

Village Voice

August 2023

24th Great Year

Vol 24-05

3500 copies printed monthly.

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A final word from Professor Regi Alexander

My family and I moved to Belton, a few days before the Christmas of 2002. I was starting a new job in Diss and had bought the house here after being reassured by the internet vision of the A143 smoothly connecting the two places! To keep things interesting, my wife was in the third trimester of her pregnancy and my daughter was changing high schools in the middle of an academic year. We were moving from the hustle and bustle of vibrant, cosmopolitan, London and colourful, multi-ethnic Leicestershire to Norfolk, a place described by many a friend and acquaintance as 'a bit different'.

Looking back on my 21 years here, I feel they were right too. From the vastness of its skies to the intricate flatness of its terrain, from the sharing of the joy of new relationships and new life to the stoicism of quietly facing up to adversity, from the solace of good neighbours to the kindness of strangers, the memories for me are many and the reminiscences varied. Through all that and more, this place always feels singularly different and will always remain home.

Right from the start, the Village Voice had been so much a part of our life in Norfolk, something that you looked forward to, usually just before the last weekend of every month. It was always not just about the local news from the parishes, but also about how those local narratives were shaped, influenced, or moulded by events on a larger canvas. Working with the other social institutions in the area- the church, the school, clubs and charities, this magazine has been part of the glue that holds our social fabric together. It has indeed been the privilege of my life to serve as your editor for 87 issues from June 2016 to August 2023.

I salute all those who continue to volunteer as this magazine's board members, contributors, and distributors, selflessly giving their time for a greater good. I am grateful too to our many advertisers who have kept this magazine going through good times and bad, helping us to disburse from our surpluses, thousands of pounds every year as grants to local good causes. Finally, a warm welcome to Adrian Myers who is taking over from me now, as your Village Voice's new editor. I am sure, he will take this magazine to new heights.

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YOUR VILLAGE VOICE

The closing date for all
Articles and Adverts
for the September 2023 edition is
15th August 2023
August 2023 267th Edition

Cover Picture:

Home grown fruit and sunflowers.
Ros Green, St Olaves

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

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MID-WEEK CAR BOOT SALE

**New Road Sports &
Leisure Centre**

BELTON NR31 9JW

**Wednesdays August 2nd, 9th, 16th,
23rd & 30th - 10am - 2pm**

MOBILE LIBRARY SERVICE

**Locally the Norfolk Mobile Library rounds
are as follows**

Belton Wednesday, August 9th and
every 4 weeks

Moorlands Primary Academy 3.20 - 3.50pm.
Outside 7 Station Road South 3.55 - 4.10pm
Amhurst Gardens 4.15 - 4.35pm.
St. Roberts way 4.40 - 4.55pm.

Fritton Now no service.

St Olaves Wednesday August 9th and every 4 weeks stopping on
Priory Close between 12.45 and 1.00pm.

Burgh Castle - No service



BANK HOLIDAY REFUSE COLLECTIONS

The next Bank Holiday is on **Monday August 28th**, Great Yarmouth



Services have advised that there will be no
refuse collections on that day with
all the weeks collections all being
one day late finishing with Fridays
round being collected on **Saturday
September 2nd** (this includes
brown bin collections)

Your Parish Council Reports

Belton with Browston Parish Council

The July meeting of Belton with Browston Parish Council was held on the 4th with six Parish Councillors Borough Councillors Graham Carpenter and Ivan



Murray-Smith and the Parish Clerk, Kate Ruddock present the meeting was chaired by Ken Botwright and during the meeting Sue Neal (who was also present), was co-opted to give the Council 9 members, there are still four further vacancies and co-option details are available from the Parish Clerk (contact details at the end of these notes).

Members agreed the following Working Parties for the coming year, New Road (Councillors Botwright, Light Greenacre & Barber), Social Media (Councillors Botwright, Light & Greenacre), Finance (Councillors Greenacre, Botwright, Mills and Riseborough), Events (Councillors Botwright, Greenacre, Light & Mills), Allotments (Councillors Barber & Riseborough), Planning (Councillors Botwright, Mills, Light, Greenacre and Gay) and Human Recourses (Councillors Botwright Mills & Gay). In Councillors reports members expressed disappointment at the lack of attendance from the ward County Councillor at Council meetings.

One of the points raised to Councillor Mills at a recent JGI Coffee morning was overgrown hedges and vegetation in various passages, Borough Councillor Murray-Smith offered to enquire at the Town hall as to ownership of various old field boundaries to try to resolve this issue.

The Chairman reported that issues with a motor cycle on Rosedale Gardens had been reported to the police however as the riders were masked and there was no number plate it was proving difficult to identify the machine and riders. A property on Dashwood Close has been identified to have the latest defibrillator on its wall and the owner has agreed, details are being passed on to the Heart to Heart charity to take this forward.

In planning there were no objections to proposals to extend the existing front porch at 44 St. Johns Road, Belton. The Borough had approved applications to place solar panels on the roofs of four main buildings at the Wild Duck Holiday Park and tree works at Belton Old Hall on Station Road South.

On New Road it was confirmed that dogs can now be permitted on the Sports field but they must be kept on leads and away from the football pitches. With specified conditions it was agreed that Bohemians F.C. can place a portable tea hut on the field near to their container but contractors

BELTON with BROWSTON PARISH COUNCIL Attendances August 2022 to July 2023

COUNCILLOR	Possible Meetings	Meetings Attended
Ken Botwright (Chair)	11	11
Nigel Light (Vice-Chair)	11	11
Nathan Brown	8	7
Margaret Greenace	11	10
Lin Hillier	8	0
Lee Staff	8	3
Ian Walpole	8	3
Hillary Williams	8	8
Stuart Bridges	8	3
David Mills	11	8
Gemma Searby	10	8
Keil Barber	11	11
Tracy Cameron	8	3
Jason Riseborough	3	3
Cheryl Gay	2	2
Sue Neal	1	1
Graham Carpenter (GYBC)	3	2
Ivan Murray-Smith (GYBC)	3	1
Tracy Cameron (GYBC)	8	3
Adrian Myers (GYBC)	8	8
Carl Anison (Norfolk C.C.)	11	1
Kate Ruddock (Parish Clerk)	11	11

Possible meetings attended vary due to changes at the May Elections and co-options to fill various vacancies.

Current councillors names are in **bold type**

must be Parish Council approved, the club are arranging for the contaminated top soil on their pitch area to be removed and the pitch levelled and seeded. Continuing with New Road the Council will be applying to the Hornsea Community Fund for a grant to place solar panels on the south side of the main building's roof and quotations are to be obtained to replace the gas water heating boiler both with like for like and electric options to be priced.

With no meeting scheduled for August the next meeting of the Parish Council will take place at the New Road Centre on Tuesday September 5th (7.30pm), details are available from the Parish Clerk, Kate Ruddock on 01493 602960 or email beltonparish@yahoo.co.uk.

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Burgh Castle Parish Council



There were six members of the Parish Council and the Parish Clerk at the Meeting of Burgh Castle Parish Council on July 10th. Brian Swan chaired the meeting.

The Chairman confirmed that he had received an e-mail from County Councillor Carl Smith saying that following a visit to the village that he had arranged with the County Highways Engineer the engineer had confirmed that, subject to land ownership being with the County Council posts will be put on the area fronting the Roman Fort entrance to deter parking and also that the bend on High Road will be totally resurfaced although this will not take place till Autumn/Winter as a road closure will be required.

Members agreed that something needs to be done to improve the shrub beds at the burial ground, the chairman asked that they all take a look before the next meeting so that quotes can be obtained as soon a specification is agreed.

Members confirmed their dissatisfaction at the term time changes to the Service 5 bus to accommodate Lynn Grove High school pupils returning to Burgh Castle and Belton, there is now no afternoon return to Great Yarmouth and Gorleston between the 1.30 and 4.40pm services during term time and the reversing of the route at this time is causing confusion and also making alighting from vehicles difficult and dangerous at several stops due to the lack of footpaths.

