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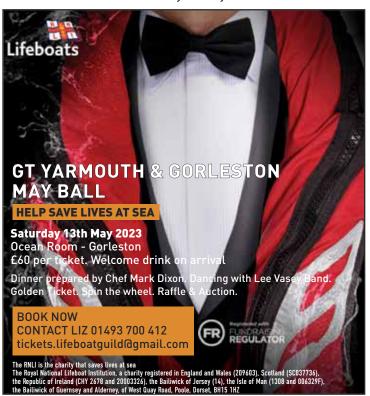
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The weather has changed, spring is here and hope you enjoy reading this April issue of your Village Voice. In keeping with that spirit, you may want to consider going to the Great Yarmouth and Gorleston May Ball on 13 May 2023. You are bound to have some fun and all that will be for a very worthy cause too!



EASTER REFUSE COLLECTIONS

Great Yarmouth Borough Council have advised the following Collections week commencing 3rd April will remain the same with crews working Good Friday 7th April.



Collections week commencing
10th April will be one day late
with the Friday 14th April
collection being undertaken on
Saturday 15th April.

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ROADWORKS

New Road Belton (between the A143 and the sports field) will be closed between April 18th and 21st for a new water connection. Beccles Road in Belton (near The Rectory & Beech Farm) will be closed between April 24th an 28th f

ROAD AHEAD CLOSED

closed between April 24th an 28th for a new sewer connection.

PUBLIC NOTICE

under section 121(2) of the Charities Act 2011

The trustees of Burgh Castle Village Hall Trust hereby give notice that they propose to transfer the property held on trust for the purposes of Village Hall to a new Charitable Incorporated Organisation (CIO) to be called Burgh Castle Village Hall which is being formed for the purpose of transferring the ownership and management of Burgh Castle Village Hall to a charity which benefits from incorporation.

Any representations about this proposal should be made in writing and sent to the Secretary:

Ms J Skipper, Shandara, Mill Road, Burgh Castle, NR31 9QS by 12 noon on 10th May 2023

Any representations received after that date will not be considered.

Margaret Greenacre
Chair Burgh Castle Village Hall Trust

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Adrian Myers

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YOUR VILLAGE VOICE The closing date for all Articles and Adverts for the May 2023 edition is 15th April 2023 April 2023 263rd Edition

Cover Picture: St Olaves Priory 14th century brick-vaulted refectory undercroft

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 March 7th with seven Parish Councillors present along with



Borough Councillor Adrian Myers, two members of the public and the Parish Clerk Kate Ruddock, Ken Botwright chaired the meeting.

In planning the following comments were made - Brentwood (St Johns Road), conversion of existing garage to residential and new garage, no objection, provided that overall sufficient parking/car space remains. Holly Trace, Church Lane, Belton (ground floor extension, loft conversion etc.) no objections. 9 St. James Crescent (2 storey extension) no objections. Proposals for outline permission for three, four bedroomed properties on land south of Manor Farm Cottages at Browston led to a long list of objections including being outside the development area, no infrastructure and concerns over access.

The Borough Council have approved the

following – 9 St. James Crescent (two storey extension), 8 Beccles Road, Belton (single storey extension) 3 **Amhurst Gardens** (garage extension and porch alterations) and Beech Farm, Beccles Road, Belton (minor internal alterations to plots). Councillors were against a request to place an advertising banner for Rose Farm Touring Park on fencing along New Road, they are against further development of the

holiday parks in the village.

Councillor Brown reported that funding had been received for a defibrillator in the Berry Close/Dashwood Close, the clerk confirmed that it is on order from Heart2Heart and it was agreed that they would be asked to suggest suitable locations in that area. The latest reply from the Football Foundation was favourable in respect of the Parish Councils plans to convert some of the unused changing rooms into a small meeting room. It was noted that the local church will be holding a Coronation event at the Belton rectory, it would be open to all but a small entry fee would be charged but funding was being provided by Village Voice.

Members agreed to register a non-comital interest in County Council funding for electric vehicle charging points, one of the conditions

on any scheme would be that it has 24/7 access

It was agreed to report to highways that somebody has created a three-tier flower bed in the verge on Church Lane and Borough Councillor Myers will chase up replies/progress on various highways issues the Chairman had reported to County Highways. It was also reported that somebody has reported the bad condition of New Road (towards Bracon Road) to County Highways.

Councillor Greenacre reported on an article in Village Voice stating that Parish Councillors had not been attending the Wednesday Drop in at the JGI, it was agreed that the Clerk would put together a list of dates when various councillors could take turns in attending.

Some parents have raised concerns about the condition of play equipment at the Bell Lane field, before any action is taken it was agreed that Councillor Myers would ascertain if the Borough Council have any plans for new equipment there following on from the recent Boroughwide Play Areas survey, it was however agreed to contact Bohemians F.C. to see if the spare sets of goal posts that they had offered to donate for use at Bell Lane were still available.

The next meeting of the Council takes place at the New Road Sport and Leisure Centre on Tuesday March April 4th with the Annual Parish Meeting on Tuesday May 9th and Annual Parish Council Meeting on Tuesday May 16th all commencing at 7.30pm, later than usual as it needs to follow the Parish Council elections in a specific timescale, details from the Parish Clerk, Kate Ruddock on 01493 602960 or email beltonparish@yahoo.co.uk.

ELECTIONS 2023

A reminder about local elections on May 4th, there are elections scheduled for the Brough Council, and all our local Parish Councils. For candidates nomination forms need to be at the Town Hall by April 4th whilst voters are reminded that to vote you need to ensure that you are on the electoral roll by April 17th and that you have acceptable forms of photographic identity available for election day, full details in last months Village Voice.



Belton SingeRS

Great news to share, we have now appointed our new singing musical director Justin Bindley.

Justin contacted us months ago before he arrived to live in Gorleston, he is currently MD to two other choirs locally.

He might not be a household name to many, but in conversation with him he's a retired opera singer who has performed in some of the major venues in the country and it's a delight in conversation to hear the name dropping of events, and the work that's he's currently involved with.

Already after coming to meet the ladies for the first time he made a huge impression and in a one hour session started to teach us warming up exercises and how the construction of a song can be made to come across to the audience in a better way, and of course diction, which is very important in some of the longer more technical songs.

We look forward to working with him and continue to learn our core songs and some brand new work in April.

If you would like to come to one of our sessions on a Friday evening just to observe what and how we do this, then please do. Meetings are at 7.30pm at the JGI every week except the last Friday in the month. *Kind regards Mick Graystone*



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Burgh Castle Parish Council



here were all seven members of the Parish Council plus Borough Councillor Adrian Myers, three members of the public and the Parish Clerk at the March 13th meeting of Burgh Castle Parish Council, Brian Swan was in the chair.

