

Village Voice

August 2022
23rd Great Year
Vol 23-05

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From the Editor's Desk

Professor Regi Alexander

Let me start with my thanks to my colleague Bryan Diggory for stepping in at short notice, putting together and editing the July issue of this magazine, while I was unexpectedly indisposed. Last month, I also attended the International Congress of the Royal College of Psychiatrists, the first face to face meeting in 3 years of just under 3000 psychiatrists from across the world. That meeting inspired my VV health check column for this issue and features schizophrenia, a condition that affects 1 in 100 people and one that is the subject of many a myth. Last month's issue featured an article from Cheryl Gray, chair of the Browston Residents Group about the proposed Browston Hall development. I welcome more thoughts and views about that which this magazine is happy to feature in future issues. Happy reading everyone.

Letters to the EDITOR

Earlier this year the hedge that bounds the allotment on Church Lane was declared 'dead'. Come spring it was possible to identify the following growing there: a hawthorn decked out in May, a small maple, a holly tree, a semi-mature maple, more than a dozen of what appear to be hedge elms and a tangle of ivy throughout.

The maples are probably scions of those a little further along the lane, near the church. Hedges now provide a refuge for the English elm and whatever the future of the hedge elm in general it is at least nice to know that the elm still exists despite the predations of Dutch elm disease. The hedge was not dead of course, merely sleeping. What it is, is a neglected hedge. It seems that the maintenance of hedges is fast disappearing; in part due to the loss of understanding inherent in modern farming and in the ruthless use of the mechanical flail as a poor substitute. The hedging along Church Lane suffers heavily from mechanical abuse as if the intention were really to widen the road rather than to trim the hedge. All trees and shrubs that closely border the road have been damaged to some extent by the careless use of machinery with many of those that are dead having lost their bark where a flail or similar device has been carelessly used.

Using an accepted guide for dating (100 years per species) the hedge beside the allotments is at least 500 years old and a careful study by someone more able than I, would discover many more species than the five mentioned above. The hedge isn't trivial. Standing beside the hedge a little above the entrance to the allotments and taking a sightline along the lane the eye leads directly to the Church porch. It is apparent from this that the lane once led only to the church itself and the curve to the right is a later development. The lower part of Church Lane is therefore at least as old as the church itself (a mere 1200 years) - possibly older if an earlier religious building once existed.

I would hope that the hedge in question is sympathetically maintained, preferably by the removal of the ivy and the implanting of compatible species. The choices are not difficult; English hedges typically have Hawthorn, Dog Rose, Sloe and Elderberry occasionally Hops, and many others. Those mentioned can all be found on Church Lane and would once have provided the ingredients for wine, beer, and gin to the locals.

Mike Tate

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LETTERS TO THE EDITOR continued

Dear Editor

When will it stop and what will it take?

The death of another beloved family pet, and/or an elderly person's furry companion? Or maybe as the annual school summer holidays are upon us, possibly a serious life changing injury or death of a playing child. Bearing in mind that most of Belton's roads are non-thoroughfares and cul-de-sacs, why do these people feel they have to speed? Considering the very near miss that occurred recently in Fritton, maybe people would be more aware of the danger of speeding. "Oh, it is those boy racers" may be what you're thinking. Well, there are a few, but mostly it appears either to be older men, some who drive three different cars, all at speed or women with families and children in the speeding vehicle! What if it is your family member or child who gets maimed or killed? You'd be calling for people to slow down then, but alas, that will be too late.

Paul & Norma Wiltshire, Belton

Dear Editor

John and I would like to thank everyone for nominating us both for Citizen of the year award. It was a great and wonderful surprise.

Jane Clarke, 1st Belton Scout Group

Dear Editor

I wanted to write to thank Rev Rosie Bunn and her team of helpers for a wonderful afternoon tea as part of the Platinum Jubilee celebrations. The weather was slightly against us but held off until the afternoon finished when the then clouds opened. I was the lucky and proud winner at 4.3kg of the most wonderfully baked and decorated cake, so thank you to the cake maker. We thoroughly enjoyed it and shared it between the family.

Lisa Upton and family, Belton

News items

Sports Club 88

If you are keen to start a new activity, resume an old one or want to meet new people, then Sports Club 88 is for you. For those aged over 50, we offer badminton, short tennis, table tennis and a chat over coffee. We meet on Tuesdays and Thursdays, 9.30 - 11.30. First two "taster" sessions are free and very reasonable fees thereafter. Please contact soozieg@hotmail.com or 01493 781893.

Village Voice

August 2022 **257th** Edition

Cover Picture: Dragonfly taking in the sunshine on a conifer tree.
Photo by Bryan of Bradwell

CHAIR OF VV BOARD
Adrian Myers

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

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

The latest meeting of the Parish Council was held on July 5th with ten Parish Councillors present along with four members of the public and the Parish Clerk Kate Rudock (Tracy Cameron attended as a Borough and Parish Councillor). Ken Botwright Chaired the meeting.

In public questions there was a discussion over the use of herbicides by the Borough Council which kill flowers as well as weeds, Councillor Cameron (who is on the GYBC Environment Committee) said they had discussed the matter but not yet made any decisions and advised the residents to request the subject be on the next committee agenda, the Chairman stated that the County are leaving more areas uncut or cutting less and for their part Bland Corner is no longer cut by the Parish Council and flower seeds are being added to that location, also in the last few years 5-600 trees have been planted within the parish.

The Parish Council are looking to

purchase two new dog waste bins for Browston locations, they are also purchasing post and rails to enable an overflow car parking area to be marked off at New Road and hope for a contribution from the football teams.

County Councillor Annison is to be contacted to request a traffic survey at Belton cross-roads, as it was felt either speed restrictions or a mini-roundabout is needed at that junction.

Councillor Cameron asked that the Council consider registering Belton Pond for the community as it is one of the old highways surveyor's sites, it was agreed to place an article in Village Voice to see what maintenance help would be offered by residents and to seek any views.

By the Chairman's casting vote, it was agreed to object to plans for an annexe including a swimming pool at Pipistrelle Barn on Hall Road (objections include the feeling that it could be used for commercial purposes, is outside the Boroughwide Plan and would set a precedent, also it is not in keeping with a 16th century building and could lead to noise pollution) and issues from the sewage treatment plant being near to two watercourses). There was also a proposal to retain a static caravan at Acorn Meadow, Cherry Lane, Browston for shelter however members agreed to object as there is no livestock on site.

The Charman reported that he and the Clerk will attend a meeting with Borough Councillor Myers and the Chairs of Burgh Castle and Fritton with St Olaves Parish Councils with a view to preparing a

Neighbourhood Plan to cover the three parishes. This would give those parishes greater influence on planning applications and it was agreed in principle to proceed.

As usual there will not be a meeting of the Council in August, therefore the next meeting will be held at the New Road Sport and Leisure Centre on Tuesday September 6th (7.30pm), details from the Parish Clerk, Kate Ruddock on 01493 602960 or email beltonparish@yahoo.co.uk.

BELTON with BROWSTON PARISH COUNCIL Attendances August 2021 to July 2022

COUNCILLOR	Possible Meetings	Meetings Attended
Ken Botwright (Chair)	13	13
Nigel Light (Vice-Chair)	13	13
Nigel Brown	13	11
Darren Buckworth	2	1
Margaret Greenacre	13	12
Lin Hillier	13	10
Lee Staff	13	7
Ian Walpole	13	8
Hillary Williams	13	12
Stuart Bridges	13	10
David Mills	13	8
Gemma Searby	13	12
Keil Barber	2	2
Tracy Cameron Parish & GYBC	13	12
Adrian Myers (GYBC)	13	9
Carl Annison (Norfolk C.C.)	13	3
Kate Ruddock (Parish Clerk)	13	13

Darren Buckworth resigned in November 2021.

