

Village Voice

February 2023

23rd Great Year

Vol 23-11

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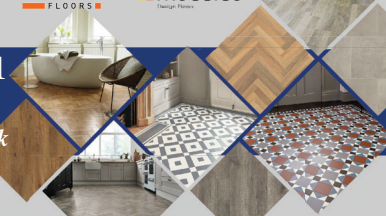
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From the Editor's Desk

Professor Regi Alexander

You may have noted that this February 2023 issue of your Village Voice appears a tad heftier than usual. That is because of an eight-page detachable section featuring the Belton with Browston, Burgh Castle & Fritton with St Olaves Neighbourhood Plan Questionnaire. Traditionally, responses to these sorts of surveys are quite poor. I accept that all of us are busy with the details of our often tiring everyday life, but do try and find 15 minutes or so to complete this form, detach it from the magazine and post it to one of the addresses provided. Alternatively, you can complete it on-line. This is a unique opportunity for us to influence and shape the future of our area and its priorities and please do use it. Elsewhere in this issue (page 11), Rev Rosie Bunn speaks on behalf of many when she pens a fond goodbye note to Tracey Phillips who has moved from Belton to Portsmouth. Tracey is the proverbial good neighbour, a living example of the biblical exhortation that the hands that help are as important as the lips that pray. There will be many in Belton, Burgh Castle and beyond who will miss her thoughtful kindness, helpful actions and ever present good cheer. She was a good friend to the Village Voice and all of us wish her all the very best for the next stage of her life in Portsmouth.

Letters to the EDITOR

Dear Editor

I received the January 2023 Village Voice and as is the case every month, enjoyed the read. Page 16 regarding the Blue Badge, however, did not give me the same in enjoyment. I have had a Blue Badge for six years and applied for a renewal. 1 year later, I was still fighting for it, filling 26 pages, speaking to county councillors who took no interest whatsoever to help. The only help received was from county councillor Carl Smith. I am in a wheelchair and have deteriorated in the last two years. If it was as easy to apply as stated in Village Voice, my problems would've been very short lived. I am sure there are many elderly people in our area who are suffering the same. I have always found Age Concern very helpful. Perhaps, they could lobby the county councillors to sort out this system.

Best wishes for a happy new year.

Jennifer Beesley, St Olaves

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Over the coming months, I will be writing various articles on the clubs and activities that take place in Lothingland. Places such as the John Green Institute, New Road Sports Centre, Fritton Village Hall and other venues. This is the first of those articles.

Arts & Crafts Club

This group is run by a lovely lady called Jan. They meet every Wednesday from 2.00pm until 4.00pm at the JGI.

Their activities include but are not restricted to drawing, various types of painting media, water colour, oil, acrylic pen and ink and pencil drawing. They also participate in Knitting, crochet and embroidery.

These are not formal classes but operate on more of a shared pool of skills and information.

It would be hard not to note the terrific comradery and relaxed friendliness of this group, which consisted of all ages.

The environment is warm and hospitable.

The cost of these activities is £10.00 per month.

Tea and coffee are provided often with biscuits and sometimes cake when one or two of the members bring one in.

If you would like to join or simply make further enquiries, please contact Jan on 01493 488683, for which I am sure, will be greeted a warm welcome.

Adrian Myers Chair Village Voice

Your Village Voice Contacts

EDITOR

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

ARTICLES & FREE ADS

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

ADVERTISING

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

ADMIN & DELIVERY

Suzanne Craig
beltonvvsect@gmail.com

FINANCE

Anneka Gearie
beltonvvaccts@gmail.com

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CHAIR OF VV BOARD

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YOUR VILLAGE VOICE

The closing date for all Articles and Adverts for the March 2023 edition is 15th February 2023

February 2023 **261st** Edition

Cover Picture: Resident Alapaca at Priory Farm, St Olaves. Supplied by Judith of Bradwell, taken 21.1.23

This Magazine is a Community Enterprise professionally printed - but written, edited and delivered free - entirely by volunteers.

After printing costs, any profits from the Magazine are paid out in the form of grants to community organisations and groups in our circulation area.

We welcome your news, views, letters and articles and photographs for publication. No anonymous items will be accepted. Complaints, please write to Adrian Myers, Chairman, Village Voice Board by post at 49 Heather Gardens, Belton NR31 9PP

Your Parish Council Reports

Belton with Browston Parish Council

The latest meeting of Belton with Browston Parish Council was held on January 10th with eight of the thirteen Parish Councillors present along with Borough Councillor Adrian Myers, one member of the public and the Parish Clerk Kate Ruddock, Ken Botwright chaired the meeting.

The Precept or funding for 2023/24 had been brought back to the Council again by the Clerk as the Borough Council had just decided that they will no longer be providing what was known as the Parish Council Support Grant due to funding for this being withdrawn by central government. This now resulted in a loss of £2672 to the council in 2023/4 and future years and after discussion it was agreed that the only way forward was to add this sum to the already proposed increase for the year taking the increase in the Parish Councils part of next year's Council tax up by 28 rather than 23%.

The 'Warm Hub' at the New Road Centre is still being poorly attended but this is apparently a general situation throughout the Borough and the Parish, who had a grant to support this will keep the hall open twice



weekly for the purpose. Also at New Road the hot water boiler is nearing the end of its life, as it provides general water and hot water for the showers it will cost up to £20000 to replace and options are being investigated that include reducing the number of shower units but consultations will take place with the Football Association and both user clubs before a decision is made.

The Chairman confirmed that grant funding of £5069 had been secured for the three local, Lothingland, councils to produce a joint Neighbourhood Plan and the next stage is meetings at Fritton and Burgh Castle at the end of January.

In Planning there were no objections to the following applications: - 3, Amhurst Gardens (extensions to garage and front porch), 29 St James Crescent (extensions to front and side), 8, Beccles Road, Belton (single storey rear extension) and The Pines, Beccles Road, Belton (2 storey rear extension).

There were objections to conversion of a stable block to residential at land off Short Road Browston with a list of reasons including it being outside the settlement limits of the Local Plan. There was also a request for a permanent change of use of a domestic swimming pool for public use at The Pastures, Cherry Lane, Browston, felt as unnecessary in such a location (If it were to be approved by Borough planners a restriction that all visitor parking be within the site and not on the highway was requested). The request for 12 month occupancy as residential for holiday units at Rose Farm Touring Park, Stepshort was also objected to, reasons included increased traffic, impact on local services and the site being on a flood plain.

The Borough Council had approved the following, The Compass Centre, Bell Lane (works to an Oak Tree), A plot on Lound Road, Browston (conversion of a former farm building to office use) and The Wild Duck Holiday Park (demolition of a maintenance building to be replaced with seven static caravans). A planning application for a storage container behind 35 Fern Gardens has been withdrawn by the applicant and a new Tree Protection Order has been placed on the trees at Moorlands Primary Academy in Belton.

The next meeting of the Parish Council takes place at the New Road Sport and Leisure Centre on Tuesday February 7th (7.30pm), details from the Parish Clerk, Kate Ruddock on 01493 602960 or email beltonparish@yahoo.co.uk.



6 Local Diamond Wedding Anniversary

Tony & Pat Beare celebrate their Diamond Wedding anniversary on February 23rd this year. Both born and bred in Belton and married at All Saints Church Belton during the Big freeze of 1963, with snow on the ground. They have lived in Browston all their married life with Tony working alongside his father, Sam, and brother, Ivor, formally at Waveney Nurseries in Belton and then at Greenfields nurseries in Browston until he retired at 80 years old. They are now enjoying a well deserved retirement with their daughters and grandchildren.

Love Daughter Nicky

Congratulations from the Village Voice

Community Choir Concert

On the Thursday evening before Christmas a large audience at All Saints Church were treated to a great evening of Carols and



Christmas songs by the choir. It was especially

tuneful with Mary, choir leader, and her family of musicians on trumpet, keyboard, flute and violin. As well as listening to the choir there were several numbers when all could join in.

All were treated to drinks and eats at the end of the concert. The choir thanked Rosie for the use of the Church again as a great venue.



