

# Village Voice

October 2022  
23rd Great Year  
Vol 23-07

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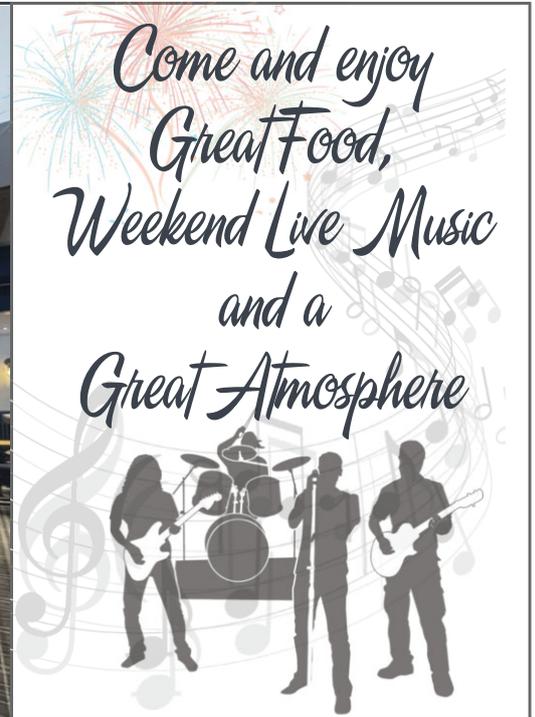
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**From the  
Editor's Desk**  
**Professor Regi Alexander**

My thanks to Bryan Diggory for laying out, in his characteristically understated way, another issue of your Village Voice. This is a particularly poignant one as it marks the passing of Her Majesty Queen Elizabeth II. As we celebrate and commemorate the end of an era, Rev Rosie Bunn perfectly captures the introspective mood of our nation with her piece on page 10.

There is a sense of foreboding too as we get ready for an autumn and winter of rising fuel costs, worries about healthcare and a cost-of-living crisis. It is a crisis that may see the setting up of more community warm hubs and food banks in one of the world's richest nations. One hopes that those in authority will have the empathy and sagacity to lead us with compassion and wisdom through what promises to be a trying period.

Finally, a word of appreciation for 9-year-old Belton resident Faye (page 2). She deserves praise not just for the originality of her idea, but also her spirit of community service and the enthusiasm she brings to it. We need more Fayes.

## Letters to the EDITOR

**Dear Editor**

Burgh Castle village has been and is being decimated under the guise of tourism; ruined forever by lorries, traffic- tourist and local, and sheer planning neglect. Some local businesses are just the tip of the iceberg of Burgh Castle decline, and lives of residents. Another 13 years of heavy lorries all day in the working week. Carl Smith spoke at the planning meeting in support, why? Brandon Lewis wrote in his support also, why? Three parish councillors, all against the application, need not have bothered. NCC is no longer democratic either. These applications were against the county and borough policies and yet were given permission. Browston 'hamlet' beware! The demise of Burgh Castle and the hundreds of caravans could well be on the march to you too, and you will be unable to stop it either.

Eileen Hogg, Burgh Castle

*(Editor's note: Village Voice contacted Great Yarmouth Borough Council Leader Councillor Carl Smith who replied that he was questioned at the June 2022 Burgh Castle PC by a Parish Councillor who objected to the Welcome Pit Application as to his reasons why he supported that application and that he had given his answers there. He is more than happy to reply directly, if the correspondent or anyone else wishes to contact him. A reply from Brandon Lewis, MP is awaited).*

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## NEW POST BOX TOPPER



The two Belton craft groups have made a new post box topper to replace the one from May 2022. We decided to ask Alan Brown, the caretaker of the JGI to do the honours and unveil the topper. He has been involved with JGI for approximately ten years, during which time he has unlocked, locked up, set up and put tables away, plus various other jobs as necessary! His workload has increased with more groups using the JGI since he started! He is also well known in the village and willingly helps people when he can. He was very pleased to be asked to do the unveiling on Saturday 3rd September. At 11 am, a group of crafty ladies (and some male partners, husbands etc.) joined Alan to unveil the topper. Lots of photos were taken of the occasion, this is just one! The craft groups meet on a Tuesday morning from 10.30am till 12.30pm, Thursday evening from 7.00pm till 9.00pm. New members are always welcome, first visit is free.

Linda Davis

# Village Voice

**CHAIR OF VV BOARD**  
Adrian Myers

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**November 2022 edition is**  
**20th October 2022**

October 2022 **259th** Edition

**Cover Picture:** Portrait of a young Queen Elizabeth II, background her funeral procession

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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 6th September with eleven Parish Councillors present along with Borough Councillor Adrian Myers, one member of the public and the Parish Clerk Kate Rudock (Tracy Cameron attended as a Borough and Parish Councillor). Ken Botwright chaired the meeting.

The Chairman had prepared a long list of outstanding highways issues which he had hoped to pass to County Councillor Carl Anison but he was not present. Items include the state of Back Lane (from Beccles Road to Sandy Lane), this is now not accessible to vehicles and cycles, clearance is urgently needed for emergency access. Also on the list is the supply of three new village entrance signs, agreed for funding three years previously by then County Councillor Andy Grant and supported by Councillor Anison. Details are still awaited on the possibility of the Parish Council taking on urban grass cutting (verges and open spaces) and assurances are still awaited that the soakaways on New Road have been recently checked/cleaned to prevent flooding. There are several other items to complete the long list.

Councillor Light reported on the New Road Centre and confirmed that the overspill carpark has now been fenced and thanked the caretakers for their work, a quotation has been received for improved CCTV cameras, he also outlined plans by Bohemians FC to sell advertising on the new fencing and explained how income would be split.

In financial matters the clerk reported on a successful conclusion of the 2021/22 audit and confirmed that the external auditors had not raised any issues, an electronic booking system for the New Road site is being set up which should be in use shortly. With the current cost of living crisis, it was agreed that the New Road centre would be an ideal location for one of the proposed 'warm hubs' this winter but funding would be needed. It was agreed that a joint meeting would be held between representatives of the Parish Council, the JGI and the church to see what else is being considered in the village.