Heart-to-heart are still in discussion with the Borough Council about the possibility of putting a defibrillator on or next to a lamp standard in the vicinity of the village sign and Councillor Griffiths is also talking to the same charity about placing a unit on her property on Mill Road.

As usual the Council will not be meeting in August; therefore, the next meeting will be on Monday September 11th commencing at 7.30pm at the Village Hall on Church Road. For details contact Kate Ruddock, the Parish Clerk, on 07948705218, e-mail burghcastleclerk@gmail.com.

BURGH CASTLE PARISH COUNCIL Attendances August 2022 to July 2023

COUNCILLOR	Possible Meetings	Meetings Attended
Brian Swan (Chair)	9	9
Bob Grimmer (Vice-Chair)	9	8
Pauline Carter	9	6
Margaret Greenacre	9	9
Wendy Griffiths	9	9
John Hogg	9	9
Steve Titterington	8	9
Carl Smith (Norfolk C.C.)	9	1
Graham Carpenter (GYBC)	3	1
Ivan Murray-Smith (GYBC)	3	1
Tracy Cameron (GYBC)	6	0
Adrian Myers (GYBC)	6	6
Kate Ruddock (Parish Clerk)	9	9

NORFOLK CHURCHES SPONSORED CYCLE RIDE 2023



Burgh Castle

Paul Nicholls is once again riding on behalf of Burgh Castle Church in this year's event on Saturday September 9th, when he will visit as many churches as possible in the day on his trusty machine.

Paul always does very well thanks to the generosity of parishioners, last year he raised the sum of £295 (plus Gift Aid), his record is £2,495, lets help him set a new record, we all know that times are difficult but please support him if you can, in common with many businesses and charities our church funds have also suffered.

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

Maureen Grey, Parish co-ordinator, Cycle Ride

Burgh Castle Tea Room & Bargain Stall

(Village Hall, Church Road)

Special for Open Churches Week

For just one week from 7th to 11th August to coincide with **Open Churches Week** we will open the tea room every day from 10.00am - 3pm. Cream Teas available!!

Then as usual we are open on
Thursday and Fridays 10.00am - 2.00pm

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

We are always looking for stock to sell, your support helps to keep our church and hall open, you can drop off to us any Thursday or Friday or we can collect locally if you wish.

For more information
01493 780126
mgreenacre532@gmail.com

Advance notice
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Fritton with St. Olaves Parish Council

There is no meeting report from the Parish Council this month as for special reasons the meeting has had to return to July 27th and therefore will be reported on next month, following on the next meeting will be on Thursday September 21st at Fritton Village Hall at 7.30pm. full details from Kate Ruddock, Parish Clerk on 07899 846148, e-mail fritton.stolaves.clerk@outlook.com.

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£10 per Session
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Ring Ann Wilby on **01493 488210**
For more details

The **Vikings** are here, but don't go burying your coins in a pot in the garden, these are the friendly kind. I am of course talking about Jormungandr Austr. They are a viking reenactment group who meet every Thursday 7pm until 10pm, at St Olaves Village Hall. The group is led by Pete. Pete has an incredible wealth of experience in combat performing and historical knowledge. He has worked with Horrible Histories Feint Heart, Battlefield Detectives, and has worked on the film sets of Robin Hood (Russell Crowe lead) The Eagle and Snow White and the Huntsman.



At present the group have a membership of 14 and they train in combat fighting, axe throwing and archery. As an experienced combat performer you are in extremely safe hands with Pete as he trains you through three levels of combat exercises. However, it is not all about fighting, as well as meeting on Thursdays, the group have a busy schedule attending events and schools, educating and demonstrating exactly what the vikings of that era were and how they lived.

They will be attending the Bradwell Fayre on the 6th of August.

Pete's history stretches way back to the 90s when he was reading about King Arthur. He joined a group called The Horde and in 2000 he was invited to join Britania a group in Essex. He later joined a group in Lowestoft and was asked by various people to form his own one, and today that group is Jormungandr Austr.

The membership fees are £20.00 per calendar month plus an annual fee of £26.00. This covers hall hire and other activities, all profits are reinvested into the club to benefit all members. Tea/coffee and Biscuits are on hand.

So if you fancy learning about and becoming a Viking, pop down to St Olaves hall on a Thursday, and ask for Pete. Alternatively you can visit their website www.jormungandrreenactment.com or visit them on [facebook.com/jormungandr.austr](https://www.facebook.com/jormungandr.austr). You can also phone Pete on 07979 303954.



Fritton Bingo

Our next Bingo event at Fritton Village Hall for August is **Friday 18th**

eyes down for 7.15pm start.

All welcome to come and join us, a raffle also with many prizes to be won. *Many thanks Roy*

DOGS AND PANCREATITIS

By Clinical Animal Behaviourist Katey Aldred MSc, RVN, ABTC-CAB

Booch Corner



Summer is here and the BBQ's will be out and that means for some dogs that are getting scraps, triggering pancreatitis. Of course, this isn't always the trigger and pancreatitis can be acute (sudden onset), or chronic (an ongoing issue). Acute pancreatitis can be triggered by suddenly eating richer, fattier foods. Chronic can be part of a more complex health condition.

What is Pancreatitis

Dogs with pancreatitis can experience a range of health issues related to their pancreas, a vital organ responsible for producing digestive enzymes and regulating blood sugar levels. Pancreatitis in dogs occurs when the pancreas becomes inflamed, leading to digestive problems and potential complications. This condition can be challenging to diagnose and manage, requiring careful attention and specialised care from veterinary surgeon and pet owners.

What are the Symptoms?

Pancreatitis in dogs can have various causes, including dietary indiscretion, obesity, certain medications, hormonal imbalances, and underlying health conditions. The symptoms of pancreatitis can vary in severity and may include abdominal pain, vomiting, diarrhoea, loss of appetite, lethargy, and dehydration. These signs can be mistaken for other gastrointestinal issues, making accurate diagnosis crucial for effective treatment. Some more obscure symptoms can involve pica, eating non-food objects of which eating dirt or mud is a classic sign.

How to help a dog with Pancreatitis?

When a dog is diagnosed with pancreatitis, immediate intervention is necessary to alleviate symptoms and prevent further complications. Treatment can involve hospitalisation to provide supportive care, including fluid therapy to correct dehydration and electrolyte imbalances. Pain management is usually necessary to alleviate discomfort. In severe cases, dogs may require a temporary period of fasting to rest the pancreas and allow it to heal.

Dietary modifications are a fundamental aspect of managing pancreatitis in dogs. Low-fat diets are often recommended, as high-fat foods can trigger flare-ups. Commercially available low-fat dog foods or home-cooked meals with lean protein sources and easily digestible carbohydrates may be prescribed. Regular, small, and frequent meals are preferred over larger meals, which can strain the pancreas. It's crucial to avoid giving dogs table scraps or treats that contain high levels of fat or spices.

In addition to dietary adjustments, medications may be prescribed to manage pancreatitis in dogs. These can include anti-nausea medications to alleviate vomiting and anti-inflammatory drugs to reduce pancreatic inflammation. In some cases, dogs may require long-term enzyme supplementation to aid digestion, as pancreatitis can impair the pancreas' ability to produce sufficient digestive enzymes.

Preventing future episodes of pancreatitis is essential for a dog's long-term well-being. Pet owners should work closely with their veterinary surgeons to develop a comprehensive care plan that includes appropriate diet and exercise regimens. Maintaining a healthy weight and avoiding high-fat foods is crucial in preventing pancreatitis recurrence. Making these changes can reduce the risk of flare-ups and subsequent complications. Regular veterinary check-ups are recommended to monitor the dog's overall health and catch any potential issues early on. Plus, avoid feeding your otherwise healthy dog those excessive table scraps.

