

Village Voice

September 2022

23rd Great Year

Vol 23-06

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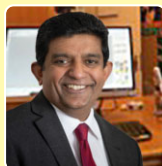
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From the Editor's Desk

Professor Regi Alexander

The September issue of the Village Voice is a slimline version with 24 pages. Its highlights include a health column put together by Bryan Diggory with information from the Age UK website, a book review by Ayomipo Amiola and a very practical Down the Garden Path column by Elizabeth Myhill.

Finally, my apologies for the errors in the item about the Fritton Village Hall Summer Show that was reported on page 4 of the August Village Voice. It was held on July 2 and not June 2 as printed, Roy's surname is Ceiley and not Ceily as printed and £600 was donated to charities and not £20 as printed. Thanks to Mr Richard Warner who found the time and made the effort to write to me and point out these errors.

HOUSEHOLD HAZARDOUS WASTE DAYS

As usual Norfolk County Council are holding Hazardous Waste Collection days at their Recycling Centres in September and October.

The local event will be at the Caister Recycling Centre on Saturday/Sunday September 17/18th (9am-5pm)

Items accepted are Aerosols, Household Chemicals & Cleansers, Fire Extinguishers, Garden Pesticides & Fertilisers, Paint, Wood Preservatives, Treatments & Varnish and Photographic Chemicals.

The following are NOT accepted

Ammunition/Explosives & Marine Flares, Asbestos, Commercial Hazardous Waste, Fireworks, Gas Canisters (full or empty) and Petrol, Diesel or other fuels.



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FRITTON (GT YARMOUTH) RELIEF IN NEED CHARITY GRANTS TO STUDENTS ATTENDING UNIVERSITY / COLLEGE DURING 2022/2023 ACADEMIC YEAR

The Charity Trustees wish to make modest annual payments to Students attending University or College for the purchase of books or other educational aids.

To qualify the student must be in full time education and living within the Parish of Fritton. This is in keeping with the terms of our trust deed to look after those in need within the Parish of Fritton.

A notice will be placed, in The Hexagon, The Village Voice and on all notice boards in the village but if you know of anyone who is planning to attend University of College, please let us know.

To apply for a grant, in the first instance contact the named person below.

Letters of application must be forwarded by 20th September 2022 to enable consideration.

Douglas Youngs: 'Delside', Beccles Road,
Fritton NR31 9AB
01493 488345

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Village Voice

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YOUR VILLAGE VOICE

The closing date for all
Articles and Adverts for the
October 2022 edition is
15th September 2022

September 2022 **258th** Edition

Cover Picture: Sunset over Browston.
Photo supplied by Danielle Renforth of
Browston 6/8/22

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 is no meeting to report this month as in line with normal practice the Council did not meet in August, the next Council 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.

The following Portfolio responsibilities for Councillors were agreed at the July meeting.

Ken Botwright (Chairman) - Community Engagement, Social Media and Environmental Issues.

Nigel Light (Vice Chair) - New Road Pavilion & Field, Events and Social Media.

Keil Barber (TBC).

Stuart Bridges - Community Engagement, Data Protection and Freedom of Information.

Nathan Brown - Allotments and Youth Facilities.

Tracie Cameron - Village Enhancement.

Margaret Greenacre - Planning, Transport, Church.

Lin Hillier - Standards and Inclusiveness.

David Mills - Village Facilities, Recreational Assets and Health & Safety.

Gemma Searby - Browston Representative and Natural Amenities.

Lee Staff - Finance, Youth Facilities and Roads.

Ian Walpole - Bell Lane Field.

Hilary Williams - Parishioner Involvement.

An Evening of Song with our Local Choir in All Saints Church

The Belton singers, would like to invite you all to an evening to celebrate this year's Harvest. The celebration will be held at the All-Saints church which is a beautiful venue with fantastic acoustics. The popular songs we've chosen will include Fields of Gold, Wind Beneath my Wings, and Over the Rainbow. There will be a feast of pictures and poetry also included in the evening, as well as a guest appearance by the Cat's Pyjamas. A good old-fashioned memory of school Harvest festivals! Admission is free, but please feel free to donate a bag of non-perishable food items which will go directly to the wonderful food bank that has been so successful in Belton and Burgh Castle. We will leave it to your generosity as to how much you wish to put in the bags. This food will need to be within its sell by date so it can be distributed in the cooler months of the year. The evening's entertainment will be on Saturday 24th September, doors open at 7 o'clock for a 7.30 start. Volunteers on the door will collect your gifts, or if you prefer to, you can simply pay a cash donation, this would be welcome also.



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. The more unusual the better chance you have of your photo being on the cover.

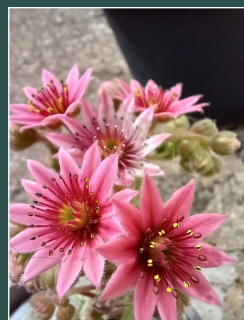
All we need is a description of where the photo was taken and the date.

Send your photos to beltonvvadds@gmail.com.

Thank you for sending your photos ...



Caterpillars dancing in the rain in my garden 3/7/22.
Photo supplied by Ros Green of St Olaves



Succulent upon my backdoorstep in Kingfisher Park 21/7/22. Photo supplied by Philip Lawson



Sleeping Hedgehog. Taken in Moorlands Way Belton on 1/8/22.
Photo supplied by Stuart Murkin

Burgh Castle Parish Council



There was no meeting held in August, the next meeting will be at the Village Hall on Monday September 12th (7.30pm), for details contact the Parish Clerk on 07948705218, e-mail burghcastleclerk@gmail.com

NORFOLK CHURCHES SPONSORED CYCLE RIDE 2022



Burgh Castle

The Norfolk Churches Cycle Ride will take place on Saturday September 10th, Paul Nicholls will again be riding for Burgh Castle and he is currently visiting homes in the village seeking sponsorship, please support him if you can. Many local churches will be open on the day so that riders can 'sign in' for the event.

