

Village Voice

February 2024

24th Great Year

Vol 24-11

3500 copies printed monthly.
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Burgh Castle, Fritton and St. Olaves.
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A word from the Editor Adrian Myers

As I look towards the upcoming months, I can see that there are numerous activities, that are going to take place in the borough of Great Yarmouth. What is uppermost in my mind at present, is the Village Voice Community Fete. The steering group and I are looking forward to hosting this event, giving all the support groups, our advertisers and charity raisers, the opportunity to showcase their activities and products to those who not only live in the villages, but the many visitors we are expecting from other areas of Great Yarmouth. There will be a V.I.P tent for our deliverers and marshals, providing free tea, coffee and slices of cake.

We have now established a venue, first aiders, blue light services and several concessionary stalls. There will be an arena, showcasing local activities, competitions and much more. So please, put in your diaries the 20th of July 10 am until 6pm for a great community led, fun day out. On arrival you will be given a leaflet with a plan of the fete plus other information, and that leaflet will be numbered for a raffle that will take place later in the day, so hold onto it. If anyone in the villages would like to "set up stall" or require further information regarding costs, then please contact Lucy at lpilgrim18@yahoo.co.uk

There will be regular updates regarding forthcoming activities at the fete, as they develop, posted in this magazine.

I have received several complaints about the aircraft from Mildenhall who are practicing their manoeuvres over an area that includes Belton and Burgh Castle. The complaint is about the noise they make. So why can I hear them and not commercial airlines?

Fighters have low bypass engines compared to airliners. That means the exhaust comes out much faster than on airliners making a lot more noise. It is also why fighters have a much higher pitch to the engine noise. I have been asked why such aircraft cannot do their manoeuvres over the North Sea. I will ask the relevant authorities and keep you informed.

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YOUR VILLAGE VOICE

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

**February 2024
273rd Edition**

Cover Picture:

St Peter & St Paul's Church,
Burgh Castle

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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Letters to the EDITOR

Having seen the article in the Village Voice, re: parking on pavements etc., I felt I had to contact you about the problems we, as residents of St. Georges Rd. etc. experience when attempting to exit St. Georges Rd. onto Deben Drive, the problem lies with vehicles regularly parked on the grass verge between the exit of St. Georges towards the car park for the shops and school, which at particular times of the day can be a very busy junction.

These vehicles obstruct the view towards the car park (see picture A) in this picture there are two cars on the grass before the layby and my front bumper would be on the give way road markings and my view is restricted, the position I need to be in to see clearly far enough up the road to exit safely, although at this point my bumper would be in the middle of Deben Drive, at this point there is the problem of other vehicles entering Deben Drive from New Road for them to suddenly be confronted with a vehicle in the middle of the road, somewhat dangerous in my mind and has happened to me several times now.

Further to this just beyond the wrongly parked vehicles is a layby which is always full in fact one car permanently parked in it has the front wheels up on "axle stands" maybe this car is off the road and therefore SORN, which raises the question as to whether it should be parked there at all?

Resident from St Georges Road
Name and address supplied



Picture A

MOBILE LIBRARY SERVICE

Locally the Norfolk Mobile Library rounds are as follows :

Belton

Wednesdays February 21st and March 20th, 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 February 21st and March 20th, 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



Your Parish Council Reports



Belton with Browston Parish Council

Meeting report including A143 Speeding.

The latest meeting of the Parish Council was held on January 9th with ten of the eleven Parish Councillors present along with County Councillor Carl Annison, Borough Councillor Ivan Murray-Smith and Kate Ruddock (Parish Clerk), David Mills chaired the meeting.

The chairman stated that speeding on the A143 to Fritton has been a concern for many years, County Councillor Annison stated that both he and fellow County Councillor Graham Plant fully support a speed reduction on the road between the Belton roundabout and Fritton, he stated that he had been contacted many times not only by Belton residents but also by residents throughout the Borough over the speeding problem on this road however a roundabout at Belton crossroads would cost over £1million so is unrealistic, a speed limit request would require a public consultation would need to be supported by everyone responding, at the meeting Borough Councillor Murray-Smith added his support and the Chairman stated that he would like to see all Parish Councillors support the residents with this.

Borough Councillor Murray-Smith reported that with uncertainty over ownership of adjoining land a solicitor would be needed by the resident concerned if he wanted to proceed with attempts to get the rear access to The Tavern from Rosedale Gardens closed off. Borough Councillor Carpenter had advised the chairman that the Borough council will now be turning their street lights off in low crime areas with no through traffic between 1 and 5am.

Regarding the New Road Sports Centre the only grants fund available in the local area appeared to be the Hornsea 3 fund and the chairman said he would provide three contractors details for quotes to be obtained for solar panels to go on the building. The type of fence replacement for the corner of the field at the same site was discussed and members agreed that they preferred the palisade type and now a further two quotes will be obtained for that work.

With the planning application for car boots at New Road still undecided and being queried by the Borough Council it was agreed to make changes to the proposed layout used to avoid encroachment on to the Football area which should satisfy objections received. A discussion was held on possible future uses of part of the site, options on the table include a possible second (sports) hall, attempting to get funding for a floodlit pitch and consideration of a driving range or bowls green.