Pancreatitis in dogs is a serious condition that requires prompt diagnosis and appropriate management. Through dietary modifications, medication, and lifestyle adjustments, pet owners can help mitigate the symptoms and prevent future episodes. Regular veterinary care and open communication with the veterinarian are essential to ensure the well-being of dogs with pancreatitis.

Get in Touch

Is there a dog related topic you would like to know more about? Feel free to get in touch on 07841040171 (WhatsApp in the first instance) or contact through the website.

More articles to read at www.kateyaldred.co.uk

A word from your Local MP



BRANDON LEWIS MP writes

Last month we celebrated the 75th anniversary of the great

British institution that is our National Health Insurance. A public service that is cherished by all and has been sustained by every government since its inception whatever their political affiliations. In fact, for most of its existence the NHS has been supported and funded by Conservative governments.

In Parliament, we temporarily put aside political differences to recognise the hard work of our health professionals. They are recovering after several tough years. They've coped not just with the ravages of a global pandemic, but they continue to deal with the challenges of the post-Covid recovery. That's why I nominated the local Carer Support Nurse team for the annual NHS Parliamentary Awards. They assist unpaid carers to look after their health and wellbeing. The pilot scheme was launched to address this 'gap' in local healthcare provision.

Earlier in the month I visited the new ward at the James Paget University Hospital on its first day of opening. It's fantastic to see it successfully up and running, benefitting patients and the staff with its clever design and bright environment. In further exciting news the unit is set to receive part of a £85.9 million national fund for cutting-edge MRI, CT and X-ray equipment. This project isn't just about providing new equipment to diagnose and monitor a very wide range of conditions, including cancer, heart disease, stroke, respiratory diseases, and neurological disorders. It is backed up with extra staff recruitment to include new radiographers and radiologists. This is real investment in our local health service that will see faster diagnoses, provide better long-term treatment and most important save lives.

It would be wrong not to acknowledge that the NHS faces significant challenges. No one imagined the incredible advances in medical treatment, improving all our lives and increasing our longevity. These amazing improvements come at a cost, needing government to continue to invest our taxes to make sure the health service keeps pace with these changes. For the first time a government has taken steps to address challenges for the future, not just in a year or two. The new NHS Staffing Plan is making sure we have the surgeons, doctors, nurses and other health professionals to treat us and future generations, as the NHS heads towards its centenary.

Please register your support
for the Village Voice

OPEN DAY

The Village Voice committee
are organising an
OPEN DAY

**Venue and date to be
decided for July 2023**

**Advertisers and Contributors
are welcome to come
and set up stalls
Free of Charge.**

**For more details please contact
Adrian Myers**

07824 313792

or

adrianmyers247@gmail.com

As usual we will continue to serve refreshments from
10.00hrs on Tuesday mornings at All Saints Church.
But 'the staff' are looking forward to taking a two
week break. This will be the first and second
week in August.

Sue Angell



A Ghost from the past

The item on James Paget Hospital in the July Village Voice triggered my memory of an odd incident that happened some 30 years ago in that same Hospital. Having served as a Councillor for Belton long ago some residents remembered me. One day when passing through the Ladies Minor Surgical Recovery Ward. A lady called me over and said. 'I am Ann **** from Belton and I recognize you. I was a nurse in the war but am now retired so have seen many things. I am not confused or suffer from flights of wild fantasy. But something happened last night here that has confused me.

My small operation went well so needed no painkillers or sleeping tablets and I soon went to sleep. Something woke me in the night and our ward lights were dimly on. My bed was nearest to the main passage through the ward and the night nurse was sitting with a dim lamp at the night nurse station on the other side of this passage. Suddenly coming from behind me and walking slowly down this passage came a strangely dressed man. I obtained a clear look at him he was bearded with very long hair. Also dressed in furs carrying a spear with one hand



and sort of club in the other. He walked quite slowly pass me and seemed to walk right through the Ward entrance doors. I called the night nurse over who said there were no men on this ward It was just a dream. That was certainly not, so can you tell me what goes on here?

Anaesthetics were less advanced than now so I thought it was probably a reaction to hers. However I did say sometime like the Junior Doctors hold fancy dress evenings perhaps one of them was held last night. However this incident intrigued me so decided to do my own research. Two nurses told me over many years only three patients had claimed they had seen a huntsman walking through the ward at night. This they dismissed this as a wild dream. Then a report in the Yarmouth Mercury had told of Iron Age tools being found on a building site near to the Hospital. Next from Lowestoft a local archaeologist claimed his finds indicated an early Iron Age settlement under the Hospital. Information now supported by the Village Voice article. However it is most unlikely these patients at James Paget Hospital would know about these things. So does an Iron Age ghost walk around James Paget Hospital, we will never know unless the Village Voice can interview this 3,000 year old ancestor. What a scoop that would make'

Brian E Callan

The 2022 Village Voice Writing Competition Winners

Thank you to everyone who entered the Village voice writing competition 2022 in the categories for adults and children. The number of entries was lower than that in the previous years. The judging panel, after careful deliberation has not recommended the top prize in any category. 10 entries in the adult category and 2 in the children's category have been recommended for special commendations. In the circumstances, the Village Voice board decided to increase the prize amount for these special commendations from the £10 Amazon vouchers that were originally announced to £20. The special commendation winners are listed below, in alphabetical order.

1. Heather Andrews for her short story, Mistaken Identities
2. Lesley Chalmers for her short story, The Picnic.
3. Cheryl Harrison for her poem, Stop

4. Isabelle Harrison, 10 years, for her short story, Secret Tunnel
5. Scarlett Phillips, 10 years, for her short story The Wicked Witches of the Mountain of Despair
6. Sue Russell for her short story, The Meeting
7. Sue Russell for her short story, One Lunchtime
8. Maureen Welsby for her poem, Pakistan
9. Ann Wilby for her poem Your House
10. Ann Wilby for her poem, Going to the Charity Shop
11. Ann Wilby for her poem, Charity Shop Bargains
12. Jean Marcus Wright for his poem Rough Patch

Congratulations to all the winners who will receive their vouchers by e mail or post. The prize giving ceremony will be organised in due course.

Special Commendations

1

ONE LUNCHTIME

Sue Russell

Even before we get to the dinner hall, I can tell what we'll be eating. The smell of stewed beef and swede drifts down the corridor – the usual Tuesday menu. It will be accompanied by a dollop of lumpy mashed potato, with raspberry jam tart and pink custard to follow. The dinner hall is noisy as girls and boys line up according to their year. It's first serving for our year today, Year Four. Our food is served by two cooks behind one of two open hatches. We take a brown tray from the pile, and a plate, and walk past in conveyor belt fashion as the first course is dropped onto our plates. We find a place to sit on a wooden form at one of the refectory tables and line our trays up like soldiers next to each other. I pour water from the metal jug into our plastic, coloured beakers; jagged bits from teeth marks round the top prick my tongue as I drink. Dirty dinner plates are scraped and there's clashing as used crockery and utensils are stacked on trollies by dinner ladies.

The three of us sit in a conspiratorial group, at the end of the table and talk as we eat.

'Come on, let's try it!' I say between mouthfuls.

'I'm not sure,' Linda says.

'But we can't let the grammar schoolboys beat us, can we?' I knew Chris would be up for the challenge. Her competitive streak is as strong as mine.

'Well, how would we do it?' Linda says, putting down her knife and fork and looking at me.

'It obviously needs to be First Years, as they're the smallest,' I say.

Chris's face breaks into a broad grin. Linda nods, still cautious. She carries on eating. I can see she's thinking that some of the First Years are bigger than her. She really hasn't grown much since we began Secondary Modern School, Year One, at the age of 11, and at 14 she's still only 4' 10". Chris and I are both a good six inches taller.