Keil Barber was co-opted to the Council in June 2022.

Burgh Castle Tea Room & Bargain Stall

(Village Hall Church Road)

Please come along to support us, refreshments available and an enjoyable browse of our stalls, proceeds go to the maintenance of both the church and village hall. 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

01493 780126

mgreenacre532@gmail.com

NORFOLK CHURCHES SPONSORED CYCLE RIDE 2022

Burgh Castle



Paul Nicholls is once again riding on behalf of Burgh Castle Church in this year's event on Saturday September 10th. when he will visit as many churches as possible in the day on his trusty machine

Paul always does very well thanks to the generosity of parishioners, last year he raised the sum of £2434 (plus Gift Aid), his record is £2495, lets help him set a new record, we are all living in difficult times, in common with many businesses and charities our church funds have suffered recently.

Please do support Paul if you possibly can he will be calling on homes in the village during August and September, all donations will be greatly appreciated.

Maureen Grey, Parish co-ordinator. Cycle Ride

Burgh Castle Parish Council



The monthly Parish Council meeting was held at the Village Hall on July 11th, all seven Parish Councillors attended along with the Parish Clerk Kate Ruddock, Borough Councillor Adrian Myers and two members of the public, the meeting was chaired by Brian Swan.

Members are still concerned over the parking situation at the Roman Fort since charges were introduced in early June. They agreed to write to English Heritage who have overall control of ancient monuments to see if they can put pressure on the Norfolk Archaeological Trust to increase the number of £45 annual permits that are available as the meagre issue sold out within hours of being put on sale. The current situation is a huge decrease in visitors to the site, the car parks standing almost empty with cars being parked on the Church Triangle (which is private land for church use), and on the roads and verges.

The chairman and Councillor Greenacre having met with the manager of the Kingfisher/Waveney/Marina complex it was agreed to confirm, in writing, the council's views on two points, that proposals to tidy the Butt Lane frontage should include a fixed fence or wall and not be left open with just hedging which is the current proposal for the new frontage. It was also agreed to emphasise the Councils view that something needs to be done about naming and numbering on the Burgh Castle Marina section as there is increasing confusion with deliveries for the owners of the 13 long standing residential units known as Burgh Castle Marina now that the new vans are being numbered from '1 Burgh Castle'. Other points to come out of the meeting were the fact that the owners are looking to reopen the

Kingfisher bar, tighten restrictions on commercial vehicles being parked on site and eventually to dredge and bring back into full use the marina moorings that they own next to Goodchild Marines commercial site.

The only new planning application was for a two-story side extension at 4 Queens Terrace on High Road, members agreed to object as they had been against the original development, wanted the properties retained as affordable housing and did not want to see any further encroachment towards the field to the east of the terrace. The Broads Authority have approved single storey extensions at Willow Barn on Back Lane.

There was a discussion on the possibility of the Parish Council making the village a part of a Neighbourhood Development Plan working with Belton with Browston and Fritton with St Olaves Parish Councils. This would be a document that would cover all aspects of planning and would have to be heeded by Borough Council planners when considering future development applications. Funding is available to produce this and the three Chairmen intend to meet with Councillor Myers with the expectation that a decision to proceed or not will be taken at the September Council meeting

Members still had some reservations over the positioning of two of the new village entry signs but decided not to take any further action but they were very happy with the actual signs. With County Councillor Smith not present and no new communications from local highways engineer Paul Sellick the Clerk was asked to write to Councillor Smith expressing members' concerns at the continued lack of progress with all outstanding highways issues. It was agreed

that the next visit for the County street sweeper needed chasing up, four blocked drains at Stepshort have still not been pumped and will be reported again and Folkes will be asked to use their sweeper again on Butt Lane near to the Welcome Pit entrance.

The monthly accounts were approved, including the originally agreed £200 towards the Jubilee seat in the churchyard which will be dedicated by the Rev. Bunn at a special service on Sunday August 7th (3.30pm).

The chairman has been in contact with ENTUA who in turn contacted First Bus as the 10.15am service 5 has reached capacity on some occasions. The bus company cannot fit another bus into schedules and cannot use a double decker due to overhanging trees mainly on Mill Road, it is hoped however that, with tree pruning in the autumn/winter a double decker will be possible from 2023.

As the Council does not normally meet in August its next meeting will be at the Village Hall on Monday September 12th (7.30pm), for details contact the Parish Clerk on 07948 705218, e-mail burghcastleclerk@gmail.com

BURGH CASTLE PARISH COUNCIL		
Attendances August 2021 to July 2022		
COUNCILLOR	Possible Meetings	Meetings Attended
Brian Swan (Chair)	10	10
Bob Grimmer (Vice-Chair)	10	9
Pauline Carter	10	8
Margaret Greenacre	10	10
Wendy Griffiths	10	9
John Hogg	10	9
Steve Titterington	10	8
Carl Smith (Norfolk CC)	10	4
Tracy Cameron (GYBC)	10	0
Adrian Myers (GYBC)	10	10
Kate Ruddock (Parish Clerk)	10	10

Police Surgery

Police Surgery, with our new beat officer on Friday 29th July, please take the opportunity to come along to meet P C Mark Sagers at village hall from 10am.

Burgh Castle Church Churchyard Seat

Thank you to everyone who has donated funds to provide a seat in our churchyard in celebration of the Platinum Jubilee of our Queen Elizabeth II. This will be installed in the churchyard over the next few weeks. We will be having a Songs of Praise service on Sunday 7th August at 3.30 to dedicate the seat, with refreshments in church afterwards, please come along.

Open Churches Week

This will be from July 31st until 7th August, the church will be open daily, from 10am – 5pm with displays for you to enjoy and a prayer trail to follow around the building.

The village Hall will be open from 10 to 3 on Monday, Tuesday and Wednesday and as usual on Thursday and Friday but from 10 until 3 for this week only. Please take advantage of the extra opening times to visit our lovely building, Our thanks go to the ladies who have offered to do flower arrangements and those who have volunteered to be available for questions and chat in the church. The week will close with the Songs of Praise Service at 3.30 on Sunday 7th August led by Rev Rosie Bunn.

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Fritton Village Hall Summer Show



Matthew Ceiley - musician



Roy Ceily in his performance of Break Free as Freddie Mercury



Sarah Mai - professional singer



Fritton Owl Sanctuary

Held on Saturday June 2nd and raised a total sum of £600 with £20 to be donated to Mind, Cancer Research, Ukraine, also with a contribution to Fritton Owl Sanctuary taking part in the show.

Nearly a full house, sadly most of the people attending were from outside the village.

Many many thanks to all who helped towards an enjoyable evening and a special thank you to the people who came to see the show and were most generous.

Kind regards to all, Roy

BINGO			
19	33	48	78 82
9	32	59	70 87
20	23	55	65 79
1	24	47	60 81
4	12	54	73 90
2	15	36	64 72
5	28	39	43 67 76 89
16	27	38	50 61 85
3	17	42	57 75 83
21	34	51	71 88

Fritton Bingo

Fritton Village Hall bingo for August is Friday 19th please note 7.15pm start

So eyes down for an enjoyable evening for all those bingo fans.

New faces would be most welcome.



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

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A Word from your Local MP and Councillors



BRANDON LEWIS

MP writes

Looking back at my column for the last few years they are dominated by updates on two vital issues – Brexit and Covid. I make no apologies for concentrating on national issues that have had such a massive impact on our everyday lives. These events, and how the Government responded, will shape our nation for decades to come.