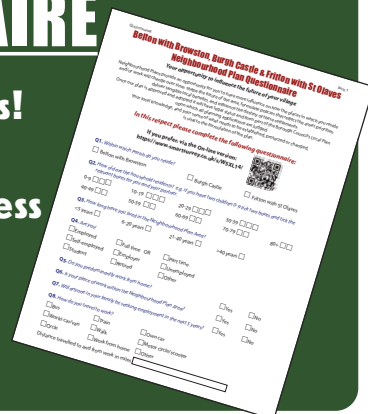


Burgh Castle Parish Council

As expected and advised as possible in last month's Village Voice the January meeting of Burgh Castle Parish Council was cancelled due to the lack of new business appearing over the holiday period, the next meeting will now be on Monday February 13th at the Village Hall (7.30pm) for further information please contact the Parish Clerk, Kate Ruddock, e-mail burghcastleclerk@gmail.com. or use the new telephone number of 07899 846148, alternatively see any of the Councils notice boards or web site for the agenda a few days prior to the meeting date.

Please complete the attached QUESTIONNAIRE

**Your opinion counts!
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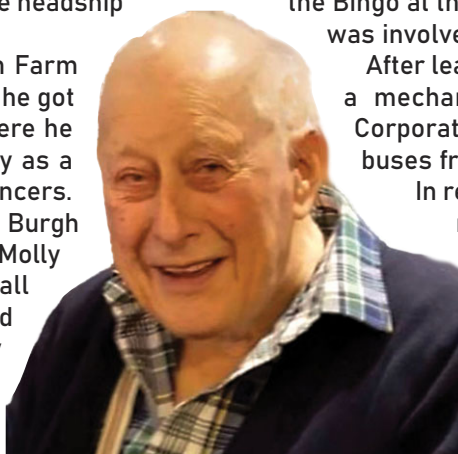
Burgh Castle Centenarian

Walter Flaxman (Uncle Wally as he is affectionately known) the second of four brothers was born in Back Lane, Burgh Castle on 3rd February 1923. They moved to 1 Coronation Terrace in 1938.

He attended Burgh Castle school and has many amusing anecdotes from his time there under the headship of Miss Wheeler.

He worked as a Cowman at Church Farm for Mr Bond. When he was 18 years old he got his calling papers to join the army where he was deployed to North Africa and Italy as a tank driver for the Queen's 16th-5th Lancers.

After the war ended he came back to Burgh Castle to marry his school sweetheart, Molly Harvey in 1947. They moved to a small cottage on Church Road, where they had their daughter Susan. Soon after they moved to 3 Cement Cottages where they lived for 60 years. Sadly Molly



died in 2007, but Uncle Wally has continued to live at Cement Cottages ever since.

Wally was one of the original members of Burgh Castle Community Council and worked hard to raise funds to acquire what is now Burgh Castle Village Hall. He called for the Bingo at the hall for almost 50 years. Prior to this he was involved in raising funds for Guide Dogs.

After leaving farming Wally worked at Jewson's as a mechanic and after a short while moved to Corporation Transport as a mechanic repairing the buses from 1979 until his retirement.

In retirement he still worked as a gardener for many friends.

Wally has two grand children and five great grand children who still keep him busy.

Lovingly his Daughter

Congratulations from the Village Voice

Burgh Castle Tea Room & Bargain Stall



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We are back!!!

Special opportunity to preview our new range (Lots of children's toys)

Thursday 16th February 2pm - 4pm then opening Friday 17th February 10am - 2pm as usual, then every Friday until 6th April when we will be back to two days a week.

Looking forward to seeing all our regulars for coffee, cake and company.

Please continue to think of us when you have unwanted goods to dispose of, we can arrange collection at a convenient time for you.

For more information

01493 780126

mgreenacre532@gmail.com

Burgh Castle Church Restoration Fund



BURNS NIGHT IS BACK!!!

**At the Village Hall in Burgh Castle.
Please come along on Saturday 4th February
7.00pm and join us in our celebration of
the life of Robbie Burns.**

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**Further information any church member or
Margaret 780126**

Fritton with St. Olaves Parish Council



The January meeting of the Parish Council was brought forward two weeks to Thursday the 12th as there was a financial matter that had to be returned promptly to the Borough Council. There were eight Parish Councillors, Borough Councillor Adrian Myers, the Parish Clerk and seven members of the public present and the meeting was held at Fritton Village Hall, Stannas Bellaby was in the chair. With two candidates there was a vote to fill the single vacancy on the council and Dr Catherine Richards was elected to take the seat.

Several members of the public were present to express concerns at the proposed St Olaves Caravan Park at Priory Farm (30 units, roadway and shower block), there were concern over increased traffic/access issues and the ability of infrastructure including the pumping station being able to cope as well as the effect the proposals would have on wildlife, the council were also against the application and agreed to

object accordingly.

There were no objections to demolition of the garage, a new garage and first floor extension at Squirrel Dreys on Herringfleet Road. It was agreed that the council would e-mail objections to the six sites identified (three for tourism) as possible development locations in the Great Yarmouth Emerging Local Plan consultation. The Council will again contact the agent for the Fritton Decoy site as the temporary fencing is still causing visibility issues at the New Road junction.

The confirmation of the location of the proposed Jubilee bench by the Broads Authority is still awaited, when a site is confirmed the BA will be asked if they can join the Parish Council and local businesses in making a donation towards the cost of the bench. There is still no progress with Newcombe Estates over 2/3 trees which are considered as possibly being dangerous at Waveney Forest, Councillor Myers

confirmed that he will contact the Borough Councils Tree officer over the matter. Councillor Myers will go back to the Borough Council over ownership of the area at the Fritton Village Sign that needs posting round to keep vehicles off as the land advised on earlier is not the correct location.

Members agreed to increase the precept (council funding) for 2023/24 by a further £105 as the Borough Council no longer have central government funding to enable them to pay the Council Tax Support Grant, in this councils case £105 a year, the increase next year will now be 8 rather than 7%.

There was a discussion on speeding in Fritton with a reply from the Norfolk Director of Highways indicating an increase in the length of the double white centre line, Fritton already has a SAM 2 and a VAS unit and a SAM2 data trial has been offered to the council.

The next meeting of the Council will be held earlier than originally planned on Thursday 16th March at St. Olaves Village Hall, this will be the last meeting of the council before Parish Council elections in early May full details from Kate Ruddock, Parish Clerk on 07899 846148, e-mail fritton.stolaves.clerk@outlook.com.

Pooch
Corner



DOG BITES

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



We've all heard the news, right? Dog attacks and fatalities seem to be on the rise.

Medical data looking at human mortality rates between 2001 - 2021 averaged a death rate of 3.3 dog-related deaths per year, which meant less than 0.6 deaths per 10 million population. Unfortunately, there have been no 'official stats' announced for the year 2022 but the media have reported 9 fatalities (this doesn't include non-fatal dog bites). This indicates that dog attacks rose significantly last year. Breaking news in January is that a dog walker has been mauled by the dogs that were being walked. Though we don't know all the details so we can't speculate, the outcome never less is devastating. Not only are dog attacks on people on the rise but also on our beloved dogs with a recent report of a man in Lowestoft losing his beloved pooch due to an attack that also left him with injuries.

The Mirror states there seem to be hotspots in the country for dog-related injuries according to NHS data which include: Knowsley, Middlesbrough, Wakefield, Redcar and Cleveland. Some assumptions can be made here potentially about population and dog ownership vs other areas. Why is this on the rise? We don't know, but we are potentially in the midst of a perfect storm due to puppy farmers breeding genetically poor dogs, the rise of dog ownership without regard to the dog's background, and the COVID effect (lack of owners taking up training).

What to look out for

If you're worried about this rise in dog-related injuries here are some things you should know.

Awareness: Dogs rarely bite or attack completely out of the blue, this is a myth*. Dogs use a crazy amount of communication to tell us how they feel. If we don't understand that communication, it can be missed which can (and usually does) escalate the behaviour.

Safety: Any dog (and any animal for that matter) can bite. Never assume that your dog won't bite because they love you or because they are the best dog ever.