We queue briefly at the second hatch for dessert and while eating this back at our table we finally getting Linda on side. We finish our food, and leave the dining hall, to go directly to the girls' toilets in the main corridor.

Through the double doors the toilet block is large and square, painted blue, and lined with ten toilet cubicles to the left and ten to the right. Either side of a central wall are the hand basins and at the end of these are grubby white roller towels, four in total. There's an acrid burning smell as we enter the toilets. The incinerator in the corner has just been used. I silently commiserate with the girl who's just used it but it's either that or take your used pads home – the three us, at least, have not yet braved using tampons. We're not too sure about this

'losing your virginity thing' it's said to cause.

'Let's use a loo on the right side as that's less easy to see when you come in from the corridor,' I say.

'Good thinking' says Chris.

'I'll watch for Prefects,' says Linda, standing at the open corridor door.

Girls come in and out and some look curiously at us.

'We're looking for First Years,' I begin, 'the smaller the better'.

'Why?' says a third year.

'We're competing with the Grammar School boys to see how many we can squeeze into a toilet cubicle.'

'Oh,' she says smiling. 'I'll find some.'

Chris grabs each small girl as they enter and marshals them round the corner to me. I begin the lining up. Fortunately, the black cistern hangs high above the toilet so only the actual chamber with seat is in the cubicle. There are no bins to get in the way. The first girl fits in easily to the left of the loo seat and the second to the right, one stands on the seat. Then a second row in front of the first with a second girl standing on the seat.

'Ouch! You're standing on my foot!'

'Be careful! You're pushing me off the seat!'

'Eeew! What's that smell!'

As they shove and squeeze, there are giggles and laughter.

'Squash up tight!' I say.

The door proves a problem as it opens inwards and gets in the way but one by one, I jam them in – four rows of girls; but now the door is wedged so it's very difficult to open as there's so many girls in there.

'Squeeze as tight as you can!' I shout.

'PERFECT!' Linda yells.

'Okay, everyone quiet as a mouse!'

The Prefect comes in. I stand, blocking the entrance to the toilets on the right.

'I wouldn't go this side if I was you. Someone's had an accident, so I've sent for the janitor. I'm just staying 'til he arrives so people don't go down here.'

'Yuck! Okay, well done.' She disappears round the left corner. I run a couple of taps at the basin to cover stray giggles from our cubicle. I turn them off as she exits the loo. She washes her hands and leaves.

'Can we squeeze another one in?' I whisper.

'I don't know,' someone says.

'Yes, a skinny one!' says another.

Chris marches round a thin, small girl. There's just enough space for

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1st Belton Scout Group

Would you be interested in helping out at the Beaver section this does not have to be every week. A small amount of training on line is required (support available) and a DBS. If you would like more information please contact Brown Beaver (Jane) 07975 533572.

Beavers

The beavers this month have planted the French marigolds they grew from seed and have planted them out at Rectory Corner. As we walked, we talked about the green cross code, looking at road safety and how to cross the road safely.

We have visited Blue Bell Wood for the evening looking at different types of trees that are there, did some bark rubbing and also did a litter pick. Everyone was very impressed this time as there was only half a bag full. We finished off the month looking for bugs at the Scout HQ. Brown Beaver had laid some cardboard down hoping it would attract different bugs. The beavers also finished off the Green Cross Code by acting out crossing the road.



The Beavers are now looking forward to their sleepover.

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 have had a busy month learning and doing lashings and knots to complete their Pioneering badge. First they had a very good evening with young leader Will, making rope from wool, and then the next week they learnt knots such as a reef knot, clove hitch, figure of 8 and round turn and two half hitches and they also learnt what they are used for when they are tied. They also made a sedan chair out of straws so they could see what it looked like for the next week where they made one with proper lashings and carried a teddy bear through an assault course.

The end of this summer term will be spent tubing at Norwich Snow sports as an end of term treat

The cubs will enjoy a summer camp at the scout headquarters at the end of August

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 a wonderful time at District Camp at Decoy camp site Woodbastwick. They had the opportunity to sail, kayaking, archery, air rifle shooting, an escape room, backwards cooking making camp doughnuts out of a jam sandwich putting them in batter and frying them, once they had lit the camp fire. The whole district joined in on the Saturday evening around a camp fire with songs and camp fire stunts. Everyone came home very tired but had a great time. The leaders were please that it did not rain when we were taking the tents down.

There are places at Scouts (10 years to 14 years) please contact Brown Beaver contact details above.



Group

Paper Collection next on Saturday 5th August 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.

September's collection is Saturday 2nd September 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

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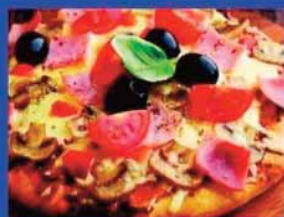
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her to ease through the door. She's part way in when ... CRACK! A loud, splintering gunshot sound reverberates round the room coming to rest at my feet.

Silence. And then,

'Oh my god what was that?' Chris hurries round with Linda close behind. There's a large piece of broken wood at the top of the cubicle door, which now hangs precariously by one hinge.

'WHAT IS GOING ON IN HERE!'

We all freeze.

Mrs Hazell, the Headmistress, appears round the corner. Much taller than us, she's wearing clothes that match her name – a sand coloured round necked jumper and straight skirt a shade darker that reaches mid-calf. Her auburn hair is tied back in a bun with a wide band of brown ribbon.

The first-year girl stuck half in the door extricates herself followed by a silent, interminable line of girls coming from the cubicle. One by one. Twelve - and a half - to be precise.

'You three, my office now!' Mrs Hazell says, 'the rest of you get to your lessons. The bell went five minutes ago.'

We silently follow Mrs Hazell to her office where we stand in line in front of her desk.

'Whose bright idea was this?' Her expression demands an answer.

'Mine,' I reply.

'... and what were you trying to do?'

'See how many first years we could squeeze into one toilet. They did it at my brother's Grammar School ... so ... so we thought we'd see if we could beat them.'

'I see,' she says, the beginnings of a smile at the corners of those thick lips, 'and did you?'

'Yes. Twelve and a half, to their ten ... but I'm really sorry, the door is broken.'

'So I see.' She says, any traces of a smile dissipating.

'You two,' pointing to Linda and Chris, 'off you go, but I'll see you' she points to me, 'here after morning assembly tomorrow.'

'Don't worry,' Chris says afterwards, 'I'm sure she thought it was funny. Did you see she tried not to smile?'

'Mmm,' I say but I'm not convinced.

Waiting outside her office this morning my stomach is doing somersaults. If I'm expelled, how will I tell my parents? I check that my grey pleated skirt is unrolled at the waist and the hem falls below my knees. My long white socks are clean on, and my black shoes are shining. My school tie sits neatly in the neck of my white blouse.

'Come in Susan,' Mrs Hazell says when she opens the door.

She sits behind her desk while I remain standing in front. She's wearing an identical ensemble to yesterday, except that it's black. I hope this isn't symbolic.

'So, you thought it was a good idea to squeeze girls into a toilet to compete with your brother at Grammar School?'

'Well ... yes ... they did it there.'

'And anything they can do, you can do better, hey?'

She starts to smile.

'Yes,' I say, relaxing a bit.

She pauses, then opens the right-hand drawer of her desk, removes an object, and holds it out to place in my hand. I take it, and stare. It's small, shield shaped and in the school colours, grey and maroon. The word PREFECT is written diagonally across it.

'Let's see if we can put your bright ideas to more constructive use in future, shall we?' she says, still smiling.

2 THE PICNIC

Lesley Chalmers

Charlotte woke early. It was a beautiful June morning the sun was already high in the sky and a few fluffy clouds were floating in the distance. Sylvie and Maisey, Charlotte's two sisters were still sleeping soundly, but not for long. "Wake up sleepy heads", Charlotte sang as she pulled back the curtains and let the bright sunshine in. "I have plans for us all today. Let's pack a picnic and head down to the beach. We can pack our drinks and towels as well and be there in an hour".