However, this month I wanted to give you a flavour of the local or constituent-based work I concentrate on as your Member of Parliament. This involves an enormous amount of correspondence, telephone calls and meetings with government ministers and public agencies

to get a better outcome for Great Yarmouth residents.

For example, as we approach the holiday season, I've dealt with the

Passport Office following up delays in passport applications and renewals on behalf of constituents. Likewise, I've intervened with the DVLA when it has created problems for local motorists awaiting the return of driving licences for work purposes or following medical renewals. Cases like this are often followed up with relevant ministers to make them aware of bureaucratic delays or weaknesses.

Smaller local issues are just as important. That could be asking the local council to deal with a problem with bins affecting a resident or neighbourhood. Or intervening to make sure that a footpath is cleared so it can be used by elderly people without hindrance.

Then there are the bigger local issues that need tackling. I've received updates

on the planned works for the Vauxhall Roundabout, giving another opportunity to lobby for wider improvements to this section of the A47. I've provided support for the East Norfolk Sixth Form College and their bid to receive funding from the Government to provide T-levels for students. Fingers-crossed we will hear a positive announcement this month that they are a successful bidder.

And many constituents contact me with concerns about how our health services recover from the pandemic. That means putting the case to NHS England for our fair share of extra funding for dental services to come to Great Yarmouth. Or raising with NHS managers problems accessing face-to-face appointments with GPs.

Most of the time this work goes on quietly behind the scenes, without publicity or fanfare. But each and everyone of these examples is about standing up for a Great Yarmouth resident or the constituency.



ADRIAN MYERS

Borough Councillor

As I write this month's article, I do so after checking the wholesale price of Brent Crude. Its price today is where it was in most of March. There was a spike on March the 8th to \$123.00 a barrel, but since then despite a smaller spike in March the price has dropped to about \$112.00 per barrel. Yet not only has the price at the pumps not stabilised or come down, they have in fact, risen. The price today is \$112.67 a barrel. The UK price at the pump in March was £1.51 for unleaded. Even at its peak at \$123 a barrel diesel was £1.79.9 a litre. So how can today's prices be justified? The wholesale price of fuel today bears no resemblance to the prices at the pump. Are petrol stations profiteering? Petrol stations are very quick to implement

price rises, but extremely slow in reducing them. Sounds familiar it should do, as this is not the first

time this "anomaly" has manifested itself. They have also been accused of not passing on the 5p duty fuel cut. All of this matters because the base price of fuel adds considerably to many other costs of living, from building houses to supermarket food, people getting to work and everything else that requires transport. Another "anomaly" is why diesel is now more expensive than unleaded. In 2001 it was cheaper. The rise according to Forecourt Assist is that the higher price is driven by demand at the refinery. This demand increased from 2001 onwards, and yet in MOST European countries, diesel is at a lower price than unleaded. Only in Norway is diesel the same price as the UK at 2.46 euros but it is still cheaper than their unleaded at 2.66 euros a litre. Poland is the cheapest at 1.63 euros, even in Austria, France, Germany, and Luxembourg diesel is cheaper at under

2 euros a litre. I have used euros to make the comparison easier. Ask the transport secretary why.

Although I support the rights of working people to withdraw their labour as a last resort in order to improve their wages or working conditions, with the threat of a teachers' strike, I would ask this. We are told that even a single day lost in a child's education puts them at a disadvantage, parents are fined for taking their children out of school during term time, and educating children is a legal requirement, again parents can end up in court for denying their children an education. Will then, teachers be fined for denying our children the education they are legally required to have, and not to be disadvantaged by losing a day's education? Just a thought.

cllr.adrian.myers@great-yarmouth.gov.uk.
Adrian Myers Independent
Lothingland

Belton's By Gone Years



Stepshort railway bridge, Belton looking south-southwest at what is now Farman Close to where New Road is now with Gresley Class B17/6 4-6-0 No. 61656 'LEEDS UNITED' crossing with a passenger train heading to Yarmouth Southtown on Tuesday 21st May 1957. (Photo Credit: E S Alger).

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The Village Voice Health Check

Health Check is a regular column in your Village Voice.

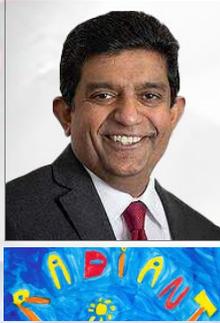
Each month, a health topic of interest to the general public will be discussed by a health or social care professional.

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

SCHIZOPHRENIA

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.



He is the founder and convenor of RADiANT (Research in Developmental Neuropsychiatry <http://radiant.nhs.uk>), a network of NHS Trusts, academics and experts by experience, patients, family members and community leaders.

Introduction

Schizophrenia is a label that is often used inaccurately and one about which many myths abound. Being defined as a split personality or as a condition from which one never recovers or as one that is associated with disturbance and violence are some examples of the latter. These assumptions mean that many people with this diagnosis and their families feel uneasy and stigmatised. Schizophrenia should be considered as a treatable disorder of the mind that affects one's thoughts, feelings and behaviour. Its symptoms may also occur in other disorders and are referred to as 'psychotic' symptoms.

What are the symptoms of schizophrenia?

Mental health professionals tend to describe 'positive' and 'negative' symptoms.

Positive symptoms:

These are experienced fleetingly by many people, but in schizophrenia they are persistent, preoccupying and intensely troublesome and distressing. They include

1. Hallucinations: These refer to the experience of hearing, seeing, smelling, or feeling something which other people around the person do not experience. In schizophrenia, the commonest is auditory

hallucinations ('hearing voices'). These voices sound quite real and to the person who experiences them are not 'imaginary' at all. The voices may be talking to the person or about them and often in an unpleasant way, thus

causing considerable distress and acting out behaviours.

2. Delusions: These refer to firm and fixed beliefs that cannot be explained as part of the person's culture, background, or religion.

In fact, others may see the person's belief as mistaken, unrealistic, or strange. A delusional idea may well have arisen as a way of explaining hallucinations. For example, the person who hears voices may explain it to themselves as the police and government tracking them in league with their family. Here the auditory hallucination is explained with a paranoid delusion, and it causes immense distress to the person and those around him or her.

3. There can be disorganised thought and the person's speech sometimes does not make sense. Some people report feeling controlled or feeling that their body has been taken over by someone else. There can be the experience that someone has taken thoughts away from their mind or inserted them against their will or indeed that their thoughts are no longer private. All these extremely distressing thoughts and experiences, then drive the desire for explanations and sets up a vicious cycle of more delusional thoughts.

Negative symptoms:

These are not as striking as the positive symptoms but are often as distressing and disruptive both for the person involved and their loved ones. People with schizophrenia may sometimes start to lose their normal feelings and motivations. Their energy, emotions and 'get-up-and-go' spirit drain away, and they find it hard to feel excited or

enthusiastic about anything. Their concentration is poor, and they neglect personal care and may become very socially withdrawn. Negative symptoms are sometimes interpreted as laziness on the person's part and met with the unwelcome response of being asked to pull themselves together.

How common is schizophrenia?

It affects around 1 in every 100 people over the course of their life. Men and women are affected equally. Its onset is most often between the ages of 15 and 35.

What causes schizophrenia?

The exact cause of schizophrenia is unknown. There is some evidence of a genetic link. For example, although only 1 in 100 people get schizophrenia, about 1 in 10 people with schizophrenia have a parent with the illness. Brain scan studies have shown some differences between those with schizophrenia, and this has prompted several theories about early damage to the brain being an underlying factor. An association between schizophrenia and the use of illicit drugs like amphetamines and cannabis has also been suggested. There was a time when it was suggested that communication problems in the family could cause schizophrenia. There is no evidence for this. However, it is true that tensions within the family and 'high expressed emotions' can make the condition worse.