In planning there were no objections to construction of a boundary wall and access gates along with removal of hedges and railings at Garden Villa on Browston Lane at Browston. The Borough Council had approved a tree preservation order on trees at Rose Farm, Stepshort and they had also approved a planning application for a side extension to a garage at 11 St James Crescent and works on an Oak tree at Wedgewood on Sandy Lane, Belton, a further list of planning notices for replacement equipment to facilitate the changes to the forthcoming digital telephone system were noted and minuted.

The next meeting of the Parish Council takes place at the New Road Sport and Leisure Centre on Tuesday February 6th 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.

Have you registered your support for the Village Voice Community Fete

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

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

For more details please contact Adrian Myers

07824 313792

adrianmyers247@gmail.com

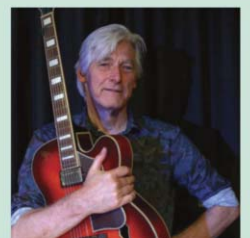
Kate Daniels Concert

As I am sure you have seen the tickets for the Kate Daniels Concert on April 5th at All Saints Church, and are now available from Binkey's café in the precinct or by calling 07950 039455. They are selling fast and numbers are limited so if you want to have this last chance of seeing a top London Quartet perform in our village do not leave it too long to obtain a ticket.

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Burgh Castle Parish Council



Seven members of the Parish Council plus Borough Councillors Graham Carpenter, Ivan Murray-Smith one member of the public and the Parish Clerk attended the January 8th meeting of the Parish Council at the Village Hall, Brian Swan was in the chair. The chairman reported that he is still trying to contact Heart to Heart to get the former Kingfisher site defibrillator reinstalled in a nearby location and Councillor Carpenter agreed to see what he can do.

Members were pleased that the Crows Farm corner resurfacing and patching work on Market Road had taken place but agrees to chase up the return of the road markings on the dangerous corner and to add the refreshing of lines and markings near the corner to their request along with refreshed lines at the High Road / Market Road junction, also with highways it was agreed to chase progress on what is happening about the large lumps of material placed on the verge on land next to the Roman Fort entrance to deter parking now that bollards are on the land facing the forts property. It was agreed that there would be little point in meeting with The Norfolk Archaeological Trust over looking for sources of grant funding for the 'fort' site, one suggestion had been made to them earlier.

The saga of the Service 5 reversal of afternoon bus services to facilitate a return to Belton of some Lynn Grove pupils continues. The bus company have admitted that they should not have used the reversed service during the Christmas holiday afternoons and have promised better awareness of the route to staff to prevent a recurrence of this, a fuller reply from the County is still awaited over the whole situation including the lower than expected pupil use of the service and the fact that unsuitable dropping off points are now being used.

The Councils Auditor, Mr Cooper, has confirmed that he will continue for at least another year and the inflation related rise in cost for cutting the Burial Ground and Churchyard was noted from the contractors, it was minuted that 2024 is the final year of the current three year deal.

It was noted that the public consultation for the Neighbourhood Plan is ongoing till the end of the month and then after consideration of any final updates it will go out to inspection through a specialist arranged through the Borough Council before an acceptance referendum takes place and it can be formally adopted into local planning procedures.

The next meeting of the Parish Council will be on Monday February 12th 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 Church Restoration Fund BURNS NIGHT HAS BEEN CANCELLED DUE TO LACK OF SUPPORT

Burgh Castle Village Hall has now been registered with the Charity Commissioners, in the first step of amalgamating with the playing field to make one joint Charity.

With the registration comes the need for more trustees, could you be that person? We are holding a training session for trustees at the Village Hall on Monday 26th February at 2pm. Come along and find out more, the only criteria is that you are a resident of Burgh Castle. For more information call Margaret on 01493 780126 or email mgreenacre532@gmail.com

BURGH CASTLE VILLAGE HALL

Church Road, Burgh Castle, NR31 9QG

Sunday Feb 11th (2.30pm)

"MALCOLM'S 90 CHALLENGES BEFORE HIS 90th BIRTHDAY"

A talk by Malcolm Metcalf

Free Admission

Raffle & Retiring Collection for
Priscilla Bacon Lodge (raffle prizes appreciated)
Open to everyone

Malcolm, who was 90 in December, decided to mark this by taking on 90 challenges in 2023, all were things that he had not attempted before, took 8 months and involved many miles of travel in East Anglia and beyond.

The challenges included:

- Visiting Sizewell Nuclear Power Station
- Ringing Church Bells at Gt. Ryburgh • Handbells at Barnham Broom Church
- Riding a Harley Davidson Motorcycle • His first time on a Horse
- Completing his first painting with local artist Margaret Carver • Presenting his own show on BBC Radio Norfolk
- Visiting the Great Yarmouth Rock Factory

He will also feature his epic 15 challenges in a day between Gorleston and Kings Lynn on various forms of Transport



Burgh Castle Tea Room & Bargain Stall

(Village Hall, Church Road)

We are Back!!

We will hold an Auction on 17th February 1.30pm and reopen the tearoom from 23rd February

AUCTION SATURDAY FEBRUARY 17th

Items for sale can be brought to the hall on Friday 16th Feb 10am - 12 noon and Saturday 17th Feb 11am - 12 noon. We will close from 12 noon - 1.00pm to get organised then viewing - 1.00pm to 1.30pm

Auction - 1.30pm

Commission on sales will be 20%

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

TEA ROOM and BARGAIN STALLS

From 23rd February we shall open Fridays only until Easter then Thursday and Friday until the Christmas break. Looking forward to seeing all our regulars for coffee, cake and company.