Precaution: Never, ever, ever leave a child of any age unsupervised with a dog no matter how bomb-proof you think your dog is. And if you're in that position, there's something you can do to make to try and change the situation.

WHAT CAN YOU DO ABOUT IT?

Learn about proper dog communication (I help owners with this all the time)

Train your dog to listen to the cues the first time they are asked to a high standard so they can listen to you in a highly distracting environment

Expose your dog gradually and positively to a range of different people, dogs and environments

Avoid the use of quacks. Yes, you read that right, a quack is a trainer/behaviourist that IS NOT QUALIFIED. Not only can using a quack affect your dog's welfare it can have very damaging ramifications for the entire family group

Don't ignore any warning signs, if your dog has displayed any concerning behaviour, ask for help.

For any warning signs ALWAYS have a full vet check-up for pain or infection. Dogs are good at hiding health issues and only a veterinary surgeon can diagnose any medical issue.

How can I find help and avoid a quack?

Unfortunately, the dog training and behaviour industry is unregulated. Professionals are only regulated if they choose to be. Check out the Animal Behaviour & Training Council (ABTC). The ABTC is the only body which has been given Council status by the UK Government. Professionals listed on the ABTC register have been assessed and accredited to ensure their skills and ethics meet the standard required to do work with animals.

Speak to your veterinary surgeon for guidance if you are unsure. Check out the Association of Pet Behaviour Counsellors for a behaviourist - members are strictly regulated. More information on this and to read the rest of the article: <https://www.kateyaldred.co.uk/dog-bites>

If you have concerns or want to take preventative measures let me know get in touch via WhatsApp

(*there is the odd exception but this usually relates to health conditions such as seizures or a brain tumour)

BINGO

19	33	48		78	82
9		32		59	70
	20	23		55	65
1	24		47	60	
4	12			54	73
2	15		36		64
		28	39	43	67
5		27	38	50	
	16	22		46	56
3			42	57	75

Fritton Bingo

Our next Bingo session at Fritton Village Hall is being held on Friday February 17th starting at 7.15pm.

All welcome for an enjoyable evening.

Roy



Let's clear up the RUBBISH

LITTER PICK FOR FRITTON AND ST. OLAVES

Volunteers are needed for litter picking over the next couple of months.

Picks and plastic bags will be provided.

If anybody is willing, please contact me

Judy Bosworth on 01493 488549 or

p.r.bosworth@outlook.com for St. Olaves,

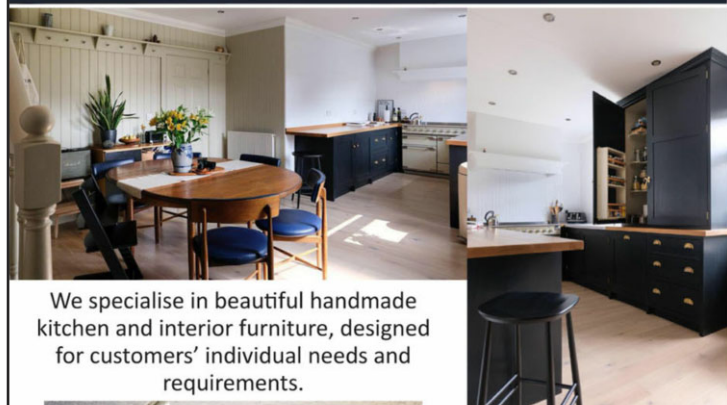
or Marion Binding on

marion.binding@gmail.com for Fritton.



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A Word from your Local MP and Councillors



BRANDON LEWIS

MP writes

Have you noticed that there seems to be a themed day everyday of the year. Business groups, charities, health groups all using these days

to promote a particular cause or product. And in mid-January the media like to remind us about 'Blue Monday'. It's when our Christmas spirit runs out as the bills arrive and we look out the window at another dark, damp winter day. However, there is a hope ahead the nights are getting ever so shorter, and spring is around the corner.

Even in politics, we can suffer a 'Blue

Monday'. As the House of Commons returned to business politicians had a bulging in-tray of issues for debate and resolution. These included support for cost-of-living pressures, getting inflation down, stopping the migrant boats and preventing strikes disrupting essential services and crippling our economy. The most pressing is the winter pressures faced by our NHS and in particular hospital A&E departments and ambulance services. The Health Secretary came to the House of Commons to outline an immediate £250 million action plan to solve the immediate problem of medically fit patients unable to leave hospitals because of the availability of social-care beds and the serious knock-on impact in our hospitals. Already we are seeing significant progress on those issues.

And then a ray of sunshine cut through all

the political clouds as the Government announced £2.2 billion of Levelling Up funding across the country. Here in Great Yarmouth, we shall benefit from our fair share. A massive £20 million towards the town's ambitious Riverside Gateway project. It's the latest in a list of ambitious regeneration projects our local council is delivering for our area. It will see previously neglected land developed for retail, housing and leisure purposes. With that we will see new jobs and economic growth that will benefit the whole borough. Over a decade ago I launched a campaign for significant improvements to the station and surrounding area. It's received £3 million funding, to at long last transform this area.

With all the other projects around the town, and borough, this is an exciting announcement to brighten up the end of January.



ADRIAN MYERS

Borough Councillor

Some weeks ago, I was contacted by a resident regarding the trench work that had been carried out on behalf of BT by a contractor. It is unfortunate that trying to contact either BT or Open Reach about any works that they carry out on highways is practically impossible. I had several communications

with NCC highways, who, I have to say on this occasion, responded in a very positive way. The original work carried out was at best poor, causing dangerous conditions for not only cyclists, but as the trench deteriorated became a danger to motor cyclists and cars. Highways have assured me that they have inspected the new work to ensure that it is up to standard and will monitor that work. The other main issue that I raised what the use of three way traffic lights, being put in place when no work was being carried out and what work that had been carried out, was cold lay Tarmac, meaning that it could be driven over almost immediately, as of course was the case when you drove over it on the other side of the road. I made it clear that these delays on what is the main route into and out of Belton, was entirely unacceptable and any work in the future where such restrictions are put in, are kept to an absolute minimum.

On Tuesday the 17 of January, I attended the inaugural meeting of the Neighbourhood Plan steering group. A neighbourhood plan is

one drawn up by the residents of the area covered by that plan. In this instance it covers Belton with Browston, Burgh Castle and Fritton St. Olaves. The plan when adopted by the borough council and the Broads Authority, will run parallel to the boroughs emerging local plan. These plans cover everything from housing, development, open spaces and the future developments of all the villages mentioned. In planning, once adopted will carry as much weight in planning considerations as the borough wide one. It is a fantastic opportunity for all the residents who live in these villages to have a real say in what they would like to see in their village and how their village develops in the future.

In this edition of Village Voice, you will find a questionnaire. Please take time to complete it and return it to the addresses advertised for those returns. The questionnaire can also be completed online and there is a QR code and a link to the online form, both can be found on the paper questionnaire. The more people who complete the form, the better and broader the opinions of people can be reflected in the plan. This is your plan, the future of your village. When the consultation period has finished, the data will be collated and published and will form a major part of the plan.

Cllr. Adrian. Myers Independent Lothingland



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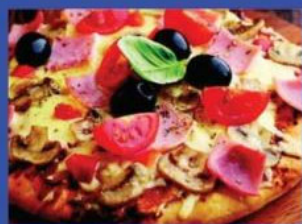
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1st Belton Scout Group

We would be grateful of any books / Bric-a-brac for sales they can either be dropped at
6 Station Road North, Belton or telephone 01493 780965

The Scout Group have supported The Belton Pantry by donating food items and toiletries which was presented just before Christmas

Beavers

The beavers joined the rest of the district at Great Yarmouth Minster for a Festival of Light finding out about different religions, made a Christmas Star out of a pipe cleaner and donated a tin of soup to the Minster café.

The beavers finished last term with a games evening. We have started January with their animal friend activity badge by making bird feeders and looking at the birds that visit the Scout HQ.