What is the treatment for schizophrenia?

Schizophrenia is a treatable condition. The mainstay of treatment is the use of medication called antipsychotics. The choice of antipsychotics should be made after careful discussion between the person and the prescribing psychiatrist or health professional. Like any other health condition, this choice will depend on the balance between

effects and acceptable side effects of the medication. Talking therapies like CBT (Cognitive Behaviour Therapy), supportive psychotherapy, counselling and support from the community mental health teams are quite an important part of the treatment plan.

How do people with schizophrenia respond to treatment?

Many people with schizophrenia now can be treated in the community without the need for hospitalisation. For every 5 people with schizophrenia, 1 will get better within five years of their first obvious symptoms, 3 will get better, but will have times when they get worse again and 1 will have troublesome symptoms for long periods of time. Sadly, the risk of suicide in schizophrenia is about 1 in 10 and is particularly high in young adults and those with co-existing depressive symptoms. This emphasises the need for a supportive and ongoing treatment plan.

Information sources

1. Royal College of Psychiatrists: <https://www.rcpsych.ac.uk/mental-health/problems-disorders/schizophrenia>
2. MIND Helpline: 0300 123 3392; email: info@mind.org.uk
3. Rethink Mental Illness Advice line: 0300 5000 927 (Monday to Friday, 10 am - 2 pm). Information about Rethink in Great Yarmouth is available on this link <https://www.rethink.org/help-in-your-area/support-groups/together-in-norfolk/>
4. Saneline Helpline: 0300 304 7000; email: info@sane.org.uk

Disclaimer:

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

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ALL SAINTS BELTON

Rev Rosie Writes



It was suggested to me recently that an article about prayer might be helpful to some of the readers of the Village Voice.

Christianity is about knowing God (not just about God) and the way that we get to know anyone, and the way we get to know God, is through talking; talking with others and talking to God. The talking to God, we know as Prayer. We might believe that God knows who we are, and that he knows our life circumstances, but God loves it when we come to his to tell him what is going on in our lives; what we are finding difficult and the things that are good, and the areas of our life where we might appreciate some help.

When Jesus' disciples asked him to teach them how to pray, he taught them the Lord's Prayer. In the early church the Lord's Prayer was held with great respect and devotion. People who were preparing for their baptism were not told of the contents of the Lord's Prayer until the second year of their initiation; it was a prayer to be written on their hearts. This prayer, that for many is just said by rote, was considered to be dangerous and politically subversive at that time. When we pray we might do well to start in the way that Jesus taught his disciples:

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who
trespass against us.
And lead us not into
temptation;
but deliver us from evil.
For thine is the kingdom,
the power, and the glory for
ever and ever. Amen.

The Lord's Prateaches us to praise God, to seek God's will, to ask for God's help every day, to say sorry for our sins and be forgiving, and to resist evil.

But we don't have to pray it all in one go; you may like to pause and add some personal, individual prayers that come to mind when you get to the Your name, Your kingdom and Your will. You might want to bring specific prayers to God for some of your practical needs at the give us, forgive us, lead us and deliver us parts of the prayer.

Many of us may have been taught to pray, kneeling beside our bed with hands together and eyes closed at night time, but prayer doesn't have to be limited to such a time or place. Curling up in an arm chair for a prayerful chat with God is one of my favourite places and that can happen at any time of the day. Walking the dog and praying is a popular activity for some, as is prayer in the car on the way to work but please don't close your eyes when doing so! Actually if we are out walking and praying with our eyes open we see so much of the glory of God in creation that we want to praise Him.

The Church of England provide resources to help us in our day-to-day prayer. If you are familiar with the App Store on your mobile phone, the Daily Prayer app from the Church of England is really helpful. It provides prayers and readings for the Morning, Evening and Night, and praying those prayers joins us with thousands of

others who also pray using those words across the nation and maybe the world. It is also possible to just listen to the Morning Evening or Night Prayer being said. It may take a few goes to become really familiar with it, but it is really worth a try. Some of us say Morning Prayer together on Amazon Chime Tuesday-Friday each week. Further information is available on: <https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

Prayer is sometimes one of those "things" that we don't get around to until we are struggling or our backs are up

against the wall. I would love to suggest that it is helpful for us all to make time to pray in some way or other, regularly, daily, but some people tell me they don't know how to pray. When prayer is a conversation with God (two-way) we have to learn to listen too, and with all things ... practice makes perfect (or at least improves the experience significantly!)

May I encourage you to grab a coffee or a cup of tea, and sit down for a prayer chat with God.

If you have found this helpful and want to know more, please let me know.

Rosie Bunn

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GRASS SEEDS AND DOGS

By Katey Aldred MSc, FdSc, RVN, APDT (01204), CBATI, PP

You may well have noticed there are grass seeds everywhere as we are now in the height of grass seed season. In the summer months this is a common problem amongst dogs. Although they are tiny, they have the potential to cause a lot of pain and infection in your dog.



THE TROUBLE WITH GRASS SEED

Grass seeds or grass darts can find their way into your dog's coat, particularly the paws or ears, and get stuck! The issue doesn't stop there, these troublesome seeds can get into any (yes any) nook and cranny on your dog and penetrate through the skin. Once they have penetrated the skin, they can push in completely then travel. If a grass seed gets into the foot for example it can travel up the leg where it might either become stuck or make its way out. In the case of it coming back out your dog will then have an entry wound, a track wound, and an exit wound.

WHO IS AT RISK

All animals are at risk from a grass seed injury. There are some types of dogs that are at more risk, dogs with a thick or heavy coat where the seeds can become hidden or tangled. Dogs that like walking off the beaten track and sniff amongst longer grass.

HOW TO PROTECT YOUR DOG FROM GRASS SEEDS

Grass seeds migrating to the ears is bad luck unfortunately however, dogs with long ears are generally presented more in veterinary practice.

- 1) Clip the fur between the pads of your dog's feet short so you can see the skin
- 2) keep ears clean so you can see into the ear
- 3) After every walk check:
 - EACH toe on every foot
 - check inside the ears
 - check the eyes

- check all other nooks and crannies (such as lip folds)

- 4) Dogs with a thick coat may need to be groomed twice per day
- 5) Dogs with a thick coat may need some of their coat clipped short to ensure you can check under the legs and all essential areas
- 6) Keep beards clean and tangle-free

Handling: ensure your dog is happy to be handled so you can check them over thoroughly after walks. If your dog is not used to this, you can train them to accept it.

HOW TO TELL IF YOUR DOG HAS A GRASS SEED

The most typical location is a paw, your dog might start licking a foot in a particular location, limp or you might notice a swelling. In some cases, you might see some ooze where the wound becomes infected. If the seed is in the ear your dog might start to shake their head excessively, paw at their ear or hang their head over to one side. If the seed has gone up the nose your dog might sneeze hard, potentially continuously. If the seed is in another location, they may lick that area excessively and you may notice some swelling. In all cases your dog might also cry. In any suspected case of a grass seed you should contact your veterinary practice as soon as possible for treatment. Take a look at the full article here: www.kateyaldred.co.uk/grass-seed-dogs-health/

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Jubilee 2022:

The Village Voice Writing Competition

The Village Voice writing competitions in 2017, 2018-19 and 2020-21 were remarkable successes attracting entries not just from our villages, but also from writers across the country.