Members agreed to proceed with preparing a new Neighbourhood Plan, this will give the council more strength in their comments on planning matters and put down the parish's ideas for the future of the village. Hopefully the plan will be prepared in collaboration with Burgh Castle and Fritton and St Olaves Councils but if they decide not to take part then Belton with Browston Council will apply to prepare one for themselves alone, members from the community will be needed to work on the plan with councillors.

In planning matters the Borough Council had approved plans for extensions at 11 Minsmere Road in agreement with the Parish Councils wishes, they had also approved a large gazebo at Elm Grove House on New Road at Belton. The Borough have refused proposals at Garden Villa, Browston Lane, Browston for demolition of a plant room and conversion of the swimming pool into a self-contained annexe backing the Parish Councils objections.

The Parish Council raised no objections to the following – 77 Station Road South (first floor extension over porch) Pine Farm, off Station Road North (relocation of cattle shed, originally approved under permission 06/20/0231F and at Willow Tree Garden, Marsh Lane, Belton (retention of timber craft room, use of land for people with special needs and siting of 3 containers for storage) however they did raise concerns over possible vehicular access using Belton Footpath number 10 which is not maintained to a vehicle standard.

The next meeting of the Parish Council takes place at the New Road Sport and Leisure Centre on Tuesday October 4th (7.30pm), details from the Parish Clerk, Kate Rudock on 01493 602960 or email beltonparish@yahoo.co.uk.

### BELTON POOR'S ALLOTMENT

This arable land consisting of 9<sup>1</sup>/<sub>4</sub> acres, is situated on the A143 Beccles Road, Belton. The OS coordinates are 648754 301494. It is due to be rented for a fixed period of 5 years from 1st November 2022 to 31st October 2027 with an annual rent.

**It is for use as arable farming only.**

*Bids are by closed tender which need to be sent to,*  
Secretary Trustee,  
Belton Poor's Allotment,  
6 Station Road North,  
Belton, Norfolk, NR31 9NF  
by Tuesday  
11th October 2022.



### BELTON PICKERS

*Cleaning up our village*

My name is Faye and I am 9 years old and I have lived in Belton for 2 years.

I love animals, wildlife and the environment, I've always had an interest in helping the planet and last year I asked for my own little grabber from Father Christmas.

I am a member of the Norfolk Beach Clean Up Group who meet monthly at Gorleston beach to collect litter.

Over the last 6 months I have noticed that the village, which I see every day walking to school, could use my help too and would like to put some time into cleaning it up.

I look forward to meeting people who have the same passion about the environment and animals as I do. So far the group has collected a total of 24kg of rubbish over two collections.

We meet the last Sunday of every month, the next one is Sunday 30th October 2-4pm meeting outside Tesco Express and we would love as many people to attend as possible!

*Faye has raised money to buy equipment so all equipment is provided to helpers.*



# Burgh Castle Parish Council



The meeting scheduled for September 12th was postponed due to the death of Queen Elizabeth II, this will now have taken place on Monday September 26th (7.30pm) at Burgh Castle Village Hall. Due to that meeting now falling close to the next scheduled meeting, on Monday October 10th that meeting will possibly be cancelled making the following meeting Monday November 14th. For full details contact the Parish Clerk, Kate Ruddock, on 07948705218, e-mail burghcastleclerk@gmail.com

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Look out for Christmas goods, from 6th October, lots of stock for you to browse.

Please think of us when you have any unwanted goods

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# Fritton with St. Olaves



The next Parish Council Meeting is scheduled to be held at Fritton Village Hall on Thursday September 29th (7.30pm), the day this magazine is due to be published therefore a full report will appear next month. This will be followed by the November meeting on Thursday November 24th at St. Olaves Village Hall full details from Parish Clerk on 07899 846148, e-mail fritton.stolaves.clerk@outlook.com.



## 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](http://www.poochpaws.co.uk)

### THURSDAY EVENING

Saxon and Viking Re-enactment Society [www.jormungandrreenactment.com/](http://www.jormungandrreenactment.com/)

### FRIDAY EVENING

Middle Eastern Dance: Contact River Scent 07854 407419 [www.riverscent.com](http://www.riverscent.com)

### SATURDAY MORNING

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<b>BINGO</b>				
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
	27	38	50	89
3	16	22	46	56
		42	57	75
17		58	62	77
	21	34	51	71
				85
				83
				88

## Fritton Bingo

Fritton Village Hall Bingo for October is Friday 21st starting at 7.15pm

Come and join us for an enjoyable evening. With rising costs still only 50p per card. Various Quality Prizes to be won.



## FRITTON SCARECROW COMPETITION WINNERS



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# Pooch Corner



negative effect on dog behaviour. Research indicates that over 60% of dogs visiting a veterinary practice experience fear when entering the examination room. Preparation and planning for veterinary care is an important aspect of dog ownership.

## WHERE TO START

### VETERINARY VISITS

#### How to help your dog

When an owner gets a new puppy there are lots of exciting things to look forward to, veterinary visits are not often given enough thought. Your puppy will need to visit a veterinary practice within a week of first arriving home and then at least once per year through adulthood. Some puppies and dogs have to visit the veterinary practice much more than once per year. This isn't something any dog owner wants to happen, but at some point, medical treatment will be needed.

Studies have shown that veterinary visits can have a



#### Vaccinations

Before bringing your puppy home ask the breeder if they are giving the first vaccination. If they are, ask them for the specific brand that their veterinary practice will administer. Different vaccine brands are not compatible, and your most convenient practice might not stock the matching brand.

Once you know the brand you should ring around your local veterinary practices to ask which brands, they stock and use. This will ensure you avoid having to restart a vaccination course. Be prepared that you might need to travel further to get the right vaccination. If you struggle to find a practice with

compatible vaccinations it might be worth asking your breeder to hold off on giving the first vaccine to your puppy.