Borough Councillor Myers reported that he had written to Norfolk County Council and First Bus to express concerns over the confusion that will be caused by reversing the route of the service 5 bus on two afternoon trips but in term time only to accommodate children leaving Lynn Grove High School and living in Burgh Castle and Belton, both he and parish councillors feel that this is a 'fudge' and that a separate service should be provided without altering regular routes.

Councillor Grimmer reported on problems with the Porters Loke sewage pumps failing in mid-February and Anglian Water taking three days to resolve the issue resulting in raw sewage on horse paddocks, escaping into dykes and probably being pumped into the River Waveney, it was agreed to write to the Environment Agency and to copy in all interested parties including our MP, and the Borough Council.

The Chairman reported on an unexpected decrease of 1.5% on the Parish Councils part of the council tax precept, this due to the Borough Council identifying 32 more properties liable to Council Tax whose contribution has absorbed the expected 5% increase and more besides.

Councillors had no objections to a new Tree Preservation Order on a specimen at The Laurels, High Road and the clerk reported on the following Borough Council planning approvals, Land adjacent to Hilldrop Farmhouse (former Post Office site) (variation of earlier conditions), Hollies Farm, High Road (replacement of antennae and framework) and Oaktree Cottage, Mill Road (works on two oak trees covered by a preservation order).

Members considered a tree planting to commemorate the forthcoming Coronation and decided that Oak Trees on a triangle of land behind the village sign would not work, the possibility of a tree on the church triangle or the village playing field are now being considered.

Photographs of the problem having been taken, the Norfolk Archaeological trust will now be contacted over flooding at the entrance to

Press Release for Public Notice and Public Meeting

The Burgh Castle Village Hall adds immeasurably to the quality of life in Burgh Castle. This important local facility is managed by a committee of trustees under a governing document dated 1970 . The trustees have been considering updating the governance and becoming a charity with corporate status, as allowed for by the Charities Act 2011.

As the facilities are provided for public benefit the trustees feel it is important that people understand what is planned, which is to change the charity's structure from an unincorporated association to a Charitable Incorporated Organisation (CIO) as approved by the Charity Commission.

The constitution would be similar, with some trustees being elected at the AGM and some nominated by user groups as now happens.

"The trustees hope this will make it easier to recruit new trustees, as incorporation provides limited liability for trustees, and it will enable the charity to hold property and enter into contracts in its own name," says Margaret Greenacre Chairman of the trustees.

Notices will appear in the April edition of Village Voice and on the Parish Council Website over the next few weeks as required by the Charities Act giving a month for local people to make any representations to the trustees. A public meeting will be held on Monday 15th May 2023 at 19.30hrs in accordance with the current constitution in order to approve the transfer.

The trustees are being assisted by Community Action Norfolk which provides an advisory service for village and community halls in Norfolk and is part of the ACRE Network.

For further information please contact
M Greenacre 01493 780126/mgreenacre532@gmail.com

the Roman Fort site on Butt Lane that is forcing some people to walk down Church Road to enter the site. The chairman stated that work to tidy the grassed area adjacent to the village sign had been commenced on the day of the Council meeting as promised.

The next meeting of the Parish Council will be at the Village Hall on Monday April 17th (a week late to avoid Easter Monday) (7.30pm) For details contact Kate Ruddock, the Parish Clerk, on 07948705218, e-mail burghcastleclerk@gmail.com. Please note that the May meeting that also includes the Annual Parish Meeting, will be on the third Monday of the month due to the Kings coronation being on our usual meeting date.



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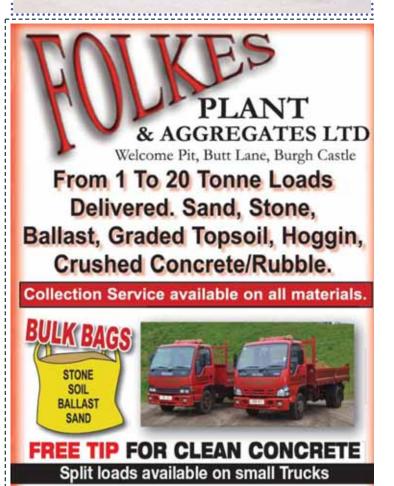
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Fritton with St. Olaves **Parish Council**



& ST. OLAVES **PARISH MEETING**

Seven Parish Councillors, the Parish Clerk and nine members of

the public attended the Fritton and St Olaves Annual Parish Meeting on March 16th. In his annual report Parish Council chairman Stannas Bellaby reported on the sad loss of Parish councillor Jill Rose, but said they had welcomed Councillor Richards. He said the council had continued to work closely with County Councillor Carl Annison and Borough Councillor Adrian Myers.

Various projects had continued, a second defibrillator is now in Fritton, Councillor Annison had half funded the trod footpath between the two villages along with path improvements outside Fritton Village Hall, and there is still the intention of a Jubilee bench at Fritton although permission is still awaited from the Broads Authority.

Various other reports were filled, Mr Sewell

confirmed that the extra funds from the St Olaves Village Sign installation are now in a separate

ANNUAL FRITTON bank account, there was a request for a map of St Olaves Por Lands, it was stated that the access pathway was not owned by anybody and the land ownership is complicated. Mr Youngs reported that Water Buffalo are back on the Somerleyton estate near the Fritton church, he was concerned about another safety incident and the Parish Clerk was asked to contact the Estate for clarification on the situation while Councillor Myers said he would forward details of legislation concerning the keeping of farm/wild animals on to the clerk.

PARISH COUNCIL MEETING

The monthly Parish Council meeting followed the Annual Parish Meeting, also chaired by Councillor Bellaby, the clerk reported on the resignation of Councillor Leggett who will not be replaced as all councillors are up for election on

A member of the public raised concerns about the width of the new 'trod' footpath between the two villages and Councillor Stephens was concerned about the quality of the material used.