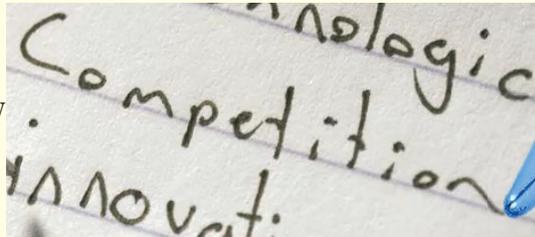
The 2022 writing competition is extra special because it is the year of the Platinum Jubilee of our monarch. Please note that your entries need not be limited to themes of the Jubilee.

Categories:

-  Children 8 and below
-  Children 9-11
-  Children 12-18
-  Adults 19 and above

Entries:

-  Short stories
-  Poems
-  Essays
-  Any other form of creative writing



Word limit:

 1500 words



Prizes:

-  £100 for the children's categories
-  £200 for the adults category
-  £10 Amazon vouchers for special commendations
-  Editor's special commendation prize for entries from people with learning disabilities.

How to enter: Submit by email to beltonveditor@gmail.com before 31st October 2022

BROWSTON CAMPAIGN CONTINUES

Comedian Griff Rhys Jones says he is with campaign against holiday park 'In Spirit'

Jean Samuels, who was born in Browston but now lives in Belton, wrote to Griff Rhys Jones, who is president of the Victorian Society, outlining her concerns.

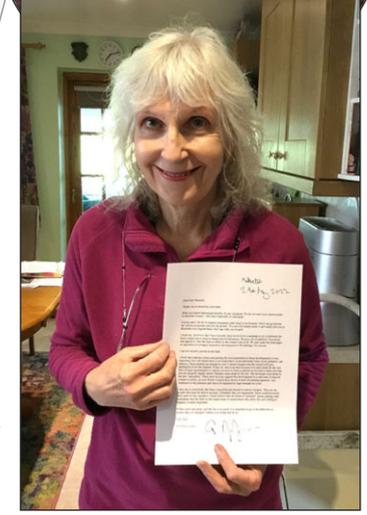
The letter from Griff Rhys Jones adding his voice to the debate about the future of Browston Hall which wants to add 80 holiday lodges to its grounds as well as spa and leisure facilities.

However, he said he hoped that law and policy would be on their side, and that the best way to have their say would be at the ballot box.

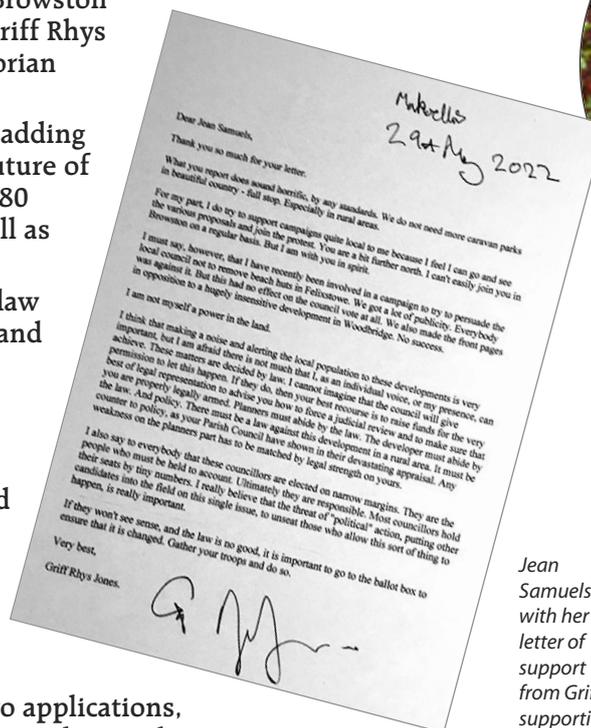
The Woodland Trust, Norfolk Wildlife Trust and the countryside charity CPRE Norfolk have signalled their opposition.

Papers in support of the scheme say it is sustainable, designed to a high standard, and sympathetic to its surroundings.

The bid is being dealt with as two applications, one for the eastern and one for the southern side.



Jean Samuels with her letter of support from Griff Rhys Jones who has been active in supporting planning battles closer to his homes in Suffolk



PREGNANCY VACCINATION SERVICE AT JAMES PAGET HOSPITAL ON TRACK FOR AWARD



**James Paget
University Hospitals**
NHS Foundation Trust

A 'fast track' vaccination service at the James Paget University Hospital which helped protect pregnant women from COVID-19 has been shortlisted for a prestigious award. The hospital's maternity department, working with colleagues from the Norfolk and Waveney CCG, developed the service in the summer last year. It was set up during a national drive to encourage more pregnant people - who are at increased risk of developing severe illness from COVID-19 - to come forward for their vaccination. All pregnant women invited to the hospital for their 20 week ultrasound scan were given the opportunity to have their COVID vaccine in the same visit - saving them a return trip - and were provided with detailed information about the jab with their scan invitation. Those choosing to have the vaccine were 'fast tracked' to the hospital's vaccination centre, with no need to book an online appointment. Once at the centre, they handed over a 'fast track' card to the vaccinators, to let them know they had been sent by the maternity team, and received their jab. A senior member of the maternity team was available at all times to support women and their families attending the vaccination hub, at the hospital's Louise Hamilton Centre. Establishment of the clinic led to a 20% increase in COVID-19 vaccine uptake among pregnant women attending the James Paget.

As a result, the service has now been shortlisted for the Health Service Journal (HSJ) Patient Safety Awards 2022, in the Maternity and

Midwifery Initiative of the Year Category.

JPUH Head of Midwifery and Gynaecology Services Kirsty Cater, who was instrumental in setting up the fast track service, said: "I am absolutely delighted that we have



Kirsty Cater, JPUH Head of Midwifery and Gynaecology Services (left) and Kate Keeling, Head of Immunisation NHS Norfolk and Waveney Clinical Commissioning Group (CCG) standing with a white trolley containing vaccination kit.

been shortlisted for such a prestigious award. "From the outset, we wanted to make sure that as many pregnant women as possible had the opportunity to protect themselves and their babies from COVID-19 at a time when analysis showed that more than 90% of expectant mothers in hospital with the virus were unvaccinated. "To do this, we developed a simple process that made it easy for pregnant women to get their jab by removing

obstacles and providing them with all the information they needed to make an informed choice."

Kate Keeling, Head of Immunisation NHS Norfolk and Waveney Clinical Commissioning Group (CCG) said: "We are delighted to hear that we have been shortlisted for a HSJ award. This project has been a team effort from the very start. We knew that pregnant people were vulnerable and at risk of COVID-19, therefore by working with various teams and listening to our local communities, we set up our 'fast track' programme. Our aim was to ensure that no one was left behind. We look forward to the results and congratulate the other nominees."

In addition to the fast-track vaccination clinic, a system wide Question and Answer session was also held late summer to encourage more pregnant people to come forward for their COVID-19 vaccination. The session was well attended and included professionals from public health, primary care and Norfolk and Waveney CCG's lead midwife. In a drive to go even further, the video and summary of the event was translated into the top 10 spoken languages across Norfolk and Waveney to reach as many people as possible to encourage vaccination uptake.

The fast track vaccination clinic will be up against seven other initiatives in the Maternity and Midwifery Initiative of the Year category, with a final round of judging due to take place later this summer ahead of the awards ceremony on 15 September.

ormiston **venture academy**

Year 11 Venture students get together for a final send-off

Students in Year 11 at Ormiston Venture Academy, which is sponsored by Ormiston Academies Trust (OAT), have come together to celebrate their time at the academy with a showstopping prom.