#### How to Help your Dog Prepare for Veterinary Visits Introduce Veterinary Items

Introduce your puppy early on to items your veterinary surgeon might use which can include:

Stethoscope (you can get a child's toy one), Clippers, Nail trimmers, Needle and Syringes, Hibiscrub, Surgical Spirit, Cotton Swabs, Ear Cleaner

This will provide some preparation to sights, sounds and smells that your puppy will encounter when visiting practice. Bottles of ear cleaner approaching a puppy can seem like an alien to them so getting them used to the bottle and applicator into the ear for example is an invaluable task.

#### Training

Start training some key exercises as soon as possible that can be super helpful during veterinary examinations and procedures: Stand, Down, Lay on a bed, Open mouth, Chin targeting

You can watch this clip for a demonstration of chin targeting and how it can be useful: <https://www.youtube.com/watch?v=ERQkjrl3SLU&t=1s>

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# A Word from your Local MP and Councillor



## BRANDON LEWIS

MP writes

*'I declare before you all that my whole life whether it be long or short shall be devoted to your service.'*

As I write this column, it is just a few hours before the funeral of Her Majesty Queen Elizabeth II. And I am reminded of those famous words that the late Queen used all those years ago, to reflect upon the end of an extraordinary reign devoted to the service of our country.

None of us expected this moment to come so soon after the celebrations of the Platinum Jubilee earlier this summer. Those celebratory events were full of joy and community spirit. That sense of togetherness has bound our country together during the period of national mourning.

In my new role as Lord Chancellor, I suddenly found myself witnessing this moment of history up close. It's humbling but a great privilege. To watch the great dignity of King Charles III take on the mantle of the Crown and the immediate burden of his new role as our monarch all while dealing with his own personal grief was extremely moving. As the King signed the official proclamation announcing his accession to the throne, I thought how fortunate we are to live in a democracy that allows a seamless and peaceful transfer of power. We had witnessed it again just a few days before with the appointment of a new Prime Minister.

Over four days, I saw the queue of people snaking around London making their way towards Westminster Hall determined to pay their own personal respect. The queue demonstrated amazing community spirit bringing people together from around the world. Every individual had a very personal reason as to why they wished to spend many hours patiently waiting.

But it's the conversations I've had with people, whether on the street in Great Yarmouth or at formal events that has surprised me most. It seems that everyone has been moved or touched in some way by the Queen's service to our country. Whether they had met the Queen, seen her during an official visit or never had such an opportunity there was always a smile when remembering. That demonstrates an important bond within our nation that I don't believe any of us really understand. Perhaps, it's this unspoken bond that binds our United Kingdom together.

## ADRIAN MYERS

Borough Councillor



I have always felt myself fortunate to have been born in the mid-fifties because there has been so many changes and advances during my lifetime that I have had the opportunity to experience. The advent of colour television, commercial jet aircraft, personal computers 1000 times more powerful than the one used in the original space programme. All of my life I have known a queen as the constitutional head of state. Now we have a king, and I am still around to experience such a change. So yes, I continue to feel lucky to have been born at the time I was and still be around to experience these changes.

I note that Liz Truss is planning to freeze energy prices (I wonder if she read last month's column?) However, she will be compensating the energy companies because the bill for freezing them will fall to the taxpayer. Again, I say the companies are making EXTRA profits, this means it is above the profits they are already making, so a windfall tax on those extra profits will not hit investment by those companies, why? because they never planned to have this money in the first place.

The governments drive for zero carbon is led by wind and nuclear power. Primary oil (crude oil and Natural Gas Liquids) accounted for 42% of total production, natural gas 29%, primary electricity (consisting of nuclear, wind, solar and hydro) 16%, bioenergy and waste 12%, while coal accounted for the remaining 1%

Yet all energy costs are linked to the price for gas produced electricity, the cost of generating electricity from fossil gas, including the associated carbon allowance costs, has also tripled to over £100/MWh

For wind farms? Offshore windfarm operators will sell power for as little as £37.35 per megawatt hour. Unfortunately, the wholesale price, is set by the gas generators not the windfarm or nuclear ones.

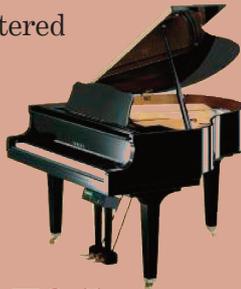
As you can see, the energy market is broken and instead of tinkering with price caps and subsidies, this government should sort out the energy supply from a top down overhaul, starting now.

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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](mailto:beltonvveditor@gmail.com) with suggestions about topics that you would like covered in the future.

## Bipolar Disorder

### About the author:

Professor Regi T Alexander is a Consultant Psychiatrist in the NHS, 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

Most of us have mood swings or emotional 'highs' and 'lows'. In common parlance, there is a tendency to describe these variations of normal behaviour as 'bipolar'. That is quite inaccurate. Bipolar Disorder, or to use its full name Bipolar Affective Disorder, is quite distinct from these mood swings. It used to be referred to previously as Manic-Depressive Psychosis. It is a serious mental illness in which the person has extreme changes of mood with periods of being unusually happy or unusually sad. These variations are out of keeping with the person's normal personality and the mood swings are way more than what used to be normal for that individual.

### What are the symptoms of bipolar disorder?

In general, bipolar disorders are episodic, ie, the person will have long periods of being quite well interspersed with periods of being unwell. The episodes of illness can last from a few days to several months and can be mania or hypomania, depression or mixed.

Mania is characterised by features like feeling incredibly happy or 'high' in mood, feeling irritable or excited, increased talkativeness, racing thoughts, increased activity and restlessness, difficulty in concentrating, constant changes in plans, inflated ideas about yourself or your abilities, decreased need for sleep, self-neglect, increased sociability, or over-familiarity, increased sexual energy and overspending of money or other types of reckless or extreme behaviour. 'Hypomania' is a milder

form of mania with symptoms that are less severe and lasting for a shorter period.

Depression is characterised by feeling very sad most of the time, decreased energy and activity, not being able to enjoy things you normally like doing, lack of appetite, disturbed sleep and thoughts of self-harm or suicide.

In a mixed state, both manic and depressive features can occur within the same episode.

At the extreme end of both mania and depression, some people can develop psychosis, co-existing with the mood symptoms. This can take the form of delusions (firm, fixed, false beliefs- eg: grandiose thoughts about being super-rich or all-powerful in mania or extreme thoughts of sin and guilt in depression) and hallucinations (the experience of hearing, seeing, smelling, or feeling something which other people around the person do not experience).