> **County Councillor** Annison reported that it was always intended to be a 'trod' due to costs of a full pathway and he was proud to have been involved and have provided half the cost from his Councillors budget with the remainder paid by the Parish Partnership

scheme, he did state that there was still no news on when the Herringfleet Road junction would be

The Chairman reported on the situation with the Neighbourhood Plan with an excellent 347 surveys having been returned from the three parishes. In highway matters the Clerk will report a damaged road sign on New Road (Fritton), a damaged manhole on the A143. The SAM post on New Road has been straightened and the clerk has asked that this be used as the location of the sign when the next change of location is made by the volunteers

In planning Comments had already been submitted on Squirrel Dreys, Herringfleet Road (Garage and extension work), no objections and Forestry Cottage at New Road Fritton (subdivision of plot for a second property) no objection except for concerns over design of driveway. The following applications have been approved by the Borough Council - Fritton Lake (enlargement of leisure area and redesign of bar/restaurant), Caldicott |Hall (conversion of three barns to holiday use), Squirrel Dreys, Herringfleet Road, (garage changes and first floor extension), Fritton Lake (retrospective changes to swimming pool changing rooms)

Councillor Johnson reported that there is still no decision over the installation of a jubilee bench next to the river, the Broads Authority are currently reviewing their policies on benches however the Council would have to pay for installation costs and the cost of a pad for the bench which would have to be transported by river or through a neighbouring land owners property.

Borough Councillor Myers reported that overhanging trees in St Olaves did not come under the high trees legislation, however the landowner can be written to. Finally, it was nonconfirmed that improvements to the Fritton play area have been completed.

Kooch

INCREASING YOUR DOGS ENGAGEMENT

By Katey Aldred MSc, RVN, ABTC-CAB APDT (01204), CBATI, PPG Clinical Animal Behaviourist

One of the most common issues people ask me for help with is getting their dog to pay attention to them either to get them back when off lead, or to help with other things like walking on a loose lead

What Does Engagement Mean

First let's clarify what this means. When I am looking to see how well a dog engages with the owner I am assessing if they look to the owner and how much either on their own or when their name is spoken. Does this happen only at or also on walks of all varieties? Does the dog also offer eye

contact, come when they are called and focus on the owner when there are distractions.

Why is Engagement Important

Engagement with your dog is one of the most useful tools you need for any aspect of the dog-owner relationship. It is the base for everything that follows, bond, trust and achieving those training goals. The training goals you have will vary hugely depending on your level of requirement from pet owner to training enthusiast, working dog owner or dog professional. Everyone needs engagement to get to where they need to be.

Through promoting engagement your dog will begin to naturally check in with you, why is this important? A dog that OFFERS this behaviour has achieved a stronger skill. Offering behaviours means you are not prompting your dog, prompting your dog too often can result in a dog that ignores you which is the opposite of the goal. There is strength to any exercise where the dog offers it versus being asked to

Engagement means your dog is more likely to come back to you when off lead, to ignore distractions looking to you instead and walk better on a lead. Without engagement all these exercises will be more difficult to achieve.

Where Do We Start

There is quite a lot you can do to help your dog's engagement improve so that no matter what the distraction is around them they will listen to you.

Head over to this link to watch a free talk about this with demonstrations on what training exercises you can train: www.kateyaldred.co.uk/dog-engagement

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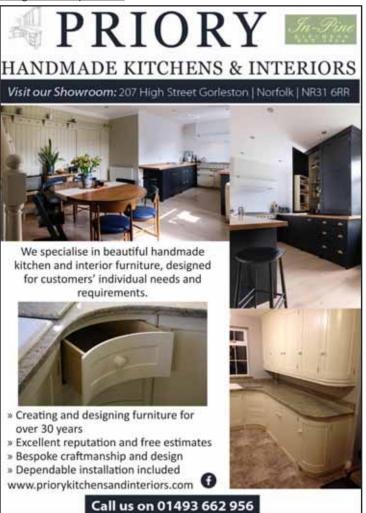
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Fritton Bingo

Next evening will be held on Friday 21st April starting at 7.15 pm.

Please join us for an enjoyable evening, with rising costs the bingo cards still remain at only 50p each. Quality prizes, plus a raffle at only £1.50p for five strips, all takings go towards up keep of the Hall.

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A Word from your Local MP & Councillor





BRANDON LEWIS

MP writes

When I was first elected to Parliament the new Chancellor of Exchequer had to make difficult decisions to restore economic stability following the last disastrous years of Gordon Brown's premiership. In last month's Budget a new Chancellor, making his first Budget statement, outlined how our country had avoided recession. And how growth is set to

return following the hard decisions the Government took to restore economic stability following the uncertainties of the pandemic and Putin's illegal war in Ukraine.

I'm delighted to see the Government focussing on economic growth, by providing further child care support for working families and boosting business investment to create new jobs. These are just some of the measures announced in the Budget. It's impossible to detail all the minutiae in this column but I have highlighted some of the most important announcements from a Great Yarmouth point-of-view.

Help for parents with young children

Many constituents tell me about the challenges of juggling a growing family with work commitments and how the availability and cost of childcare is a barrier for parents, particularly mothers, returning to work. The most important announcement in the Budget was the package to help families in that position. Extending 30 hours of childcare a week to working parents of children aged 9 months to 4 years is a big move that will make an enormous difference. And helping those on Universal Credit with upfront childcare payments direct to providers rather than payment in arrears will help with household budgets and cost of living pressures.

Help with household energy bills

The Energy Price Guarantee has provided vital support for households as they faced even higher energy bills in the aftermath of Putin's invasion of Ukraine. Many were worried that despite the prospect of reducing bills later in the year, following the reduction in wholesale energy prices, the end of the guarantee in April would have left people facing higher bills in the short term. Extending the guarantee for a further three months is a sensible move that will protect households until energy bills do start to fall in the summer.

Continued help for pensioners

Many assumed the Government would ditch the Triple Lock Guarantee, which has protected the state pension for over a decade. The Chancellor confirmed that the guarantee remains in place meaning the state pension will increase by 10.1% in line with inflation. It's the biggest increase in the state pension ever. And because we continue to take tough decisions when it comes to economic policy, other pensioner benefits – winter fuel payments, free bus passes and free prescriptions – remain in place.



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ADRIAN MYERS

Borough Councillor

I have, for the last three weeks been trying to get a commitment from Norfolk County Council highways, as to when work will be scheduled to mend the appalling state of the road along Station Road North and at its junction with Beccles Road. I



have videoed and sent photographs to highways showing the state that the road surface is in. There is also continuing deterioration to the road surface at the Junction of New Road as you turn right onto Bracon Road. As the road is now becoming dangerous, I am hopeful that NCC highways will make a speedy decision and get the work done. I am also asking for signage to be put up on either side of the road approaching the entrance to Cherry Lane Garden centre, to alert drivers that there is an entrance/exit to that garden centre, which will hopefully warn them of emerging or stationary traffic just past the bend.