The evening went perfectly, with blue skies and an array of incredible transport vehicles safely delivering the students to the event.

It was the biggest prom the academy had ever put on, with over 140 students in attendance. Arrivals varied from an open-top double-decker bus, to a Delorean, a Gold Maserati and motorbikes. It was such an impressive affair that the hotel guests at Park Hill Hotel started their own ranking system for the stylish entrances and awarded prizes for the top three. The students were dressed beautifully and lots of family members turned up to see them all students arrive.



Staff and guests alike at the hotel commented on how polite and well-behaved the students were and how they set such a good example for the community even at a time of celebration.

Once the students had arrived they were welcomed into the beautiful marquee at Park Hill which had been beautifully decorated by Kacey's Crew, a welcome drink and a look around the various areas found a Cash Grabber, a caricature artist offering up personal portraits for the students, a doughnut wall, sweetie bar and a huge dancefloor. The dancefloor was full all night, apart from a quick break for a BBQ dinner and a few photos in the VW Campervan photo booth!

Best dressed boy and girl were chosen by the students on the night and were awarded to Alfie and Romy.



Have you a photo that could go on our Front Cover

If you have a high resolution photograph that has been taken within our distribution area (Belton, Browston, Burgh Castle, Fritton, St. Olaves and Bradwell) in the last 12 months then you could submit it to the Village Voice for consideration to go on our next front cover.

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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

The Scout Group joined the rest of the district to celebrate the Queens Platinum Jubilee on Saturday 4th June at Great Yarmouth Minster. We had a tea party, made bookmarks, made dream catchers, wrote a letter to the Queen, pinned a jewel on the Queens crown blind folded, looked for Jubilee cards around the minster, had our photo taken as a group in the photo booth and came home with Jubilee pudding.

Beavers



The Beavers have had a visit to Burgh castle fort to be Roman soldiers for the evening. They had to answer a question before being allowed into the fort. They had an opportunity to look through binoculars at Berry Arms windmill.

They have planted the French marigolds on Rectory Corner and learned about the highway code as we walked back.



We finished the month with a sleepover with everyone sleeping outside in tents. This time theme was animals, making scone owls, animal face masks, owls with names on for the tents. They played games, watched a film, had a camp fire and toasted marshmallows on the fire.

We have welcomed Ollie as a Beaver.

There is 1 space 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 the cubs have been busy making the most of the weather that has been amazing. The cubs have spent 2 weeks completing their DIY activity badge. To do this they learnt about properties of wood, and what they are used for. They also looked at various tools and the safety of using the tools. They then made a whistle out of some wood which used skills such as sawing, sanding and finishing.



The last meeting of the month was a trip to Great Yarmouth Fire Station with Chris and Matthew. This was both an informative and interactive meeting and the cubs got to look around the Fire Station and even had a call over the tannoy for 1st Belton scout group, a wonderful meeting. Thank you.

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

Scouts

The Scouts have been trying different things to cook using backwards cooking



which we had not tried before. Cooking fish in wet newspaper on the embers, vegetable kababs, and the usual dough twists. Some of the Scouts joined the rest of the district scouts at Decoy Broad for canoeing and sailing for the day.

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.clarke33@btinternet.com



Group

Paper Collection next on Saturday 30th July 2022 please have your paper outside property by 8am (please note the change in start time this will be permeate) in Belton ready for collection, or can be dropped at 6 Station Rd North, Belton any time. We also collect leaflets, cardboard boxes, any clean cardboard.

**September's collection
Saturday 3rd September 2022**



Down the Garden Path

Elizabeth Myhill



This year is and has been a very difficult year for many of the traditional English plants in our gardens. Now, it would appear, we need more robust plants that will grow and flourish in our ever changing climate and Angelonia is one of these plants. (Wikipedia writes

Angelonia is a genus of about 30 species which occur from Mexico to Argentina, Florida and Australia.) And now England!
 Angelonia Species Archangel.
 Common Name Summer Snapdragon:
 Hardiness Degree 40°F 4.4° Centigrade.
 Blooming Season. Late Spring, Summer, Late Summer, Autumn.
 Plant Habit. Columnar Mounded
 Characteristics: Low maintenance, deer resistant, drought tolerant, heat tolerant, rabbit resistant.

An ideal plant in this

area, for the patio in tubs or for planting in the border: New variety this year. Colours, Cherry Red, Dark Purple and White: Attracts Bees and good for cutting. Spacing 8-10 inches, (20-25cm) Height 16-20 inches, (41-51cm) Width 12-14 inches, (30-36cm) Exposure Sun:



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Up4fitness & Sallyann



So just to remind everyone, there are no classes during August 2022. When we return on the 5th September this will be to complete legal Par as for the year 2022 to 2023. We will also discuss over coffee how we've been over the summer and what we want from the late Summer and Autumn sessions. Everyone who wishes to join us can come along and be involved to plan the sessions. So if you haven't been for a while and would like to re-join or maybe you have read about us and thought you might like to join then come along from 10am to 12 noon on the 5th September 2022 and find out more. It's at these sessions that Sallyann can plan the coming weeks.

We will break for the summer holidays and plan to return Monday 5th September 2022.

If you would like Sallyann to work with you on a Personal trainer basis! Maybe you have an operation pending or you have had an operation recently and need help to do gentle exercise. Sallyann can visit you at home or you can meet her at a private studio near Tesco Great Yarmouth. Sallyann is a specialist instructor and can legally work with older people and those who have health conditions. She has specialist qualifications for Cancer and Pulmonary rehabilitation and has 12 years of experience; 7 years were for ECCH as an Exercise Referral instructor. Sallyann also has a Nordic Walking instructor qualification and poles available should you want to learn to Nordic Walk for health. If you would like to know more about Personal Training or any of the classes then please contact Sallyann Protheroe.

Times & dates are correct at the time of writing this article. Sallyann@up4fitness can be found by email up4fitness@gmail.com Text or ring on Mobile 07599 044806 or Facebook, Twitter and Instagram.

Belton Judo club latest update for August

We believe that the continuing success of our Judo club, DOMINIC KING JUDO & MMA ACADEMY, is mainly down to the fact that each and every member feels SPECIAL! From the moment they walk through the door, everyone is welcomed and put at ease. From day one each member is made to feel important and included and Dominic will never forget a name. The majority of our members are happy to come along to train and have fun but each individual is free to choose to grade and/or compete.

Four of our young fighters recently entered their first competition. JJ, Lina, Ethan and Joshua came home with a silver and three bronzes. They all did themselves and our judo club proud. If they or anyone else wish to reach top level International competition (like one of our coaches Ryan King) we have the ability to help them achieve their goals.

A good example of our members choosing their own levels is a 75 year old lady going for her black belt, who started at the age of 70. After bringing her grandson to our club, she thought that she would like to give Judo a try but as she had been refused entry to other clubs because of her age, she expected the same response from Dominic. When she asked if she could join, after checking that she was in good general health, she was delighted when Dominic said he was happy for her to join. She often says it was the best decision she ever made and continues to look younger and fitter each year.

This coming year, we are hoping to recruit many new members. We are currently offering club t-shirts, hoodies and judo suits to existing members who encourage their friends to join too. We have spaces for any beginners who wish to join and the first two sessions are FREE OF CHARGE. Our youngest member is currently 4 years old, but we usually judge each child on their maturity as opposed to their age. At the other end of the scale there is no age limit – if you believe you are fit

enough then give it a go! (as seen in the example above)

We train at Belton on Tuesday evenings, but if this isn't convenient, we have sessions at various venues throughout the week:

TIMETABLE:

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+).