Maureen Grey, Parish co-ordinator. Cycle Ride

Burgh Castle Church Churchyard Bench



The congregation at Burgh Castle enjoying the sunshine as Rev Rosie dedicates the bench in our churchyard in celebration of the Platinum Jubilee of our Queen Elizabeth II. Our grateful thanks to all who have contributed in anyway to making this happen
At time of going to press it is being well used!



Burgh Castle Tea Room & Bargain Stall

(Village Hall Church Road)

Thursday & Friday 10 – 2pm

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.



MacMillan Coffee Morning

IT'S THAT TIME OF YEAR AGAIN,
PLEASE COME ALONG TO SUPPORT US,

Kate will be doing the raffle over two weeks in September then the Coffee Morning will be on
Wednesday 28th 10 – 2pm.

Any donations of prizes, cakes, etc: can be brought to the Hall any Thursday or Friday prior to the event.

Our fundraising for Macmillan in 2021 was over £700, thank you all. 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



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Fritton with St. Olaves



The Fritton with St. Olaves Parish Council Meeting was held at St. Olaves Village Hall on July 28th with eight Parish Councillors, the Parish Clerk Kate Ruddock, Borough Councillor Adrian Myers, County Councillor Carl Anison and four members of the public present, Councillor Stannas Bellaby chaired the meeting.

It was announced that the Council has applied for the Decoy Public House to be nominated as a Community Asset. Against this the Council discussed the latest application to demolish the property and build 5 houses, the applicants agent stated his disappointment at the attempt to make the existing property a Community Asset but did say that the application might now be amended to two larger properties. The Council agreed to object to the current application using the same list of objections used for the last application in November 2021.

Other planning applications discussed were 2 New Road, Fritton (single story rear extension), no objection but where does the oil tank reposition to. And Fairway Lakes, Caldecott Hall (4 new Nord Lodges) agreed by a 5-3 majority to be no objections subject to neighbours comments.

Councillor Johnson reported on a meeting with MP Brandon Lewis, and County Councillor Anison, on the A143 speeding issues, the site

does not meet criteria for a permanent speed camera but is being proposed for more mobile camera attention as Norfolk

Constabulary now have two additional mobile enforcement camera vehicles available.

On highways the A143/Herringfleet Road junction is to be resurfaced in the autumn when a road closure will be needed, also the forest end of New Road is to be re-surfaced and County Councillor Anison will find out if and when the footpath outside Fritton Village Hall will be resurfaced.

There was a discussion on proposals to create a Neighbourhood Plan covering the three parishes of Fritton & St Olaves, Belton & Browston and Burgh Castle, this would give the councils to record their ideas for the future and a decision on whether to proceed or not will be taken at the September meetings of all three Councils.

The clerk reported on a request from the Borough Council about play equipment at the New Road site, it was felt that the existing equipment needs modernising and that new equipment should be inclusive and suitable for all ages. The Broads Authority have confirmed that they own the land where it is proposed to put a new Jubilee commemorative bench, planning permission will not be required and the owners of the Priory have given access permission for the installation, also local businesses have been contacted to contribute

to the costs involved.

In the public section concerns were raised that a farmer is using the track which leads to the Round House in Waveney Forest and that this is leading to some trees and fencing being knocked down, Councillor Story agreed to investigate and report to Newcombe Estates, he also reported that some bracken is to be removed to give the fire service access to the river.

The next Parish Council Meeting is scheduled to be held at Fritton Village Hall on Thursday September 29th (7.30pm), although it is possible that this date might be brought forward two weeks, please check with the Parish Clerk on 07899 846148, e-mail fritton.stolaves.clerk@outlook.com.

Attendances August 2021 to July 2022

COUNCILLOR	Possible Meetings	Meetings Attended
Stannas Bellaby (Chair)	6	6
Judith Bosworth	6	6
Margaret Johnson	6	4
John Burton	6	3
Rowland Dunn	6	6
Peter Storey	6	5
Jill Rose	6	2
John Stephens	6	6
Clive Julian	6	5
Keith Leggett	6	5
Carl Anison (Norfolk C.C.)	6	1
Tracy Cameron (GYBC)	6	0
Adrian Myers (GYBC)	6	4
Kate Ruddock (Parish Clerk)	6	6



Fritton Bingo

Your next bingo session at Fritton Village Hall for September is **Friday 16th**. Eyes down starting at 7.15 pm
Come and join us for an enjoyable evening.
Many thanks Roy

**Total monies raised at Fritton Summer Show held in July was £620
£200 to Cancer Research, £200 to Mind, £170 to Ukraine and £50 donation to Fritton Owl Sanctuary.**

Rodent Racism

Readers may not know that grey squirrels (*squirus carolinensis*) are an oppressed minority worldwide, confined to eastern North America and the UK.

The great majority of squirrels are the common squirrels (*squirus vulgaris*), usually red or black, who range across much of the world.

Seemingly, however, the world is not enough and Crown Agencies are taking vigorous steps to suppress UK grey squirrels, in favour of reds. Measures which some may deem unacceptably cruel.

