

Village Voice

January 2024

24th Great Year

Vol 24-10

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A word from the Editor Adrian Myers

As the year comes to its inevitable end some will look back upon the year, others will look forward to the next one. Personally, I have reflected on what is happening now. For many, this year has been a difficult one and for others a tragic one. I have always believed in the basic instinct of human kindness that exists in all of us, but sometimes, that kindness, is lost to feelings of anger and retribution.

We are all aware of the tragedies unfolding in Gaza, Israel and Ukraine. However according to the Geneva Academy there are at present 110 armed conflicts taking place, now, in 2023. The Academy states "Our Rule of Law in Armed Conflict, (RULAC) classifies all situations of armed violence that amount to an armed conflict under international humanitarian law".

As of May 2023, an estimated 3.6 - 3.8 million people have died indirectly in post-9/11 war zones. The total death toll in these war zones could be at least 4.5 - 4.7 million and counting, though the precise mortality figure remains unknown. Civilian deaths have also resulted from U.S. post-9/11 military operations in Somalia and other countries.

Overall, according to the latest information, between 7 October and 14 December, at least 18,787 Palestinians have been killed in Gaza. **About 70 per cent** are said to be women and children, and about 50,589 were reportedly injured and as of 1 December, around 1,332 Israelis have been killed since 7 October, this includes 395 Israeli soldiers.

Wars in the past were usually about territorial acquisition (apart from the occasional coups / civil wars) or responding to threats, as well as posing threats to and from other nations.

Throughout the history of this world, humankind has tended to resolve its issues with violence. It is a terrible, and in my view an unpalatable fact, that it is those who do not start wars, those who do not take part in wars, subsequently bear the biggest cost of them. Historians believe the first war in recorded history took place in Mesopotamia in **2,700 B.C.** between the forces of Sumer and Elam. Enembaragesi, the King of Kish, led the Sumerians to victory over the Elamites in that war.

It seems to me that since then, humankind has failed to learn tolerance and understanding of others. I make no apologies for using my editorial position to write this article, and it may upset some readers, but I personally find it abhorrent, that defenseless people die because of violence, on a daily basis through no fault of their own. I can only hope that in the future, the human race learns to settle its differences with dialogue, not violence and I sincerely hope that the new and subsequent years are less tumultuous, and a more peaceful world prevails, and that basic instinct, of human kindness, is allowed to flourish.

"Many and sharp the num'rous ills Inwoven with our frame! More pointed still we make ourselves, Regret, remorse, and shame! And man, whose heav'n-erected face The smiles of love adorn, - Man's inhumanity to man Makes countless thousands mourn"

Robert Burns

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YOUR VILLAGE VOICE

The closing date for all
Articles and Adverts
for the February 2024 edition is
15th January 2024

**January 2024
272nd Edition**

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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Belton parish council wants to stop grass verge parking



The parish council could stop people parking their cars on grass verges over concerns about "tidiness".

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ROADWORKS

Between the 15th and 22nd
January there will be
roadworks on Stepshort

Belton between Belton and Burgh
Castle that will disrupt the traffic flow
as two-way traffic lights will be in
operation, delays can be expected.



Your Parish Council Reports



Belton with Browston Parish Council

The latest meeting of the Parish Council was held on December 5th with nine existing Parish Councillors present along with Kate Ruddock (Parish Clerk) during the meeting Joanne Minnis was co-opted on to the council bringing it up to 11 out of a possible maximum 13 members, David Mills chaired the meeting.

The Clerk reported that the parishes polling station will not change to the New Road Centre as the JGI is more central. Members were informed that the Neighbourhood Plan public consultation has commenced and the document is on all the local Parish Councils web sites. In response to a complaint it was agreed to contact the JGI over parking issues outside the JGI and ask that they remind users of the agreement that they can park at The Tavern when attending meetings and events.

Borough Councillor Carpenter had advised the clerk prior to the meeting that ownership of a large Hawthorn tree behind Rosedale Gardens needs to be established, if on council land it will need inspection if not the owner needs contacting, regarding closure of the fence gap behind The Tavern, if privately owned the owner will need to decide on action but if it has been open for a very long time there might be something in 'common rights' that precludes its closure.

Members discussed the funding (precept) for 2024/5, The Borough Council has decided to stop paying the open spaces portion of the concurrent functions grant to all parish councils and this means a loss of £12950 annually to this council, the money is used for cutting at Bell Lane, the churchyard and the New Road centre as well as contributing towards the cost of litter picking. Because of this the Parish Councils' portion of the Council tax will increase by 34.8% on the current years figure meaning that a Band 'D' property in Belton or Browston will now be charged £67.35 for the year from April 2024.

Councillor Light reported that at the New Road Centre the new boiler system was due to be completed at the end of the week of the meeting and a new gas and electricity supplier was agreed that would reduce the gas contract by 37% and the electric by 53%. New fencing for the front corner of the site is still being discussed with various further options being quoted.

Options are being investigated for a new Belton Allotments site as in time the Parish Church will need the current site (which they own) as the final available extension of the Churchyard/burial ground.

In planning members confirmed no objections to a side extension to an existing garage at 11 St. James Crescent whilst the Borough Council have approved tree works at Beech Barns on Beccles Road and a dropped kerb outside 67 Rosedale Gardens. The Borough have refused plans to change an existing building into a 2 bedroomed bungalow at Farewell Hales on Stepshort at Belton. It was noted that the applicant is appealing against the borough council's refusal of plans to raise the roof to form additional accommodation at 55 Station Road South, Belton.

The next meeting of the Parish Council takes place at the New Road Sport and Leisure Centre at the later date of Tuesday January 9th commencing at 7.00pm details from the Parish Clerk, Kate Ruddock on 01493 602960 or e-mail beltonparish@yahoo.co.uk. There are still two vacancies on the Council that can be filled by co-option, full information from the Clerk on the contact details above.

Pre-submission (Regulation 14) Public Consultation of the Draft Belton with Browston, Burgh Castle, and Fritton with St Olaves Neighbourhood Plan 2022-2038

The Plan and Documents can be viewed on the following websites:

<https://beltonwithbrowston.norfolkparishes.gov.uk/village-news/>

<https://burghcastle.norfolkparishes.gov.uk/local-news/>

<https://frittonwithstolavesparishcouncil.norfolkparishes.gov.uk/community-services/>

Please provide feedback for the Neighbourhood Plan policies, by completing the survey.

or follow this link:

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

Scan the QR Code →



The consultation
closes on
28th January 2024

Don't forget to register your support for the Village Voice Community Fete

to be held on Saturday 20th July 2024 at Moorlands School Playing Field

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07824 313792

adrianmyers247@gmail.com

Burgh Castle Parish Council



Six members of the Parish Council plus Borough Councillor Graham Carpenter, three members of the public and the Parish Clerk attended the December 11th Meeting of the Parish Council at the Village Hall, Brian Swan was in the chair.