If you have any concerns about taking your child to judo, you may wish to consider this; UNESCO (world children's organisation) and the International Olympic Committee believes our sport is best suited for children and is the most complete for promoting friendship and mutual respect.

Lastly, you can find DOMINIC KING JUDO & MMA ACADEMY on Facebook and Instagram, which will give you further information, training videos and general club news. Dominic also has a YouTube channel titled WORLD CLASS HAPPINESS, which is a spin-off from his book of the same name (available on Amazon) and well worth a look. You can subscribe in order to get regular positive messages to help with your mental health.

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 Instagram, Facebook or WhatsApp

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The Village Voice Book Club

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

Disabled Church - Disabled Society

THE IMPLICATIONS OF AUTISM FOR PHILOSOPHY, THEOLOGY AND POLITICS BY JOHN GILLIBRAND

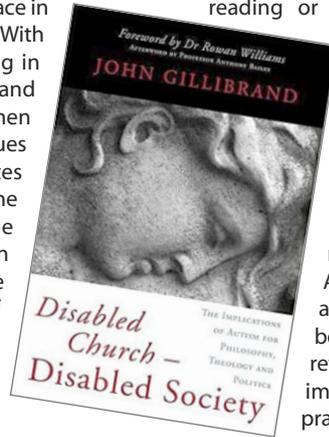
Reviewed by Ayomipo Amiola

This is a very interesting book written by John Gillibrand, an Anglican priest who has a son, Adam who has learning disability and autism. He draws on his experience of caring for Adam and how that has impacted his views on orthodox Christian theology, philosophy, and politics. In this book, John with great honesty expresses the roller coaster of emotions felt by caregivers of people with autism, the difficulties faced in advocating for care at many levels and how disability in general and autism in particular impacts on faith, philosophy, and politics.

He begins with a description of Adam's diagnosis, the initial shock and grappling with that reality, the challenges with caring for him in the family home and the difficulties with

securing him a place in 'institutional care'. With his robust training in philosophy and theology, John then explores such issues as what constitutes human dignity, the place of language in the human experience, the theologies of disability, and the implications of disability in liturgy.

The initial chapters critiquing rationality as a basis of identity, platonic dualism and Wittgenstein's theory of language are somewhat technical. I found quite interesting his



reading or perhaps re-reading of scripture considering Adam's disability but the highpoint for me was the highly moving account of Adam's baptism, although I wonder if the value of that experience means more to John than to Adam. Nevertheless, here as in other parts of the book, we are challenged to rethink how autism should impact the liturgical practices of the church.

Concerning the political dimension, after a lucid discussion of the social care system of the United Kingdom and several legislations relating to the care of those with

disabilities, he decries the failure of the current social care system and indeed of the church to care for those with disabilities, a failure he speculates is due to not acknowledging their humanity. John's belief is that the judeochristian ethic should impact how the society (and the church) views and cares for those with disabilities. He says, "Adam's life has taught me of the absolute priority of care and kindness... of love over all things and over all other values." This, to me felt like a lesson we will all do well to learn.

Disabled Church, Disabled Society: The Implications of Autism for Philosophy, Theology and Politics is published by Jessica Kingsley and available in paperback from £24.99



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Former EN students graduates from Dutch Design Academy

A former art and design student at EN who secured a once in a lifetime opportunity at a Dutch Design Academy has now graduated.

Back in 2018, Brogen Berwick was one of 2000 students from across the World interviewed for just 100 places at the prestigious Eindhoven Design Academy. Brogen was invited to Eindhoven to present a showcase of her work to two assessors and ten other interviewees and was then offered an unconditional place to study there.

Now four years on, Brogen has graduated and has been reflecting upon what an amazing time she has had.

Brogen said: "I have learnt so much and progressed in both my professional practice as well as my own personal development. It is such an honour to graduate with two projects that critically reflect on the politics and realities of the fishing industry! An industry that holds such heritage within our town! I am



so proud that I have been able to give a voice to those in the community through my work."

Brogen spent 3 years at EN studying A level Textiles and 3D Design before undertaking a Level 4 Foundation in Art and Design. Looking ahead to what the future holds, Brogen is keen to collaborate and further her research around the fishing industry, producing more work that is able to spark the much-needed dialogue around the realities of the industry.

If you would like to reach find out more about Brogen's projects/ collaborations/ commissions/ exhibitions, she can be reached at brogenberwick1@gmail.com and [instagram@brogenberwick](https://www.instagram.com/brogenberwick). You can

also see other examples of her work on her website www.brogenberwick.com

Photo by Boudewijn Bollmann / Design Academy Eindhoven



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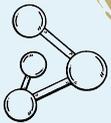
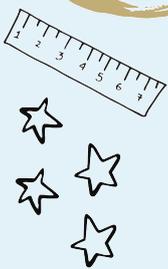
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Events at the John Green Institute

HALL POST CODE NR31 9JG

Trustees

Although it was a small turn out those who came to the presentation by the Norfolk Lowland Search and Rescue Team on July 5th had a great informative evening.

After the talk by Debbie Chedghey and Neil, Adrian Myers, Chair of the Village Voice Board, presented a cheque to them which was the last sponsorship from the Kate Daniels concert last March. From donations from those present and other collections nearly £150 was donated.

We are still asking for others to join the Trustees to keep this great community facility going. If you have a little bit of spare time then please get in contact. If you have basic maintenance skills or computer skills with finance then they can be put to great advantage with us. Contact anyone on the list for more information.

Trustees of the JGI

Roger Gowen	Chair	07950 770488
Bill Richmond	Treasurer	07950 039455
Sheila Evenden		07984 443808
Geoff Evenden	Bookings	07526 201088
Robert Goffin	Bookings	07526 201088
Bridget Lawrence		01403 780160
Suzanna Craig	Hon Secretary	01493 789019

Charity Entertainment Evening

A great evening was had by the 60 people who attended the charity evening on Saturday 8th July at the JGI.

John Woodhouse and Margaret provide music and song from the "Good old Days" with songs by artists we all knew well. All services were given free on the evening which as well as the entertainment included a Bingo card and a giant raffle.



John Woodhouse



The Lowland team presented with their cheque

Together with ticket sales and money from the Bingo and raffle over £500 was raised for donation to the "Norfolk Lowland Search and Rescue Team".

On the following Saturday a coffee morning was held at the JGI when three team

members, Kim, Derby and Andy, from the Rescue team came along to receive the cheque from Sean and John. The coffee morning also raised another £50 that was donated to the team. The Lowland Search team brought one of their highly equipped vehicles along so all could see the type of equipment they carry.

Kim in her thankyou to all present and who attended the fund raising evening said that the money donated would go towards a specific drone to help the team in their search and rescue in difficult terrain.

She also said that they would be willing to visit us again in the autumn with the dog team to give us another presentation. Watch this space for information.



The Lowland team with their vehicle

JULIE'S YOGA TO AUDIO C.D.

It was a lovely surprise to have a visit from Maisie who started our Yoga Group about 13 years ago. She is now 91 years young and joined in our session.

We have been full to capacity but with a few of our ladies unable to attend due to long term problems there is vacancies for a couple of people of any age wishing to give Yoga a try.

It is very beneficial for your muscles bones and balance and teaches you how to completely relax. The class is to guided audio cd. We are a friendly welcoming group.

You can go at your own pace and ability. Each session is an hour to an hour and a half. At the end of each session we have a few moments of total relaxation.

All you need to bring is an exercise mat a towel and loose fitting clothing.

The class is every Monday 10.15 until 11.45. £1.50 per session.

If you are interested in giving Yoga a try phone Julie on 01493 780121 leave a message if I'm not in and I will get back to you.