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

For more information

01493 780126

mgreenacre532@gmail.com



Fritton with St. Olaves Parish Council

The report on the January Parish Council meeting will appear in the March Village Voice, the next meetings are on Thursday March 21st at St Olaves Village Hall, The Annual Parish Meeting for the two villages will commence at 7.30pm followed at about 8pm by the regular meeting of the Parish Council, full details from Kate Ruddock, Parish Clerk on 07899 846148, e-mail her at fritton.stolaves.clerk@outlook.com

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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



Fritton Bingo

Our next bingo event at Fritton Village Hall is to be held on **Friday Feb 16th starting at 7.15 pm**

Please join us for an enjoyable evening.

Many thanks Roy

Pooch Corner



TOILET TRAINING PUPPIES: A STEP-BY-STEP GUIDE

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

Welcoming a furry bundle of joy into your home is an exciting experience, but it comes with its share of challenges, especially when it comes to toilet training. Puppies, like toddlers, need guidance and patience to learn where and when it's appropriate to do their business. With a bit of consistency, positive reinforcement, and understanding, you and your pup can navigate this stage successfully. Every puppy is different, the length of time it takes to train varies from pup to pup.

Understanding your Puppies Needs

It is crucial to understand your puppy's bathroom habits. Young pups have tiny bladders and may need to relieve themselves every 1-2 hours. They often need to go:

- After waking from a nap
- After eating or drinking
- After a play session (for some you will need to do it during a play session)
- Before bedtime

Toilet training is about teaching the puppy the correct place to toilet and has nothing to do with teaching the puppy it is wrong. What you view as the correct place, and what the puppy views as the correct place can be two completely different things.

Establishing a Routine

Consistency is key in toilet training. Create a schedule that aligns with your puppy's needs and stick to it religiously. Take your puppy outside to the designated toilet spot frequently, every hour and always after eating, waking up, or playing. For puppies that are struggling with toilet training you might need to reduce this time to every 15 or 30 minutes. Reward your pup

immediately after they've done their business with praise, treats, or a favourite toy. Positive reinforcement helps them associate toileting in the right spot with something enjoyable.

Designating a Toilet Area

Decide on a specific outdoor area where you want your puppy to do their business. Use consistent cues like a particular phrase ("busy") to associate with the act. This helps your puppy understand what's expected when they hear that phrase. Puppies prefer to toilet on absorbent surfaces which is why your favourite door mat might be a favoured spot. A puppy toileting inside is not being naughty, it is acting normally and doesn't yet understand. Surfaces like grass and gravel will be preferred to cement or paving initially. Avoid using puppy pads as this will teach your puppy to toilet inside. Whilst a lot of puppies understand quickly to toilet outside, some puppies will struggle to transition when puppy pads have been used.

To avoid your puppy being distracted from the task of toileting keep them on the lead or used a confined space in the first few weeks. Once the puppy has toileted, they can be let off lead for some play and investigation.

Read more managing accidents with patience

Read more on this topic including managing accidents, signs to look out for, rewards, training, and a FREE resource to download to help you with toilet training.

Visit www.kareyaldred.co.uk/toilet-training-puppies for your free tracking sheet and the full article.



Burgh Castle Car Park

Following on from an exceptionally dry year in 2022, 2023 has seen much rainfall, to the point where the land can take no more and it is causing flooding up and down the nation, including at the entrance to Burgh Castle Car Park.

NAT have recently had a contractor to carry out provisional work at the site, basically the drainage system was 'rodded out' using heavy duty equipment, but alas to no avail. At the same time as the drain work was done, the contractor also surveyed the drainage, knowing that if the issue was not resolved, further



extensive work may be needed. We do have the results of the survey and the news is not good. We are now seeking funding from various sources to facilitate this work.

NAT was always able to keep its sites free to all to access due to land management grants which came from the European Union, but since we have left our grants are disappearing and as yet, have not been replaced by Westminster. Car Parking costs do provide some income but not enough to replace the EU contribution.

Thank you for your patience whilst we resolve this issue.

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Fritton Owl Sanctuary needs your support Funds needed to stop its closure

Fritton Owl Sanctuary has launched a "sincere and heartfelt" plea for donations to upgrade its facilities or it may be forced to close.

It is hoping to expand the size of its enclosures with the public's help after recent legislation changes made them too small. Under threat of closure, the sanctuary needs to raise around £25,000 to upgrade the cages or it could face losing its zoo licence.

Chrissi Palmer, the project manager and senior volunteer at Fritton Owl Sanctuary, said the current facilities, which were first built nearly 12 years ago, are falling into disrepair and do not meet the new requirements

Last November the sanctuary was advised that the enclosures for larger birds must be 12ft in height, meaning a substantial increase.

Ms Palmer, 57, and her team have since urged the public to help as all of the necessary changes and repairs will cost more than what they have.

"We are far more than just a collection of 'unwanted beautiful birds'," she said.

"Our sanctuary is staffed solely by a dedicated team of volunteers and is funded by donations and the support of our community and friends.

"We provide educational support to schools and visit residential homes on enrichment visits, using our owls as tools to educate groups on conservation and environmental issues."