There has been an excellent response to the neighbourhood plan questionnaire. The normal response figures are about 10%, we have had a 14% response. I would like to take this opportunity, to acknowledge the tremendous work the Belton Parish chair Ken Botwright has put into this plan. I know he has spent many, many hours over many months formulating, investigating, and collating evidence and learning what policies are required to meet the legal requirements of the plan. This plan will not only benefit residents today but for years to come. So, thank you Ken.

As always, I write at least a couple of weeks before publication, so all the details are correct at the time of writing.

Cllr. Adrian Myers Independent Lothingland.

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1st Belton Scout Group

Beavers

The Beaver have had a busy month designing a model on paper and then building it out of recycling materials which took a whole evening. The only stipulations was that one part of



the module had to move. We had all sorts of animals, robots and monsters made.

The following week they had a go at painting stones ready to when we are out walking in the spring and summer we can leave a lovely present as we go. Gov has kindly agreed to varnish them for us.



We have tried a new badge for the first time it's the beavers newest activity badge Money Skills. We had to save something so we collected a different stamp on a page of paper each we we were at Beavers since Christmas and if you did something good

like help someone you got another stamp. With the stamps the beavers were able to have that many items to build their models there was a lot of negation if they did not have enough stamps. They were shown old coins pre dissimulation and had the opportunity to do a rubbing with it. Designed their own £5 note. Played 2 games the 1st where they shot a magnet dart onto a dart board whatever number they shot and they then had to find the amount out in coins from the pot. The second was pin the pound sign on the £5 note blind fold.

If you have a young person 6 years or about to be 6 years

Cul

The cubs this month have focused on how to work as a team within there sixes at cubs. They have played lots of different games that we have never played

before and stopped half way through to see if we could improve the game, how we could play it better or worse and how we could improve the game should we play it slightly differently. This has been fun exploring how we play games in different ways and how many types of teams there are.

We have done some work on Map references and learnt about how we could find out where we are if we should need it in an emergency, and have looked closely at WHAT3 WORDS, app to decipher a location as well.

We have made some fudge to take home and have also almost concluded the cubs Our World Challenge this month

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 had an evening making pancakes after discussing the dangers in the kitchen before cooking them. The have made a lent promise after a discussion about what it meant Brown Beaver is looking after them until the last

and are interested in Beavers, please contact Brown Beaver (Jane) 07975 533572 night of the term. We will see how they have got on with their promises.

They has a problem solving activity each team was given 5 mirrors, a packet of blue tac and using one of the torches from a phone had to position the mirrors



so that the light reflected across all 5 mirrors.

They had an evening making models out of the recycling materials left from the Beaver evening this was part of their award work it had to be a model that had a moving part.

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

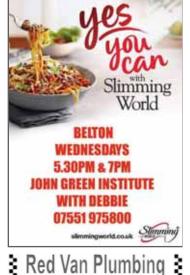
Paper Collection next on Saturday 1st April 2023 please have your paper outside property by 8am (please note the change in start time this will be permanent) in Belton ready for collection, or can be dropped at 6 Station Rd North, Belton any time. We also collect leaflets, cardboard boxes, any clean cardboard. Please note we are unable to take card from commercial premises.

May collection Saturday 13th May 2023

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

Wanted material adult aprons for Scouts when they are cooking to protect their clothing.











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Village Voice April 2023 Page 9



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WE LIVE AND DIE.

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ALL SAINTS BELTON

Rev Rosie asks...

MANANA MARIA

What do you think of when you hear the word "Easter" spoken?

f you ask a child you are most likely to be told "Easter eggs" or Easter egg hunts" and may be "the Easter Bunny". For some people it is the thought of Easter chicks and tiny lambs; or daffodils and Easter lilies; gardeners/allotment holders are likely to say "it's time to plant the early potatoes". Teachers and the children might say "the Easter holidays"; many others who work in offices and factories will probably look forward to a long weekend with two bank holidays. Being in a holiday destination area,

we might hear someone say "Easter – it's the beginning of the holiday season!"

As I am beginning to write this article in the middle of March, I am looking out at a Rectory garden full of daffodils; it really is a spirit-lifting golden view on a grey afternoon, but I don't think my daffodils will necessarily still be blooming by Easter. Many of the things we think of when we think about Easter represent new life. Creation springing to life again, having been dormant through much of the winter.

Spring-time has always been a celebration of new life, but in the Christian church Easter is the most important of all the festivals. It is the celebration of new life that Jesus' resurrection from the dead offers to each one of us. It is hope. It is the promise of victory over death, obtained for us by Jesus.

The Christian faith is built upon the promise of the new life in Jesus Christ. In the darkness and desolation of what appeared to be the end of everything that Jesus had taught his disciples about, because of his death on the cross, the light and life of the risen Christ bursts through, piercing

their darkness and changing their lives and the whole of history. The celebration of Easter is a reminder for the whole world that Jesus Christ can transform even the darkest situation. It is perhaps especially relevant in the difficult times we find ourselves now.

If we were to live in a world where there is no hope – what a desolate place that would be. Our television screens show us picture upon picture of the devastation caused by the earthquake in Turkey and Syria, the desolation of so many towns and cities in Ukraine and the destruction caused by the severe tropical storm, Cyclone Freddy in Malawi and Mozambique. Closer to home, for those in our community who have lives where there is very little hope, or where it feels like darkness is closing in,

I would say.... Jesus has been there. He knows what it is like to be deserted by his friends, innocent and yet given over to be killed, and yet his love, God's love, reaches out from that place, to touch the world and its people in need, and that includes you and me.

When you break open your Easter egg this year, if you are fortunate to be given one, let it remind you that Jesus broke forth from the tomb, with new life. A new life for each and every one of us to enjoy; as enjoyable as eating that chocolate, or watching the frolicking lambs at play, but with greater significance and the power to transform our lives.

Meeting the resurrected Jesus for me makes a huge difference, gives a real sense of purpose and desire to serve God. When I think about the cross and Jesus' death that makes forgiveness possible; that hurts and burdens can be handed over to Jesus and life turned around, I am so grateful and life is less heavy. God's love is expressed in many ways; being aware of his love and receiving God's love is on offer to all of us. His love is amazing!

Celebrate Easter! Celebrate Jesus! Celebrate new life!



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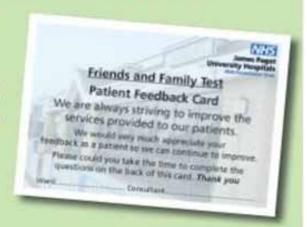
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Have <u>YOUR</u> say about your hospital

Please complete the feedback card before leaving the area you visited Page 12 VILLAGE VOICE APRIL 2023



Here are a few value for money perennials that flower year after year and are beloved by bees



Campanula Takion Blue

Campanula Takion:

This perennial produces a mass of flowers throughout the season. Showy long-lasting bell shaped flowers amass along stems of midgreen foliage. Flower: Blue or White. They require Full sun to partial shade. And grow to approx. 40-50cm tall. Flowering from May to September.