Wednesday Morning Drop In

Our lively group meet every Wednesday morning between 10.30am and noon. If you would like to meet a group of very friendly people and have a chat over a tea/coffee with cake then this is the place to come. Now that's summer is here, well almost, make that effort and come out and give us a try. You will be made very welcome.

We can help with computer and Ipad problems, digital camera queries, passport renewal, bus pass renewal and other every day things.

Call Sue on 780822 for further information.

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
5.00 – 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)			



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

Greater Anglia has been achieving high punctuality levels at 92.6% during the last week of June. With new trains in service almost across the whole of the Greater Anglia region, it really is a pleasure to travel by rail. The new trains are comfortable and afford more amenities such as electric sockets and wi-fi connections at seats and ramps to make it easier for wheelchair users to gain access.

On the main line between Norwich and London Liverpool Street the 12 carriage trains are powered by electric and give a very pleasant ride. There are no restaurant cars anymore, although light refreshments and drinks can be obtained from the buffet car.

Local trains serving the Wherry and Bittern Lines Lowestoft to Ipswich and Norwich to Stansted Airport use bi-mode trains which comprise of 3 or 4 carriage formations (long gone are the single coach 153 trains that were not fit for purpose, especially at peak times). These local services operate under diesel power in local areas, but once 'under the wires' up goes the pantograph and they are powered by electricity. This is prominent on the Norwich to Stansted Airport service where the trains are powered by diesel from Norwich to Ely but once 'under the wires' they are electrically powered to Stansted Airport.

For those travelling abroad from Stansted Airport it is worth considering using the train rather than driving. From Great Yarmouth a change at Norwich leads to a direct service to Stansted where the terminus is situated within the Airport complex, really worth considering against the cost of parking and the ever-increasing rises in fuel.

All of Greater Anglia's new fleet were manufactured in Switzerland and are known as Stadlers. Stansted Express is operated by 12 car electric trains between London Liverpool Street and Stansted. The bulk of the maintenance on Stadler units is carried out at Norwich Crown Point.

Originally it was planned to create a new depot at Manningtree, but the site was deemed environmentally unsuitable and therefore Norwich Crown Point was extended and upgraded to undertake the maintenance.

The remaining areas of Greater Anglia e.g. Clacton, Southend, Cambridge, Colchester, Braintree and outer London suburban service are using new trains manufactured by Bombardier at Derby and are largely maintained at Ilford.

On Summer Saturdays between 21st May until 10th September, 2022 Greater Anglia are running additional direct services Norwich to Great Yarmouth. These depart at 0906,0955,1024,1120,1216,1318,1418 and 1518. Corresponding journeys from Gt. Yarmouth to Norwich depart at 0947,1041,1115,1157,1255,1355,1455 and 1555.

Additionally on Mondays and Fridays only between 18th July until 2nd September, 2022 there are 4 direct trains each way departing Gt. Yarmouth at 0952,1113,1352 and 1545 and departing Norwich at 0906,1025,1318 and 1425.

Clearly these additional services are aimed at the holiday traveller, but will be of use to local passengers as well.

At the time of writing one further strike day is planned for Saturday 23rd July, 2022. There may be others planned later. On strike days Greater Anglia are unable to provide a full rail service. There will be no services on rural routes e.g. Wherry and Bittern

Lines, Lowestoft to Ipswich and Norwich to Stansted Airport. On the main Inter City line (Norwich to London Liverpool Street) there will be only 6 trains in each direction for the whole day with first and last trains from Norwich to London at 0700 and 1900 and first and last trains from London to Norwich at 0930 and 2130. It is not possible for Greater Anglia to provide a bus replacement service on strike days. Let us hope that there will soon be a settlement reached to avoid further rail strikes.

With regard to buses, ENTUA are concerned that passenger numbers have not recovered to pre-pandemic levels. It is essential that passenger numbers recover prior to the Government Covid Recovery Grant expiring at the end of October. Norfolk County Council and bus operators are not keen to consider proposals for new services until existing services are paying their way.

A final reminder that ENTUA's AGM and Public Meeting will be on Wednesday 24th August, 2022 at Christchurch, Deneside, Great Yarmouth with the AGM at 1330 and the Public Meeting at 1415. Representatives from Greater Anglia, First Eastern Counties and Norfolk County Council will be attending.

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

TONY GRICE

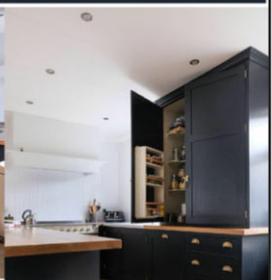


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Burgh Castle Village Hall sales stall. Tel. 01493 780126 (local collection Any Saleable items, Bric-a-Brac, Books, Games, Jigsaws unwanted gifts etc)
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Spear & Jackson Pole Hedge Trimmer, 550w, 51cm 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. Myers 620 Mk 2 Heavy Duty Paper Cutter. £75.

Cash Drawer, metal, 7 section cash tray, 3 keys. £35. 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. Call 01493 781094

Hotpoint fridge for under worktop. White. vgc £50.00

Hotpoint front loader washing machine 7kg. White vgc £50.00 Tel 07768350171

Bowls Motive large £5, New Sleeveless jumper large £4, 2 Short sleeve sport shirts 36 chest £3, Fleece jacket large \$4 Water proof jacket with hood extra large New £1, 4 Bowls size 2 medium £25, 4 Bowls size 2 medium with bag £30, both sets Stirling Gold Call 01493 667471

Bosch Pressure Hose Acevatek 1300 £45, Bosch AHS electric hedge cutters 550mm - 16 blade, Brand New £50

Compound Mitre Power Table Saw 210mm blade, bevel cuts, mitre cuts etc Brand new and boxed £50

Call 01493 440072 or 07854 251943

Hay £2.50 per Large Square bale Call 01493 488284

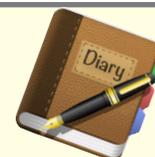
Porto Loo good condition, suitable for Caravan or small boat, £30 o.n.o. Inflatable Dingy very good condition complete with oars, foot pump and carrying bag £100, Childs small push Chair good condition. £10. T.V Aerial never been used as new condition £10. Tel 01493 789049.

BANK HOLIDAY REFUSE COLLECTIONS

The next Bank Holiday is on Monday August 29th, Great Yarmouth Borough Council Services have advised that there will be no refuse collections on that day with all the weeks collections all being one day late finishing with Friday's round being collected on Saturday September 3rd (this includes brown bin collections)



Dates for your Diary



Monday 1st – Saturday 6th August
10am – 4pm Burgh Castle Church OPEN
Including Prayer Spaces and Flower decorations

Sunday 7th August 2022

No morning service St Peter & St Paul, Burgh Castle

but Songs of Praise at 3.30pm and the blessing of the new Jubilee seat located in the churchyard

Morning Celebration

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

Tuesday 9th August

Traditional Holy Communion

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

Sunday 14th August
Morning Prayer

9.30am St Peter & St Paul Church

Holy Communion

10.30am All Saints Church, Belton

Evening Worship Celebration

6.30pm All Saints Church Belton

Sunday 21st August

Holy Communion

9.30am St Peter & St Paul Church

Morning Celebration

10.30am All Saints Church, Belton

Messy Muddy Church

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

Sunday 28th August

Morning Prayer

9.30am at St Peter & St Paul Burgh Castle

Holy Communion

10.30am All Saints Church, Belton

Sunday 4th September 2022

Holy Communion

9.30am at St Peter & St Paul, Burgh Castle

Morning Celebration

10.30am All Saints Church, Belton

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