If you have a young person 6 years or about to be 6 years and are interested in Beavers, please contact Brown Beaver (Jane) 07975 533572

Cubs

The Cubs enjoyed a lovely December before their Christmas break and looked forward to the January return.

The Cubs attended the District Festival of Light service with all groups from the district to kick off the Christmas festivities. They have baked cookies and mince pies at the hut, had a Christmas party where they played games and ate party food and

also finished off their last badge of the term.

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

Scouts

The Scouts have taken part in a forum so they had the opportunity to discuss what they would like to do next term. They completed the term with an



evening playing party games and having some Christmas snacks. They joined the District at Great Yarmouth Minster for a Festival of Light, they all donated a tin of soup to the Minster Café.

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 4th February 2023 please have your paper outside property by 8am ready for collection.

(please note the change in start time as this will be permanent) in Belton, or can be dropped at 6 Station Rd North, Belton any time. We also collect leaflets, cardboard boxes and any clean cardboard.



March collection Saturday 4th March 2023
Date for your diary
Jumble/Bric-a-Brac/Toy Sale
Saturday 18th March 2023 at the JGI 10am

Stay Healthy throughout the year

You have the power to change your life That power is within you, to change whatever you want to, whatever you need to, whatever you choose to. Change is always possible.

A new year nearly always encourages us to consider our aspirations, hopes and fears for the future.

Many of us may make New Year Resolutions. We look at our burgeoning waist lines and decide to get fit and lose weight for the umpteenth time. We decide to hit the gym perhaps, or join a fitness class, and all seems to be going well, at least for the first two weeks!!

Some of us look at our close relationships and wonder where they are headed. Perhaps Christmas and the holiday period has thrown up some issues. Things are not as they should be. Others may have felt isolated over the holiday period and desire to meet new friends or find romance with that special someone.

For others, a change of job may be on the cards, or getting back into work if they have been out of the workplace for a while.

Some of us may also be feeling under par, either mentally, physically or both. Many people seem to have struggled with low energy and mood since Covid first emerged, almost three years ago now. Even if we escaped the worst of the virus, the legacy of lockdown, isolation and financial hardship is still with us, not helped by the current

looming recession and rising cost of living.

So the advent of a new year can bring both challenges and opportunities for us all in many different ways and 2023 is no exception.

It can be daunting if you know you need to change some aspect of your life, but are unsure as to how to go about it.

Life coaching can be a useful first step in identifying the issues that are causing you difficulties in your life. Life Coaches are professionally trained to help you maximise your full potential and reach your desired results. (www.lifecoach-directory.org.uk).

If you are feeling under par and need a boost, then now is as good a time as any to take positive steps to feel better in yourself.

Time invested in yourself, is never wasted. As the old saying goes, "you can't pour from an empty cup ..." Burnout doesn't happen overnight. Many of us are running on over-drive, stressed, tired and worn out. We have busy work lives, families to look after, homes to keep. As mid-life dawns, we often also have additional caring responsibilities for elderly relatives. Suddenly our cups are all but empty. We lack energy and vitality, our anxiety levels are high, we sleep badly, often eat badly and feel generally off-kilter.

Self-care is the conscious effort of making time for activities you find beneficial in maintaining your mental and physical health. Caring for your mind and body doesn't have to be time consuming but does require regular and ongoing attention. Eating and drinking well, getting enough sleep, exercising, being mindful of alcohol consumption, avoiding recreational drugs and living a healthy

active lifestyle are just some of the physical health related aspects of self-care, but we mustn't forget to focus on the mental health aspects too, like relaxation, mindfulness, social connections and hobbies. There are many valuable resources available on line nowadays (I find YouTube really helpful) and a huge number of health and wellbeing apps that we can download on our phones.

I am a complementary therapist and I work holistically with my clients. This means that I treat the whole person – mind, body and spirit. This I believe is more important than ever as medical research is uncovering many links between mental health conditions and physical illnesses. Your risk for heart attack is increased, for example, if you are depressed. Migraines are linked with anxiety and depression ... and anxiety and depression triple the risk for IBS in women. Severe allergy sufferers are 72 per cent more likely to feel depressed than healthy individuals (Womens Health magazine Feb 19, 2018).

Investing in your health and wellbeing is one of the best things that you can do for yourself and those around you. Being healthy and happy with the person you are will ensure you can live a long life with minimal complications. You can't put a price on good health, so it's better to invest now than to regret later.



Alison Rookes
www.amayawellbeing.co.uk

I am a qualified integrative Counsellor and I cover different kinds of talking and listening therapy such as Personcentred, Psychodynamic Cognitive Behaviour Therapy, Dialectical Behaviour and Attachment Therapy.

My practise is based on seeing you as a unique person and I offer a non-judgement, caring and confidential space to bring issues of anxiety, panic attacks, depression, anger, eating disorders, behavioural disorders, bereavement, low confidence and self-esteem that result from trauma difficulties in early family relationships, domestic abuse and when there doesn't even seem to be a reason for the difficulties.

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  **HOPE**
Integrative Counsellor **COUNSELLING**
Trauma Risk Management Practitioner

If you are interested please email with your contact details or phone and leave a message and I will get back to you
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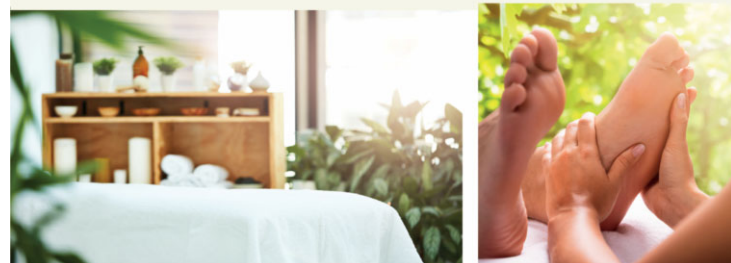
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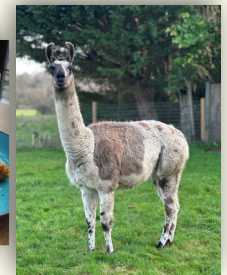
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ALL SAINTS BELTON

Rev Rosie Writes . . .



As soon as Christmas was over, the shops were stocked with cards and gifts for Valentines Day, and Easter eggs! We move from one event/celebration to the next with such ease – or so it appears in retail. But in life it isn't quite so easy! We need time to reflect and work through some of the events in our lives, and when we don't and jump straight into the next thing we can be storing up trouble for ourselves in terms of our emotional and mental health.

My eldest son, Chris came home from Malawi on a flying visit (actually on the weekend of my birthday) as he was on his way up to Glasgow for work. What a joy to have him with us and go out for a meal as a family – I can't really remember when we last did that, just the four of us. But with the joy of his arrival came the sadness of the goodbye on the Monday morning, not knowing when we would next see him to give him a hug. I'm just grateful for WhatsApp and the communication possible through that media.

Less than a week later Tim and I said "goodbye" to Tracey who had lived with us for nearly 15 years, becoming part of our family; sharing the good times and the bad with her. As I have written elsewhere, she has gone back to Portsmouth, to be with her family and serve God there.

In both of these situations, I can still pick up my phone and get in contact with a loved one. When we lose someone close to us through death, that's another matter. It is much harder, because we can't get in contact with them; we can't share what we are doing in the same way. When taking funerals, I sometimes use a poem that comes from a sermon delivered in 1910 by Henry Scott Holland at St Paul's Cathedral whilst the body of King Edward VII was lying in state at Westminster. It actually contains some good advice, in how to travel through grief.

Death is nothing at all.
It does not count.
I have only slipped away into the next room.
Nothing has happened.

Everything remains exactly as it was.
I am I, and you are you,
and the old life that we lived so fondly
together is untouched, unchanged.
Whatever we were to each other, that we
are still.

Call me by the old familiar name.
Speak of me in the easy way which you
always used.
Put no difference into your tone.
Wear no forced air of solemnity or sorrow.

Laugh as we always laughed at the little jokes that we enjoyed together.
Play, smile, think of me, pray for me.
Let my name be ever the household word that it always was.
Let it be spoken without an effort, without the ghost of a shadow upon it.