According to Ms Palmer, the sanctuary has until March to make the adjustments or they may have its licence revoked.

The goal was to raise an initial £10,000 to start upgrading the living spaces of the dozens of owls which call the sanctuary home.

Three weeks later and the future is looking BRIGHTER after a deluge of donations along with a GoFundMe page which has raised in excess of £13,000.

"We relied on people's kindness, and we have received a lot," said Ms Palmer.

She added: "To lose this place would be soul-destroying. We need all the help we can get."

"We are very optimistic about the future, and we could not be more grateful to everyone who has helped."

Donors from as far as Sweden and Singapore have contributed to the sanctuary's future, nearby schools and colleges have also requested to have student programmes to help with the works, and even neighbours have offered spare paving slabs to help cut costs.

Businesses, including KB Scaffolding, Amari Plastics Norwich, Silvertown Aggregates and Builders Merchants and John Devaney from Holmes Builders, have also helped

with designs and materials.

The sanctuary is expected to have a total overhaul, with new enclosures, higher ceilings, improved disabled access and a memorial garden with a wildlife pond.

The sanctuary is working closely with the licencing department at Great Yarmouth Borough Council and Huxley's Birds of Prey Centre to ensure the enclosures adhere to regulations and the owls have the best place to roost.

"We want to make something superb for everyone. Enclosures that don't just



meet - but exceed - what is expected, and training for management and husbandry skills", Ms Palmer added.

Work has already started with the first phase of new enclosures for the owls currently being built.

To bring facts up to date. We are challenging the specifications and compliance date given us by the Borough Council Licensing officer, with the support of Cllr Ivan Murray-Smith. While we know and accept the enclosures need renovation and must have alterations. The dimensions demanded by the licensing officer are not considered to be supported by legislature. We are in consultation with a recognised raptor husbandry expert from Huxley Bird of Prey Centre and his support and advice is proving invaluable. The licensing officer is liaising with him also in order to ensure the sanctuary has to correct information to continue with making the required improvements.

We have received the wonderful news that our local college's trade departments are going to be working with us. This is an amazing opportunity for the students to use their skills and get first hand experience.

Our fundraising is going really well and we cannot thank enough, those donating to our

For more information, visit Please Help Fritton Owl Sanctuary - Charity on GoFundMe.



A word from your Local MP



BRANDON LEWIS MP writes



It's been busy start to the Parliamentary year in Westminster, with one big issue dominating the political agenda and the news headlines. Although the cases of sub-postmasters wrongly prosecuted because of IT system failures has been reported by journalists and raised in

Parliament, the recent ITV docu-drama rightly sparked a public outcry.

I am appalled by the treatment of those who were accused of theft based on flawed evidence from the Horizon IT system. Victims' accounts of the impact of these prosecutions are harrowing some served prison sentences; many had their livelihoods and life savings decimated; marriages broke down; four committed suicide; others passed away before being able to clear their names; and many were ostracised by their local communities and as a result failed to find alternative work.

Along with the public inquiry that the Government set-up and the subsequent compensation scheme it became further action was needed. It is right that the Government has proposed emergency legislation to overturn convictions of all those

convicted in England and Wales on the basis of Post Office evidence given during the Horizon scandal. This has been one of those rare issues that has appalled and united politicians from across the political spectrum and the government response received almost universal support.

Since the New Year, I've continued pursuing an issue that concerns many constituents – the access to dental treatment. The Labour Party called a rather unnecessary vote in the House of Commons that will do nothing to improve our dental services. In essence, it was Parliamentary grandstanding.

The real work continues behind the scenes. This includes my liaison with NHS managers and others to get funding for a new dental training facility in our town centre.

And helping a planned new dental practice in Hopton-on-Sea to cut through bureaucracy to enable the facility to be inspected and opened as quickly as possible. I was excited to be shown around the new facility by Sarah Godbolt to see what will be on offer and I hope that it will be operational soon without any further unnecessary bureaucratic delays.

This is in addition to work last autumn with parliamentary colleagues to impress upon the Norfolk and Waveney Integrated Care Board, now responsible for commissioning NHS dental services, to prepare a longer-term plan to improve provision. This resulted in an introduction of a new local emergency dental treatment system available via NHS-111 for those patients needing urgent dental care. In March we will see the details of the longer-term plan, which should include proposals to attract dentists to our area. I will be carefully scrutinising, and questioning managers, about the plan when published to make sure it delivers for our area.

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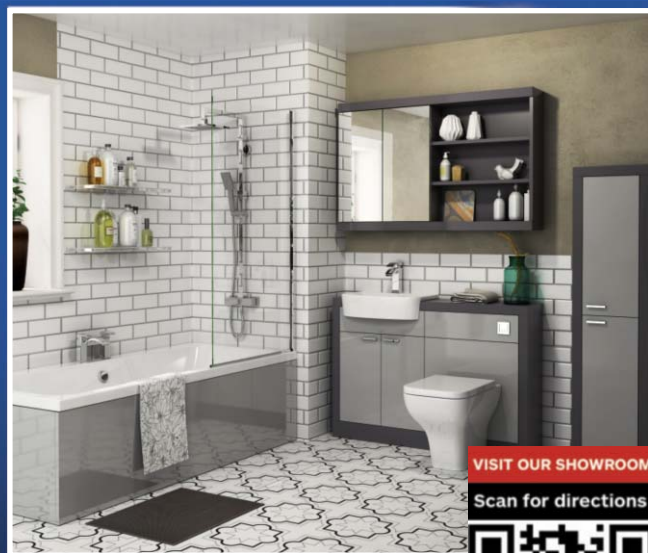
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Walter Flaxman - Wally

Royal Armoured Corps

16th/5th Lancers

Many people in the villages will know of Walter Flaxman aka Wal or Wally, former Bingo caller amongst many other village events. He was born here on 3rd February 1923 and grew up in Burgh Castle garnering wonderful anecdotes of his adventures to engage and amaze his family and friends. He was called up to serve in World War Two and being employed in a reserved occupation as a farm labourer he could have avoided service however “I was young and wanted adventure”.