So, all three girls busily packed up a picnic and got their bicycles from the garden shed to bike down to the beach. They were in fine spirits.

Sylvie and Maisey were twins and just sixteen years old. Charlotte was coming up to eighteen and loved to act the big sister. They lived in a small sleepy country village called Belton not far from the sea and were always looking for adventures. As they rode their cycles towards the beach at Gorleston, Charlotte wondered if they would meet any of their friends at the beach. Sylvie was thinking of climbing the cliffs looking for birds' nests and Maisey was thinking of eyeing the local boys. When they arrived, they locked their cycles to the railings and went down the slope to the beach. Several people were already there with their windbreaks set up, and some young children were splashing in the waves. A happy dog was barking and running back and forth as it watched its owner swimming along the shore line. A little girl in a pretty sailor dress was digging sandcastles. As they walked past carefully not to disturb her castles, her parents were unpacking their picnic nearby. They laid their picnic basket and blanket, which Charlotte had managed to secure for the ride on her bicycle carrier on the golden sand. Sylvie had the towels in a bag and Maisey had a bottle of lemonade and their underwear as they had their bathing suits on under their dresses. They pulled their cotton dresses over their heads and headed straight for the sea where they screamed at how cold it was until they got used to it, then they swam and splashed for ages.

Just as they were about to come out of the sea and dry off, they heard shouts and saw a young man out of his depth. They swam out and using skills they had all learnt at school managed to get him safely to the shore, where they learned his name was Lennie. He was so pleased they had been there to help him when cramp had struck. He introduced them to his parents as his guardian angels and his parents told him he should show his gratitude by treating the girls to ice cream. So off to Della Spina ice cream stall they went, Charlotte was having vanilla but Sylvie and Maisey had decided on strawberry and Lennie decided strawberry was for him as well. They stood eating their ice creams when Maisey spotted a poster near the band stand which announced that The Beatles were doing two performances in Great Yarmouth on the 30th of June 1963, just 10 days away. Maisey immediately pointed it out to Sylvie who squealed in delight The Beatles were her favourite band, and Maisey and Charlotte, both liked them too. "Oh, Charlotte do you think mum & dad will let us all go to the early performance?" Sylvie asked. Charlotte said she thought they would if they helped with chores and collected the eggs from the chickens and ran some errands. So, after hasty goodbyes to Lennie the girls found their picnic basket and towels, dried off and dressed, ate a hasty picnic, and packed their things together for the bike ride home. They waved to Lennie as they passed on their way back to collect their cycles and he shouted that he hoped they would be able to make the performance because he was going to try to get a ticket as well. They quickly swapped addresses so they could write and let each other know, as Lennie was on a day trip from Norwich.

When the girls got home, they asked their parents straight away and luckily, they agreed that as long as they went to the early performance and stayed together, they could get tickets. The early performance was at 6pm and at a cost of four shillings and sixpence each, such a lot of money but the twins were having a birthday in July and Mum and Dad agreed the tickets would be for all their birthdays that year, Charlotte's 18th was in August. That night the girls could not sleep for excitement, they thought about their day their swimming and saving Lennie, being treated to ice cream, and being allowed to go to the performance.

They got up early next day and biked into Great Yarmouth to the box office and were lucky enough to get tickets. They were so thrilled, they set about writing to Lennie that very afternoon and two days later they had a reply to say his parents had phoned the box office and secured him a ticket as well and he was going to travel by train from Norwich to Yarmouth and meet them at Britannia Pier at 4.30 pm on the 30th of June just in time for tea and crumpets before they went to the performance. Oh, what a day to look forward to!

The girls all worked hard helping their parents for the next 10 days and finally the 30th arrived. They dressed in their best clothes and Charlotte had been to the hairdresser and had a magnificent Beehive hair style done. They caught the bus from their village into Yarmouth and made their way to Britannia Pier and Lennie was waiting for them wearing his drainpipe trousers and drape suit coat; he looked so smart. Sylvie and Maisey giggled as Charlotte seemed more interested in Lennie than in The Beatles. Lennie admired Charlotte's new hair style and her pretty dress and gave her his arm, Sylvie and Maisey giggled more. Their parents had even given them enough money to buy Coca Cola as well, the performance by The Beatles was amazing but over so soon.

As they stood outside saying their goodbyes, Sylvie heard Charlotte

telling Lennie she would wait for him to be in touch again so they could meet for afternoon tea and maybe a film at The Empire Cinema. Sylvie and Maisey smiled at each other and knew they had witnessed Charlotte's first romance. Well, that was almost sixty years ago now thought Sylvie, how the time flies by, but some things never change. Charlotte went on to marry Lennie and they had a daughter who they named Zusie with a Z. Maisey married Lennie's younger brother, Harley who she met at Charlotte and Lennie's wedding. Sylvie stayed for a while to help her parents, but then met Rupert, a local schoolteacher and they married and had two sons, Arthur, and Charles. All of them still live in the village and go to the beach to sit and eat ice cream and watch the waves and enjoy watching their grandchildren playing in the sea and on the beach just as they had done. They can't help hoping that they too will have the same lovely, fortunate life that they all had.

3 THE MEETING

Sue Russell

'I'm here to visit my mother,' you say.

Are you? Is that what you're telling yourself?

You are the last person I expected or wanted to see. I lie. (You see, I do it too). That is, of course, how I should feel, how it would be wise to feel, but emotions are always a challenge to wisdom. Your email was totally unexpected - though, strangely, you had been on my mind as only the evening before I'd brought your letters down from the loft and was wondering what to do with them. Now . . . here I sit at your impromptu invitation, waiting for you to bring the steaming mugs of coffee to our table.

I am flattered that you recognised me; decades have passed so it's a compliment that you see in me something of the girl I once was. It is not one, sadly, I can afford you, for it has taken me some minutes of watching, of scanning, of analysing, to find in you the young man I knew then. But I do see it now . . . in your walk as you carry the cups to the table; in the lift of your eyes to look while your head points down; in the line of your smile. Subtle. Disarming. Memories, age old, flood my thinking as fresh and as welcome as youth. Is that happening to you too?

What now? Will you lead this conversation, or will I? What is it you want from me?

You are telling me about your life; the path you have taken - your family, your many achievements. I should have seen your potential back then . . . what you were capable of. The seeds were all there. I feel enormous pride for you - is that allowed? And despite those gaping, missing years I feel I know the core of you. The boy before the man. You are telling me about your marriage, and your divorce. Of the child you're not sure is yours and the one you know is. Grown up now. Making you proud one moment and disappointed the next. You are telling me about your new partner - she, as clever as you. Of your worry about her health.

Why are you telling me this? What is it you want from me? Are you comparing? How do I fare?

You have sought me out, I think, to rediscover. To be sure. To see if what once was, still is.

My life has been so different to yours, less of - what you would call - accomplishments,

though I've felt connected, close, and above all, attached to those who mean most to me.

You say you have too. I see no evidence of that.

Time is ticking. It's approaching lunchtime. Will we go on somewhere else? A meal

perhaps? But no, it seems not. You have to get back. We've been talking for 50 mins. A full 'therapy hour' - how interesting. Did you get what you came for?

By the way . . . I notice we share the same name . . . your new partner and I, except that hers is a grander, more unusual version. But the same name, nonetheless.

4 YOUR HOUSE

Ann Wilby

I'm in the kitchen - may I have a look?

Pots and pans a plenty - vegetables ready to cook.

Pine kitchen table, scrubbed really clean

Peas to pod, potatoes to peel, top and tail those beans.

Someone's a baker, there's a fruit cake cooling over there,
Ribbons, candles, icing and sugar flowers, made with special care.
There's a bouquet laying on the side,
This kitchen oozes love, dedication and pride.