Life means all that it ever meant.
It is the same as it ever was.
There is absolute and unbroken continuity.
What is this death but a negligible accident?

Why should I be out of mind because I am out of sight?
I am but waiting for you, for an interval,
somewhere very near,
just round the corner. All is well.

The support of people around us, helps us to come to terms with the challenges of life in difficult circumstances, if we let them, but sometimes we have to spend time with ourselves, acknowledging how we feel. That is loving ourselves, and so important. For me, it also includes talking with God, telling Him how I feel and letting him restore me. He will do it for you, too, if you ask Him.

Rosie

So, the clock turns and a new year is upon us.

Hopefully this season, we will continue with

occasional bacon rolls and a fish and chip lunch. £25 has been collected and sent to Gorleston RNLI in lieu of sending Christmas cards to each other. Happy New Year to you all. Sue Angell.



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The Bible Course



Explore the BIG story

Ever wanted to explore the BIG story of the Bible?
Beginning on 7th February 7.00pm - 9.00pm,
fortnightly for 8 sessions at All Saints Church
Belton.

Whether you're new to the Bible or want to go deeper, The Bible Course is for you. It shows how all the books, characters and events fit together to form one BIG story, from Genesis to Revelation. The course also provides tools and skills to help apply the Bible to everyday life.

The course consists of eight interactive sessions.

Each includes discussion time, personal reflection and daily readings plus video content with subtitles.

If you are interested, you will be made very welcome.

Belton with Browston, Burgh Castle & Fritton with St Olaves Neighbourhood Plan Questionnaire

Your opportunity to influence the future of your village

Neighbourhood Plans provide an opportunity for you to have more influence on how the places in which you reside and/or work will change over time, shape the future of the area, formulate policies that reflect the area's priorities, deliver tangible local benefits, and influence the destiny of these settlements.

Once our plan is approved and adopted it will have legal status and form part of the Borough Council's Local Plan upon which all planning applications are judged.

Your local knowledge, and your sense of what needs to be established, protected or changed, is vital to the formulation of the plan.

In this respect please complete the following questionnaire:

If you prefer, via the On-line version:

<https://www.smartsurvey.co.uk/s/W5XL14/>



Q1. Within which Parish do you reside?

☐ Belton with Browston

☐ Burgh Castle

☐ Fritton with St Olaves

Q2. How old are the household residents? e.g. if you have two children 0-9 tick two boxes and tick the relevant boxes for you and your partner.

0-9 ☐ ☐ ☐

10-19 ☐ ☐ ☐

20-29 ☐ ☐ ☐

30-39 ☐ ☐ ☐

40-49 ☐ ☐

50-59 ☐ ☐

60-69 ☐ ☐

70-79 ☐ ☐

80+ ☐ ☐

Q3. How long have you lived in the Neighbourhood Plan Area?

<5 years ☐

6-20 years ☐

21-40 years ☐

>40 years ☐

Q4. Are you:

☐ Employed

☐ Full time OR

☐ Part time

☐ Self-employed

☐ Employer

☐ Unemployed

☐ Student

☐ Retired

☐ Other

Q5. Do you predominantly work from home?

☐ Yes

☐ No

Q6. Is your place of work within the Neighbourhood Plan Area?

☐ Yes

☐ No

Q7. Will anyone in your family be seeking employment in the next 5 years?

☐ Yes

☐ No

Q8. How do you travel to work?

☐ Bus

☐ Train

☐ Own car

☐ Works car/van

☐ Walk

☐ Motor cycle/scooter

☐ Cycle

☐ Work from home

☐ Other

Distance travelled to and from work in miles

☐ A single adult ☐ An adult couple ☐ A family with children

☐ An older couple ☐ A single older person

Q11. Answer **ONLY if you answered YES** to question 9
Why is the current property unsuitable for the household member(s) needing or wanting to move?
Please select all that apply:

☐ Overcrowded ☐ Want/need to live independently

Other reasons (please specify)

Q12. *Has anyone in your household had to move away or stay living with you because?*

- ☐ No housing available in the area
- ☐ Available housing too expensive
- ☐ Available housing too small/large
- ☐ Non driver/poor public transport

Other (please specify)

Q13. *What type of property would be most suitable for the household member/s planning or needing to move?*

☐ House ☐ Bungalow ☐ Flat/apartment

☐ Sheltered/retirement housing ☐ Extra care housing

Other (please specify)

Q14. *Do you think we need more affordable housing within the parishes for example first homes, affordable, shared equity or rented?*

☐ Yes ☐ No

Q15. *Is any member/s of your household currently on the housing register, i.e. the waiting list for socially-rented housing?*

☐ Yes ☐ No If yes, please state how many years?

Q16. *What do you consider to be the barrier for you of buying your first home?*

☐ Acquiring the deposit ☐ Affording the mortgage payments
☐ Affording the costs of owning a home ☐ Homes available in the area are too expensive

Q17. *What type of housing is required in the area?*

☐ Social housing ☐ Flats/Apartments ☐ Affordable homes ☐ First time buyers
☐ Sheltered housing for the elderly ☐ Bungalows ☐ Semi-detached homes
☐ Detached homes ☐ Terraced homes

Other (please specify)

Q18. *What size of new houses do you want to see built in the area?*

☐ 1 bed ☐ 2 bed ☐ 3 bed ☐ 4 bed ☐ 5 bed or larger

Q19. *Would you be supportive of the neighbourhood plan identifying a site for development?*

☐ Yes ☐ No Please enter suggested locations below.

Q20. *What do you consider important for any new builds?*

☐ Energy efficiency ☐ Gardens ☐ Parking
☐ Design and layout ☐ Public transport ☐ Infrastructure/Services

Q21. *What size of housing development would be appropriate for the area?*

☐ <10 homes ☐ 10 – 25 homes ☐ 25 – 100 homes ☐ >100 homes
☐ Infilling or individual homes ☐ Brownfield site development ☐ None

Q22. *Should all new developments have sustainable energy provision?*

☐ Yes ☐ No

Q23. *Should there be a solar farm or wind farm in the NPA?*

☐ Yes ☐ No

Please add any comments you have in respect to this section:

Q24. *As tourism is a major employer within the NPA do you consider that:*

Further expansion of existing tourism sites should be permitted?

☐ Yes ☐ No

New tourism sites should be created?

☐ Yes ☐ No

Q25. *Do you think that the area has improved or got worse over the last ten years?*

☐ The area has got better ☐ The area has got worse ☐ The area has not changed much

In what way has it got better or worse?

Q26. *Although travelling to Caister recycling centre is not far in distance, due to traffic congestion it can take 2 hours. Would you like to see a recycling centre in Lothingland i.e. covering Belton, Browston, Burgh Castle, Fritton, St Olaves, Hopton and Gorleston-on-Sea?*

☐ Yes ☐ No

Q27. *What do you cherish the most within this area?*

☐ The very mixed landscape character of the area i.e. farmland, marshland, woodland, reed beds and carr (waterlogged wooded terrain)

☐ Public rural footpaths (Public Rights of Way)

☐ Open / Green Spaces

☐ Play areas

☐ Allotments

☐ The Parish churches and natural habitats of the graveyards

☐ Views from Church Lane, Belton, over Caldecott and Fritton Lake

☐ Views from the Fort, Angles Way and Market Road, Burgh Castle over the flat topography of the Broads

☐ Views of the countryside

☐ The Roman Fort Garianonum at Burgh Castle

☐ Waveney Forest Fritton

☐ The 'Hanger' woodland Burgh Castle (adjacent to the Roman Fort)

☐ The 33 Listed Buildings and Scheduled Ancient Monuments within the Neighbourhood Plan Area

Q28. *Is there any local green space that you think should be protected within the neighbourhood plan?*

Q29. *The neighbourhood plan could include a policy that protects really special views, for example those over the broads or of the church. What views would you want to see protecting?*

Q30. *Why did you move to the village you live in today, what do you think is special about it?*

Q31. *Looking forward 10 years, how would you like Belton with Browston / Burgh Castle / Fritton with St Olaves to be described?*