In the public section representative of Castle Farm, an educational group for young people who have started meeting in the village described what they do and offered to do litter picking at the likes of the Churchyard, Burial ground, Village Hall and Roman Fort sites, permissions were given by councillors and representative of the first three locations who were present and the group will be put in touch with the Norfolk Archaeological trust for the Roman Fort site, the riverside footpath was also suggested by the chairman as another suitable location.

In planning there were no new applications, the Borough Council had approved a change of use for The Old Farmhouse, Hall Farm on Lords Lane to supported short term residential accommodation however the same applicants had withdrawn their separate application to add fire doors to the same property. Approved as well was essential work on the crown of an Oak tree at Oaklands on Butt Lane although the retrospective application for change of use from a grazing paddock to secure dog walking paddock at 12 Acre Site, Mill Road (adjacent to the chicken hatchery) had now been refused.

Members discussed funding for 2024/25 which comes from the Parish Councils part of the Council tax bill, next year there will be an increase of the Parish Councils part of this by 30% to £22.89 for a Band 'D' property due to general inflation but also the fact that the Borough Council are no longer paying over half of the Concurrent functions grant, cutting off the village maintenance section to all local Parish Councils, a loss to this Council of £1550. Again, in finance the Chairman confirmed that after recent problems with their former bank all banking will now be undertaken with Lloyds Bank, all accounts are now in place including a fixed term investment for the Councils reserve funds.

the Chairman reported that a volunteer had come forward to take over planting and maintenance of the three flower beds by the village sign from next Spring and this will remove any thoughts of grassing them over.

Several items had to be carried over to next month, The County Councillor had not supplied any updates on flooding issues and there had only been a holding e-mail from the County Council officer dealing with the Parishes concerns over the changes to the afternoon bus service in term time so that Lynn Grove pupils living in Belton can be catered for. Councillor Carter did however add 'fuel' to councillors concerns saying that she had seen a user of the 'reversed' service that afternoon struggle to alight from the bus when it stopped on the opposite side of the road to usual where there is no path and he was up against the roadside bank due to the driver not considering the suitability of exactly where he stopped.

The next meeting of the Parish Council will be on Monday January 8th 2024 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. During the December meeting members had agreed to invite representatives of the Norfolk Archaeological Trust to the January or February meeting as they had requested a meeting with Councillors to discuss any suggestions that they might have for funding for various maintenance issues at the Fort site.

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Burgh Castle Tea Room & Bargain Stall



(Village Hall, Church Road)

Thank you to everyone who supported us over the last year, we are so grateful, because of you and your generosity we are able to keep both our Church and Village Hall open

We will now take a break for a few weeks and we intend to start again in 2024 with a new venture.

We plan to hold an Auction (Details below) on 17th February 1.30pm to begin our season, then we shall open Fridays only until Easter then Thursday and Friday until the Christmas break.

AUCTION DETAILS

Auction - Saturday 17th

Items in for sale can be brought to the hall on

Friday 16th Feb 10-12 and Saturday 17th Feb 11-12

We will close from 12 noon - 1.00pm to get organised then viewing - 1.00 to 1.30pm

Auction - 1.30pm to

Commission on sales will be 20%

Goods not sold must be collected Saturday 17th or can be donated to our bargain stall.

Although we are in a closed period, please continue to think of us when you have unwanted goods to dispose of, we can arrange collection at a convenient time for you.

For more information

01493 780126

mgreenacre532@gmail.com

Burgh Castle Church Restoration Fund



BURNS NIGHT IS BACK!!!

At the Village Hall in Burgh Castle.

Please come along on Saturday 3rd February 7.00pm and join us in our celebration of the life of Robbie Burns.

We will follow the usual format, three courses with the Haggis being the star of the show, Scottish music, games, raffle and a fabulous table draw.

Bring your own drinks (glasses provided) and prepare for an enjoyable evening Tickets will be on sale from January 7th from any church member £20 per head.

Numbers will be limited to 60 so please book early.

Further information any church member or Margaret 780126



Eight of the ten Parish Councillors attended the 16th November meeting of Fritton with St. Olaves Parish Council held at St Olaves Village Hall along with County Councillor Carl Anison, Borough Councillor Ivan Murray-Smith, one member of the public and the Parish Clerk, Stannas Bellaby chaired the meeting.

The Clerk reported that the mechanical road sweeper only visits the parish annually but at the moment staff shortages are causing issues. A resident had cleaned two drains in Priory Close, County Councillor Anison promised to get the remainder attended to, Councillor Anison also reported on progress with the A143 resurfacing at St Olaves and safety works at Fritton and that the Highways Engineer is to meet with the pig farm management to discuss the ongoing drainage issues. The Clerk reported that Borough Councillor Graham Carpenter is currently investigating the possibility of a 40 MPH restriction all the way from Belton to Fritton.

Councillor Anison agreed to chase up a replacement give way sign near the Fritton Village Sign. Parish Councillor Stephens reported that police had caught over 100 speeders on the A143 and that the police are investigating purchasing two more vans to enable speed cameras to be deployed more often at various locations. Councillor Wadeson reported that various vehicles are being parked over the footpath between Fritton and St Olaves causing difficulties for pedestrians.

Flooding was discussed, it was felt that more needed to be done to slow traffic near to the pig farm, a resident raised concerns about flooding on New Road at Fritton, Councillor Anison agreed to raise this with the highways engineer although the particular part of the road may be unadopted.

Members discussed financing for 2024/25 in the light of probable cuts of funding from the Borough Council, it was likely that the £550 concurrent functions grant would be lost. The clerk had prepared two drafts for Precept (council tax) income for the next year, one showing a rise of 4.8% if the money is still paid by the Borough and the other a rise of 11.4% on the Parish Councils portion of the Council tax if the £550 is lost, both were agreed with the clerk to submit the appropriate one to avoid an extra meeting being called.



Fritton Bingo

Just a reminder there will be no bingo Fritton Village Hall in January
 Hope to resume, depending on weather, the third Friday in February 2024.
 A very happy New Year to all
 Best wishes Roy 😊😊

ST. OLAVES VILLAGE HALL

MONDAY EVENING
 Ring craft dog training (training for shows): Contact Emily Bircham – Tel: 01502 569243

TUESDAY EVENING
 Pooch Paws Dog Training Club (Obedience, clicker training, fun/tricks & more): Contact Katey Aldred - 07841 040171
www.poochpaws.co.uk

WEDNESDAY EVENING
 Middle Eastern Dance: Contact River Scent
 07854 407419 www.riverscent.com

THURSDAY EVENING
 Saxon and Viking Re-enactment Society
www.jormungandrreenactment.com/

SATURDAY MORNING
 Pooch Paws Dog Training Club (Obedience, clicker training, fun/tricks & more): Contact Katey Aldred - 07841 040171
www.poochpaws.co.uk

In planning there were no objections to a porch and side extension at 1 Priory Road in St Olaves, the Borough Council had approved plans at Hill House on Heath Road in St Olaves to demolish an existing extension, helicopter shed and other buildings and erect two extensions, construction of a swimming pool, gym and leisure building. Councillor Stephens reported that the developer at the former Decoy Public House in Fritton had invited nearby residents to discuss a possible new idea for the site, three chalet bungalows, generally the neighbours seemed happy with this.