Into the living room, furniture wooden, cushions patterned bright
Carefully chosen curtains - thick, to cut out the light.
A bedroom for sleeping, soft colours for rest and recovery,
Books dotted into the shelves - history - research and discovery.

The little cloakroom - just down the hall,
Toilet and washbasin, ready when you get the call.
There's the shed, garden tools inside - all under lock and key
Spades, forks, lawn mower and strimmer, flower pots, one, two, three.

Greenhouse to grow those delicate vegetables and flowers
Lots of care and attention, nurturing plants for hours.
The garden is ablaze with colour - shrubs I cannot name,
Clematis, roses, lavender, and a hedge you're always trying to tame.

It's summertime in the garden, tables and chairs await
Those special guests who will pass through the gate.
Friends and relatives enjoy the tea that's made,
We'll move the umbrella to provide more shade.

A home and garden, created with love, let's raise a cup or two
My wish for your happiness is sincere, may the cloudy skies always
give way to blue.

5 CHARITY SHOP BARGAINS

Ann Wilby

I'm a blue and white checked cotton shirt, hanging from the racks,
My neighbours are trousers, jumpers, jackets and macks.

I've been through the wash, carefully ironed and pressed,
Proudly displayed, ready for sale, choose me to be really best dressed.

I've cosied up to a polyester pink and grey top
She's only just held up by a coat hanger - I fear that she will drop,
And crumple onto the floor, joining the white T-shirt
I'm feeling rather jealous, they will have a chance to flirt.

I've got my eye on a nearly new pair of jeans,
Team up with me, and we will pretend to go back to our teens.

A gorgeous hat over there, I wish it wasn't so far away,
The shelf where she sits is across the room - I'll describe it if I may...

A summer style in cream and beige, yellow flowers on the brim
Net and ribbons, worked into a heart, complete the fancy trim.

A big bag of boots and shoes were donated the other day
Nearly new and in good shape, price tag reasonable - not too much to pay.

We are in luck today, into the shop steps 'second hand rose'
Hunting for her charity shop bargains... keeps her on her toes.

Racks and racks of clothes - every shape and size
Will she want to buy us? And claim her charity shop prize.

Let's recycle, repair, and reuse, buy something from the charity shop
... set yourself a task
Wear it, cherish it, show it off with pride, love it again is all we ask.

We need customers, to take some time and spend some cash,
Buy an outfit, bag a bargain, charity shops have saved them from the trash.

More Special Commendations next month

ormiston venture academy

A prom night to remember at Ormiston Venture Academy

Over 100 graduating Year 11 students from Ormiston Venture attended their highly anticipated prom night at the exquisite Park Hill Hotel.

The event was a grand celebration of friendship, achievements, and the end of an incredible journey at the academy, a member of Ormiston Academies Trust (OAT).

The night kicked off with an incredible atmosphere, with staff from the academy ornately decorating the venue to ensure that every detail was perfect. The hotel's elegance and sophistication set the stage for an extraordinary evening of celebration.

With the sound of music from the DJ filling the air, students were invited to hit the dance floor and showcase their best moves. The energy and enthusiasm on the dance floor were contagious, as students let loose and created memories that will be cherished for years to come.

The evening was filled with excitement and glamour as students arrived dressed to impress in their finest attire. Awards for Prom King and Queen and Best Dressed added an extra layer of anticipation for students to be recognised for their outstanding contributions to the academy's community.



One highlight of the night was the sweetie bar, offering a delightful assortment treats. The delicious doughnut wall was another crowd favourite, tempting attendees with an array of mouthwatering flavours and toppings.

To capture the magic of the night, a charming vintage VW photo booth offered a fun and interactive way for students to capture candid and joyous moments with friends, creating a montage of laughter and smiles.

As the evening drew to a close, it was clear that the prom was the perfect opportunity for students to create lasting memories, forge deeper connections, and bid farewell to their high school years in style.

Dave Richards, Vice Principal at Ormiston Venture Academy said,

"Ormiston Venture Academy's prom at Park Hill Hotel will undoubtedly remain a cherished memory for students and staff, serving as a testament to the incredible achievements and bright futures of our students."

"A heartfelt thank you goes to our whole community for creating such an amazing night and to all the dedicated parents who have supported and encouraged their children throughout their academic journey to make this event possible."



Out and About with Moorlands Primary Academy

Educational visits play a very important part in enriching the curriculum for our children. They allow children to explore and broaden their understanding of the topics we study at school in an engaging and exciting way. They are also an important part of the aim of our curriculum to 'broaden horizons'.

We'd just like to share a couple of examples of these visits to illustrate how they achieve this. Firstly our year three and four children went to The Sainsbury Centre in Norwich which is an international museum with a World class art collection. The children got an opportunity to take part in a sculpting workshop, as well as exploring the Sculpture Park, one of the top ten in the UK.

Closer to home our year five and six children explored how World War I affected Great Yarmouth by visiting the award



winning Time and Tide Museum, St. George's Theatre and then completing a walking tour of some of the areas that suffered bomb damage. They got to 'meet' Private Jack Ellis, Nurse Hilda Clarke and Sir Egbert Cadbury from the Royal Flying Corps. Mr Biddle said that 'visits like this are what really help bring history to life and help to give a real context to what they learn about in the classroom'.

Visits don't always involve going out of the school. The UK Parliament Outreach Team visited the school and talked to the children about how the UK Parliament works, the roles and responsibilities of MPs and members of the House of Lords, as well as how you can get your voice heard.

Everyone agreed it was an interesting and informative session with Eva commenting 'I didn't realise it would be this interesting. I liked the drama bit.' and Isla saying, 'At first I didn't know much about Parliament but now I would like to learn more.'


Finally year six visited London, exploring the Imperial War Museum which again helped their understanding of The First World War. This was followed by a brief

walking sightseeing tour, before ending up at the Tate Modern Gallery, where they were very interested in the modern art that is displayed there and saw some actual original pieces of work from some of the artists they have looked at in art lessons.

We hope that gives you a flavour of some of the learning that the children do outside of normal lessons and how it is a valuable part of the curriculum.



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Belton Judo club latest update for August

It's great to see the fantastic progression that all our club members can make over the course of time. From young members like Harley, who just loves to win the weekly club trophy, to Evie who is now often winning local competitions and to Ryan who regularly competes worldwide against some of the best young men on the planet. (All pictured).

But it's not all about the winning.

At DOMINIC KING JUDO & MMA ACADEMY we believe that the continuing success is due to our ability to make every single member feel SPECIAL! From the moment they walk through the door, everyone is welcomed and made to feel important. Our head coach Dominic King, is an expert at helping beginners feel at ease and he will never forget a name.



The majority of our members usually attend each week with the simple intention of keeping fit and having fun. However, we provide opportunities to grade and compete at every level and nobody is excluded.

We currently have a 76 year old lady attending regular judo session each week. That may sound impressive, but you may be even more astonished to learn that she only took up the sport at 70 and hopes to achieve her black belt before the age of 80. She is currently a brown belt so is very much on schedule.

This coming year, we are hoping to recruit many new members, so don't hesitate to get in touch. We offer the FIRST 2 SESSIONS FREE to give

everyone the chance to experience the club first, although we're fairly confident you'll return.