### How common is bipolar disorder?

About 1 in every 50 adults will have bipolar disorder at some point in their life. The usual age of onset is between 15-25 years.

### What are the types of bipolar disorder?

Four types of bipolar disorder have been described.

- i. Bipolar I:** The affected person has had at least one manic episode, which has lasted for longer than one week. Most people with at least one manic episode tend to have had depressive episodes too.
- ii. Bipolar II:** The affected person may have had several depressive episodes. The mood elevated episodes only amount to hypomania and not mania.
- iii. Rapid cycling:** The affected person has had more than 4 episodes of illness in a year.
- iv. Cyclothymia:** The affected person has mood swings which are less severe than those with Bipolar I & II, but they last for longer. Those with cyclothymia may later develop Bipolar I or II.

### What is the treatment for bipolar disorder?

Bipolar disorder is a treatable condition. The mainstay of treatment is the use of medication called mood stabilisers. The choice of mood stabilisers 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. Mood stabilising medication includes Lithium, Sodium Valproate, Carbamazepine, Lamotrigine and antipsychotics like Olanzapine and Quetiapine.

Talking therapies are useful for a depressive episode, or in between episodes of mania and depression. These can take the form of psychoeducation, mood monitoring skills, coping skills training, cognitive behaviour therapy (CBT) for depressive episodes, etc.

### How to manage mood swings?

Firstly, recognise the early signs of moods swinging out of control. Maintaining a mood diary helps with this (available on the Bipolar UK website). Try and avoid stressful situations as stress can be a trigger for manic and depressive relapses. Try and have at least one person to rely on and confide in about the condition. Having a balance of work and leisure, a regular and balanced schedule of activities, regular exercise and good compliance on prescribed medication can also be helpful.

### Information sources

- 1. Royal College of Psychiatrists:** <https://www.rcpsych.ac.uk/mental-health/problems-disorders/bipolar-disorder>
- 2. Bipolar UK:** <https://www.bipolaruk.org/> A charity which provides support, advice and information for people with bipolar disorder, their friends and carers (Peer support line: 07591375544)
- 3. MIND Helpline:** 0300 123 3392; email: [info@mind.org.uk](mailto:info@mind.org.uk)
- 4. 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/supportgroups/together-in-norfolk/>

### 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**

What an amazing time our nation has just experienced with the death of Her Late Majesty Queen Elizabeth II; the outpouring of grief we have seen expressed through those seemingly endless snaking lines of people queuing for hours and hours to pay their respects in Westminster Hall. Before that we were privileged to see so many people lining the roads and streets in Scotland as her coffin was transported first to the Palace of Holyrood, then to St Giles Cathedral in Edinburgh, and subsequently to Buckingham Palace and then to Westminster Hall in London.

To be able to watch history unfolding before our eyes as the heir to the throne, Charles, was proclaimed King Charles III in a never-before-seen ceremony and to have an almost constantly running commentary on what was happening over the course of several days will have been frustrating for some but pleasing to many. Seeing the sadness and grief of the Royal Family as they undertook walkabouts meeting people who had come to see them as they travelled to various parts of our nation, in the viewing of the floral tributes to their Mother and Grandmother, and in both vigils conducted by Her Late Majesty's children and grandchildren, who could not be moved by compassion.

The late Queen's funeral has been planned for many years, to be carried out with all the pomp and ceremony that our nation does so well. Dignitaries from all over the world will gather to pay their last respects to this remarkable woman we have been privileged to have serve us as our head of state, our Queen, for over 70 years. The streets of London will be thronged with people who just want to be there and there will be millions of us watching the State funeral on our televisions from our armchairs.



So why is a funeral so important, and they are so very important?

Firstly, it is for family and friends an opportunity to mourn our loss; to express that loss in words and actions, in the best way that we can; and to say goodbye to a loved one. For Christians it is also a time of "offering up our grief to the one who longs to bear it with us, and for us" – our God. For all of us a funeral is a significant part of the early stages of our journey through grief – and it is a journey, which takes differing lengths of time for each of us, but take time it certainly does.

My experience of caring for bereaved people having lost loved ones but been unable to attend a funeral shows me just how important funerals are. (As an aside, may I just say that if you are considering a direct cremation with no funeral service, please think again, as it is so hard for family and friends left behind. It may be the cheapest on offer, but it is the costliest in the long term.)

Secondly, it is the coming together with others to express our loss, and to comfort one another, that is also so vital for our wellbeing. At times like this we need to be held and comforted, and to be shown love,

and God's love is able to overflow into our life and the lives of others around us. I always try to encourage mourners at a funeral to go and share a cup of tea and a piece of cake, or to go and have a drink and remember all those special moments that had been shared with the person who has died; it blesses the family, but is good for all of us as we speak about the person who has been precious, important and a part of our life.

Thirdly, a funeral is an occasion when we reflect on just how much the person we have lost has shone in our life, our family or community, and may be respond with resolve to make a difference in the hearts and lives of our loved ones and the people around us. We have already seen and heard this expressed by King Charles III in his resolve to serve with what remains of his life, in the way that his Mother did for her whole life.

On the occasion of our late Queen's funeral, gathering to mourn and acknowledge our loss, both personal and as a nation will be important, and an opportunity to share together and comfort one another in our grief. I, personally, thank God for the way in which she lived her life as an example of loving service to God and to our nation. A long life, well-lived. As a highly respected leader she was also a servant. For me, I see how she sought to follow the example of Jesus Christ. What a challenge!

After a bereavement we all need to be kind to ourselves and to those around us. I pray that King Charles III and the Royal family will have a chance to look after themselves and be kind to one another as they travel their very personal journey of grief in public view.

Rev Rosie Bunn

## Commemoration Service for Queen Elizabeth II

Saturday 17th September there was a Commemoration Service at All Saints Church, Belton for Queen Elizabeth II. With around 30 people in the congregation, including both Parish and Borough Councillors, the service was taken by the Rev. Rosie Bunn. During the service there was a few light hearted moments when the congregation watched the video of the Queen when James Bond escorted her to the London Olympic Games from Buckingham Palace in 2012.