Members agreed to split with Belton and Burgh Castle any excess postage and stationary costs for the neighbourhood plan and confirmed details of public consultation sessions in December in the three parishes. The documents should also be on all three Parish councils web sites.

Meetings of the Parish Council are now held on the third Thursday in the month (every other month) the next meeting will be on Thursday January 18th at Fritton Village Hall at 7.30pm. full details from Kate Ruddock, Parish Clerk on 07899 846148, e-mail her at fritton.stolaves.clerk@outlook.com

Pooch Corner



THE XL BULLY BREED BAN: MAKING SOME SENSE OF IT?

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

The news that all responsible, dog lovers have been dreading is in and the Government published guidance on the 31st October 2023 regarding the upcoming XL Bully dog ban. Let's see if we can make sense of the main points of a document that lacks clarity with a sense of purposeful ambiguity.

IMPORTANT DEADLINES

This new law will be enforced in two stages with a fast-approaching deadline:

31st December 2023 you cannot sell, abandon, give away, rehome, breed an XL Bully dog OR have one in public without a lead and muzzle. It will also be a criminal offence for any XL Bully dog to be bred with any combination of dog (accident or otherwise). If any puppies are born after this date it will be an offence to sell them, or rehome them. Puppies under 8 weeks old can still be collected up to this date, however, it is also illegal to sell a puppy to a new owner under the age of 8-weeks of age.

31st January 2024, the deadline to apply for a Certificate of Exemption.

1st February 2024 it will be a criminal offence to own an XL Bully dog in England and Wales without a Certificate of Exemption. The exception carries strict rules of an up-to-date microchip, keeping on lead and muzzled in public along with all dogs needing to be neutered. You must also keep your dog secure so it cannot escape.

30th June 2024 the deadline for neutering dogs that were older than one year old on 31st January 2024.

31st December 2024 the deadline for neutering that were less than one year old on 31st January 2024.

KEEPING YOUR DOG

If you wish to keep your dog, you must apply for a Certificate of Exemption by the end of January 2024. You will need to pay £92.40 for the application.

The owner must be over 16 years old, have insurance against injuring people, and be able to provide the Certificate of Exemption when asked by a police officer or dog warden. It is important to note that pet insurance will be virtually impossible to obtain with most excluding the breed. Third party liability is provided through the Dogs Trust Membership.

NOT KEEPING YOUR DOG

If you do not wish to keep your dog, you are advised by the Government to euthanise your dog with a registered veterinary surgeon. If you decide to euthanise your dog, you can claim compensation towards the cost of £200 if you ask your veterinary surgeon to complete the correct form. How kind of them.

DEFINITION OF AN XL BULLY

The government have produced an official definition of an XL Bully dog which reads as a vague description covering many other breeds. Some photographic examples are included in the document. In another document for enforcers, it is stated that the 'standard provided is not intended to represent an exhaustive list of physical characteristics.' Furthermore, a dog will be considered to be a type of XL Bully dog if a substantial number of characteristics described in the definition are present. What does this mean? Well unfortunately many other breeds could and do fall under this description. The government are therefore advising a precautionary approach 'If you think your dog could be an XL Bully dog, you should comply with all new requirements. This includes puppies that may grow up to be an XL Bully dog.' This is very worrying as the onerous has been placed onto pet owners to interrupt this guidance themselves.

As the law is concerned with the type of dog, each dog will be judged on appearance with DNA, breed names or pedigrees being disregarded. Owners of other types of cross breeds have already been advised by legal specialists to be cautious and apply for a Certificate of Exemption.

What can you do now? Can your veterinary surgeon help prove your dog is not an XL Bully. More information and FREE resources available at <https://www.kateyaldred.co.uk/xl-bully-breed-ban/>



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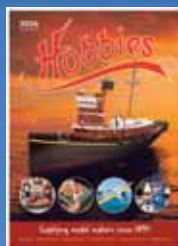


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A word from your Local MP



BRANDON LEWIS MP writes



Firstly, a Happy New Year to all of you!

Do you make resolutions at the turn of the year? There's lots of research that suggests nearly 10% of us who make New Year resolutions have already forgotten them by the end of the first week. And that increases to nearly half of us jettisoning are good intentions by the end of January. Other

experts suggest that making a resolution at this time of year is setting you up for inevitable failure.

I am relieved that the Prime Minister set out his priorities (or resolutions) for his government some time ago and has continued to doggedly stick to them ever since. Despite the political buffeting from the media, the opposition parties and sometimes from his own side, he is determined to deliver on those pledges.

Three focus on the economy; so important after the turmoil of the

pandemic and global energy prices having a direct effect on the cost of living. Getting inflation down, growing the economy and reducing our country's debt is vital. We've seen excellent progress on all of those. Bringing down inflation has one of the greatest impacts on our everyday budgets.

A raft of tax cuts will ease cost of living pressures and boost economic growth. The largest ever cut to workers National Insurance means that thousands across the Great Yarmouth constituency will see more money in their pay packet from this month onwards. For the average worker that's worth £450 a year. And the changes to self-employed taxation will help small businesses, further boosting the economy.

Cutting NHS waiting lists is another priority. With extra investment we are seeing marked improvements with more patients being treated than before the pandemic, but there are still unacceptable delays to treatment. I am hopeful that NHS managers are beginning to tackle our local problem with access to dental services. The improved short-term emergency service introduced is welcome news, but we await more details of the longer-term plan to attract more dentists to our area.

Stopping the boats and tackling illegal immigration dominated the news agenda before Christmas. Illegal immigration is down by a third after a particular focus on tackling the small boats crossings. Providing a strong deterrent is important to break the allure of the people smuggling gangs. But we shouldn't lose sight of the importance of working with our neighbours, such as France, to stop the problem at source as well.

There we have it. Five priorities, rather than resolutions that can be conveniently forgotten by the end of January. They are long term priorities already seeing good progress that we need to pursue through to their conclusion.



CHRISTMAS AT MOORLANDS

Whilst we are sure that Christmas is now a rapidly receding memory, we'd like to take this opportunity to reflect on the festive season at Moorlands this year.



During December there have been a whole range of activities helping to bring Christmas into the school, both religiously and traditionally. At the beginning of December we had a whole school decoration day, together with over a hundred parents and carers. Then Rosie Bunn and her team at All Saints laid on fantastic Christmas Workshops with every

class in years 1 to 6 taking part in a carousel of activities around The Christmas Story. This really helped them to understand the importance of the Christmas festival in the Christian calendar. We'd also like to take this opportunity to thank all of the volunteers who made these workshops such a success.

We then had an al fresco carol concert led by our key stage two children, which managed to avoid all the inclement weather! In addition to this we had the Big Christmas Story Time, where parents were invited to join their child's class at the end of the day to share some favourite Christmas stories, and Christmas in rhyme where parents were again invited into the school to share some



Christmas poetry with their children.