It is true that squirrels cause significant damage to trees and predate on birds' eggs, but this can never justify the cruel 'control measures' inflicted on greys.

Control measures include ground trapping of adult squirrels leaving squirrel kits (who need mother for ten weeks) to die in the Drey.

Also trapped squirrels are 'humanely' killed either being shot with a 0.22 calibre air pistol or tipped into a close woven black fabric bag, where it can be held with the head in one corner and killed by 'cranial dispatch' using a cosh.

Are'nt you glad you are not a grey squirrel.

Ian McIntyre, Fritton

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£25

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Sunday 18th September 2022*

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Please put your Scarecrows in position by 11am latest, and label with owners name and address.

Prize money will be given out shortly after judging.

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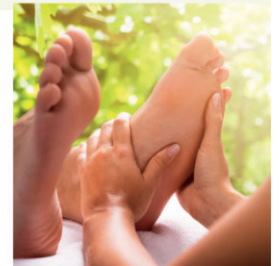


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A Word from your Local MP and Councillors



BRANDON LEWIS

MP writes

Although Parliament is in recess as I write these words, we aren't seeing the "national politics free-zone" that we would normally enjoy during the summer holiday season. The tumultuous events that unfolded in Westminster has transitioned into a hotly contested race to be Conservative Party Leader

and our country's next Prime Minister. I am supporting fellow Norfolk MP Liz Truss to lead our nation and provide the strong leadership we need as we recover from the pandemic and deal with global economic challenges.

I continue to deal with the day-to-day casework and local issues that come to my attention. The recess gives me an opportunity to visit various organisations, meet with key people, and pop into events whilst I am out and about. It was a delight to visit the Gorleston Clifftop Festival at the beginning of the holiday – and I bumped into many familiar faces from the villages whilst I was there. It's unsurprising

after two summers of restrictions that this was one of the biggest festivals in recent years. It takes a huge effort to organise an event like this and all those involved behind the scenes should be congratulated on such a successful event. To see so many people out and about enjoying everything on offer was a fantastic feeling.

I know that families from near and far will also enjoy the new Marina Centre. I enjoyed seeing the finished facility at the opening event. We should be proud that Great Yarmouth has a new attraction that isn't just for visitors but can be used by everyone within our community. Building projects like this are always a challenge. Without the determination of Carl Smith and his fellow councillors we would not see this beacon of massive multi-million-pound investment in our area at all.

That Government investment includes plans for a new James Paget Hospital. Whilst that project is only in its early stages I received an update during a meeting with Jo Segasby the new hospital chief. And we discussed an issue that concerns many constituents – the impact of social care system delays on patient discharge. I've taken up that issue, and other NHS matters, with Health Ministers and will update you in the months ahead.



ADRIAN MYERS

Borough Councillor

This month I would like to talk about two issues, both economic. The first is about how a lot of those who voted remain in the referendum, like to put all of Britain's financial woes down to Brexit. In absolutely the

majority of cases there is little correlation between the two. A piece by Ambrose Evans-Pritchard (Daily Telegraph) who compulsively exaggerates the EU's relative economic performance over the UK's has actually stated the following (slightly abridged).

If you think the UK has high inflation by international standards, you have been misinformed.

The O.E.C.D's June reading for the developed states places UK inflation in the middle of the pack at 8.2% which is below the average which is 10.3%. The UK is below Spain (10.2), Belgium (9.6) the US (9.1), Sweden, Austria, and Portugal (8.7) and the Netherlands at 8.6%. The UK's inflation rate (June) is higher than Italy (8.0) and Germany (7.6) which has suppressed the headline figure with near on free tickets on trains and public transport.

France is much lower (5.8%), why? Because the French has bucked the market trend and imposed price controls on gas and electricity. The annual household rise is just 4%. However, half of the French nuclear power stations are out of action. The spot market price on Wednesday 15th June in France was 488 euros per Mwh (offset by the French Government) and the UK's was 256 euros per Mwh.

So yes, the UK inflation rate is high and climbing, but not due to Brexit but to high fuel prices, the war in the Ukraine and

supply issues, of which all countries in economic Europe are experiencing.

The other month I wrote about the bank of England raising interest rates to (get inflation under control) I stated even though I am not an economist, I do not understand how raising interest rates which means, higher mortgages, higher business loans leading to less investment and the possible start of higher unemployment, in any way helps the economy. It is not wage rises, it is not an overheating economy through growth or even a falling pound on the international financial markets which in the past, have been used as an excuse to raise interest rates, but national commodity prices, supply issues and the war in the Ukraine, all of which the people of this country have absolutely no control over whatsoever. Recession is measured by two quarters of negative growth. It seems to me that the interest hike rises which we are now told is to "stop inflation becoming embedded" not only adds to inflation because basic items will need to go up to meet companies increasing costs but will in fact PUSH us into recession as there is less money in the economy to spend due to the populace having to service debt and meet higher prices in the shops and fuel bills and that in itself, contributes to negative growth.

Finally. As I write this Brent crude is now at \$97 a barrel last month \$112. Gas is now (July) 91% higher than when at its peak it was 145% higher than in September 2021, so why, if supply companies are trading at a profit today, is the price cap going to be raised in October and January? Instead of supporting households further (I am not against the emergency support already given), just do not lift the cap higher and keep prices where they are today or even lower them, because all the government is doing is subsidising private companies via the consumer.