- | | | | | | |
|-------------------------------------|-------------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-------------------------------|
| <input type="checkbox"/> Accessible | <input type="checkbox"/> Affordable | <input type="checkbox"/> Attractive | <input type="checkbox"/> Friendly | <input type="checkbox"/> Prosperous | <input type="checkbox"/> Safe |
| <input type="checkbox"/> Rural | <input type="checkbox"/> Urban | <input type="checkbox"/> Tranquil | <input type="checkbox"/> Vibrant | <input type="checkbox"/> Unchanged | |

Other (please specify)

Q32. *What do you see as the biggest threats to your village today?*

Q33. *Should the Neighbourhood Plan allocate land for any of the following business / employment creation uses? Tick all that are applicable.*

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Rural enterprises | <input type="checkbox"/> Manufacturing units | <input type="checkbox"/> Shops and retail | <input type="checkbox"/> Food and restaurants |
| <input type="checkbox"/> Starter units | <input type="checkbox"/> Light industrial / workshop units | <input type="checkbox"/> Tourism businesses (hotels, camping etc.) | |
| <input type="checkbox"/> Offices | <input type="checkbox"/> Medical/Health Centre | <input type="checkbox"/> Housing | <input type="checkbox"/> Non of the above |

Other (specify)

Q34. *Sand and gravel extraction in all three parishes occurs/has occurred/may occur. Would you be for or against further expansion of mineral extraction?*

☐ For☐ Against

Q35. *Do you experience any issues with the HGVs used in the process of sand and gravel extraction?*

☐ Noise/vibration☐ Damage to roads

Q36. *What concerns you most about further development within the Neighbourhood Plan Area?*

☐ Loss of village identity☐ Scale of development☐ Loss of natural habitats☐ Impact on Landscape☐ Inadequate parking☐ Loss of countryside☐ Increased traffic and road safety☐ Insufficient infrastructure☐ Impact on local medical and care facilities☐ Lack of school/childcare places☐ Unsafe pedestrian and cycle routes☐ Development incompatible with the area☐ Homes higher than two storeys

Other (please specify)

Q37. *Do you feel safe in the Neighbourhood Plan Area?*

☐ Yes☐ No☐ Fairly safe☐ Don't know

Please explain the reason for your chosen answer:

Q38. *Are you satisfied with the Public Transport within the area?*

☐ Yes☐ No

If No, what improvements would you like to see?

Q39. *Would you like a bus that serves Millwood Surgery?*

☐ Yes☐ No

Q40. *At what locations are you concerned with Road Safety issues?*

Please list below:

Q41. *What should be done to help improve road safety at these locations?*

Please list below:

Q42. *How much of a problem are the following issues?*

	<u>Major problem</u>	<u>Minor problem</u>	<u>No problem</u>
Traffic speed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Traffic volume	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Traffic noise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q43. *To what extent do you think parking is a problem in***Belton with Browston**

- ☐ Major problem
- ☐ Minor problem
- ☐ Not a problem

Burgh Castle

- ☐ Major problem
- ☐ Minor problem
- ☐ Not a problem

Fritton with St Olaves

- ☐ Major problem
- ☐ Minor problem
- ☐ Not a problem

Q44. *How important to you are the following features in the landscape? (please tick all that apply)*

- | | |
|---|--|
| <input type="checkbox"/> Hedgerows | <input type="checkbox"/> Woodland |
| <input type="checkbox"/> Trees in the landscape | <input type="checkbox"/> Water courses |
| <input type="checkbox"/> Footpaths / Public Right of Ways | <input type="checkbox"/> Green / Open Spaces |
| <input type="checkbox"/> Open farmland | <input type="checkbox"/> Wildlife and natural habitats |

Would you like to see more money spent on the maintenance and/or creation of:

- | | |
|--|---|
| <input type="checkbox"/> Footpaths | <input type="checkbox"/> Countryside walking routes |
| <input type="checkbox"/> Open spaces | <input type="checkbox"/> Green spaces |
| <input type="checkbox"/> The creation of wildlife preservation areas | |

Q45. *What, if any, Social, Leisure and Recreational services, facilities, amenities would you like to see in the Neighbourhood Plan Area?*

Please tick ☒

☐ Community centre

☐ Sports facilities

☐ Dentist

☐ Secondary school

☐ General/grocery shop

☐ Public Park

☐ Bakers shop

☐ Florist shop

☐ A library

☐ Chemist

☐ Allotments

☐ Post Office

☐ GP Surgery /Health Centre

☐ Primary school

☐ Open spaces

☐ Public House

☐ Butchers shop

☐ Fruit n Veg shop

☐ Car repair / service facility

☐ A youth club/centre/facility

☐ More frequent Public transport

Other (please state)

The closing date for receipt of the questionnaire is

February 28th 2023

Please submit the completed questionnaire to:

26 Orwell Crescent, Belton NR31 9NZ

Spindrift (22) Sandy Lane, Belton NR31 9LT

Skelmorlie, Butt Lane, Burgh Castle NR31 9PU

Hays House, Herringfleet Road, St. Olaves NR31 9HJ

Phone 01493 789978

**if you would like this to be collected
which we will arrange accordingly**

Goodbye to a Dear Friend

We said goodbye to Tracey Phillips at the Church service on Sunday 8th January, when many people spoke about their gratitude to her and for her, of all the ways in which she had touched their lives. This was followed by a delicious and plentiful bring and share lunch. Tracey has moved back to Portsmouth, the place she left when she was 19 years of age, to be closer to her Dad and siblings. She will be worshipping at St Margaret's Community Church a relatively new and thriving church plant. She goes with our blessing; but oh how we shall miss her.

Tracey moved to Belton with Tim and myself in May 2011 and over the years has been involved in everything that has happened at The Rectory; in the garden, with the pond, the social activities and just being a good friend and support to us. Tracey's gift of music – playing her guitars and singing – has blessed so many people, and helped raise money for the John Green Institute. She, along with the band members of the church worship teams and The Cats Pyjamas, has entertained at Christmas and Summer events, as well as singing solo at weddings and funerals and in Burgh House.

Many of you who know her will be well aware of her love of animals, especially dogs! And it is her love of God's creation that is behind much of what she has done in terms of transforming the pond area of The Rectory garden and encouraging the 30+ ducks that have over-wintered with us – 17 of which were hatched and reared at The Rectory.

Tracey has been a good friend to many in the village; prepared to just sit with people in difficult times, holding the hands of those who are dying, but also bringing light into their darkness with her compassionate love and lively sense of humour. I know she tried to say goodbye to as many people as she could.

Tracey will be back to visit – it is not a final good-bye – but a new chapter for her, and for us, the church. As we bless her on her way, God is providing new opportunities for us too.

A big thank you from the Village Voice for all she has helped with over the past 10 years.



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Down the Garden Path

Elizabeth Myhill

This month I thought I would concentrate on the growing of fruit and vegetable plants for those who don't have an allotment or large garden but would like to grow a few fruit and veg. but don't have the first idea of how and when to go about it.

The size of your outside space really doesn't matter, but choosing the right container for your fruit and veg. is a must if all the different varieties are to have the correct environment to thrive. When growing fruit and veg. in containers, there are two main things to consider:

1. The container must be large enough to sustain the plant. Typically, your containers should measure at least 23-25 cm (9-10") in diameter. If you're growing vegetables like leeks, potatoes, or any other root crops, you'll need a deeper container. Salads and herbs will be fine in a shallower pot.
2. There must be adequate drainage at the bottom of your containers. Waterlogged roots will rot and your plants will die.

It is possible to buy bags for growing vegetables in on line. Some have windows on the side which roll up and allow the roots of the plants to be seen! Some growers use dustbin bags which provided they are strong and have holes punched in are perfectly adequate. Growbags can also be used. Use a



Strawberry Elan

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Strawberry Toscana

multipurpose compost. Most veg. can be sown from March onwards

Strawberries can be grown in pots, hanging baskets or window boxes. (Make sure they are clean) Strawberries are ready for planting from mid to late March: If you want to have strawberries throughout the summer (and who doesn't) then recommended varieties are F1 Elan High in Vitamin C is a

good choice. Elan has white flowers. Montana is a medium compact plant good for baskets and F1 Toscana is an RHS Award winning variety with large deep rose flowers, Compost: Tub & Basket. Feed, when the first flowers appear, with a high potash liquid feed. Such as, Miracle-Grow soil and plant food: Tomorite or Strawberry Fertilizer. (Other makes are available.)