After training he was sent with the Royal Armoured Corps to North Africa as a tank driver eventually being posted to the 16th/5th Lancers finishing the war in North Italy.

Amazingly, last year Wal received a telephone call and subsequently a letter from the Royal Lancers Secretary Lieutenant Colonel (Rtd) Everard saying that Wal is “believed to be the last of the Royal Lancers to



serve in WW2”.

Just before Christmas Wal

received the marvellous news

that he has been awarded the prestigious Buchan medal which “should be seen as a Regimental MBE, and coveted as such”.

Five days after his 101st birthday Wal is being presented with his award by Lieutenant Colonel (Rtd) Everard and serving officers of The Royal Lancers (Queen Elizabeth’s Own) at 11am on Thursday 8th February at The Queen’s Head, Burgh Castle. All are welcome to attend.

If anyone would like further information please ring Tim on 07759 449669



Walter Flaxman circa 1944



The 16th and 5th Lancers were amalgamated in 1922 to form the 16th/5th Lancers.

During the Second World War the regiment fought in North Africa and Italy. Later the 16th/5th became part of NATO’s front-line force in West Germany.

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Rev Rosie writes . . .

Snowflakes are falling, lightly and gently, a reminder that it is still very much winter. The ducks are limited to only half the pond as one side is iced up! And yet, we have snowdrops and daffodils pushing out of the group and the first few snowdrops showing their delightful white flowers. Spring is on its way, and the promise of warmer mornings and longer days!

But first we have the month of February to go through, and this year right in the middle of the month we not only have Valentines Day, with the push of the shops to sell us chocolates and flowers and a variety of cards, just to tell our loved ones we love them. Shouldn't that be something we do every day – not the flowers, cards and chocolates, but the expression of love to those we care about? All those hearts and kisses that are shared on the 14th February; if an every-day occurrence might make our world a happier place.

On the 14th February this year, we also have the start of Lent with Ash Wednesday. So our waistlines might get bigger with all the pancakes on the Tuesday and chocolates on the Wednesday, but for some (those who might give up chocolate for Lent) it might be a long wait to celebrate Easter and eat chocolate eggs as well as Valentines Day chocolates.

Interestingly, Ash Wednesday in many churches includes a time of "ashing" where participants offer their foreheads to be marked with an ash cross – a symbol of taking Lent seriously. A symbol too of penitence – of facing up to the more negative aspects of human life and asking for God's help; with the commitment of that focus for the six weeks leading up to Holy Week and Easter.

Some of us might not be interested in Valentines Day and others not interested in taking part in Lenten activities, but the month of February will be made special for many, because of these special dates.

One of the suggested way of engaging with God during Lent is to look to do something special for other people each day; something extra to do, rather than giving up things like chocolate and alcohol. Other people might choose to read a book that encourages them in their Christian faith and in life generally.



Lent is part of the preparation that churches and individuals make to ready themselves for the celebration of Easter.

Last year the Church of England's Lent focus was through daily reflections on Dust and Glory: we were all invited to explore how we can live well with the mess of everyday life. Dust and Glory encouraged us to take a fresh look at the frustrations and failings that every day brings and, rather than pretending we can always avoid them, seek to learn from them and grow closer to God through them.

This year the theme is Watch and Pray: Wisdom and hope for Lent and life. On the night Jesus was betrayed, Jesus kneels in darkness in the Garden of Gethsemane. Though he pleads with his disciples, "Stay here with me ... Watch and pray," they all fall asleep, leaving him alone in his hour of deepest suffering. Watch and Pray invites us to seek God in both familiar and unfamiliar places this Lent: in darkness and in quiet; in movement and migration; in the healing and transforming work of the Spirit; in the weeping of Holy Week and in the joy of Easter morning. There will be booklets for daily readings and reflection for both adults and children available from the churches in Burgh Castle and Belton. The reflections will also be available through social media – watch out for the links on All Saints Belton's Facebook page.

Looking forward to the arrival of Spring is something most of us do. I hope and pray that the month of February will pass without any exceptional weather events, and that we can enjoy Valentines Day – a day of sharing love – as well as Pancake Day, and the beginning of Lent, as a time of getting together to benefit not just ourselves but our community as a whole. Bless you.