Digitalis F1 Dalmatian:

This plant is an outstanding garden performer to add height and elegance to any garden. Ht. 80-110cm tall. It prefers partial sun flowering from June to August. Its only drawback is that it is poisonous though not to bees who love its pollen.



Digitalis Dalmatian





Doronicum Leonardo.:

This compact, uniform plant produces an abundance of daisy, golden yellow flowers, contrasting well with good green foliage. Offers excellent container and garden performance. Full sun, to partial shade flowering form March to the end of June.



Doronicum Leonardo

Scabiosa Blue Note

Scabiosa Blue Note:

Compact perennial of strong deep green, pinnately lobed foliage from which short stems produce multiple cigar blue flowers all season long. Vigour for container and garden performance. Full sun to partial sun. Ht. 20-25cm tall. Flowering April to October.

Erigeron Sea Breeze Mauve or Pink:

Compact perennial creating a dense carpet of blue-green foliage that becomes smothered in masses of daisy-like double pink or mauve flowers formed of many slender petals, finished with a distinct yellow contrast centre. Excellent vigour for container and garden performance. Full sun to partial sun Ht. 20-25cm. Flowering June to September.



Erigeron Sea Breeze Pink

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Page 14 VILLage Voice April 2023



Events at the New Road Sports & Leisure Centre

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

Belton Judo club latest update for April

We at DOMINIC KING JUDO & MMA ACADEMY are really pleased and impressed by the progress being made at all our venues and the numbers are steadily increasing most weeks especially at the New Road venue in Belton. We have several of our younger inexperienced students entering development events and proudly bringing back medals they have won, and at the other end of the scale, we have some of our more mature students working tirelessly towards achieving their ultimate goal of being awarded their BLACK BELT which is recognised as a massive achievement in any martial art.

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

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,

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

TUESDAY: BELTON NEW RD (NR31 9JW)

seen in the example above)

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)

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 horizoners source for adults (12 years+).

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

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UPAFITNESS & SAILLYANN

Sallyann had a lovely break over half term visiting relations in Loughbourgh, Leicestershire. It's really good if you can have something to look forward too. It helps lift your spirits, gives you something to plan and aim for, maybe having coffee with a friend, go to the pictures, having someone pop in to see you or planning some self-care or maybe visiting an activities or exercise group weekly. Our Monday group helps to start the week and members find they can

meet and chat with likeminded folk while maintaining fitness. The aim of group is to meet on a Monday morning and move! Move those stiff joints and take part in a group activity where each person can do each activity depending on their own flexibility & mobility. This helps motivate us for the rest of the week.

We are still collecting Stamps for the RNIB and food donations are welcome

for 'The Pantry'. At the end of each month we hand over our collected food donation to Belton church.

We will run classes until Easter holidays when Sallyann will take another break. The little breaks in-between help Sallyann to get up to date and have time out going to Cromer in her caravan. Sallyann is also preparing for an operation, said to be in May, No date as yet! But it will mean there is some planning to do before then. Due to this operation, we will not be taking on any new members until further notice. Classes will continue to run every week till the time arises for Sallyann to go into James Paget hospital. It is hoped to look at other options to keep the group running in her absence.

If you would like more information on any of the above please contact Sallyann, by email up4fitness@gmail.com Text or ring on Mobile 07599 044806

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

Great Yarmouth Stroke Club

Great Yarmouth Stroke Group had a visit from the ukulele band just brilliant. We also had a visit from Jo from dial who was very helpful.

Anya from the Stroke Association paid a visit to all of the volunteers checking on police checks.

Get well wishes to David, June.

Birthday wishes to James, Lisa, Rex, Tom.

The group had a wonderful surprise the Belton Village Voice gave us a grant of £300, this will make a big help. Thank you so much from the group.

Contact Sue Casey on 01493 781846

Also I had a box lovely items left on my door step with no name who sent them just wanted to thank you. Sue

EXTENSION OF BUS SUPPORT GRANT AND £2 MINIMUM SINGLE FARE

ENTUA welcome the Government's decision to extend the Bus Support Grant until 30th June 2023. This grant enables bus operators to maintain its services while passenger numbers recover to pre-pandemic levels of usage.

Also welcome is the extension of the £2.00 maximum cost of a single ticket until 30th June, 2023. This means that any single journey will cost no more than £2.00. Single

fares below £2.00 stay the same, eg Belton to James Paget Hospital – Adult single £1.50. However you can now travel to Gorleston High Street or Great Yarmouth or even Norwich for £2.00 single!

COASTAL CLIPPER CABRIOLET OPEN-TOP SEA FRONT SERVICE

First Eastern Counties have announced that they will be introducing their open-top Cabriolet sea front service 1c every day from Sunday 2nd April, 2023 until Saturday 30th September, 2023 between the Pleasure Beach and Seashore Holiday Park. Then during the Easter holidays and May Bank holidays and from Spring Bank Holiday until 30th September, 2023, the 1c service will also operate to Caister, Scratby and Hemsby.

NEW SERVICE 7 GREAT YARMOUTH TO NORWICH VIA FILBY AND FLEGGBURGH

ENTUA welcomes the news that First Eastern Counties are introducing a new Service 7 running between Great Yarmouth and Norwich commencing on Monday 13th March, 2023. Service 7 will operate from Great Yarmouth (Market Gates) then Northgate Hospital, Caister, Filby, Fleggburgh, Acle (Kings Head) Yarmouth Road, Meridian Way, Yarmouth Road, St. Andrews Avenue, Norwich Rail Station Thorpe Road, Castle Meadow then Norwich Bus Station. This limited service only operates Mondays-Fridays (except public holidays) and has 4 journeys each way:-

Departure from Market Gates is 0715, 0935, 1205, 1420 Arrival at Norwich Bus Station is 0832, 1042, 1312, 1527

In the opposite direction there is a departure from Acle at 0927 arriving at Market Gates at 0958 then:

Departure from Norwich Bus Station 1050, 1320, 1720, 2320* Arrival at Market Gates 1158, 1428, 1833, 0005*



(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

*This service operates as a Coastlink X1

ENTUA have campaigned for many years for a service serving Filby and Fleggburgh and we see this as a positive move. Hopefully if the service is well used the frequency can be extended, but at least this is a start.