As well as prayers, hymns and readings there were personal reminiscences from Karen and Des Mallion who both served in the military for 45 years between them.

They also had both met the Queen and expressed how warm and genuine she was. Des served 23 years full Colour Service in REME. During his service he had operational tours in Afghanistan, Iraq, Macedonia, Kosovo and the Falklands, leaving the service as a Staff Sergeant. Karen's service took her to Cyprus and operational tours to Bosnia, Macedonia and the Iraq war, leaving the service as a Warrant Officer Class II.

They read out, to all present, their Oath of Allegiance to the Queen which they both took at 18 years of age. Their departing words were, "Your Duty is Done Ma'am, God Bless. God Save the King"

Following the Church Service tea/coffee and cream cakes were served to all present.



## Moorlands School tribute to Queen Elizabeth II

On Friday morning September 16th all the children with teachers from Moorlands school attended a service at All Saints Church. This was the first for all the school since the lockdown prevented their weekly visit. While at church they talked about what the Queen had meant to them and what it now means that they have a King. They all enjoyed their visit.



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I believe in hope, that we all need it and sometimes we need someone to come alongside us in our problems when we cannot see any hope or a way forward.

I offer sessions at 50 minutes with the first session being an assessment of your difficulties and what you would like to seek help with.



*Chris Lynch*  
Integrative Counsellor  
Trauma Risk Management Practitioner

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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



During the summer break some of the Beavers, Cubs and Scouts gave their services to Roughton Primary School by weeding and sowing seeds in their vegetable gardens twice over.

Some of the Leaders went to a car boot sale to sell some of the donations of bric-a-brac.

All the sections are looking forward to re-starting their weekly meetings and the Scouts have an overnight camp planned.

The cubs are off to an activity day at Eaton vale and the Beavers to have a sleepover.

## Beavers

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

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

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 whenever 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 1st October 2022 please have your paper outside property by 8am in Belton ready for collection, or can be dropped at 6 Station Road North, Belton any time (please note the change in start time this will be permanent)

We also collect leaflets, cardboard boxes, any clean cardboard.

**November's collection  
Saturday 5th November 2022**

## WHAT IS REFLEXOLOGY?

The Association of Reflexologists say that Reflexology is:

*"A non-intrusive complementary health therapy, based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body. Reflexologists work holistically with their clients and aim to work alongside allopathic healthcare to promote better health for their clients."*

### WHAT DOES IT INVOLVE?

Upon your initial appointment, your reflexologist should ask you about your:

#### Lifestyle, Health issues, Medical History

They will then begin to "read" your feet by using alternative pressure with their hands and then can figure out which one or more of your body parts are not functioning properly.

### HOW DOES REFLEXOLOGY WORK?

*Reflexology doesn't heal your body, it creates conditions for the body to heal itself.*

Modern life means a lot of us are on our feet daily for long periods of time. Long commutes where standing is the only option. Standing in line in stores. Standing on platforms. Not to mention walking. Whilst walking is good for your health, in general, it still puts stress on your feet. That is a lot of stress that we put on our feet on a daily basis. Reflexology can be a great way of relieving this stress.

*There are many benefits of reflexology including:*

### REDUCES STRESS & ANXIETY

*We work longer hours, this takes its toll on our bodies, mainly in the form of stress.*

Reflexology can be an effective method to reduce stress. This is done by a reflexologist using alternative pressure with their hands. This can increase serotonin levels. The "happy" hormone – that makes you feel happier and more relaxed.

*The effects of being less stressed include:*

**Easier nutrient absorption** – your body will benefit more from the food you digest

**Better metabolism** – your body will be able to burn fat quicker

**Better sleeping patterns** – ever tried sleeping while stressed? It's not easy!

Anything that causes a reduction in stress can also help to prevent or treat anxiety disorder. If you're dealing with that or know someone who is, it's another reason to consider reflexology as a treatment option alongside conventional medicine.

### BOOST BLOOD CIRCULATION

*Reflexology can help improve blood circulation*



This is one of the most important functions in the human body. Blood circulation transports good stuff (e.g. oxygen and nutrients) around the body and the bad stuff (e.g. toxins) out. Reflexology can improve your circulation. This means oxygen and nutrients will move around your body quicker. Resulting in a healthier and more physically efficient version of you. You'll be more likely to be physically fitter because oxygen can get to your muscles quicker, for example.

### BOOSTS BRAIN FUNCTION

*reflexology can help boost brain function*

Reflexology opens your neural pathways. Think of them as a motorway between your mind and the rest of your body. (Use your brain to imagine what your brain is like). This leads to better brain function, so you'll be able to concentrate better for longer periods of time. You know, that end of month report? That 3pm meeting on a Friday? It all becomes a little bit easier when your brain is functioning at full capacity.

### REDUCES TOXINS

*Reflexology helps reduce your toxin levels and can improve bladder function.*

Which helps to reduce the risk of urinary tract infections and other illnesses caused by toxins.

Regular reflexology sessions can protect you against diseases caused by a UTI.

A foot massage/foot therapy can help you avoid a painful trip to the doctors.

### IMPROVES YOUR IMMUNE SYSTEM

*Have a stronger immune system with the help of reflexology*

Reflexology also has preventative health benefits. Aligning the body's systems, reducing toxins and improving circulation all contribute to an improved immune system. This means your body has a stronger defence against infections and diseases. Also, wounds and bruises will heal faster and with better visual results. So you'll have more energy and time to do the things you love and spend less time in a hospital or unable to leave your bed.

### REDUCES HEADACHES

The most popular application of reflexology is for pain reduction, particularly headaches. Headaches and migraines are often the physical manifestation of stress (which is psychological).