Rev Rosie Bunn

Dates for the Diary: February 2024

Saturday 3rd February
Burns Night Celebration
7pm at Burgh Castle Village Hall

Sunday 4th February 2023
Holy Communion with Christingle
- Candlemas Sunday
9.30am at St Peter & St Paul, Burgh Castle

Café Church – Christingle
10.30am All Saints Church, Belton

Tuesday 6th February
Traditional Holy Communion
11am All Saints Church, Belton
(Coffee available from 10am onward)

Sunday 11th February
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 18th February – Lent 1
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 25th February - Lent 2
Morning Prayer
10.30am at St Peter & St Paul Burgh Castle

Holy Communion
10.30am All Saints Church, Belton

Sunday 3rd March – Lent 3
Holy Communion
9.30am St Peter & St Paul Church

Café Church – Living Life to the Full!
10.30am All Saints Church, Belton

HELP US HELP YOU



James Paget
University Hospitals
NHS Foundation Trust

Our hospital continues to be really busy and we're asking for your support as we work to ensure patients arriving with us can be seen, treated and given a bed if they need to stay with us.

If a close relative or friend is in hospital please can you support them to leave as soon as they are able to. We recognise this may not always be easy but it is really important that loved ones are collected from hospital as soon as they are ready to leave, either from the Emergency Department or from wards, to free up beds for patients needing emergency care.

If you need help managing your loved ones at home, please let our team know as there may be support available for you.

Many parts of the health service continue to be under pressure and Covid has not gone away. Please choose health care services wisely. If you don't know which service you may need or if it's urgent but not a life-threatening emergency then the NHS 111 service can help. Please call 111 or visit; <https://111.nhs.uk/>

They can direct you to the most appropriate place. In life-threatening emergencies dial 999.

Pharmacists can give expert and speedy help with minor ailments. They can also provide over the counter remedies for minor health conditions.

Our hospital is very busy and we're asking you not come into our A&E unless it is a genuine emergency.

If you need medical help then please use the NHS 111 service first – by dialing 111 or going online; <https://111.nhs.uk/>

The team will be able to advise you where you should seek help and, if you need to come into A&E, they will be able to book an appointment for you, which will reduce the time you may have to wait.

Remember too that your local pharmacist is also a trained professional who will also be able to give advice and treatment for things such as cough, colds and stomach aches.

Please help us to help you and make use of the NHS 111 service first – thank you.

Call NHS 111 if you need help choosing the right healthcare service for your needs. Trained staff can help you – and can also refer you to out-of-hours/weekend/bank holiday GP appointments.

Make use of your local pharmacy, which can advise on a range of illnesses, from coughs and colds to stomach upsets. Don't wait until you feel worse, seek advice before it gets more serious. There will always be a duty pharmacist locally open every evening and at weekends/bank holidays.

Avoid A&E unless it is a genuine emergency. Remember, the most urgent cases are always seen first - so if your condition is not serious and it's busy, you will have to wait.

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with Elizabeth Myhill

Looking forward to Spring. Aren't we all!! It's not for me working at the Plant Centre during the winter months I don't think I could survive the cold and damp these days so I am now fully occupied with the ordering of seed, young plants, shrubs, pots, trays etc. at home with Snowy our Alsatian/Husky for company whilst Mr. Myhill (now eighty) spends his days at the nursery or playing bowls. (Hopefully keeping him out of trouble!)

This coming year we will not only be growing our popular fuchsia, patio and hanging basket plants plus the usual summer bedding we have added more varieties of vegetables/tomatoes and an extensive range of soft fruit to the ranges. I have focused my attention on Perennial plants (Plants that come up every year and once established provide excellent value for money.) It was hoped that John would be able to cover a tunnel, as the plants need a little protection from this weather when they are first growing but once established in the garden, they will survive the elements that we are experiencing at present. Unfortunately, he has not been able to. Luckily, we have the glasshouse adjacent to the Teagarden and fingers crossed that will suffice.

This last year we have, and are still expanding the Teagarden and would like to say a big THANK YOU to all who have supported us through this last year, especially during the cold weather. We are in the process of having solar panels erected on some of our south facing glasshouses so hopefully by the end of this coming year the Teagarden will be a warmer place for you to visit. We have our wonderful cook Elle, who works hard to produce affordable menus' Including our Breakfasts which have proved to be a great success. Along with the rest of the Teagarden staff, the family thank everyone for remaining pleasant and cheerful during these difficult and demanding times. **Reminder, in order, for the Teagarden staff to thaw out we are closing Mondays in February.**

Our growing season begins the second week of February after which there will not be enough hours in the day to complete all the work. We look forward to welcoming all our customers back and if you like our products, we hope you will continue to spread the word and visit Fritton Plant Centre. Owl Sanctuary, Flea Market and Teagarden.

Best Wishes

Liz Myhill (Director, Fritton Plant Centre)

ormiston venture academy

Shoebox Appeal

Although this is a bit late in reporting it is great to hear how local young people have helped those less fortunate.

Students at Ormiston Venture Academy had already been thinking about this for several weeks before the end of the autumn term. Following the launch of the end of year Shoebox Appeal in collectives, Personalised learning groups and their tutors had been busily packing items ready to provide some Christmas cheer and beyond for less fortunate young people in Eastern Europe, Africa and as far away as Haiti.

The Samaritans 'Operation Christmas Child' is where shoe boxes full of gifts are created and then delivered to countries with children living in poverty as a Christmas present. These will often be the only gifts they will receive. A shoebox gift provides a connection between different cultures, backgrounds and nationalities. It bridges the gap between someone who has something to give, and someone who can't wait to receive it.