We train at Belton on Tuesday evenings, but if this isn't convenient, we have sessions at various venues throughout the week. We are just starting a new session on Wednesdays, which has been included to the timetable below:

TIMETABLE:

MONDAY: EAST ANGLIAN MARTIAL ARTS CENTRE, 163 BRIDGE ROAD, OULTON BROAD, NR33 9JX
5pm-6pm – MMA for children (6-16 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: OULTON BROAD (EAST ANGLIAN MARTIAL ARTS CENTRE), 163 BRIDGE ROAD, USE POSTCODE NR33 9JX
4.30pm-5.15pm - Fitness & Wellbeing Circuit Training (FREE FOR ALL MEMBERS & NON MEMBERS - Supported by National Lottery Community Fund)
5.30pm-6.30pm - Judo (All ages welcome)

THURSDAY: EAST ANGLIAN MARTIAL ARTS CENTRE, 163 BRIDGE ROAD, OULTON BROAD, NR33 9JX
5.00pm-6.00pm – MMA for children (6-16 years)
THURSDAY: BUNGAY CHAUCER DOJO (NR35 1EB)
7.30pm-9.30pm - MMA for older children and adults (12 years +)

FRIDAY: EAST ANGLIAN MARTIAL ARTS CENTRE, 163 BRIDGE ROAD, OULTON BROAD, NR33 9JX
6.15pm-7pm - Judo for younger children (fundamentals/fun)
7.00pm-8pm - Judo for older children and adults (technique/theory/randori)
8.00pm-9.30pm - MMA for older children and adults (12 years+).

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

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

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

UP4FITNESS & SALLYANN

At the time of writing, Sallyanns operation is set for Wednesday 26th July 2023. So it's possible by the time you read this article she would have had it and will be recovering. Fingers crossed!

Our classes will have ended for the summer holidays and reopening will be dependent on Sallyanns recovery.

We have continued to collect food items for The Pantry at Belton church and have recently sent a collection. Our final collection is when we close for the summer. If you would like to donate during the holidays, then please contact Belton Church.



Sallyann when recovering will be trimming the stamps and sending them off to the RNIB, so please keep saving them for our return.

Let's hope we continue to get warm weather, it helps lift our mood, as long as it's not too hot. Vitamin D is absorbed through our skin which increases our immunity, ready for the winter. Don't forget to protect yourself against the harmful rays of the sun though.

During the holidays a date is planned to have a 'Coffee Catch-up' this will take place Monday 14th August 10am to 12 noon our normal time. Sallyann hasn't opened in the holidays before, but thought it would be nice to get everyone together to catch up half way through the holidays.

We do aim to reopen in September when the children return to school. We have our annual paperwork to complete and we can use the videos that Sallyann recorded as a standby if needed.

Please contact Sallyann on email should you wish to know any information about the above. Please be patient as you may not get an early reply. up4fitness@gmail.com

Great Yarmouth Stroke Club

A busy month again with a visit from Age Connected, Andrea gave the group information on everything that goes on at the place, which is on Regent Street Gt Yarmouth.

Well worth a visit Monday to Friday open to everyone.

The Ukulele Band played at the group just brill with everyone enjoying their music thank you.

The volunteers were busy at the Somerleyton Fete we cannot thank the kind people enough for donating so many lovely items for the stall. Very busy Very hot. £485 Was raised.

Birthdays, Ellen, Sam, Gillian, Margret, Rose and Janet.

Next meeting on Thursday 14th September.

We always welcome NEW STROKE MEMBERS.

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ALL SAINTS BELTON



Rev Rosie writes . . .

Why do so many people come to our part of the world on holiday, I wonder? May be it's because our area is very different from the places that they live in. We have rather flat lands that make for a big sky. We have beautiful sandy beaches and of course, the Broads, unique waterways in the glorious rural countryside, with all the wildlife in their natural habitat.

If or when you go on holiday, where might you choose to go? Perhaps going abroad to sunnier climes for a beach holiday is your choice, or going to places where the historic surroundings excite you. You may be thinking about camping with the family with all the joys and challenges that that brings, or going to stay with family. Wherever we might choose to go or whatever we might choose to do, holidays are meant to give us time out from the everyday activities, time for refreshment, rest and relaxation, if at all possible.

Holidays are for body, mind and spirit, so if we forget the spirit part of holiday we are not getting the most out of our holiday. Holidays for me are time to read, and perhaps reflect a little; to enjoy time with Tim and to some extent put my feet up. Our last holiday was in the

north west of Scotland and I would recommend it to anyone (although it does take two days to get there if you are not going to arrive exhausted!). Walking and driving through the stunning scenery lifted our spirits and my heart sang with praise and joy to God for the

beauty of his creation.

Photographs don't do scenery justice, but I thought I would share a few with you.



I am aware that there are many who are not able to go on holiday. How might we make a day or a week special if we are unable to go anywhere? Holidays involve stopping what we usually do and experiencing something different, maybe something new. When Tim and I had very little spare money, I would plan to take a picnic to the park for the children and arrange to meet friends there doing the same. We have tried an Italian day, including a beach day, where we have eaten food that we wouldn't normally eat, and things like that. One of the things I love most about holidays is taking a book and enjoying it somewhere quiet and enjoyable. This year we were blessed with two days on the beach in the sun in Scotland, and it was a lovely place to sit and read, but Gorleston beach would be just as good for me, especially if there was a coffee or ice cream nearby!!

The Bible is full of verses that suggest and recommend that we take time to be still, to rest beside still waters, and to be still and know God. Holidays might be a great time, but we can do this when-ever and wherever we might choose. I recommend it.

Rev Rosie Bunn



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Down the Garden Path

with Elizabeth Myhill

What to do in the garden in August

The last official month of summer is the perfect time to enjoy your garden while it's still at its best. Children are on school holiday, lawns are in full use, and there's plenty of delicious fruit and veg to fill your dinner plate. If you're planning a holiday in August, be sure to get help for watering while you're away.

Timely Tips

Don't forget your hanging baskets during the hot weather



August isn't the time to take your eye off the ball in the garden. Here are some of the main jobs:

- Top up ponds and bird baths regularly.
- Water fruit and veg plants daily.
- Prune all summer flowering shrubs, such as climbing hydrangeas, once the blooms are finished.
- Keep on top of weeds as they compete with your crops for nutrients and water.

In the flower garden

Water evergreen shrubs like camellias and rhododendrons thoroughly this month to make sure that next year's buds develop well.

Keep patio container plants well watered and feed with a liquid fertiliser every fortnight.

Stake tall or top-heavy dahlias and lilies to prevent wind and rain damage. Dead-head lilies for a better flower display next year.

Dead-head annual bedding plants and perennials to encourage them to flower into the autumn and stop them self-seeding.

Cut back faded perennials to keep borders tidy.

As penstemon flowers fade, cut them back to just above a leaf to encourage more flowers.

Cut back herbs now to encourage a new flush of tasty leaves you can harvest before the frost.

Prune wisteria after flowering by removing all the whippy side-shoots from the main branch framework to about 20cm from their base (about five leaves from the main stem).

Trim any lavender plants after they've finished flowering to keep them compact.

Collect ripened seeds and store them for next year.



Leaving some seed heads in place can be attractive and allows the plant to self-seed in the surrounding soil.

Mow meadows now to help scatter established wildflower seeds.

Take cuttings of your favourite tender perennials such as pelargoniums and fuchsia to propagate them for next year.

Finish dividing clumps of bearded Iris now so they have time to form roots and flower buds for next year before the cold weather arrives.

Prune climbing roses and rambling roses once they've finished flowering (unless they're repeat-flowerers in which case leave them).

Spray ground elder (and other perennial weeds) with a glyphosate-based weedkiller, the plants now have plenty of leaf surface area with which to absorb it.

Look out for symptoms of 'clematis wilt' including black discolouration on the leaves and stems of your clematis. Cut out any infected plant material and dispose of it in your household waste.

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Robert Goffin	Maintenance	07526 201088	
Bridget Lawrence		01403 780160	
Suzanna Craig	Hon Secretary	01493 789019	

JGI Trustees

Another good coffee morning was held in July with Young at Heart providing the raffle. They raised £113 for their funds. The photography display provided by the Belton Camera Club was also well received with much discussion on many of the photographs and the characters in them. Thanks goes to all the members who provided them.