*Reflexology reduces headaches by:*

**Helping to reduce stress**

**Relieving tension in the muscles that cause migraines**

**Better sleeping patterns** – ever tried sleeping while stressed? It's not easy!

*You may find it hard to believe, but a reflexologist feeling your feet can help make your head feel better!*

Abbey Secker's  
*Helpful hints on*  
**Houseplants**

**H**ello my name is Abbey, an apprentice through East Coast College at Fritton Plant Centre and very passionate about plants, especially houseplants, enjoy collecting them and have 50 of my own. Having collected them for a few years and learnt many things along the way. One of these is the importance of checking for pests, so you can get rid of them early, and how to check for signs of under and overwatering. Also about different ways to increase humidity and the best area to place them in a room according to the light they need to thrive.

**My three favourite houseplants are:**

**The Croton.** This plant having beautiful vibrant green, scarlet, orange and yellow foliage. It is worth noting that all parts of the plant are toxic so must be kept out of reach from pets and children and is recommended to wear gloves when pruning as it produces a milky sap that can irritate skin. Growing to an average of two feet tall, is fairly easy to look after when you know how to meet its requirements. It should be placed in an area where it will get full or part sun. If kept in a shady position the Croton will lose its variegation and the plant's leaves will turn green. For watering you should keep the soil evenly moist but let it dry out between waterings. Use a well draining potting mix as the Croton likes to be kept moist but not wet. This plant likes high humidity so it is recommended to mist them daily.



**The Rattlesnake Calathea.** Calatheas is also known as Prayer plant. It is called this as its leaves close up at night and open up again at dawn. This movement of the leaves is a response to the light of day and the lack of light at night known as nyctinastic movements. It reaches a height of around 60cm. The Rattlesnake Calathea does best in bright indirect light, though it can tolerate light shade, needs a well draining soil as it likes to be kept moist but not standing in water (this can cause root rot). It also likes high humidity and misting. This plant would make a great bathroom plant and is pet safe too.



**The Syngonium White Butterfly.** It has gorgeous variegated leaves, can trail or climb and reaches an average of two feet in height if climbing. Thrives in bright indirect light and likes moderate humidity so misting is recommended, prefers soil to dry out slightly between waterings. The plant is toxic so must be kept out of reach from pets and young children.

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# Events at the New Road Sports & Leisure Centre

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## Up4fitness & Sallyann

First of all I want to apologise for not writing to you last month. I didn't realise till after it was too late. Secondly I want to mention the passing of Queen Elizabeth II who has guided us through some turbulent times over her years of service to us. Rest in peace "Your Majesty". Sallyann had a very busy August spending time with friends & family. She also walked the North Norfolk Coastal Easy trail in 7 days with a friend. This was done over a fortnight and it was made do able thanks to having a day's rest after each walk and the friend's husband driving us there each day. We walked a total of 45 to 47 miles. Sallyann never thought she would be able to do anything like that again. So is really chuffed with herself and looking for another easy challenge!

Past members keep in touch with Sallyann and she shares any news with the group on Mondays. It's lovely to hear from them and share their news with the group. Dates for coming months leading to Christmas are as follows and may be altered as necessary.

Times 10.15 am till 11.00am. During October classes are Monday 3rd, 10th, 17th, 24th, and 31st, November they are planned for 7th, 14th, 21st, and 28th and December they are 5th and 12th being the last session before Christmas. This is when we will have our end of year get together. If you miss a Monday class or you want two sessions a week! Sallyann has taken over Rachael Lacy's class at Age-Connected, Acorn Centre Regent Road, Great Yarmouth on Fridays mornings at 10 /10.15 am start. Cost is £5.00. You can turn up and pay on the door. There is normally a membership at this centre, but it has been waived temporarily.

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. Times and 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

Past experience has shown us that September/October is a very busy period as, once the summer holidays are behind us and the nights start pulling in, the need to get back to reality and get back into shape and shake off some of the excesses we all tend to indulge in whilst we are on our holidays, reaches a new urgency! We will always accommodate new beginners or returning members after a break and we are a totally inclusive club with a warm welcome for everyone.

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.

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@fightingfityjudo.co.uk or contact him via Instagram, Facebook or WhatsApp

## Great Yarmouth Stroke Club

Not a great start back due to transport problems but it was so good to see our members again.

Late Birthday wishes to Brenda, George, Michelle, Jean G and Marilyn.

Our special thanks to the late Mary's daughters for a donation also money for ice creams .

Also a thank you for the lady Karen who I pass in the morning along the sea front for her donation to the group. How kind. If you have had a stroke come and join us.

Contact Sue Casey 01493 781846



Judith, Sue and Christine presenting the cheque

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# ormiston venture academy



## Ormiston Venture Academy celebrates with exceptional students and community

*Even the rain could not take the shine off the quite exceptional achievement of our students*



Our students, staff and community have once again improved on record outcomes to achieve exceptional outcomes. It is a true testament to the grit, determination and dedication of so many that our students have not only overcome the disruption of the last three years but have excelled. With such fantastic outcomes, we look forward to the mark this group of young people will make on the world in the future.

Particularly impressive was the number of students achieving multiple top grades.

12 students achieved an average of a grade 8 or higher across 8 subjects, with particular mentions of note going to:

- ☒ Eli Palmer with a clean sweep of 10 grade 8 and 9s
- ☒ Aizza Choyi picked up 6 grade 9s, 1 grade 8 and 2 grade 7s
- ☒ Harlee Wicks who achieved 5 grade 9s, 2 grade 8s and 2 grade 7s alongside being selected to represent Great Britain in the World Skate Artistic World Cup Finals in Germany.

It is incredibly difficult to pick out such a small number when we could extend this list to so many notable achievements throughout the year group. We hope this allows the overwhelming majority of our students to access the next step on the pathway to realising their dreams and cannot wait to hear of their future successes.

Whilst many will go on to study at East Coast College and East Norfolk Sixth Form, our students always strive to look for different opportunities



to help them achieve their goals with several achieving scholarships to different institutions.

☒ Daisy Abbots-Freeman secured a scholarship to Evolution Foundation College in Colchester to study a Level 4 qualification in musical theatre.

☒ Mollie Speed is the first-ever recipient of the Nelson Scholarship, an award for fully-funded entry into Sixth Form at Langley School. Identified as a future leader, she succeeded after an arduous application and selection process modelled on a Graduate Training day.