For more information on changes to First Eastern Counties services go to their website at www.firstbus.co.uk/easterncounties

LYNN GROVE BUS LINK

Until Burgh Road is opened, Service 5 is still on

diversion via Beccles Road, Mallard Way and Wren Drive. While Service 5 is on diversion the pick-up points for return journeys to Belton are Beccles Road (opposite Claydon Grove) 1412 and 1517 and Bradwell Burgh Road (for Morrisons just before roundabout) 1416 and 1521.

There is also a slight change of departure time for the early morning 6B which now leaves Bracon Road at 0737 and Waveney Drive at 0744.

ENTUA will be meeting with Officers at Norfolk County Council next week and among items on our agenda is the need for a bus connection between Belton and Millwood/Falkland Surgeries in Bradwell. More on this in the next issue.

Greater Anglia have confirmed that additional trains will run again this summer between Norwich and Great Yarmouth on Mondays and Fridays and Saturdays. There is usually 4 trains each way on Mondays and Fridays running non-stop. On summer Saturdays there is usually 6 trains each way, again non-stop between Great Yarmouth Vauxhall and Norwich. We will publish the exact times of these additional services as soon as we have them.

Greater Anglia are pleased to announce that their overall performance over the past month was 95.9% and that on future strike days they are able to operate more services than before. For more information please go to their website www.greateranglia.co.uk

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

TONY GRICE



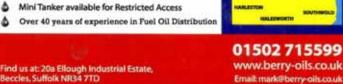


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The show ran over 3 nights and one afternoon matinee to local primary schools and included over 50 students on stage and back stage.

Following an intense rehearsal process in the

summer term 2022 we cast some of our wonderfully talented students in the many roles Annie Jr has to offer. Student dance captains contributed to the rehearsal process and led some sections of choreography. Without the hard work and dedication from our students we would not be able to produce such incredible productions.

Our principal cast members included a variety of students, some in year



8 taking the stage with us for the first time and others in Year 11 taking their final bow on the Venture stage. These



include: Taylor as Annie, Tiwalade as Miss Hannigan, Grace as Grace, Stephen as Oliver Warbucks, Michael as Rooster, Jessica as Lily, Daisy as Molly, Lily as Kate, Anabelle as Pepper, Lacy as July and Alanna as Duffy.

We would like to take this opportunity to thank all staff volunteers and members of the site team who contributed to the rehearsal process and performance evenings, we had a well oiled machine of helpers supporting the students through. Mrs Roper-Cornwell in particular needs a standing ovation for all of the hours of hard work

she puts in behind the scenes to ensure we achieve our licence, costume orders and have sound on the night!

Watch this space for the 2024 musical announcement, it is going to be epic!

Quote form Miss Smith Director.

I was delighted when Mr Gilbert-Barnham gave us the green light for a 2023 Jr production. The students worked unbelievably hard on Beauty and the Beast 2022 and I was desperate to give them a chance to shine on stage again. They gave up days in their half term and countless hours after school to bring this production to life and they definitely feel like they have had "the hard knock! life" this half term! The young people at this academy are superbly talented performers and I am proud to say I have worked with them on multiple trips, workshops, performances and productions!



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"Pier Loan" **Beach Fun** base at Browston

The Village Voice has come across information that might affect this area. Now that the new river crossing will come into operation very soon, which will make access to the south end of Great Yarmouth beach very easy, a small company from Skegness, "Pier Loan" are looking to set up their base and storage for their 15 electric 4 wheeled drive 2 or 4 seat beach buggies in this area.

It has been rumoured that Browston is a likely candidate for the base for their "Beach Fun" enterprise as it would give easy access to the A143 and onto the new bridge. They say they would store all items for their new enterprise at Browston and transport them in convoy to the beach area each morning and return each evening from May to the beginning of October. When questioned about the traffic on the A143 each day they said times would be staggered and in conjunction with known openings of the new bridge.

If successful, the buggies could also become available for other recreational use locally from October to April 1st.

Each buggy would hold up to 4 people and have its own solar panel for recharging, hence not needing electricity from the grid for most of the season.

> If you would like to know more visit their web site at www.pierloan.co.uk/newenterprise

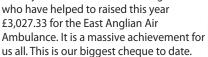
BELTON ALLOTMENTS

The waiting list for allotments in Belton has now almost been cleared therefore any residents of Belton or Browston can now apply to have their names put on the list, for information please contact the Parish Clerk, Kate Ruddock on 01493 602960 or email beltonparish@yahoo.co.uk.



Burgh Hall Charity Quiz Night

A massive well done to the Burgh Hall Charity Quiz Night. We had Helen, A representative of the EAAA come to collect the cheque tonight. A big thank you to all the teams and regulars in the pub



Since Covid we have lost several of our teams and now we really need some more otherwise we may have to stop doing them.

We meet every Wednesday starting at 8pm and normally finish around 10pm to 10.15pm

We allow teams up to 8 people at £2 per person. 50% to the winner and 50% to the charity

We also do a football card which again is 50% to winner and 50% to charity

I also run a roll-over bonus question and if won goes 100% to winner

We are not university challenge just good fun quizzing. The aim is to enjoy a good night out and exercise our brains a little.

We would love to see you there Debbie Burgess



|| East Anglian

Air Ambulance



Why are Hedgerows Important? Hedgerows are unsung biodiversity heroes, as well as connecting habitats, protecting against pollution and helping fight climate change, they provide a home for 80% of our woodland birds, hedgehogs, and most species of bat, the great crested newt, dormice and butterflies. We need to protect them! But to get everyone passionate about hedgerows, we need people to notice these leafy lovelies growing right under our noses.

Plant a hedge

You can plant a hedge at home, in school grounds, work premises or community space can plant a carbon guzzling new hedge to make your own space green and beautiful and create a home for wildlife.

Manage your hedgerow the right way

No need to put lots of work into keeping hedges clipped super neat and tight (unless needed for highway visibility or access safety). Hedges allowed to blossom and fruit by cutting less, often give maximum food for birds, insects and mammals. Just put your feet up and listen to the buzz of the bees instead of the buzz of the hedge clippers!

Give wildlife a feast

If you have berries, seeds, nuts or fruits lingering on your hedgerow or fallen at its base, resist the urge for an autumn tidy up. Ivy flowers and berries, brambles, hawthorn berries and crab apples will help keep the wildlife in your area alive until spring. If you need to do some trimming back, try to do it later near the end of winter.