Finally, we had a lovely family carol service at All Saints Church where the Church kindly provided mulled wine and mince

pies for the adults and juice and chocolate biscuits for the children! Then our nursery, reception and key stage one children performed some delightful

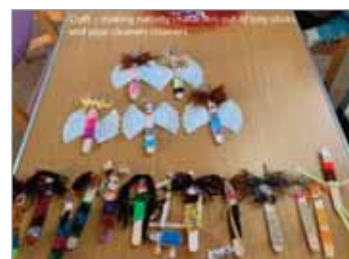
nativities. We're very much looking forward to the rest of the school entertaining us at Easter and the end of the year!

Overall it has been one of the most Christmassy Christmases ever! We're now very much looking forward to the spring term!

Christmas Workshops 2023

What a joy it was to share the Christmas Story at the annual Christmas Workshops for Moorlands Primary Church of England Academy. Over three days we engaged the children in the Christmas story through music, craft, conversation and the prayer space. Each class from Years 1-6 came over to All Saints Church one at a time, and the feedback was that they enjoyed all of the sessions. The team who made this possible, also thoroughly enjoyed what they did. We are grateful to the Village Voice for providing us with a grant towards the cost of putting on this workshop.

Here are a few photographs of what the children were engaged in



VILLAGE VOICE KITCHEN



CHEESE SCONES

INGREDIENTS:

225 gms Self Raising flour
Pinch salt.
Pinch dried mustard powder.
Pinch cayenne pepper.
1 Teaspoon of baking powder.
55gms Butter (chilled)
120 gms mature cheese grated.
100 mls of milk.
1 egg.



METHOD:

Heat the oven to 200c /180c for fan assisted/ gas 6

1. Combine dry ingredients in large bowl.
2. Add butter and rub into a breadcrumb consistency.
3. Pour enough milk to make a firm dough.
4. Roll to 2cms thick and use a cutter of your choice
5. Put on a tray with baking parchment
6. Glaze with milk and extra cheese
7. Bake in oven for 15-20mins. When cool eat or freeze.

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by Mick Greystone

Part 1

I have had 47 years of carpentry experience and now feel that I would like to share some of my tips and skills with you. This will be the first of monthly articles on general household tasks that we can undertake ourselves if you have the correct tools use them in the correct manner.

My first topic is how do you DRILL a simple hole in the wall (most importantly) where you want it. It is also important to know the type of wall, the size and type rawlplug and type of screw required. We will also cover the basic tools required.

If you don't already own a drill now maybe it is the time to purchase one as the modern battery drills can do so much more than just drill a hole, paint stirring as just one example.

Safety Point

Before you start drilling and fixing to any wall ensure that there are no hidden electric cables that you could drill or fix into. A simple current detector will tell you this but just check that there are no electric sockets below your fixing positions.

Let's assume you want to fix to your wall a shelf using two or more metal brackets. You know the height and position you want them. First determine what type of wall it is. Is it a plasterboard stud wall or a solid plastered wall? This will then allow you to obtain the correct type of drill and rawlplugs to use.



Solid Walls

Take one bracket and mark through the bottom hole onto the

wall. Now the fun begins. This will require a masonry bit drill. It is really frustrating when you select the right diameter masonry drill and start drilling and the drill wanders away from your mark, this is often due to the type of rendering under the plaster.



I find this in my home and the majority of the homes in Belton are the same.

There is a way to combat this by drilling through a drill guide which you can buy or make your own. Drill a hole through a square of ply wood, line it up over the mark holding with one hand while drilling with the other until the hole has started. Now remove the guide and finish drilling the hole to the correct depth. Now tap in the correct plastic plug and fix the bracket with the matching screw size, screw in to almost tight.

At this point swing the bracket into final position, checking with a spirit level that it is upright and mark through the other hole or holes. Now drill and fix the plugs as described above and screw the bracket in place. Now it is important to get the second bracket level with the first. If you have a long spirit level place on the first bracket and mark the bottom hole of the second bracket. If you only have a short spirit level place a length of wood from the first bracket and level it and mark the top for the second bracket. Repeat the procedure above to drill and fix this bracket. Place the shelf in position, check with a level and fix it to the brackets if necessary.



Plasterboard and Stud Walls

Plaster board walls are slightly different due to being none structural.

If it is possible to determine the upright studs positions and if they are correct spacing for your shelf brackets they could be used to fix straight to them without the need to use rawlplugs. More detail on this another time.

Use the same process as above for determining the correct position and levelling of the brackets as described above.

You'll need again to drill the right size using a standard metal cutting drill to the size of the plastic plug which are of a different design to those used for a solid wall. Their sizes are normally moulded on the plug to match screw sizes of 6,7,8 or 10. The colour of the rawlplug and drill size are shown.

If you look on a new card of rawlplugs it will show you this information. Drill size, Max and Min screw size so keep the piece they are attached to for reference

Yellow wall plugs — use 5.0 mm drill bits
Red wall plugs — use 6.0 mm drill bits
Brown wall plugs — use 7.0 mm drill bits
Blue wall plugs — use 10.0 mm drill bits



These plastic plugs used for the plasterboard fixing are the type that expands when the screw is screwed in or have a winged type of fixing. Having drilled your hole a good tip is to squirt a little white wood glue in first, this reinforce the plugs strength when in use a couple of hours later.

Screw Types

If you don't already know most modern screws fall in to two types a Phillips head and a Pozidriv

Screw. They look similar but neither will work with the wrong screwdriver. Phillips is a cross shaped point and pozi is cross point but with a small extra vein between the points. Using the incorrect screwdriver will destroy the head of the screw if they're not compatible.



The inserted photos show types of tools required:- Drills, Rawlplugs and fixing screws, screw drivers and spirit level.

Next month I'll talk about adjusting kitchen cabinet doors that just do not line up.

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- Support with finances
- Support with housing
- Getting involved with your community

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If you feel you would benefit from an appointment with either a Social Prescriber or Health and Wellbeing Coach please make a referral via:

- Your GP
- Email: nwicb.sp.hwbc@nhs.net

Alternatively, fill out the self-referral form below which can be handed in to any of our listed surgeries.

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- Support in lifestyle changes
- Help to increase activity levels

SURGERIES

You must be registered as a patient at one of the surgeries below to be referred:

- Millwood or Falklands
- The Beaches Medical Centre (Sussex Road, Magdalen Way or Hopton branch)

Social Prescribing/Health Coaching Self- Referral Form



| | |
|--|---|
| Patient Name: | Patient Address: |
| Patient Date of Birth: | Patient Contact Number: |
| Patient Medical Practice (tick as appropriate) <i>If patient is registered with another practice, they will not be eligible for support from Gorleston PCN. If they are not registered at all we can support them to register</i> | <input type="checkbox"/> The Millwood Partnership (including Falkland) <input type="checkbox"/> The Beaches Medical Centre (including Sussex Road, Magdalen Way and Hopton branch) |
| Reason for self-referral: | |
| Details of any other services supporting patient: | |
| Please confirm with a "YES" if you give us consent to be contacted by the Social Prescribing/Health Coaching Team. <i>We will be unable to accept the referral without this consent.</i> | |

Please hand any completed referral forms to either: The Millwood Partnership (Including Falkland) OR The Beaches Medical Centre, Sussex Road,

ALL SAINTS BELTON



Rev Rosie writes . . .