☒ Every year one student at Venture is awarded the Gresham's Scholarship, a fully funded boarding scholarship to Gresham's School in Holt. After several stages of rigorous interviews, visits and tests Sama Abdulkawy secured this year's scholarship.

**Simon Gilbert-Barnham, Principal at Ormiston Venture Academy, said:**

*"This group of young people are truly quite amazing. The exceptional outcomes are inspiring and have set a new benchmark for our community; going beyond our already outstanding achievements of previous years. It really is with pride that we wish them all the very best in their futures. "I would like to thank our students for a fantastic five years, our staff for their commitment to champion every child, our parents for the support they continue to give and our community for the many partnerships that make it all possible"*



**EAST NORFOLK**  
Sixth Form College  
*40 Years of Excellence*

## EN STUDENTS ACHIEVE EXCELLENT RESULTS FOR 2022

Students at East Norfolk Sixth Form College are celebrating yet another brilliant set of A level results at the top performing Sixth Form for Great Yarmouth & Waveney.

This year the number of students sitting A Level exams has increased again and students have continued to achieve excellent results despite the disruption to their education for the last two years and for many, this has been their first experience of sitting formal examinations.

The College's aim for this year's results was to reset and build upon the 2019 performance, which was the last set of results not affected by the pandemic. This has been achieved with increases across the board which is fantastic.



Our students have also performed exceptionally well in the top grades with many achieving A\* and A grades in their subjects.

East Norfolk Sixth Form College Principal, Dr Catherine Richards, said: "I am delighted by this year's results as our students have been awarded some

fantastic grades. These results are recognition for their hard work and determination to succeed and the dedication of our highly skilled staff to support our students and their aspirations."

Deputy Principal, Dr Simon Fox, said: "East Norfolk is not just about an academic education. We take pride in the fact that we continue to offer a wide range of subjects and a host of extra-curricular activities that are not available anywhere else locally. This makes us unique and highlights our commitment to ensuring that no students are disadvantaged or unable to access the widest possible learning. It also re-emphasises the Colleges importance to the local community."

EN continues to offer a bespoke curriculum where the timetable is built around each individual student, enabling them to access so many different options. With the Combined Cadet Force, Duke of Edinburgh Awards and unique partnerships with the University of East Anglia, the College continues to offer an amazing range of opportunities to ensure that students develop the widest range of skills to support them in their futures.

All of our students are encouraged from the moment they start at EN to see themselves as achieving at the highest level, including going onto the most competitive universities. We stretch and challenge them to achieve the very best results.



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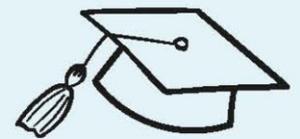
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## Events at the John Green Institute

Trustees of the JGI  
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 Bill Richmond Treasurer 07950 039455  
 Sheila Evenden Bookings 07984 443808

Geoff Evenden Bookings 07984 443808  
 Robert Goffin Maintenance 07526 201088  
 Bridget Lawrence 01403 780160  
 Suzanna Craig Hon Secretary 01493 789019

### JGI Trustees

The end of another academic year! Where has the time gone. Last year we were planning how to deal with Covid and operate the hall in the most secure and economic way. We have come through those times and now have all but a full programme of clubs and groups throughout the weeks.

As has been reported in earlier months of the Village Voice we would still love another one or two new Trustees to take on some if not all of the administration. It is not an arduous undertaking and can be very rewarding in being involved within our community. If you feel you could help but would like to know more then please contact any Trustee.

### Wednesday Morning Drop In

This is still a very lively morning with a great cross section of the community attending. We try and help with any problems whether it be technical or administrative. Every second morning of the month a representative from DIAL is present who will discuss confidentially any issues with credit or other money concerns.

We plan in early October to have a general discussion between all who attend, energy issues and ways that might help to reduce energy use and hence save money.

If you would like to know more then come along on a Wednesday morning between 10.30am and noon or call Sue on 01493 780822.

### Belton Camera Club.



We meet at the JGI on the first Friday of the month at 2pm for a new approach look at photography but also to help each other to take better shots. We have some meetings out on location to give a wide variety of scenery to members in different light levels. You could take a shot that might get published on the front cover of the Village Voice. Just come along with camera or call Bill on 07950 039455 for more details.

(A recent shot taken in a small French town during a festival)

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### Over 60's Club

On Thursday 6th September 36 members and guests enjoyed a day trip to Southwold. After a couple hours retail therapy we then went on to Dunwich for their famous fish & chips.

Belton over 60s meet on Tuesday afternoons between 2pm and 4pm for prize bingo, raffle and various games eg., Cards Scrabble and Rummicub. New members welcome



Ann Manthorpe and Rosemary Bishop

### Quiz Nite at the JGI

Quiz night dates for the rest of the year are Friday October 28th, Friday November 25th and the Christmas quiz on Friday December 23rd. All at 7.30pm start. Tables up to 4 £5 per table. Great prizes, great fun.

### 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)			



# ENTUA

(East Norfolk Transport Users Association) is a voluntary independent body which monitors bus and rail provision in the East Norfolk Area. To learn more about us please visit our website [www.entua.org.uk](http://www.entua.org.uk)

As many of you will already know, yet another set of road closures has taken place with closure of Gorleston High Street for essential drainage works. This, on top of the road works on Beccles Road and Southtown Road has resulted in severe disruption to the bus timetables.