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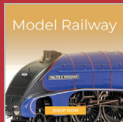


Summer Jubilee Offers

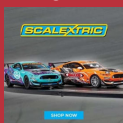
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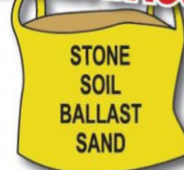
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The Village Voice Health Check

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.

Useful Health Checks For All

Information from age uk website August 22



We all worry about our health as we get older. But by undergoing routine health checks, which take just minutes to perform, you can spot any problems in the early stages when they are easier to treat.

BLOOD PRESSURE TESTS

Blood pressure is the force that your blood exerts on the walls of your arteries. High blood pressure can weaken your heart and damage the walls of your arteries, increasing the risk of heart disease, stroke and kidney disease.

What's involved?

Your GP or practice nurse will use a cuff that fits around your upper arm and is inflated until it becomes tight. The test is quick and painless and only takes a minute.

Why is the test important?

Around 30% of adults in England have high blood pressure, but many don't realise as they often have no symptoms.

What happens next?

If your results fall outside of the normal range you will need to have it checked several more times. If your blood pressure is found to be consistently high, your GP will talk to you about how to lower it.

You may be offered a blood test to check the functioning of your kidneys and a test to check your risk of developing diabetes. Treatment may include lifestyle changes, and if these are not successful or your blood pressure is very high, you are likely to be prescribed medication.

BOWEL CANCER SCREENING

Bowel cancer screening doesn't diagnose cancer, but it can detect potential problems before a person has symptoms.

What's involved?

The testing kit, called a Faecal Occult Blood Test (FOBT), is sent through the post and requires participants to collect stool samples over several days on a special card, which is then sent to a laboratory for analysis.

Screening is offered every 2 years to all men and women aged 60 to 74. People over 75 can also request a screening kit by calling the freephone helpline 0800 707 6060.

Why is the test important?

Bowel cancer is the fourth most common cancer in the UK and the

sooner it is detected, the easier it is to treat and the better your chance of surviving it.

What happens next?

The test looks for traces of blood; if there is any sign of this, you will be asked to carry out the test again. This doesn't mean that you have bowel cancer, but you may need a bowel examination called a colonoscopy to rule out this possibility. A small percentage of people will have an abnormal result, and will need follow-up tests.

BREAST SCREENING

Most experts agree regular breast screening is beneficial in picking up breast cancer early and the earlier it is found the better the chances of surviving it. The main risk is that breast screening sometimes picks up cancers that may not have caused any symptoms or become life-threatening. You may end up having unnecessary extra tests and treatment. You can read about the pros and cons of breast cancer screening on the NHS Choices website.

What's involved?

An x-ray of each breast, called a mammogram, is taken. Each breast is placed in turn on the x-ray machine and is gently but firmly compressed with a clear plate. The compression only lasts a few seconds, but some women do find this slightly uncomfortable.

Why is the test important?

Around 1 in 8 women in the UK are diagnosed with breast cancer during their lifetime.

How often should you get checked?

You'll receive your first invitation to attend your local breast screening unit sometime between your 50th and 53rd birthdays. In some areas, you'll be invited from the age of 47 and until the age of 73 as the NHS is in the process of extending the screening programme as a trial. From then on, you will be invited every three years until your 70th birthday.

Although you may not receive an invitation for screening once you reach 70, you can request a screen every three years. Your GP surgery can tell you who to call. You should be given a card at your last routine screen to remind you of this entitlement.

What happens next?

The results will be sent to you and your GP no later than 2 weeks after the screening. Most women receive a normal result but some may be asked to go to an assessment clinic for more tests.

CERVICAL SCREENING

Cervical screening is a method of preventing cancer by detecting abnormalities which, if left untreated, could lead to cancer in a woman's cervix.

What's involved?

A doctor or nurse inserts an instrument called a speculum to open the woman's vagina and uses a small soft brush to sweep around the cervix. Most women say it's slightly uncomfortable but not painful.

Why is the test important?

About 3,000 cases of cervical cancer are diagnosed each year in the UK. Since the screening programme was introduced in the 1980s, the number of cervical cancer cases has decreased by about 7% each year.

How often should you get checked?

All women aged 25-64 are eligible for a free cervical screening test every 3-5 years. Women over 65 are not usually invited for screening unless they haven't been screened since age 50 or have had an abnormal result in any of their three most recent tests.

What happens next?

You should receive the result of your test within two weeks. Most screening results are normal, but if you are recalled, this doesn't necessarily mean that you have cancer. For around 1 in 20 women the test shows some abnormal changes which will require further investigation and treatment.

CHOLESTEROL TESTS

Cholesterol is a type of fat that is carried around the body in the blood. High levels of cholesterol can build up in the arteries and increase your risk of heart attack or stroke.

What's involved?

You can have your cholesterol level measured with a simple blood test at your GP surgery.

Why is the test important?

High cholesterol doesn't cause any symptoms, so you could have it without knowing. The only way to find out is to have the test.

What happens next?

If you have high cholesterol you can lower it by changing your diet, maintaining a healthy weight and taking regular exercise. If you already have heart disease or are at risk of developing it, your GP may prescribe cholesterol-lowering medicines such as statins.

NHS HEALTH CHECK

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease and stroke.

What's involved?

An NHS Health Check takes about 20-30 minutes.

The health professional will ask you some simple questions about your lifestyle and family history, measure your height and weight, and take your blood pressure and do a blood test – often using a small finger prick test.

Why is the test important?

Based on the results of your questions and blood test, your health professional will be able to give you an idea of your chances of getting heart disease, stroke, kidney disease and diabetes.