Watching and waiting

How good are you at waiting? Are you patient or impatient? Can you stand in a queue and quietly while away the time until it is your turn, or are you frustrated at having to wait? For many it is annoying and upsetting having to wait for important appointments, especially if you are one of the 6.5 million people waiting for treatment in England,* or one of the nearly 3.29 million patients waiting for over 18 weeks, or one of the nearly 391,000 patients who have waited over a year for treatment. With this comes a degree of worry and concern for us all, but especially the people who are doing the waiting, and those watching loved ones as they wait.

If you are blessed to be expecting a baby in your family, nine months can seem an eternity, especially those last few weeks from what I remember! During that time, there are things to do and preparations to be made, in providing a welcome for the newborn.

We have just been through a time of preparation; of watching and waiting for Christmas to arrive. The children (and many adults) have enjoyed counting down the days, and the pleasure of their Advent calendars. And then, Christmas is over. New Year has come and gone. The decorations are put away for another year, and the watching and waiting is done for another year!

My family have had a time of watching and waiting; hopefully and expectantly. In July we welcomed an addition to the family, my granddaughter, Keziah. She was born in Malawi where my son and his wife have been working. They applied for her British Passport at the beginning of September, and we are still waiting to hear that she has been granted one. Our waiting has included the "will they/won't they" be here for Christmas? We have been watching for messages from our Malawian family, but as yet no passport, so no pre-Christmas flights.

Sometimes waiting seems to go on for far longer than we had anticipated! Whether it be for

something that we expected to happen without difficulties, or an occurrence that delays through circumstances we had not foreseen.

In the Bible there are numerous passages that spell out details of the birth of the expected Messiah (Jesus). The Hebrew people had been awaiting their Messiah for hundreds and hundreds of years, and in their waiting, many had stopped actively looking for the Messiah's arrival. Even the leading Priests and Pharisees did not recognise Jesus; what they had expected was not what they got! In the New Testament, the writers of the letters (Paul, Peter and John) expected Jesus to return to rule and reign within their lifetime; we are still waiting. In one of Peter's later letters he writes words of encouragement:

Don't overlook the obvious here, friends. With God, one day is as good as a thousand years, a thousand years as a day. God isn't late with his promise as some measure lateness. He is restraining himself on account of you, holding back the End because he doesn't want anyone lost. He's giving everyone space and time to change. 2 Peter 3: 8-9

We don't talk about this very often, although the church's season of Advent very much bring this to the fore, Christians are expected to live their lives with an expectation that Jesus will return, and we are to be ready when he comes.

New Year is a time when we make New Year Resolutions; we focus on changes we want to make in our own personal lives. When my children were young I was keen to grow in patience. What a thing to ask for... I had more opportunities to learn patience than I expected or wanted! I wonder what your New Year's Resolution is going to be. Like me, it could be to do with waiting patiently for something you eagerly desire.

May you be blessed in the coming New Year.

Rosie Bunn

** information taken from the BMA website - data available for September 2023*

All Saints Church Belton
invites you to

café church

and our

Christingle Service

Sunday

4th February

10.30am

Join us for a late breakfast at an informal service. Read the papers, take part in the activities – including *making your own Christingle*, sing along with the worship or take time to quietly pray.

For further info, please
contact Rev. Rosie Bunn:
01493 780210



Dates for the Diary: January 2024

Sunday 31st December – New Year's Eve

Family Communion

10.30am All Saints Church, Belton
(joint service for Belton & Burgh Castle as no service at Burgh Castle)

Sunday 7th January 2023

Holy Communion - Epiphany Sunday

9.30am at St Peter & St Paul, Burgh Castle

Café Church – Celebrating the Arrival of the Wise Men

10.30am All Saints Church, Belton

Tuesday 9th January

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

Wednesday 10th January

Service for the New Year
10.30am Burgh House

Sunday 14th January

Morning Prayer

10.30am at St Peter & St Paul Burgh Castle

Holy Communion

10.30am All Saints Church, Belton

Evening Celebration

6.30pm All Saints Church Belton

Sunday 21st January

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 28th January

Morning Prayer

10.30am at St Peter & St Paul Burgh Castle

Holy Communion

10.30am All Saints Church, Belton

Saturday 3rd February

Burns Night Celebration

7pm at Burgh Castle Village Hall

Sunday 4th February -

Candlemas Sunday

Holy Communion

9.30am St Peter & St Paul Church

Café Church - Christingle

10.30am All Saints Church, Belton



Summer Service 100 bus

For 6 weeks in July/August service 100 bus (operated by 'OurHire') travelled between Vauxhall Holiday Park, the Rail Station, Market Gates and Britannia Pier. This is the only occasion that the Rail Station has a bus link to the Town Centre.

Over 39 days it carried 5132 passengers (an average of 132 a day). 1126 were child journeys, 2910 were adults and 1096 concessionary passes, this was an increase over the number of passengers carried in 2022.

ENTUA welcomes this increased usage and looks forward to the service running again in 2024 but for a longer period – end of May to end of September.

From Great Yarmouth and Gorleston to Aldeburgh by bus

It is now possible to do this journey with only one change by bus.

The first bus to catch is Borderbus service 580 operating Monday-Saturday 7-8 times a day from Gt. Yarmouth, via Gorleston, JPH and St. Olaves to Beccles Old Market. You can change here for another Borderbus service 522. The 522 runs from Mondays to Fridays to Aldeburgh via Halesworth, Saxmundham and Leiston. The journey time from Gt. Yarmouth to Beccles by 580 is 43 minutes and from Beccles to Aldeburgh is 65 minutes on the 522.

However it does link up 5 small towns each with a distinctive character, thus giving possibilities for interesting days out. For information on timings please go to www.border-bus.co.uk

Postwick Park & Ride

The trial re-opening of the Postwick Park & Ride Service 503 which was due to end on the last day of December, has now been extended until Easter, 2024.

The service operates every 20 minutes Mondays to Saturdays (except bank holidays) with the first departure from Postwick at 07.30 and the last at 1750. The first departure from Norwich bus station back to Postwick is 0750 and the last is 1810.

Park & Ride fares are: Adult = £3.00, 17-19 year olds = £2.00, Child = £1.50, Concession = £2.00

Under 5s travel free with any full paying passenger.

For more information on the Postwick Park & Ride please go to www.konectbus.co.uk/53

ENTUA Rail Document - 'The next 10 years'

As mentioned in last months article our Rail document – The next 10 years – was launched on 21st November, 2023 at Gt. Yarmouth Vauxhall Station. Alan Neville, Greater Anglia's Customer and Stakeholder Engagement Manager spoke about the achievement Greater Anglia had made in recent years with the introduction of new trains, the encouraging growth in passenger numbers after the Covid pandemic and highlighted the remarkable punctuality figures that were being reached especially on the Norwich to Great Yarmouth lines.

Alan also spoke on how he met with ENTUA on a regular basis at which ideas and plans were exchanged and discussed for the benefit of ENTUA (representing passenger interests) and Greater Anglia (the train operator).