Tomato New Variety Veranda Red Dwarf variety: Can be grown in small pot 11cm or up to 2-litre. Available mid-May (after frosts.) said to have a sweet flavour. Tumbling Tom: A cascading variety ideal for baskets and containers. Sweet and delicious flavour with fruit slightly larger than Cherry Tomatoes.

Peppers are not easy to grow from seed. Plants are available from May onwards. A good variety and an award winner is Redskin. Ht 30-30cm spread 30cm.

Basket of Fire a Hot Pepper Very attractive multicoloured fruit – Yellow, orange, and red. But it is HOT as the name suggests! Spreading habit 60cm: Height 30cm.

All these varieties require to be grown in sun in a sheltered position and be well watered, once or twice a day!



Pepper Sweet F1 Redskin.



Pepper Basket of Fire

Happy Gardening Liz



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Events at the New Road Sports & Leisure Centre

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

UP4FITNESS & SALLYANN

We had our first class of the year on Monday 9th January 2023. The room was full of lovely members coming back to join us. We had a fun introduction to the session with our favourite set of moves 'Superman' and a new one which needs practice from us all. The session continued using a soft ball or cushion, resistance bands and light weights. These all help with day to day activities and keep you mobile.

Because the cost of living affects us all, we will attempt this year to continue to support the RNIB and The Pantry in Belton. Bring your Postage Stamps on Mondays and Sallyann will send them to the RNIB in February. If you find food or good unused items in your cupboards you no longer need, please bring them along to class and Sallyann will forward them to The Food Bank Pantry run from Belton Church.

We will run 5 consecutive weeks till half term. Therefore no class will be held on Monday 13th February 2023. Our next break will be the Easter Holidays.

If you would like to know more about the classes or any of the above please contact Sallyann, by email up4fitness@gmail.com Text or ring on Mobile 07599044806.

New Road Social Space

Come and make new friends, "Put the world to rights," play games, watch TV / movies on a big screen. We have lots of toys to amuse your children while you drink tea and coffee with a biscuit. Snacks / meals etc. can be supplied. All this at no cost to you.

Take a chance come along you and your might just enjoy it. If you want to come but are having difficulties getting to us, let us know and we will do our best to help.

There will be one of your parish councillors here at all times to answer any questions you have concerning our parish. We will also have access to advice on any other difficulties you may have, all in private.

At present we are open

Tuesdays 09:30 'till 15:30 and Thursdays 09:30 'till 13:30.

More times/days to be added to meet demand
If you need any more information please call

07860 759076

Belton Judo club latest update for February

Dominic King Judo & MMA Academy has made a great start to 2023 with numbers at all our Judo sessions increasing, especially at Belton and the new kids MMA sessions and adult beginner MMA sessions at Oulton Broad and Bungay are making good early progress. Anyone interested in trying something different, please don't hesitate to contact Dominic, full timetable and contact details are shown below. Sessions are suitable for all levels but if just training to keep fit is your thing, that is fine.



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 76 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. Unfortunately, due to circumstances beyond our control, we are no longer able to use our Wednesday venue so we are currently looking for a new venue but in the meantime we are able to accommodate our Wednesday group at any of our other venues. Present timetable is listed below:

TIMETABLE:

MONDAY: EAST ANGLIAN MARTIAL ARTS CENTRE, 163 BRIDGE ROAD, OULTON BROAD, NR33 9JX

5.00pm-6.00pm – MMA for children (6-15 years)

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: CURRENTLY LOOKING FOR A NEW VENUE

THURSDAY: EAST ANGLIAN MARTIAL ARTS CENTRE, 163 BRIDGE ROAD, OULTON BROAD, NR33 9JX

5.00pm-6.00pm – MMA for children (6-15 years)

Great Yarmouth Stroke Club

Our Christmas lunch was donated by Morrison at Bradwell and was all cooked by our wonderful Lisa Hannant. We are so grateful to Lisa and Morrisons. A week later held our Christmas party.



*Great Yarmouth & District Stroke Group all say
Thank You to Morrisons*

We would love to welcome new members to the group. We have a wonderful team of volunteers who will make you very welcome.

We send get well wishes to Ray, June and Allen. Birthdays Jean, Ray, Angie and Maureen. If you have any items you would like to donate we can collect.

Contact Sue Casey 01493 781846.

THURSDAY: BUNGAY CHAUCER DOJO (NR35 1EB)

7.30pm-9.30pm – MMA for older children and adults (12 years +)

8.00pm-9.30pm – MMA beginners course for adults (in progress)

FRIDAY: EAST ANGLIAN MARTIAL ARTS CENTRE, 163 BRIDGE ROAD, OULTON BROAD, NR33 9JX

6.15pm-7pm – Judo for younger children (fundamentals/fun)

7.00pm-8pm – Judo for older children and adults (technique/theory/randori)

8.00pm-9.30pm – MMA for older children and adults (12 years+)

8.00pm-9.30pm – MMA beginners course for adults (in progress)

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

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

Anyone wanting further details of any future sessions can contact Dominic on 07977 432756 or email on dominic@fightingfitjudo.co.uk or contact him via Instagram, Facebook or WhatsApp

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ormiston venture academy



For the past year some of our year 9 students have been involved in the #WeWillExplore project. The project involves youth social action within the academy and local community based around orienteering and geo-caching.

Venture teamed up with Ormiston Herman Academy and Peterhouse Church of England Primary School. Our committee members have been busy running a number of events in and



around the local community including a beach clean, orienteering and geo-caching events as well as some great team building activities such as birdhouse building and making insect hotels. The project itself leads to the awarding of the Murray Award which is presented to members of the project hitting a minimum of 25 volunteering hours. Our students have been incredibly pro activities and have given over 30 hours of their personal time volunteering, making them on track to be awarded the gold award.

Cherelle Gogar, #WeWillExplore lead commented "We loved getting involved with the youth social action because it allows us to get involved with our local community and encourage young children to be more active in their day to day lives and also the opportunity to explore geocaching and orienteering." Kirstin T and Dylan P (Chair and Vice Chair of the #WeWillExplore project)



"The #WeWillExplore Project has provided a fantastic opportunity for students to practice and build on the basic leadership skills that are instilled into them from their PE lessons as part of their curriculum intent. It has also opened up the world of Outdoor and Adventurous Activities which I hope will provide them with another avenue of physical activity to get involved as they move forward towards adult life."



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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

To all hall users. Please note that all bookings and payments are now completed by Geoff and Shelia 07984 443808.

Please pass payments to them either at the Wednesday Morning Drop In between 10.30am and 12 noon or at 29 Waveney Drive, Belton.

There has been no requests for the "Warm Space" sessions to resume at the JGI so they will not be started again. It is hoped the first Saturday Coffee Morning of this year will be on April 1st between 10am and noon.

Wednesday Drop In

These mornings are proving as popular as ever which we are extremely pleased as it shows there is a need to bring people together for a good natter and exchange of information. We try and provide a weekly update of scams going around and also help with other items such as computers, mobiles and domestic concerns. Come along and have an enjoyable morning with coffee/tea and cakes.

Contact Sue on 780822 for further information.

Camera Club at JGI

We have had a rest for the past 3 months and the next meeting will be on Friday April 7th at 2pm. We will be planning our out days over the spring and summer months as well as addressing a whole range of photographic topics. If you are new to photography, have a camera with too many dials and would like to understand them then come along. You will be made welcome and given help to improve things. Contact Bill on 780822 for further details.