If you're over 65, you will also be told the signs and symptoms of dementia to look out for. You will then receive personalised advice to lower your risk.

When will I be invited for an NHS health check?

You'll be invited for a free NHS Health Check every five years if you're between 40 and 74 years of age and do not already have heart disease, stroke, diabetes, kidney disease or high blood pressure.

If you're registered with a GP surgery that offers the NHS Health Check, you should automatically get an invitation. Don't worry if you haven't been invited yet – you will be over the next five years.

Alternatively, your local authority will send you an appointment letter explaining where you have to go for your NHS Health Check.

If you're not sure if you're eligible for an NHS Health Check and would like one, or if you are eligible but haven't had an NHS Health Check in the last five years, ask your GP for an appointment now.

PIANO TUITION

Danielle Renforth ATCL

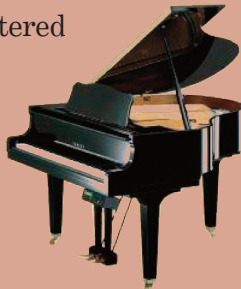
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ALL SAINTS BELTON

Rev Rosie Writes



We live in troubling times, when many of us have real concerns about our lives. It is often in the difficult times that we turn to prayer. Someone recently said to me that they pray to God because "where else can I turn?" They went on to say that what they loved about prayer was that they could tell God anything about life that was worrying them, and that they were stressed about, and that usually prayer made them feel better and more relaxed. I must admit that I too find it really helpful to talk to God about the difficulties in life that I have to deal with, and He makes a difference. It's not that the problems disappear but that I find a new strength to deal with them, or sometimes a creative way to resolve it.

The thing is, we can get disappointed sometimes if, when we pray, we don't get the answer we want, or the result isn't the way we thinking. Sometimes I am told that answers to prayer are merely a coincidence, but as Archbishop William Temple famously said "When I pray, coincidences happen; when I stop praying, the coincidences stop happening!" The thing is, when we ask for God to do something for us, firstly, we must ask ourselves... is it the sort of thing that God would do; is it in line with his character. If it isn't, may be we shouldn't be asking, but if it is, do we pray with even the smallest of faith that it might be fulfilled? The Bible is honest in telling us that our prayers may not always be answered, but God still cares for us even when we can't understand what's going on.

Faith is God's gift to us; faith grows as we persist in prayer. We might be asking and asking and wondering if our prayer will be answered. God is faithful, but sometimes we have to be persistent; to just keep praying. I don't know whether you have had this experience, but I think it sheds a bit of light on the issue of persistence in prayer. When my

sons were younger, they would talk about "things" they would want coming up to Christmas or birthdays. Sometimes they were just a momentary "I'd like that!" kind of request, but for some items there would be a verbalised desire for such and such that developed over weeks or months (and sometimes a year). For some prayers that we pray, I think God is the wise Father making sure we really want what we are asking for.

Sometimes we need to learn that praying isn't just praying words – it can be us just being still in God's presence. When we are still or when we are in a place where are minds are not full of stuff that's going on; God get's a chance to speak to us. If you find it difficult to be in that place, I found a great quote from Gemma Hunt in a book on "How to Pray". She says:

When I pause, I like using these three steps:

1. Relax. Sit comfortably, and let go of any tension in your body.
2. Breathe. Take a deep breath in and a deep breath out. Keep going until you get into a nice slow rhythm.
3. Smile. Say "Hello God" and wait for him to love you and smile back.

If, when you've asked God to speak about something that concerns you, don't over think or try too hard to hear Him – my experience is that he will drop a thought into your mind – often when you're doing something else, but conversations are like that, I find.

"When I pray, coincidences happen; when I stop praying, the coincidences stop happening!"

I hope that you might be encouraged to try praying, again or more..... and my prayer is that you may experience many more God-incidences in your life.

Rev Rosie Bunn

HARVEST FESTIVAL

Sunday 25th September

10.30am All Saints Belton

and

3.30pm St Peter & St Paul
Burgh Castle

Harvest gifts may be brought to either service in the form of tinned or try goods for the Pantry Foodbank or donations of cash may be offered for The Pantry or the Tearfund Harvest Appeal.
Further information: Rev Rosie Bunn 01493 780210



Belton Pantry Foodbank

We live in troubling times. I'm sure that the majority of us have looked with real concern at the news of further increases in fuel prices and the spiralling cost of living, generally. With limited income and any rises in pay not keeping up with inflation, we face significant challenges this winter.

In the news we have seen and heard reports of some people already having to choose whether they can afford to eat; in the winter when we need to have some form of heating there may be a choice between eating a meal and keeping warm. These are real concerns, especially for the older members of our community. Belton Pantry Foodbank (serving Belton, Browston and Burgh Castle) may be able to help. If you are in need, please contact Marion Chilvers (07359 422742) or speak to Rev Rosie Bunn.

The Belton Church Pantry Foodbank

Supporting individuals and families in need in Belton, Browston and Burgh Castle. If you are able to donate, please ask about what's currently required.

Further information from:

Colin & Marion Chilvers 07359 422742

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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

Beavers

The Beavers put on a puppet show for their parents completing part of one of their badges. We spent an evening on Gorleston beach making sandcastles, collecting stones to make the word beaver,



finishing off the evening with an ice lolly. The beavers have all taken part in archery and had a go at catapults shooting at targets. Toasted marshmallows on a camp fire. Congratulation to Isabella, Alife, Hugo and William for gaining their Bronze Chief Scout Awards well done.

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 on to scouts with their silver awards, the highest award in cubs.