Among ENTUA's aspirations are for trains to run to destinations beyond Norwich eg Cambridge, Peterborough and Stansted Airport. During the summer holiday season additional trains that run on Mondays, Fridays and Saturdays to be extended for a longer period eg from Spring Bank Holiday through to end of September and for some East Midlands Railway services from Liverpool Lime Street to run through to Great Yarmouth. This would not only benefit the leisure

market but should also attract business travel to the town as well.

Great emphasis was placed on the need for a year round bus connection between the Rail Station and the Town Centre for connections to other parts of the Borough.

£2.00 Maximum Single Fare

As mentioned in the last issue, the maximum £2.00 single fare has been extended until the end of December, 2024. This scheme is funded by central government from savings due to the cancellation of HS2. This represents extremely good value for money and should be taken every advantage of.

The more that passengers use the buses the safer the retention of the service becomes. Belton is fortunate that it is served by a half-hour service to Norwich Monday to Saturday from 0700-1700

(from 1730-1930 buses terminate at Great Yarmouth) and you can travel there and back for £4.00.

BRIAN CALLAN

ENTUA is saddened to hear of the passing of Brian Callan aged 88 a resident of nearby Bradwell.

Brian was a founder member of East Norfolk Travellers Association (the forerunner of ENTUA) in May 1977 and served for a short time as Chairman. Although Brian was involved in a range of other voluntary work, he was an ardent supporter of ENTUA and although impaired by reduced mobility in latter years, he continued to take a keen interest in the association and its campaigns. R.I.P.

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

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UP4FITNESS & SALLYANN

At the time of writing we haven't had Christmas. So it seems strange to be talking about what's not happened yet. So if I look back at previous years, it is much the same.

Another year has passed and if it wasn't for you all regularly attending my classes and asking me to visit you at home, I wouldn't be doing what I love to do.

Our annual Christmas session gave us a chance to reflect on the past year and look forward to 2024 when we return



on Monday January 8th for our usual time of 10.15 am start. Last year we continued to donate to 'The Pantry' at Belton church and collect used stamps for the RNIB. These will continue this Year. We possible may do a fundraising session to help out over the winter

for the pantry too. You can always drop off used stamps on a Monday morning at group we are there between 10am and 12noon every Monday during school terms. During November some of the members took up the challenge, to do the 4 effective exercises to improve balance over 4 weeks. The good news is, those who practised daily have improved their balance. However continuous practise is needed to keep you at the best you can be. If you would like Sallyann to show you these 4 exercises then please contact her in the New Year. Sallyann will resume her 2 exercise classes one on Mondays at New Road, Belton and one on Fridays at Age-connected in Great Yarmouth. You're welcome to attend the one in Great Yarmouth too. In the New Year Sallyann has two spaces for those who would like home training and a couple of spaces at the private studio she works at near the Tesco Gt Yarmouth.

Finally we would like to wish all members past and present a Healthy New Year and our thoughts and prayers go to family and friends of members of the group who are no longer with us.

Please contact Sallyann on email or mobile, should you wish to know any information. emailup4fitness@gmail.com Mobile 07599044806

Belton Judo club latest news update

DOMINIC KING JUDO & MMA ACADEMY would like to wish all our past, present and hopefully, future members a very Merry Christmas and a Happy New Year. The first session at Belton in the new year will be Tuesday 9th January 2024.

Anyone making a new years resolution to get fit and lose those excess pounds we all tend to gain over the Christmas period could make the decision that could change their lives forever!! Come along to our club and give Judo a go (nothing to lose and everything to gain). Before you say you're too old/unfit/can't find the time etc, just read the paragraph further down the page and maybe you should re-consider.



We believe that the ongoing success of our Judo club 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. Dominic is an expert at helping beginners feel at ease and he will never forget a name.

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



We currently have a 77-year-old lady attending regular judo sessions 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 is currently a busy time for recruiting new members, so if you fancy giving Judo (or MMA) a go, don't hesitate to get in touch. We offer the FIRST TWO SESSIONS FREE to give everyone the chance to experience the club first, although we're very confident that you'll want to return.

We train at Belton on Tuesday evenings, but if this isn't convenient, we have sessions at various venues throughout the week which are included in 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.

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

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email: beltonparish@yahoo.co.uk

Great Yarmouth Stroke Club

Our Christmas Lunch was cooked by Lisa bringing cutlery, plates with all the food cooked how amazing was that thank you so much.

Christmas party was next with music, pass the parcel, Christmas Beetle and quizzes. Sue was invited to the JGI at Belton where a Christmas Party was held and Valerie handed over £130 Donation to the group. There was a great atmosphere. Thanks to the ladies who organised the evening.

Our get well wishes goes to Sam, Ray and Richard.

We must thank our Volunteers Margaret, Brenda, Rex, Denise, Pam, Gillian, Maisie, Sue for all their time given to the group. We must not forget our Taxies, Miss Daisy, Gary, Centre 81 and Tom.

We Return on the 11th January with Barry (Elvis) at the Sports Hall, New Road, Belton on Thursday 2.00pm-4.00pm.

Contact Sue Casey 01493 781846

Did you know anger can make you feel sick?

I want to start by saying a very happy new year to you. Or does it feel like a happy new year? We all wish we could have a happier year than last year, but we often start the new year by bringing in old feelings of disappointment, and hurt and anger from the last year. When we do this, it can bring in a feeling of sadness and even apathy towards the year ahead. Anger can take away your joy, and your ability to bring more fun and happiness into your life. This may seem like a strange article for the beginning of a new year, but keep reading. How much of your day is consumed by feelings of anger, frustration, resentment, and stress? Did you know, that your mind cannot rise above these emotions without you consciously choosing to release and address these feelings? Your mind can only hold one thought at a time. Do you want to stay in this feeling for the rest of the year, or would you like to bring more joy and happiness into your life in 2024? I know some of you have experienced loss, heart break and troubled times, and we cannot change this. But we can start to create a more uplifting way of experiencing each day. I spent far too much of my life being angry with the world, with those around me, and with myself, and wasting valuable time where I could have experienced a more uplifting way of life. And then I learnt, that the way I was feeling was being created by the anger I was holding onto. I was self-destructing myself and my life. I started to make some small changes each day. When I recognised the possibility to create a better life for myself, I started to see the potential to help others move into an improved quality of feelings. It wasn't an overnight shift, and some days it was a real battle with myself, but it was worth it. I trained as a Bach flower remedy practitioner and life coach, and started on a whole new journey of discovery, to help people understand that the way they think each day can destroy their day, or it can uplift their day. Just knowing that I had a choice was a real sense of relief. If you are feeling stuck in a place of unhappiness, take some time out to start to study you, and the way you are thinking about things in your life.