SYLVIA RIVETT

It is with sadness that we have lost a great friend of our Village. Sylvia was born in Belton, grew up in Belton, married and raised a family in Belton and lived here until her recent death at the age of 91. She was a great supporter of the JGI and was a regular member at the Monday night Bingo, the Tuesday Over 60's Club and the Wednesday Morning Drop In. She is and will always be greatly missed for her bubbly personality. May her dreams be long and happy in the hands of God.

***Remembered by all
your friends in
Belton***



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

10.30 – 12.30	Belton Crafters	Linda	07721 599559
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
7.00 – 9.00 pm	Belton Crafters	Linda	07721 599559

FRIDAY

10.30 – 12.00 am	Line Dancing	Jane	07788 408801
2.00 – 3.49pm	Camera Club (First Friday of each month)		
7.30 – 9.00 pm	Belton Singers	Mick	07795 422420
(Except last Friday in month)			
7.30 – 9.30 pm	Quiz Nite	Bill	780822
(Last Friday of each month)			

Quiz night

February Quiz Nite is Friday 24th. Start time 7.30pm. Teams up to four £5 with a great raffle. Come and join us for a great night of fun.

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As some of you may be aware a new maximum £2.00 single fare was introduced from 1st January, 2023. Nine bus operators across Norfolk are participating in the scheme which is part of the Government's help for passengers during the current 'cost of living crisis' and will last until 31st March, 2023. Single fares of less than £2.00 are still valid, e.g. Belton to James Paget Hospital – single fare is £1.50 adult or £1.20 young persons – and there is no change in these single fares.

On First Eastern Counties buses if you are going there and back; if the journey you are making has return tickets available, you will be able to buy one on the bus for a maximum of £4.00, so you will not need to buy a separate ticket for second ticket. Or you could buy a 10-trip ticket on the First Bus App. and pay just £20.00 for any 10 single journeys, anytime over the next 28 days.

Where the real savings come in, is for passengers travelling from Belton, Gorleston or Great Yarmouth to Norwich where you can travel there and back for £4.00.

This offer, subsidised by the Government is only available until 31st March, 2023. However regular bus users can take advantage of cheaper fares at all other times e.g. In the Great Yarmouth zone an all-day daily ticket is £4.30 Adult, £3.20 young person, a 5-day (consecutive) ticket is £17.00 Adult, £13.00 young person. A 7-day (consecutive) ticket is £19.00 Adult, £14.00 young person – 7 days travel anywhere in the Great Yarmouth zone for £19.00 Adult, that works out at £2.71 per day – you cannot travel in a car that cheap – it dispels the myth that bus fares are too dear!

Even travelling to Norwich on a regular basis you can purchase a 5-day or 7-day Explorer Zone ticket that can be used anywhere on the coast and all across Norwich for £25.00 Adult, £19.00 young person (5 consecutive days or £27.00 Adult, £20.00 young person (7 consecutive days) = £5.00 per day fares over 5 days or £3.86 over 7 days, extremely good value for money!

Unfortunately the temporary timetable continues for Yarmouth bus services that travel from the North to the South part of the borough. This is all associated with the roadworks connected to the third river crossing and sewerage works in Gorleston. The point to remember for X11 journeys is that it is a 40 minute frequency and as a reminder, I list the Bracon Road Mon-Sat departure times again: - 0655,0735,0815,0855,0935,1015,1055,1135,1215,1255,1335,1415,1455,1535m1615m1655m1735,1815,1935 – On Sundays and Public holidays the departure times from Bracon Road are:- 0922,1022,1122,1222,1322,1422,1522,1622,1722 and 1822.

Mon-Fri a 6B departs Bracon Road at 0735 and travels via Burgh Castle to Gorleston and Great Yarmouth. On Sundays and Public holidays a 6B departs Bracon Road at 0835 travelling via Burgh Castle to Gorleston and Great Yarmouth.

In the evenings the last buses from Great Yarmouth to Belton depart Market Gates Bus interchange at 2030 arriving in Belton at 2102 and returning to Great Yarmouth via Burgh Castle, Bradwell and Gorleston. The last bus departs Market Gates at 2230 hours arriving at Belton Bracon Road at 2300, it then travels via Burgh Castle to Blue Sky Park in Bradwell where it terminates.

Burgh Castle's Service 5 has 6 round journeys per day Mon-Sat calling at Cherry Tree Holiday Park at 0929,1049,1209,1329,1449,1609 – Queens Head at 0934,1054,1214,1334,1454 and 1614. In the mornings Mon-Sat Service 5 is supplemented by Service 6B leaving Queens Head at 0749. In the evenings there is a Service 6A leaving Market Gates at 1725 arriving at Queens Head at 1802 and then terminating at Blue Sky Park at 1806. At 2030 a 6B leaves Market Gates to Belton and then Queens Head at 2114 returning to Market Gates via Bradwell and Gorleston. The last 6B bus leaves Market Gates at 2230 to Belton at 2300 then Burgh Castle Queens Head at 2312 terminating at Blue Sky Park at 2316.

On Sundays and Public Holidays there are three circular journeys calling at Cherry Tree at 1036,1336 and 1636 then at Queens Head at 1041,1341 and 1641. These are supplemented by an early morning 6B leaving Belton at 0835, Burgh Castle Queens Head at 0847 then via Bradwell and Gorleston to Market Gates. The 2030 and 2230 6B's leaving Market Gates is the same as for those operating Mon-Sat.

Some progress has been made on talks with First Eastern Counties and Norfolk County Council on providing a bus link between Lynn Grove Academy and Belton, hopefully we will have more information in March's edition of Village Voice.

ENTUA always welcomes new member, all we ask is for a minimum annual donation of £5.00 which helps towards 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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Closing date for next edition Friday
February 17th at 12 noon**

WANTED

Burgh Castle Village Hall sales stall. Tel. 01493 780126 (local collection Any Saleable items, Bric-a-Brac, Books, Games, Jigsaws unwanted gifts etc)
Wanted Jumble, Books, Bric-a-brac and toys
Wanted for 1st Belton Scout Group, phone 01493 780965 or can be dropped off at 6 Station Road North Belton.

FOR SALE

Bradshaw Range nursing bed. Bariatric, low & standard electrically operated, variable height bed £250. Collection from Gorleston.
Bexel 500cm gas cooker, hardly use hence sold as new £50. Collection from Gorleston.
Celebrity rise & fall recliner chair, beige/brown leaf design fabric in very good condition £300.
Celebrity recliner chair, beige/brown leaf design fabric in very good condition £200. If sold as pair, will accept £400. Collection from Gorleston. Call 07759 212037
New Mamas & Papas baby car seat £40. Vtech first steps Baby Walker £10. 01493 781846

White free-standing roll top bath. Good condition. Free but collection only Call 01493 781475 or 07521682733
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2 Lynne Grove Academy (LGA) girl's skirts. Made by Trutex, Waist 28" (71cms), Length 22" (56cms). Both as new condition. £5.00 each. Telephone 07766492563 (please leave a message if I'm unable to answer)
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Dates for your Diary



Sunday 29th January
Holy Communion for Candlemas
9.30am St Peter & St Paul Church

Morning Celebration with Christingle
10.30am All Saints Church, Belton

Saturday 4th February
Burns Night at Burgh Castle Village Hall.
In aid of church funds
Entry by ticket only – available from Mrs Margaret Greenacre or Rev Rosie Bunn

Sunday 5th February
Holy Communion
9.30am St Peter & St Paul Church

Morning Celebration – Café style
10.30am All Saints Church, Belton

Tuesday 7th February
Traditional Holy Communion
11am All Saints Church, Belton
(Coffee available from 10am onward)

Friday 10th February
10am – 12 noon Women's Bible Chat

Sunday 12th February
Morning Prayer
9.30am St Peter & St Paul Church

Holy Communion
10.30am All Saints Church, Belton

Evening Celebration
6.30pm All Saints Church Belton

Sunday 19th February
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 26th February –
First Sunday of Lent

Morning Prayer
10.30am at St Peter & St Paul Burgh Castle

Holy Communion
10.30am All Saints Church, Belton

Sunday 5th March 2022
Holy Communion
9.30am at St Peter & St Paul, Burgh Castle

Morning Celebration
10.30am All Saints Church, Belton

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