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

Scouts

The Scouts looked at the items they would like to do next term. We have a go at new games and some new activities.

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 3rd September 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.

October's Collection
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Down the Garden Path

Elizabeth Myhill



I am sitting in my office at home on the 8th August 2022 trying to think what to write for this coming month's Village Voice. The BBC has advised listeners not to plant plants in the garden at present (with which I wholeheartedly agree) and there are hose pipe bans in some areas of the country. But, come the beginning of September when Village Voice goes out we could be battling with floods and storms!

At this time of year we would expect to be selling Hydrangeas but so far we have not ordered

any from our wholesale supplier. Hydrangeas require large amounts of water so we would advise not to buy them at present. The wholesaler has better facilities to look after them than

we have although I suspect thousands of plants will be wasted.

In normal years (what are they?) we tell customers to plant winter flowering pansies in September /October. I would



advise leaving it till the end of October and planting hardy polyanthus and primroses at the same time. Tulips, Daffodils, Fritillaria and all other spring flowering bulbs can be planted

throughout September, October and November. Many types will perform perfectly well, even if planted well in to December but the trick is to get them in before the risk of frost, so that they can start producing roots.

We are slowly expanding the size of the plant area of the nursery and we are very pleased with the comments that customers have made about our products. Thank you. We have recently started two apprentices in the business Both doing a course through East Coast College on 'Customer Services' and they will also study for a 'Royal Horticultural Society' qualification. I am expecting that each will write my article for Village Voice in some future months to come.

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Events at the New Road Sports & Leisure Centre

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Great Yarmouth Stroke Club

Gt Yarmouth Stroke Group had a stall at Somerleyton. The last time was two and half years ago. We raised £417.00. Many thanks to friends and family for donations.

We have had quite a hard time over the months paying for Taxis for our members to get to the group with Taxis only being able to take one wheelchair and one person.

Birthdays Margaret, Sue, Rose, Janet, Brenda, George.

At our last meeting we were entertained by Barry (Elvis) just lovely to see the every one singing and smiling.

Sad news one of our long time member Jack Pollard has died he was a inspiration to others. The group had a donation from Gt Yarmouth Innerwheel and a lady from Yarmouth who's husband died. We are just so grateful for the donation.

The group returns September 8th Thursday 2-4pm

Contact Sue Casey 01493 781846 new members welcomed



Photo From Left: Margaret, Sue, Sam, Rex,
Front: Grace, Maisie, Pam, Sue.

Please send in your Reports for New Road Leisure Centre by 15th September for the October Edition of not more than 500 words



Beltonbowmen will move back inside for the Autumn/Winter season on Monday September 12th at Moorland Primary Academy.

Family Session 6-7pm £3.50 per person

Adult Club 7-9pm £6.00 per person

Please feel free to come along and give archery a try. Equipment provided or bring your own (no compound bows).

For more information contact

01493 780418

**Our summer season went well on New Road with a few new members and some trying out archery for the first time.
Duncan Wyer**

JAMES PAGET RECOGNISED BY THE NATIONAL JOINT REGISTRY

The James Paget University Hospital has been named as a National Joint Registry (NJR) Quality Data Provider after successfully completing a national programme of local data audits.

The NJR monitors the performance of hip, knee, ankle, elbow and shoulder joint replacement operations to improve clinical outcomes primarily for the benefit of patients, but also to support orthopaedic clinicians and industry manufacturers. The registry collects high quality orthopaedic data in order to provide evidence to support patient safety, standards in quality of care, and overall cost-effectiveness in joint replacement surgery.

The 'NJR Quality Data Provider' certificate scheme was introduced to offer hospitals a blueprint for reaching high quality standards relating to patient safety and to reward those who have met registry targets.

In order to achieve the award, hospitals are required to meet a series of six ambitious targets during the audit period



2020/21. One of the targets which hospitals are required to complete is compliance with the NJR's mandatory national audit aimed at assessing data completeness and quality within the registry.

NJR targets also include having a high



**James Paget
University Hospitals
NHS Foundation Trust**

level of patients consenting for their details to be included in the registry and for hospitals to demonstrate timely responses to any alerts issued by the NJR in relation to potential patient safety concerns.

National Joint Registry Medical Director, Mr Tim Wilton, said: "Congratulations to colleagues at the James Paget University Hospital. The Quality Data Provider Award demonstrates the high standards being met towards ensuring compliance with the NJR and is often a reflection of strong departmental efforts to achieve such status.

"Registry data now provides an important source of evidence for regulators, such as the Care Quality Commission, to inform their judgements about services, as well as being a fundamental driver to inform improved quality of care for patients."

More information about the National Joint Registry, and the Quality Data Provider certificate scheme, can be found here; <https://www.njrcentre.org.uk/>

www.jpaget.nhs.uk

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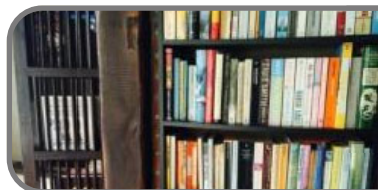
**EN celebrates £3.5m
funding boost for T Level provision**

Students embarking on T Levels at East Norfolk Sixth Form College will have access to state-of-the-art resources and facilities thanks to a funding boost of over £3.5million.

EN has been awarded the targeted investment from the Government's T Level Capital Grant Fund. Last year the College was awarded over £1 million to support delivery of the new qualifications, so this latest award is fantastic news.

support those students in their studies."