Some food for thought

- ▶ When you feel anger towards somebody, or at situations that are happening around you, this can trigger other feelings such as despair and despondency in your day.
- ▶ When you sit in this state for a long while, your mind reacts to other things that happen from this place of anger.
- ▶ When you are feeling angry towards someone or something outside of yourself, your mind cannot tell who you are angry with.
- ▶ Your mind thinks you are angry with yourself, and so it fuels your body with harsh chemicals that keep you in a state of anger.
- ▶ Your mind cannot tell that this anger is really projected towards something outside of yourself. It just keeps reacting by producing more cortisol to help you deal with the feelings you are experiencing.
- ▶ This anger can lead to deeper feelings of frustration and stress because your body cannot cope with such levels of anger for long periods.
- ▶ These feelings can even create a downward spiral to anxiety, depression, self-harm, and feelings of unwellness.
- ▶ When your body is feelings constantly bombarded by these feelings, this often manifests as an anger and dislike towards yourself too.
- ▶ A constant bombardment of anger can manifest as resentment, and impact on the way you feel about the people around you, and how you feel about yourself.
- ▶ The longer these feelings go on, the harder it is to tap into any feelings of happiness and joy in your day.

Some gentle ways you can start to help yourself

If you have started the year holding feelings of anger, choose to start again today. Realise you do have a choice. Each day, and each moment of the day you can choose to start to heal your own life, and the way you feel about it. When you start to release these feelings of anger, you can start to feel a sense of relief, you can start to get more clarity and a new perspective on the situation. From this place your body starts to produce more oxytocin and serotonin, and this brings you more joy, happiness and compassion for you and for your body. If you are feeling angry there are some Bach flower remedies that will help you to release that anger. These remedies are natural and are to be used alongside any medication you have been prescribed.

The remedies are more effective when you set the intention to start to release any heal any anger issues you may have. When you start to release old anger and emotional hurts you are opening yourself up to a more uplifting and joyful way of living. Enjoy becoming the beautiful person you were born to be.

- Holly helps with anger, rage, jealousy, suspicion.
- Willow helps with old resentments and memories you cannot let go of.
- Mustard helps with the feelings of sitting under a dark cloud of heavy feelings. This often comes when you have been suppressing your feelings of anger or frustration, and not expressed how you feel.
- Gorse helps when you feel helpless to change a situation, or the way you feel.
- Cherry Plum helps when you have irrational outbursts or thoughts.
- Centaury helps when you feel like people are taking you for granted, and you do not have time for you. Centaury will help you to set new boundaries, and stay strong in the choices you make for the year ahead.

- Impatiens will help you if you feel uptight and impatient.
- Rock Water helps when you are too hard on yourself and deny your own needs. Being in this state for long periods brings stiffness and tension in your body, and you never feel satisfied with your achievements, regardless of how well you have done.

These feelings often come about when you have not been able to let go of the way you feel towards people and situations that have occurred. The longer these negative emotions sit in your body, the more ill-at-ease you feel. You are blocking any feelings of happiness and joy. This is not the way you are meant to be. Your mind cannot think of two thoughts at the same time, so it is often hard to feel happy and passionate about life when you are carrying so much anger. When you are angry your body is in a constant state of feeling out of sorts which can lead to all sorts of tension, stress and even anxiety and depression. There are 38 different Bach flower remedies, and you may need a combination of up to 7 Bach flower remedies to help you work through and release these feelings. If you would like to know more about how the remedies can help you go to my website and check out the Bach flower remedy page.

Other things you can do to help yourself

- Write down your thoughts.
- Write one situation on each page.
- Write how you feel about this person or situation.
- What do you say to yourself about this?
- Ask yourself, is this helping or harming me?
- Is what I am thinking still true, or justified?

- How can you start to turn this around?
- Set the intention that you are ready to let go of feelings that are harming you.
- Breathe in through your nose, and blow out through your mouth any feelings that come up.
- Start to forgive yourself by repeating the Ho'oponopono prayer.
I am sorry. Please forgive me. Thank you. I love you.
- You can find a meditation of the Ho'oponopono prayer on You Tube.
- Keep saying to yourself throughout the day 'Deep inner peace' whenever your mind brings up old feeling of hurts and anger.
- Reach out for help if you cannot resolve and let go of feelings of anger.
- Go out for a walk and shake off those feelings that have been harming you.
- Try something new, dancing, singing, writing, drawing, connecting with new people can all help to improve your feelings of wellbeing.

If you would like some help releasing feelings that no longer serve you, please reach out to me on 07936 546791 or go to my website www.dawnchrystal.com to access more information.

Did you know?

When you think of something or someone that makes you smile, you produce serotonin which brings you feelings of happiness and joy. When you remember, imagine, or think of a loving moment, you produce oxytocin which brings you feelings of compassion, for yourself and for others. When you are reliving, or thinking about a success or an achievement, you produce dopamine, which brings feelings of success and motivation. When you think about a memory, or the intention of bravery and courage, you produce endorphins, which brings you feelings of confidence. What can you think about today that will increase your flow of feel-good chemicals?

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SCAN FOR OUR
EVENTS PAGE



www.dawnchrystal.com

DRUMMING CIRCLE WITH TRUDI NORTCLIFFE

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DANCE FOR LIFE WITH VICTORIA RIVER AND HELEN KING

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REIKI SHARES

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Contact Dawn Chrystal on 07936 546791



4U

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Great Yarmouth,
Norfolk NR30 1NE



COMMUNITY
FUND

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 voted on the colour of the Christmas Tree to paint which was blue. They put glitter onto fir cones which were then attached to the blue Christmas Tree ready for the District Tree Festival.

The Beavers made a poster which showed the difference between good food to eat and not quite so good food to eat. They drew on a plate a meal in different parts i.e., protein, carbohydrates as part of healthy eating badge.



The Beavers celebrated American Thanksgiving the last Thursday in November. The Beavers folded a bag for pop corn to go in, pinned the tail on the turkey, then played a new game called stuff the turkey

We looked at endangered animals in the UK. Played pairs, made hedgehogs out of air-drying clay, then played a new game all to do with endangered animals.

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

This month the young people have worked on their scientist badge by creating things such as a hot air balloon, creating oxygen and pulling water through by changing pressures under a glass and have seen and researched what our pulse does when we relax and exercise.

We have been to Seething observatory to complete our astronomers' badge, always a great visit where we pray that the skies are clear and they were!!

The Cubs finished the year with a Christmas party with food and a little Music.

If your young person would like to join the adventure at Belton cubs then message Peter On 07900 494 344 or go through the 1st Belton scout group Facebook page



Scouts

The Scouts completed their Christmas tree ready for the District Tree Festival, made out of stiff cardboard, painted blue with lots of glitter. The scouts had an evening making puddings made in a mug, cooked in the microwave. They had a choice from vanilla, double choc, jam dounut.

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



Group

The Scout Group attended the District Tree Festival at Great Yarmouth Minster. We learnt about different religions who also use trees in their festivals. They were given a palm hand to write a prayer, make a Christmas tree out of green pipe cleaner and sticky stars and also sang lots of songs.