Over one million shoeboxes sent out from the UK and Ireland last year, 5,000 UK volunteers help to prepare the shoeboxes for delivery and fourteen different countries would have received these valued gifts in 2023 and early 2024.

Exactly 41 shoeboxes were packed jointly by the four colleges and were delivered to the local drop off point in Blofield. Students were delighted to be involved in something so interesting that will bring so much joy to so many young people in parts of the world they may never visit.

Mr Doggett, Director of Personal Development at the academy and organiser of the shoebox appeal at Venture stated, "It is great so many students and staff get involved in this each year. We build on it annually and students are keen to help those less fortunate than themselves. Parents have also been very helpful again, purchasing gifts and donating items to go into the shoeboxes. We beat 2022 total number of boxes, so the academy is delighted."

Sara - "My PL Tutor showed us all a video on about the shoebox appeal and it is amazing that we can help others so far away, so easily."

Jack - "It was fantastic to make up the boxes with lots of lovely gifts to children who will really appreciate it." West End in Schools Theatre Workshop at Venture

West End in Schools Theatre Workshop

Joanna Brown visited Venture on behalf of 'West End in Schools' to conduct a theatrical workshop that was centred around Romeo and Juliet. This gave the students the opportunity to revisit the text and engage with it in a completely different and unique way. Joanna is an actor who has been performing for almost a decade; she is currently performing in 'A Midsummer Night's Dream'; is very familiar with all things Shakespeare.

150 students from Year 10 and Year 11 took part in a workshop that covered the following:

- Exploring the use of punctuation through movement, discovering how punctuation affects the rhythm, delivery and meaning of the lines.
- Engaging with the impact words of an extract, considering which parts of a line motivate a character to act in the way they do.
- Working together, using rehearsal techniques to identify key words and their impact on character and plot development.
- Examining the dynamics between multiple characters within a scene. Students explored staging techniques that can express status, relationships and dramatic tension.

Miss Sweeney, Head of English commented "It was so exciting to see the students engaging with Shakespeare in such a dynamic, vibrant way. Students were given the chance to really think about the staging and dramatic production of the play."

Poppy, Year 10 student said "It was amazing to have such an exciting opportunity to explore Romeo and Juliet from a different perspective – we got to move about and enjoy trialling out parts of the performance!"



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BELTON FC

Since the last update which took us up to the 14th October 2023, we have only been able to play 4 games, the weather hasn't been on our side as a number of games had to be postponed due to waterlogged pitches.

On 28th October we made the rather long trip to Aylsham as we faced Aylsham Reserves in the league. It was a game that we felt we had the chance to get something from but with a depleted squad we never got started and soon found ourselves a goal down shortly after kick off and things didn't get any better! The Gaffer was unable to lift the players during the half time break and we ended up losing 7-0!

Two weeks later we made the trip to Easton Reserves. We had already played Easton Res at home in the first game of the season which ended in a 4-1 defeat but it meant we knew what to expect from a young Easton Side. We started well but a defensive error was punished and saw us 1 down midway through the first half. 10 minutes later saw our striker through 1 on 1 which the keeper and as he went round the keeper he was brought down and the ref showed the Easton Keeper a straight red! The score stayed at 1-0 until the 2nd half where we started on the front foot getting on level terms early on. Almost straight from the restart we gave Easton a chance which they took. We kept pushing for more goals and with just 15 minutes remaining we drew level! Not travelling all that way for just a point we kept pressing and with 5 minutes to go saw the stand-in keeper off his line and a shot from 30 yards drifted over his head to give us the lead. We then had 5 minutes plus injury time to hold on which we did to secure our first win of the season!

It was a further 2 weeks until our next game when we welcomed Aylsham Reserves to New Rd and we prepared to reverse the result from a month earlier away at their place. We started well and took an early lead but for the ref to pull it back and award a free kick to the opposition, not sure why it took him so long to stop the game and pull it back so far...we then had another opportunity where a square ball across the box for the Belton striker to slot past the keeper was interrupted by the refs whistle as he gave offside from the centre circle and the Aylsham linesman didn't even flag for! We then found ourselves 1 goal down



at HT. The second half got underway and an error in defence let the Aylsham striker through on goal and he slotted home to make it 2-0. We then got a goal back from a corner but couldn't find an equaliser. I am not one to moan about officials as it is a difficult job, but when the opposition agree and comment that he spoiled a good game, it is hard to take when it was a game we could have and should have won!

That turned out to be our final game of the year! We started 2024 with a tricky fixture at home to Feltwell United who sit top of the league. Again it was another team we had previously played and with the initial encounter finishing 6-4 we were hopeful of another close game. Unfortunately that wasn't the case and we will put it down to enjoying the festivities too much as we lost the game 7-0!

Belton FC's Upcoming Fixtures:

03/02/24 v Carlton Colville Town (Away) Corton Playing Field 2pm Kick-Off
10/02/24 v Wells Town Reserves (Home) New Rd 2pm Kick-Off

Belton FC Vets Upcoming Fixtures:

11/02/24 v Kings Arms Res (Home) New Rd 2pm Kick-Off

Future fixtures will be announced on the clubs Facebook & X (Twitter) pages.