(Material supplied by Mr Ken Botwright, Chair, Belton with Browston Parish Council)













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Events at the John Green Institute

Trustees of the JGI
Roger Gowen Chair
Bill Richmond Treasurer
Sheila Evenden Bookings

07950 770488 07950 039455 07984 443808 Geoff Evenden Robert Goffin Bridget Lawrence Suzanna Craig

Bookings Maintenance Hon Secretary 07984 443808 07526 201088 01403 780160 01493 789019

JGI Trustees

Last month we saw the Saturday Coffee mornings again at the hall. The first was with the Belton Scouts Bria-Brac table and the second was a Craft and Plant sale morning. We will now plan to hold other Saturday Coffee mornings on the Second Saturday of each month, starting from May 13th

At these mornings we would also like to ask each user group to hold a raffle to boost their own funds. Contact Bill on 780822 for more details

Also if any group would like to have a table for sale of items or promotion of their group we would also welcome them.

There will be no April coffee morning as we hope to get the main hall redecorated during the weekends of April. We ask all users to be patient with us, but we will keep the disruption to a minimum.

This will be the first major decoration of the hall since it was opened.

Wednesday Morning Drop In

These mornings are as busy as ever with a great attendance each time. If you fell like doing something different on a Wednesday morning for one and half hours come along and give us a try. We are always there 10.30 to noon and you will be made welcome. Get up to date with what's going on and we will also try and warn you of any new scams going around.

Contact Sue on 780822 for further information.

Julie's Yoga to Audio CD

Yoga ladies please note there will be no yoga class on Easter Monday 10th April, Bank Holiday Monday May 1st and Monday Bank Holiday May 29th. There will be a class on the Coronation Bank Holiday Monday May 8th

Happy Easter to you all and look forward to seeing you all on Monday 17th April to work off those Easter Eggs.





April Quiz Nite will be on Friday 28th at 7.30pm. Teams up to 4 players £5. Great fun with great prizes and raffle. Form a team from your group or neighbours and come along for an enjoyable evening.

THE JGI

Belton Village Hall, 46 Station Road South

- ► Great Facilities
- ► Great Hire Rates
- ► Great Kitchen
- Parking near by
- Licensed for Music
- ► Can seat 70 people
 ► Large Hall and/or
- ▶ Rear meeting room available
- ▶ Ideal for Groups
- ▶ Parties and Functions
- ▶ Disabled facilities and Entry



For further information and hiring rates please contact Bill on

01493 780822

or go to www.beltonandbrowston.com



Grants Presentation at JGI

It is one of the more pleasurable duties I have as Village Voice chair, to give out the awarded money to local organisations. This year, Village Voice has supported Belton Scouts, Great Yarmouth Stroke Club (Brenda Hoskins), Belton Bowmen (Duncan Wyre), Young at Heart (Sue Angel), The Kings Coronation Event being organised by the Reverend Rosie Bunn. Activities within the church supporting young people and school children and the All Saints Food Bank. In total, we awarded £1700. If any local organisation, is in need of funds, applications for next year can be made by contacting the secretary of Village Voice.

Adrian Myers Chair Village Voice

Contacts for Clubs and Groups at the JGI

To book the JGI Hall call Geoff or Shelia Evenden on 01493 298164

10 DOOK THE JOH HAIT CAIT GEOTI OF SHEHA EVENGEN ON 01493 298104					
<u>MONDAY</u>					
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		
<u>TUESDAY</u>					
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		
•	Dollon Grantors	Linda	07721077007		
<u>FRIDAY</u>					
10.30 – 12.00 am		Jane	07788 408801		
2.00 – 3.49pm Camera Club (First Friday of each month)					
7.30 – 9.00 pm	•	Mick	07795 422420		
(Except last Friday in month)					
7.30 – 9.30 pm	Quiz Nite	Bill	780822		
(Last Friday of each month)					



Health Check

Information from age uk website





Eye Health

Vision problems can lead to a higher risk of falls, driving accidents, and incorrect use of medications. They can also make day-to-day life harder. The best way to make sure your eyes are healthy is to have regular eye checks. Many eye diseases can be treated successfully if they are detected early.

What are some common eye diseases that can affect me?

Certain eye diseases are more common as we age.

These include:

- glaucoma
- cataracts
- macular degeneration

Eye diseases don't always cause obvious symptoms. An eye test by an optician doesn't just check to see whether you need glasses – it's also an important check on the health of your eyes.

An optician can detect eye diseases at an early stage, usually before you've even noticed any changes. An eye test checks your vision straight ahead, as well as your side (peripheral) vision.

How often should I get my eyes tested?

You should have an eye test every two years or as often as your optician recommends. If you notice any changes in your vision, get it checked as soon as possible.

If it's difficult for you to get out and about, ask your GP or optician if there's a home visiting optician local to you.

What type of glasses are best for me?

If your optician recommends you need glasses, they must give you a prescription, which shows the type and strength of lenses you need. You can use this prescription to buy glasses from any supplier, which means you can shop around for the best value.

Your optician can talk to you about the different types of lenses

available and which are most suitable for your eyes. There are different types of lenses and extra features – bifocals, trifocals, varifocals, tinting – to suit different types of vision problems and lifestyles.

Wherever you buy your glasses, make sure you have the right lenses. Wearing the wrong glasses can make you more likely to get eye strain, misjudge kerbs or distances, or trip over obstacles.

Don't be tempted to buy less expensive, ready-made reading glasses from a supermarket or pharmacy. It's rare for both your eyes to need the same correction and they're often less durable.

Am I entitled to free eye tests?

Everyone aged 60 and over can receive a free eye test every two years.

You'll get a free annual sight test at any age if you have a close family member who has been diagnosed with glaucoma or you've been advised by an ophthalmologist that you are at risk of glaucoma.

You'll also get a free annual eye test at any age if you have been diagnosed with diabetes. You should also be offered an additional annual eye test to check for signs of diabetic retinopathy.

Am I entitled to free glasses?

If you're on Pension Credit Guarantee Credit, you and your partner are automatically entitled to a voucher towards the cost of glasses or contact lenses.

If you or your partner receive Universal Credit and meet certain other criteria, you may also be eligible for help with health costs.

If you and your partner have a low income and savings, you may be able to get help towards the cost of glasses or contact lenses through the NHS Low Income scheme.

How can I keep my eyes healthy?

Here are some tips to keep your eyes healthy:

- Get regular eye tests.
- Wear sunglasses to protect your eyes from the sun.

Eat healthily, particularly plenty of fruit and vegetables which have specific nutrients that are important for eye health.

Stop smoking.