We would be grateful of any books/ Bric-a-brac/ Toys we urgently need to re stock for sales. The items can either be dropped at 6 Station Rd North Belton or phone 01493 780965



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Scouts Mug Cake recipe

Goosey Chocolate mug cake

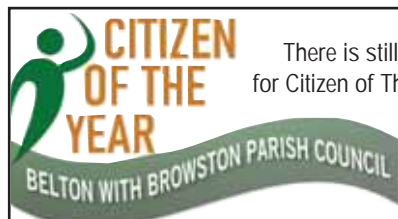
| | |
|---------------------|----------------------------|
| 4 tbsp plain flour | 75 mls milk |
| 2 tbsp cocoa power | ½ tsp vanilla essence |
| ¼ tsp baking powder | 2 tbsp vegetable oil |
| 3 tbsp sugar | Dollop of chocolate spread |
| Pinch salt | |

Method

- Add cocoa powder, baking powder, sugar, salt, vanilla essence and vegetable oil into a large mug that can be microwaved
- Mix the batter with a fork until smooth
- Add a dollop of chocolate spread to middle of mixture
- Microwave for 1min 10secs
- Leave to cool for 1 min

Enjoy

Local NEWS in Brief



There is still time to nominate somebody for Citizen of The Year in Belton and Browston, the closing date is January 31st, to make a nomination send the persons name and address together with the

specific details of your nomination which can be for help and assistance to an individual or with a group or organisation based in the Parish to Kate Rudock, Parish Clerk, Belton with Browston Parish Council, 56 Victoria Road, Gorleston, Great Yarmouth, NR31 6EF or e-mail Beltonparish@yahoo.co.uk.

Please note that Parish Councillors cannot be nominated.



BELTON ALLOTMENTS

The waiting list for allotments in Belton has now reduced considerably 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.

MOBILE LIBRARY SERVICE

Locally the Norfolk Mobile Library rounds are as follows:

Belton Wednesdays January 24th and February 21st, then 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 No service.

St Olaves Wednesdays, January 24th and February 21st, and then every 4 weeks stopping on Priory Close between 12.45 and 1.00pm

Burgh Castle – No service

For any questions about mobile libraries, email the team at central.mobiles.lib@norfolk.gov.uk. Or call 01603 222303



DOG FOULING

To all dog owners who walk their dogs around the villages. Please clear up when necessary and do not leave your dog fouling mess on the grass or pavement. If you are caught not clearing up you can be fined £80 or prosecuted. You love your dog so please clear up.

The majority of dog owners are responsible people so please if you are one who does not clear up, make a NEW YEAR Resolution and clear up when you walk.

Christmas Fayre at All Saints Church

On Saturday 2nd December the Christmas Fayre at the Church was a great success with stalls and super food. The raffle table had over 40 prizes, many donated by local



organisations. Thanks to all for their kindness. The lunch time food was a combination of 3 varieties of soup with rolls and or a turkey burger with sausages, stuffing and cranberry jam which was freshly cooked on an outside barbeque. During the day they raised over £900. Thanks to all who attended and their support.

Professional Concert with Kate Daniels

As I said in December's Village Voice we were finalizing the date etc for Kate Daniels and her great musicians to come and give another concert to us in Belton.

I am very pleased to say all is now fixed and the concert will be on the Friday Evening of April 5th. This will be a great unique concert again and I feel we are so fortunate to have Kate and her great musicians back to sing and perform in All Saints Church.

Many people have asked me to reserve a ticket for them and I am approaching reserved seats nearly half the capacity of the Church. So, if you would like to come to this great concert please call me and reserve a ticket or tickets sooner than later.

The tickets will be on sale early in the new year from myself or at Binky's in the precinct.

PROFESSIONAL JAZZ & BLUES CONCERT THE KATE DANIELS QUARTET

with songs and music we all know and love

Guitarist Nils Solberg who played on the famous Brian Ferry Album "As Time Goes By" and award winning Clarinettist Julian Stringle plus Drums and Bass players



Friday 5th April 2024
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7 for 7.30pm
Tickets £12 for a great unique evening
Available from
Binky's Cafe - in the Precinct
Bill Richmond, 07950 039455
Call 07950 039455 or 780822 for full details
(Supported by The Village Voice)

Events at the John Green Institute



| | | |
|---------------------|---------------|--------------|
| Trustees of the JGI | | |
| Roger Gowen | Chair | 07950 770488 |
| Bill Richmond | Treasurer | 07950 039455 |
| Sheila Evenden | Bookings | 07984 443808 |
| Geoff Evenden | Bookings | 07984 443808 |
| Robert Goffin | Maintenance | 07526 201088 |
| Bridget Lawrence | | 01403 780160 |
| Suzanna Craig | Hon Secretary | 01493 789019 |

Trustees Coffee Morning at the JGI

On Saturday 9th December the JGI Christmas coffee morning was held, when the raffle was hosted by Rock Solid Youth Group who had a wonderful table full of great prizes. Through the generosity of all who attended they raised £140.



Belton Scouts also had a second-hand toy table with some wonderful bargains. Many a soft toy looking for a new home.

Thanks to all who helped to make the morning a great success. The next Saturday coffee morning will be on January 14th at 10am

Julie's Yoga to Audio CD

We all enjoyed our Christmas Lunch at the Conservative club on December 13th with our honorary member Maisie who started the yoga group approximately 16 years ago this year.

Monies raised in total for East Coast Pet Rescue totalled £130 and £70 was also donated out of our kitty to the Louise Hamilton Centre. Classes recommence on January 8th.

Wishing you all a very Happy and Healthy 2024.

Wednesday Morning Drop In

Thanks to everyone for their support through 2023. It does fly by very quickly these days. The number attending is still high and a great morning is had by all. At the end of November we had a visit from the NHS social care side and it proved to be very positive. Another visit will be made in the new year. We had our Christmas morning on the 20th December and I will report on that next month. We had a voluntary collection instead of sending Christmas cards with the proceeds going to the Sandra Chapman unit at the James Padget Hospital.



If you would like a morning out and meet friends with plenty of chat and local information then come along, you will be made welcome. We meet every Wednesday between 10.30am and noon.

Happy New Year to everyone Sue Richmond 01493780822

Camera Club

We are a small friendly group who love taking photographs. We try to cover as many techniques as possible and will always help anyone who has recently got a camera and would like to know how to get the best from it.



We have several outings throughout the year to venues that offer a great range of photography subjects. We review our shots and learn from the mistakes.

If you would like to come along and join us call Bill on 07950039455. We meet at the JGI at 2pm on the first Friday of each month if we are not out taking photographs.

The next meeting will be on Friday 3rd February 2024.

An Evening of Entertainment at the JGI



On Saturday 9th December the hall was packed for a great evening of fun and entertainment organised by a small group of friends.

John Woodhouse provided the entertainment with great singing through the evening between a bingo game, a draw on the entry ticket numbers plus a free raffle.

During the evening, from proceeds raised, Valerie Fisk from the group presented to Sue Casey, from the Stroke Club a cheque for £130 to help with their transport costs each week.

This was a great event, a big thanks to all the organisers.



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For further information and hiring rates please contact Bill on

01493 780822

or go to www.beltonandbrowston.com

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) | | | |

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Monday January 15th

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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.
Book collector 01493 780739. Wanted to buy, large and small book collections.

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