The Rt. Hon Brandon Lewis CBE MP said: "East Norfolk is a fantastic college and offers excellent educational opportunities to young people here in Great Yarmouth. I am delighted that the Government shares my confidence in the Sixth Form college and is investing £3.5million in new facilities to allow for enhanced provision of T-levels.



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

This is a collection of poetry chosen and illustrated by the author, Chris Riddell an accomplished artist, political cartoonist, and the UK Children's Laurette, 2015-17. The collection includes poetry from literary greats such as William Shakespeare, Lewis Carroll, Leonard Cohen, Christina Rossetti and YB Yeats and new voices such as Kate Tempest and Phoebe Bridgers. Arranged thematically, in eight chapters, it explores issues such as nature, youth, family, love, war and death. Opening with a verse from Shakespeare's *The Tempest*, one is reminded of the beauty of nature magnified by an attentive and fertile imagination. Robert Frost's *The Road Not Taken* is a bittersweet reminder of choice, opportunity cost and how pioneering a new course could transform one's very existence.

The most memorable poem for me is Brian Patten's *The Minister for Exams*, a humorous criticism of formal education with its preference for rote learning over the firing up of a child's imagination.

When I was a child I sat an exam.

This test was so simple

There was no way I could fail.

Question 1. Describe the taste of the Moon.

It tastes like Creation, I wrote,
It has the flavour of starlight.

Q2. What colour is Love?

POEMS TO LIVE YOUR LIFE BY

Reviewed by Ayomipo Amiola

Love is the colour of the water a man lost in the desert finds, I wrote.

Q3. Why do snowflakes melt?

I wrote, they melt because they fall on to the warm tongue of God.

There were other questions.

They were as simple.

I described the grief of Adam when he was expelled from Eden.

I wrote down the exact weight of an elephant's dream

Yet today, many years later,

for my living I sweep the streets or clean out the toilets of the fat hotels. Why? Because constantly I failed my exams.

Why? Well, let me set a test.

Q1. How large is a child's imagination?

Q2. How shallow is the soul of the Minister for Exams?

Thirteen by Kate Tempest is an at times sad exploration of budding youth, boys and girls and the contrast between their experiences. Talking about boys and girls, and thirteen-year-olds, Simon Armitage's *I am very*

bothered is a sonnet, a humorous collage of Bunsen burners, scissors, the stench of singed flesh and a boy's clumsy attempts at professing romantic love.

Rumi's *There is a Field* bears repeating:

Out beyond ideas of wrongdoing and rightdoing there is a field.

I'll meet you there.

When the soul lies down in that grass the world is too full to talk about

He wishes for the Cloths of Heaven by W.B Yeats resonates with all dreamers.

Had I the heavens' embroidered cloths,

Enwrought with golden and silver light,

The blue and the dim and the dark

cloths

Of night and light and the half-light,

I would spread the cloths under your feet:

But I, being poor, have only my

dreams;

I have spread my dreams under your

feet;

Tread softly because you tread on my dreams.

The collection contains many standout poems especially in the family and love chapters: *Jabberwocky* by Lewis Carroll and *Witch work* and *Orphee* by Neil Gaiman are quite imaginative and make for some fun reading. Let Me Die a Youngman's *Death* by Roger McGough and *Because I could not stop for Death* by Emily Dickinson are morbidly fascinating. No poetry collection dealing with endings will be complete without Dylan Thomas's *Do Not Go Gentle into That Good Night*, and since the collection began with a verse from *The Tempest*, it is only proper that it should end with two soliloquies from *Hamlet* and *Macbeth*, *To be or not to be* and *Tomorrow and tomorrow and tomorrow* respectively. This beautifully illustrated book is indeed a great collection of good poetry, old and new. It will appeal to those true lovers of poetry and to others who perhaps only have a passing fascination with the medium. I shall certainly enjoy teaching my rather young son to start with some of these poems.

(Poems to Live Your Life By: Chose and Illustrated by Chris Riddell is published by Pan MacMillan and is available on hardback from £10.75 and on kindle from £7.49)



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Open Evening

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Events at the John Green Institute

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Geoff Evenden	Bookings	07984 443808
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Bridget Lawrence		01403 780160
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JGI Trustees

As has been mentioned in previous months of the Village Voice, the Trustees would welcome a new face or two to join us in managing the JGI. Many of us have been Trustees for many years and enjoy what is involved. It is not arduous but there are essential duties that have to be carried out to allow the hall to run within the necessary rules and administration of a Village Hall.

Your talents, we are sure can be put to great use and you will have the satisfaction of being involved within our great community.

The hall has great facilities which allow all types of activities to take place, from Indoor Bowls to Yoga to Needlecraft or Line Dancing. It would be a great blow to many people if this facility within Belton was not available.

Please have a careful thought about how you could play a part in its running and maintain this facility for the next generation. Contact any Trustee to discuss how you could help.

Wednesday Morning Drop In

It has been great to see some new faces over the past few weeks at our lively gathering on a Wednesday morning for tea/coffee and cake between 10.30am and noon. Come and meet new friends, you will feel better for coming out, no matter what the weather is doing. We often have short talks about various topics as we did in July on Energy Saving Tips from a lady from DIAL.

WE will always try to help with computer and tablet problems and can also help with passport or bus pass renewal. Come and give us a visit and judge for yourselves.

Contact Sue on 780822 for further information.

Quiz Nights at the JGI

The next Quiz Night will be on Friday 30th September at 7.30pm. £5 per team to a maximum of 4. Great fun, great prizes plus a raffle. Following on from September the quiz nights to the end of the year are Friday 28th October, Friday 25th November and Friday 23rd December.