In light of this, First Eastern Counties have issued the following statement:- "Due to on-going punctuality issues caused by congestion arising from multiple sets of roadworks and on-going and upcoming road closures within Great Yarmouth and Gorleston, we will be introducing temporary timetables on services within this area from Monday 12th September, 2022"

"In addition, buses will be unable to serve Gorleston High Street from the same date for approximately 2 months. During this closure all services will stop on Church Road, adjacent to Gorleston Church. The following services are affected:-

**Coastal Clipper 1 and 1A Coastlink X1/X11 Coastal Reds 5/6/6A/6B/8**

"Unfortunately, due to the additional time needed for buses to travel along all routes, these temporary timetables include frequency reductions on all affected services. Buses normally operating on a 30 minute frequency will run up to every 40 minutes, whilst buses operating up to every 15 minutes will operate up to every 20 minutes"

"It is anticipated that these temporary timetables will be in operation for a minimum of 2 months. Please check the website regularly, or follow us on Twitter (@FirstYarLow) or on Facebook (First Eastern Counties) for updates"

"First Eastern Counties apologises for any inconvenience that these changes, which are entirely due to factors outside of our control, may cause and we thank you for your patience and understanding"

For X11s (Mon-Sat) leaving Belton Bracon Road the departure times are 0655, 0735, 0815, 0855, 0935, 1015, 1055, 1135, 1215, 1255, 1335, 1415, 1455, 1535, 1615, 1655, 1735, 1815 and 1935. Sunday (Bank Holiday) timetables remain the same, eg leaving Belton Bracon Road at 22 minutes past the hour from 0922 until 1822.

For Service 5 leaving Cherry Tree Holiday Park (Mon-Sat) at 0929, 1045, 1205, 1325, 1445 and 1605.

Leaving Burgh Castle Queens Head at 0934, 1054, 1214, 1334, 1454 and 1614. There is no change to Sunday timetables.

Also there is no change to the timings of the early morning 6B departing Belton Bracon Road at 0735 or the evening 6Bs departing Belton Bracon Road at 2102 and 2300 hours all going via Burgh Castle. NB the 2300 hours departure terminates at Bradwell Blue Sky Park.

ENTUA welcomes the news that a £2.00 single fare cap is being introduced by the Department of Transport on bus journeys during the period January to March, 2023. This is coming at a time when

many households will be under pressure due to the increase in the cost of living and who rely on buses to get about. ENTUA hopes that this may attract current non-bus users to use a more economical mode of transport to get about. The £2.00 single fare cap means single fares less than £2.00 remain the same. ENTUA hopes that this scheme is extended beyond the initial 3 month period.

At the recent ENTUA AGM in August, Mike Taylor, a long serving member of the association and former Borough and County Councillor was elected as the first President of ENTUA. At the public meeting that followed we heard from Alan Neville, Customer Services Manager for Greater Anglia and with 42 years railway experience on the company's current performance. He said recent challenges have been; recovering its business post pandemic, extreme heat effects on infrastructure and industrial disputes. On the positive side it has been good news regarding punctuality running at 95% across the region, with services Norwich to Great Yarmouth, Lowestoft and Sheringham performing the best. Great accolades have been given to reliability of the new Stadler Bi-mode trains. Passenger numbers have been increasing (mainly leisure market) with Great Yarmouth seeing a 13% and Sheringham a 37% increase compared to pre-pandemic levels. Business travel is gradually returning and is currently at 80-85% of pre-pandemic levels. In answer to a question from a member of the public on whether the ticket office at Yarmouth Vauxhall Station is going to close – Alan Neville was quite emphatic that he knows of no plans to close any ticket offices. Mike Taylor of ENTUA said the Great Yarmouth ticket office is essential for locals, holidaymakers and local foreign residents who often need help in their travel arrangements.

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

TONY GRICE

## USEFUL TELEPHONE NUMBERS

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<b>Kate Ruddock</b>	<b>01493 602960</b>	<b>NHS 24 hour medical advice</b>	<b>111</b>
<b>Burgh Castle Village Hall</b>		<b>James Paget Hospital</b>	<b>01493 452452</b>
<b>Margaret Greenacre</b>	<b>01493 780126</b>	<b>Doctors Millwood Surgery</b>	<b>01493 444484</b>
<b>Norfolk Highways</b>	<b>01603 224200</b>	<b>Dentist J Plummer</b>	<b>01493 662717</b>
<b>GY Borough Council</b>	<b>10493 856100</b>	<b>Block Drains Anglia water</b>	<b>0845 791 9155</b>
<b>Church Pantry</b>	<b>07514 458186</b>	<b>BT Customer Services</b>	<b>0800 800 150</b>
<b>Moorlands School Reception</b>	<b>01493 780007</b>	<b>Essex &amp; Suffolk Water</b>	<b>0345 782 0999</b>
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<b>UK Power Network</b>	<b>105</b>	<b>UK Power Network</b>	<b>105</b>
<b>Essex &amp; Suffolk Water</b>	<b>0345 782099</b>	<b>Gas leak</b>	<b>0800 111999</b>
<b>Blocked Drains Anglia Water</b>	<b>0845 7919195</b>	<b>Rev Rosie Bunn</b>	<b>01493 780210</b>
<b>New Road Bookings</b>	<b>01493 602960</b>	<b>Samaritans</b>	<b>0330 094 5717</b>
<b>JGI Bookings</b>	<b>01493 298164</b>		

# Village Voice Free Ads

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Tel 01493 780822. Text to 07950 039455 or email beltonvvgraphic@gmail.com  
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## Closing Date for November Issue 21st October

### WANTED

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

Knitting machine cones for lady to knit jumpers for a charity. Willing to pay if required. Please call 07963682810.

A Gardener with own lawn mower, Gorleston, payment rates to be discussed. Call 01493 663695

Fold up Mobility Scooter Please call 01493 789594 (Please would the person who called phone again as number left is un-dialable)

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2 white marble table lamps. Excellent condition. £15 each. Ironing board. Excellent condition. £15. Call 07970 103915

## Dates for your Diary



### Sunday 2nd October 2022

#### Holy Communion

9.30am St Peter & St Paul Church

#### Morning Celebration – Café Style

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

### Tuesday 4th October

#### Traditional Holy Communion

11am All Saints Church, Belton

(Coffee available from 10am onward)

### Sunday 9th October

#### 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 16th October

#### 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 23rd October

#### Morning Prayer

9.30am St Peter & St Paul Burgh Castle

#### Holy Communion

10.30am All Saints Church, Belton

### Sunday 30th October 2022

#### Holy Communion

9.30am at St Peter & St Paul, Burgh Castle

#### Morning Celebration

10.30am All Saints Church, Belton

### Sunday 6th November 2022

#### Holy Communion

9.30am St Peter & St Paul Church

#### Morning Celebration – Café Style

10.30am All Saints Church, Belton

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