Smoking is harmful to eyes – research has shown that smoking increases the risk of age-related macular degeneration, glaucoma and cataracts. Cigarette smoke irritates the eyes and will worsen dry eyes.

What aids can help me at home if I have a visual impairment?

There are a number of optical aids and gadgets that can help improve your vision and keep you living independently. You're most likely to need different types for specific activities, such as reading a book or watching television.

The simplest optical aids are special magnifiers, which can help with tasks such as reading a newspaper. Magnifiers may be hand-held, have their own stand, or may be built into your glasses.

Other aids include:

- computer screen magnifiers
- n big button telephones
- large print books and newspapers
- talking books
- large print board games and card games
- screen readers
- talking watches.

For advice on optical aids, ask your doctor or eye specialist to refer you to a low-vision clinic, where specialist staff can assess which aids would help you most and suggest ways to make the best possible use of the sight you have.

They can usually loan any equipment to you for you to try out. If you register as blind or partially sighted, your local authority should contact you for an assessment.

The British Wireless for the Blind Fund can supply free radios and audio equipment to people who are registered as sight-impaired or severely sight-impaired, and in



financial need.

RNIB has a range of newspapers and magazines in a variety of different accessible reading formats.

How can lighting help me if I have low vision?

Follow these simple tips to make the most of your lighting at home.

Keep your windows clean and pull the curtains back as far as possible. Consider switching away from

Consider switching away from curtains to blinds, which make it easier to control the light that comes into your home.

Make sure you have good lighting at the top and bottom of stairs.

Use a flexible table lamp for reading or close work.

Where possible, opt for fluorescent lamps - they're very efficient, produce a lot of light, but very little heat.

How do I register as blind or partially sighted?

Your optician or GP will need to refer you to an eye specialist who will perform some tests to see if you're eligible.

If the eye specialist does certify you as partially sighted or blind then you'll receive a Certificate of Visual Impairment. You can then choose to register with your local council for local services or a reduction in your council tax bill. Being registered as blind doesn't necessarily mean you can't see at all – most people who are registered blind do still have some useful vision.

If you're registered as blind or partially sighted, you may receive:

- Disabled Person's Railcard
- n bus pass
- reduction in your council tax
- car parking concessions.

If you're registered as blind then you can get 50% reduction in the price of your TV licence.

In addition, a claim for disability benefits (e.g. Attendance Allowance) may be strengthened if you're registered as blind or partially sighted. Page 20 VILLage Voice April 2023

Village Voice Free Ads

It is free to advertise jobs, events, property or items for sale. Text to 07950 039455or email beltonvvgraphic@gmail.com
We will run your advert for 3 months but please let us know if you sold it so we can remove the advert.

We can only accept ads by Text to 07950 039455 or email to beltonvygraphic@gmail.com Closing date for next edition Saturday April 15th

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.

Wanted Fold up mobility scooter contact 01493789594

FOR SALE

Aviation At War - 7 DVD's. As New. £25. 19 Danielle Steel DVDs. Mixed Selection. As New. £75. Mixed selection of paperback and hardback books. As new. £20. Suitcases by Revelation - Set of 4, Various Sizes. All with Keys. Used three times. Very Good Condition. £120. CD Carousel Storage. Wood. Holds 72 CD's. Size:- H-13", D-11.5", W-11.5". Excellent Condition. £50. Picture Frames, various sizes and styles. £2 - £30. Roller Blind, White, 100% polyester. Size- W-90cm, D-160cm. C/w fittings. Brand New and Boxed. £20. 01493 781094.

Rayleigh Shopper Pedal bike and Rayleigh ladies bike good condition offers welcome call 01493 789174

Child's car seat - isofix- little used £10.00 Call 01493 662169

Panasonic Digital Answer phone with 3 handsets model KX-TGC263EB as new £25 Call 07950 039455

EARLEX wallpaper stripper, good condition, in box - £15.00. **RYOBI** Router table, in very good condition, has had little use - £75.00.

BOSCH hand planer, 240v, complete with case etc., very good condition - £50.00. 07531 200371.

FREE standing bedroom mirror with white surround, length 60" width 17", £10 01493

780145

CHILD'S CAR SEAT - ISOFIX - LITTLE USED. £10.00 Phone 01493 662169

Mirror - (21"w x31"h) curved top, bevelled edge with wall fixings (new) £5.00, Mirror - (25"w x38"h) teak frame with wall fixings attached £5.00, Dark wood picture frames (24"wx32"h) £5.00 each choice of 4 (New). Tel 07796 982259 (Proceeds Burgh Castle V/Hall)

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. Tel 01493 781846 White free-standing roll top bath. Good condition. Free but collection only Call 01493 781475 or 07521682733



Dates for your Diary

Sunday 2nd April – Palm Sunday Holy Communion

9.30am St Peter & St Paul Church

Morning Celebration – Café style

10.30am All Saints Church, Belton

Tuesday 4th April – Tuesday of Holy Week Traditional Holy Communion

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

Thursday 6th April – Maundy Thursday Passover Meal

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

Friday 7th April - Good Friday

10.00 am Good Friday Service at St Peter & St Paul, Burgh Castle

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

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

Sunday 9th April – Easter Day Sunrise Service at the Roman Fort

6.00am followed by breakfast in the Village Hall

Holy Communion

9.30am St Peter & St Paul Church

Holy Communion

10.30am All Saints Church, Belton

Evening - Easter Celebration

6.30pm All Saints Church Belton

Friday 14th April

10am – 12 noon Women's Bible Chat

Sunday 16th April

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 April Morning Prayer

10.30am at St Peter & St Paul Burgh Castle **Holy Communion**

10.30am All Saints Church, Belton

Sunday 30th April Holy Communion

9.30am at St Peter & St Paul Burgh Castle **Morning Celebration**

10.30am All Saints Church, Belton

Sunday 7th May 2023 Holy Communion

9.30am at St Peter & St Paul, Burgh Castle

Morning Celebration

10.30am All Saints Church, Belton

King's Coronation – Afternoon Tea

2.30pm in the Rectory Garden

Entry by TICKET ONLY.
Tickets available from Binkys, All Saints

Church, The Rectory & Bill Richmond

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For an easy kerbside collection of all your leaves, twigs, grass cuttings, hedge trimmings and weeds, just join the local garden waste recycling scheme.

A large garden needs a brown bin, call 01493 742200 for current charges and to order. Alternatively, order online at www.great-yarmouth.gov.uk

Alternatively a pack of our new 75 litre garden waste bags could be just the job for a smaller garden, call 01493 742200 to purchase a pack of bags.

