ways to work in this field by stepping closer into understanding whilst remaining apart through "radical empathy". This concept describes a way to try and understand something deeply dark and unsettling while keeping a professional boundary and not allowing empathising with this miasma to corrupt the therapist themselves. While this book will provide rich learning for psychiatrists, it is pitched to allow anyone with an interest in this area to understand specialist language into a rich tapestry of the trauma, tragedy and ultimately treatment of psychopathy and reveal the unsettling potential that resides in us all. *The Devil You Know* is published by Scribner and is available on Kindle from £6.99 and hardcover from £12.64.



About the reviewer:

Dr Toral Thomas is an experienced consultant forensic psychiatrist and chief clinical information officer at Norfolk and Suffolk NHS Foundation Trust.

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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.

Merrythought large, medium brown bear 32 inch high £34

Bearington Willy and Chilly retired 2007 £34 Tel 07980 815499

Gents cycle, Barracuda, all stainless steel frame & wheels, Varlous speeds plus extras, VGC £75 Call 01493440072 or 07854251943

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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



Dates for your Diary



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

Tuesday 5th April

Traditional Holy Communion

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

Friday 8th April

10.30am – 12.30pm Women's Bible Chat – **IN CHURCH**

Theme: Huldah: Speaking truth to power (2 Kings 22:1 - 23:25, 2 Chronicles 34

Sunday 10th April – Palm Sunday

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

Thursday 14th April – Maundy Thursday

Passover Meal

7pm All Saints Church, Belton (combined event for both churches)

Friday 15th April – Good Friday

10.00 am Good Friday Service at St Peter & St Paul, Burgh Castle – **IN CHURCH**

11am Gathering at All Saints Church, Belton – **IN CHURCH**

11.30am Good Friday at the Cross – a walk of witness in Belton

Sunday 17th April – Easter Day

Sunrise Service at the Roman Fort

5.30am followed by breakfast in the Village Hall

Holy Communion – IN CHURCH

9.30am St Peter & St Paul Church

Holy Communion – IN-CHURCH and on-line on Amazon Chime & Facebook Live

10.30am All Saints Church, Belton

Messy Muddy Church

4-5.30pm in The Rectory Garden including a Campfire

Sunday 24th April – Easter 2

9.30am 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 1st May – Easter 3

Holy Communion – IN CHURCH

9.30am at St Peter & St Paul Burgh Castle

Morning Celebration

10.30am All Saints, Church Belton

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	116 123 (Free phone)

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