Camera Club

Next camera club meeting Friday 7th October at 2pm at JGI



The Belton Bowls Group was formed four years ago and is still going strong. We are a non-profit making group which my wife and I run on a voluntary basis. We are basically all retired people who enjoy each other's company whilst playing Bowls.

When we first started playing, I had to instruct everyone how

to play and what the purpose of the game was.

Due to age and illness, we now have room for about two or more people, male or female.

If you would like to join our friendly group, and learn to play Bowls in a light hearted way, we play on Monday, 2.00 - 4.00, charging £2.50 per session, with tea and biscuits included.

If you are interested, please contact Mike on 07754 503 666.

Over 60's Club

Following on from our excellent and well presented afternoon tea at 'The Kings Head' in May, the Club had a day trip to Cromer in July to see 'The End Of the Pier Show'. 31 members enjoyed a dazzling show that is always very colourful and professional.



Rose Bishop & Ann Manthorpe

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	07788 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	07788 408801
2.00 - 4.00 pm	Belton Ladies	Lin	782224
(Every third Friday of each month)			
7.30 - 9.00 pm	Choir	Mick	07795 422420
7.30 - 9.30 pm	Quiz Nite	Bill	780822
(Last Friday of each month)			

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FINDING MISSING PEOPLE

From Hill to High Water



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

On Monday 1st August, 2022 Travel Norfolk launched its new multi-operator bus ticket. The day ticket (known as the Norfolk Fusion Day ticket) costs just £12 for an adult, £9 for a young person (5-19) or £22 for a group (2 adults, 3 young people) and can be purchased on board the bus or via the bus operators App.

The day ticket allows passengers to use all buses run by all bus operators (there are 16 operators servicing this county) across Norfolk and is an ideal solution for those who want to use buses to explore much further afield.

An adult £12 ticket allows travel anywhere across Norfolk and the £22 group ticket is exceptional value for money.

Such improvements for bus travel have been made possible through the Norfolk Enhanced Partnership which was formed in March, 2022. The Partnership is responsible for delivering the measures and schemes set out in the 'Bus Service Improvement Plan' published in October, 2021.

ENTUA welcomes any initiatives which promote increased use of public transport, but views this as aimed at the leisure market, whereas we are keen to promote services in areas where no current service exists for passengers to access educational, employment, medical and shopping facilities. However to learn more on the new Norfolk Fusion Day Ticket please go to www.norfolk.gov.uk/choosethebus

While still on buses, ENTUA has learnt that 'First Bus' have been in talks with the Government about a potential fares cap of £2.00 per journey that could come into force later this year. The plan designed as a response to the 'cost of living' crisis has reportedly been worked on by Downing Street since April, but it is not known whether the country's new Prime Minister will take this forward when they take over from Boris Johnson. If the fare cap were introduced, it would be in operation for six months commencing in October. The price cap would not apply to long distance coach services or in Scotland and Wales.

ENTUA welcomes this proposal as it would not only help existing bus users, but would also offer car users an alternative mode of transport, particularly in light of the high cost of fuel. As we have stated in previous articles, passenger numbers are not yet up to pre-Covid levels and anything that helps increase passenger numbers will go towards safeguarding services when the current Government Covid relief payments expire in October.

Latest info suggests that bus patronage is at 85% of pre-Covid levels so there is still some way to go to reach the point where bus services are paying their way.

With regard to trains – Greater Anglia regularly publishes its performance figures to stakeholders including information on services during periods of industrial action and updates on service enhancements. As at 6th August, 2022, performance with punctuality across the network averaged 94.2%.

Most of the enhancements are concerned with station upgrades at Frinton-on-Sea, platform lengthening at stations between Broxbourne and Hertford East to accommodate 10 carriage trains and the introduction of Class 720 electric trains on the West Anglia services. More locally to us are the installation of new station signs at Oulton Broad South promoting access by train to Carlton Marshes which was funded by the East Suffolk Lines Community Rail Partnership in partnership with

Greater Anglia and Suffolk Wildlife Trust. The signs read 'Oulton Broad South – for Carlton Marshes'. The new visitor centre is just a 15 minute walk from the station.

Dates for industrial action have been notified for August and unless the disputes are settled there will probably be more in September. If the same format is followed as for previous days of industrial action, Greater Anglia will only be able to operate 10% of its services, which means they will only operate direct services with reduced frequency and limited hours between Norwich-

London, Colchester-London stopping services and Southend Victoria to London Services. There will be no local services between Norwich-Cambridge/Stansted Airport, Sheringham, Lowestoft and Great Yarmouth or Lowestoft-Ipswich. Please visit the Greater Anglia website for updated information www.greateranglia.co.uk

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

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Dates for your Diary



Sunday 4th September 2022

Holy Communion

9.30am St Peter & St Paul Church

Morning Celebration

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

Tuesday 6th September

Traditional Holy Communion

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

Sunday 11th September

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 18th September

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

Saturday 24th September

Harvest Concert by the Belton Singers

7.30pm All Saints Church, Belton

In aid of the Belton Pantry Foodbank

Sunday 25th September

Harvest Festival

10.30am All Saints Church, Belton

Harvest Festival

3.30pm at St Peter & St Paul Burgh Castle

Saturday 1st October

Annual Fursey Festival Service

2.30pm St Peter & St Paul, Burgh Castle

Sunday 2nd October 2022

Holy Communion

9.30am at St Peter & St Paul, Burgh Castle

Morning Celebration

10.30am All Saints Church, Belton

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