The next Saturday Coffee morning will be on August 12th with the raffle by The Short Mat Bowls Club. If you or your club/group would like to have a small stall or display at any of these monthly coffee mornings please call 01493 780822.

For more information about the use and rates to hire the hall contact Geoff or Shelia on 07984 44308.

Wednesday Morning Drop In

It was good to have PC Mark Saggars, our local beat officer, drop in during a morning in July when he was able to discuss items and talk to some of those present. He will be dropping in again during each month.

Also on that morning David Mills a Belton Parish Councillor dropped in to take questions. He was asked re overgrown hedges onto pavements etc and from that the Village Voice is publishing again an article from 24 months ago about the responsibility of house owners to ensure their shrubs etc do not obstruct the pavement. This is very relevant for people with impaired or loss of vision.

Julie's Yoga

There will be no Yoga Class on August Bank Holiday 28th. See you all on the first Monday in September

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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)			

Over 60's Club



On Tuesday 20th June 37 members enjoyed a very beautifully presented afternoon tea at the Kings Head in Belton. We would like to compliment the staff on the quality of delicacies provided.

Ann Manthorpe &
Rose Bishop

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Closure of Railway Ticket Offices

Greater Anglia, along with the other railway operators have announced plans to close all of their ticket offices following a period of consultation. The rationale behind this move is that most train tickets are purchased either 'on line' or via ticket machines, with only approx. 8% of tickets purchased from ticket offices. Ticket office staff will not be made redundant, but instead will be deployed to the general station area to assist passengers generally and offer advice on ticket purchases from the ticket machine.

However the hours at which staff will be available is greatly reduced compared to the ticket office opening hours. In the case of Great Yarmouth station the changes are as follows:-

Monday to Friday Office hours now	0650-1710	Proposed station staffing hours	0615-1315
Saturday	0650-1710		0615-1315
Sunday	0800-1600		Regular visits by GA Mobile team

Station opening times would not change and customers would still have access to the same station facilities they do today.

Customers will still be able to buy tickets from the ticket machine and on line (as now) and colleagues would still be available to help customers at certain times. Ticketing assistance would also be available directly from staff in Greater Anglia's Customer Contact Centre in Norwich, contactable via the ticket machine (24 hours a day).

The Consultation period runs until Wednesday 26th July, 2023. If you would like to comment on these proposals please contact Transport Focus, the independent transport user watchdog, by Wednesday 26th July, 2023 using the details below:-

e-mail: ticketoffice.GA@transportfocus.org.uk

Post: Freepost: RTEH-XAGE-BYKZ, Transport Focus, PO Box 5594, Southend on sea SS1 9PZ

For more information about "how to have your say" visit www.transportfocus.org.uk

ENTUA is opposed to any moves that removes the personal contact element at ticket offices. Quite often ticket office staff are able to answer a multitude of questions and offer advice on the cheapest journey route. We feel there is too much reliance on automation nowadays replacing the opportunity to speak to a human being. This move will have significant implications for the vulnerable, the elderly and those without access to an IT system.

Improvements to Bus Services in Gt Yarmouth

You have probably read in the local press that improvements are planned for Gt. Yarmouth bus services to the tune of some £5million. Part of these proposals is for a bus hub on North Quay where train passengers can alight or board a bus in close proximity of the rail station. This is assuming of course that all the bus operators will run their buses along North Quay instead of Stonecutters Way and Howard Street.

At the same time there are plans for bus stops to be placed on either side of the A47 outside the station entrance where X1 and X11 buses can put down and pick up passengers to and from the rail station. We hope that lay-bys are included in this part of the plan.

A bus connection between the rail station and town centre has been one of ENTUA's goals (among others) but according to Norfolk County Council this will not come to fruition until late 2024, early 2025.

ENTUA have been banging on about a link from the rail station for years and this year we asked Norfolk County Council to fund a longer Summer service between Railway Station, Vauxhall Holiday Park and Town Centre, but they declined to fund it. Bus operator 'OurHire' is laying on a commercial service 100 for 6 weeks between 17th July- 27th August, 2023 and when we asked for financial support for a longer period from Whitsun to end of September, NCC declined to fund it.

Part of Norfolk County Council's infrastructure proposals include making Southtown Road (inbound) a Buses Only lane.

While ENTUA welcomes the proposals for a rail station bus link, albeit a long way off, it is disappointed that two other requests have not received support from Norfolk County Council.

The first is 7-day week service from the Town Centre to Gapton Hall Retail Park via Harfreys Industrial Estate. NCC's point of view is that any bus service operating down Gapton Hall Road would be subject to traffic congestion delays which could result in passengers losing confidence and the Traffic Commissioners fining the bus operators for failing to keep to its published timetable.

ENTUA argues that by having an hourly frequency (from 0700-1900 hours) there would be enough recovery time, even with a 15 minute hold up, for buses to get back to Market Gates for the next service.

ENTUA also argues that with the decline of the shopping centre in the town, the Gapton Hall Retail Park is the major shopping centre for Gt. Yarmouth and it is the only retail park in Norfolk that does not have a bus service from its main areas of population.

The second is our request to extend Bradwell's service 6 to Belton to enable Belton residents to access Doctors surgeries and Dentists in Bradwell. Service 6 has a ½ hourly frequency and we are suggesting that the other Service 6 goes to the James Paget Hospital, giving Bradwell residents direct access to the hospital via the A47/A143 link road at Bluebell Meadow.

If this happened it could also be used by Belton students accessing Lynn Grove Academy which means Service 5 could revert back to its original timetable.

Norfolk County Council have put this to First Eastern and both have stressed that if this was to happen it would have to be commercially viable after the initial period of BSIP funding expires in April, 2025. ENTUA receives a number of requests for there to be a bus link from Belton to Bradwell to access Doctors surgeries, but would these requests turn into bodies on seats if a service were provided. It would have to be well used to be commercially viable.

Readers' views would be welcome on this matter.

East Anglia Transport Museum

On Saturday 23rd September, 2023 (12 noon-9pm) and Sunday 24th September, (11am-5pm) the museum will be holding its annual Trolleybus Weekend where all available vehicles from its fleet will be in service. As the nights are beginning to draw in, they will be running after dark on Saturday, when the museum takes on a very special atmosphere under the streetlights.

Admission prices – Adults = £10.00, Concessions = £9.00, Child (5-15) = £7.00, Under 5's free. Dogs on leads are welcome and admitted free of charge.

On special event days there is no public parking on site, as the car park is used for buses to and from Lowestoft and Beccles. Instead there is a free park and ride operating from the Co-op food store in Ashburnham Way (where there is ample parking) by First Eastern Counties.

Alternatively the museum will be providing a regular service between Lowestoft bus and rail stations to the Museum using its fleet of heritage buses. To find out more go to :- www.eatransportmuseum.co.uk

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

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Dates for your Diary



Tuesday 1st August
No Young at Heart or Traditional Holy Communion

Sunday 6th August 2023
Morning Celebration – Café Style
10.30am All Saints Church, Belton

Songs of Praise beginning Open Church Week
4pm St Peter & St Paul, Burgh Castle

Monday 7th August – Saturday 12th August
Open Church Week
St Peter & St Paul Burgh Castle

Sunday 13th August
Holy Communion
9.30am St Peter & St Paul Church
Holy Communion
10.30am All Saints Church, Belton

Sunday 20th August
Morning Prayer
9.30am St Peter & St Paul Church

Morning Celebration
10.30am All Saints Church, Belton

Sunday 27th August
Holy Communion
10.30am at St Peter & St Paul Burgh Castle

Holy Communion
10.30am Open Air Service in The Rectory Garden
Followed by a picnic lunch (bring your own)
Drinks will be provided.

Sunday 3rd September
Holy Communion
10.30am at St Peter & St Paul Burgh Castle

Morning Celebration – Café Style
10.30am All Saints Belton

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