Players or Club Sponsorship:

For those interested in playing for either team or sponsoring the club, please contact Nathan Brown at 07771 731235 or Craig Sayer at 07810 771130. Your support is greatly appreciated. We would like to thank Andy & Nicola from the Tavern in Belton for their continued support. Below is a picture of the new Kit that they kindly sponsored (Attached)

We look forward to welcoming fans to New Rd and hope for your continued support throughout the season. Thank you for being a part of Belton FC's journey.

Belton Judo club latest news update



DOMINIC KING JUDO & MMA ACADEMY has had a good start to 2024 by introducing several new members, as well as seeing almost all our current members return for a brand-new year.

We have gradings arranged for both our judo and MMA members in early February and a few are looking to compete locally in competitions too.

The club's most experienced member, 18-year-old Ryan King (Dominic's son), attended his first training camp of the year in Kendal in The Lake District, from the 2 _ 4 January, before heading across to the country's main training centre in The Midlands. Ryan remains there for around 3 weeks before heading up to Scotland for the Scottish Open event, which is one of the toughest domestic events on the calendar. Ryan will then be home for a short while before travelling to Poland for yet another training camp. It's a busy start to the year for Ryan, who hopes to compete in the Olympic Games one day, but although Ryan is not always at home these days, when he is at the club, our members get to benefit from his high-level knowledge.

However, our Academy is not all about our competitors. 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 will almost certainly 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)

Continued on page 20

UP4FITNESS & SALLYANN

Sallyann hopes you all had a good Christmas & New Year. She would like to thank some members of the Belton Singers for coming along to our last session of the year and singing Christmas carols. They meet on a Friday night at the JGI and welcome new members. It was a lovely end to the year. Thank you.

We now have to get ourselves through the next few months. At the end of January we will see the days getting longer slowly. Thinking of this New Year, be kind to yourself, don't put yourself under too much pressure, keep it simple and don't rush. Discard what didn't work for you in 2023. Surround yourself with positive energy and set your new intentions for 2024 to be or do something different. Ring, write or visit someone you haven't spoken to recently. Intend to do a different activity and make new friends. Intend to get some fresh air daily even if that means opening the window a few minutes a day. Let's blow these winter months away and look forward to the spring.

We had our first class of the year on Monday 8th January 2024 and most people attended although some were ill and so we wish them a speedy recovery and see you soon. The session was nice and relaxed with a coffee catch up at the end of the exercise session. We will continue to run until half term when Sallyann plans to go to Cromer for the week. Once back we will continue till Easter.

The cost of living affects us all and even more so after Christmas so as a group we will continue to support the RNIB and The Pantry at Belton church. Bring your Postage Stamps on Mondays and Sallyann will send them to the RNIB in February. If you find food or good unused items in your cupboards you no longer need, please bring them along to class and Sallyann will forward them to The Pantry, Belton Church once a month. Thank you for your money donations as well as your food donations over the last year.

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

Who needs more motivation?

Or, who's feeling a bit flat? Often, we start the year with great expectation, and then drift gently into a feeling of apathy or lack of motivation.

Did you know, that the thoughts you think everyday can very quickly take you away from any good intentions that you have set? Your thoughts can take you into a state of weariness that stops you making changes or feeling motivated.

For me this was a constant battle. I would set new goals for myself, and then I felt bombarded with feelings of disappointment and wishing I could do better. I would set what seemed like reasonable goals, and then not have the tenacity to follow through on those goals. It seemed like everything seemed more important than what I wanted to do for myself. I found it really difficult to stay focused on what was important to me. It felt like I was constantly feeling torn.

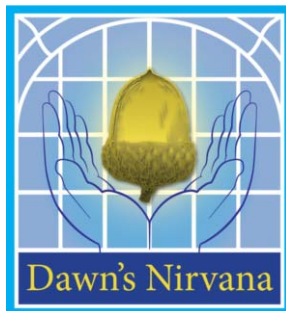
If you find yourself in a state of disharmony with yourself, the most important thing to do, is to be really gentle on yourself. When you are hard on yourself, or feel disappointed you can feel overwhelmed, tired, your confidence is low, and you can feel like you are on a downwards spiral of emotions. Take some time out to look at what you would like to do, and put those ideas in writing.

Writing things down helps to start to become more focussed and accountable, and to discover where you are using your time wisely, or not.

To restart your energy and your motivation:

Set 5 small realistic goals for yourself today

- ♥ Choose to take some time out for yourself.
- ♥ Write down what you would like to achieve.
- ♥ Start with 5 small achievable goals for today.
- ♥ Number these small goals 1 to 5, in order of priority.
- ♥ Write down how you are feeling.
- ♥ Be honest with yourself.
- ♥ Are your thoughts helping you, or taking you away from your goals?
- ♥ How can you turn these thoughts around?
- ♥ Give yourself a big gentle hug to produce the feel-good chemical oxytocin.
- ♥ This will help to bring in a feeling of gentleness, reassurance and compassion for you.
- ♥ Take some deep gentle breaths in and out, to bring calm into your body.
- ♥ Visualise a place where you love to walk outside.
- ♥ Imagine it in your mind.
- ♥ See the colours.
- ♥ Hear the sounds around you.
- ♥ Feel the ground beneath your feet.
- ♥ Sense the breeze against your skin.
- ♥ Keep breathing and releasing any stress in your body.



- ♥ Hold this image in your mind and say thank you, thank you, thank you.
- ♥ Now take one action step.

Keep bringing this image back into your thoughts whenever you feel lacking in energy, or are feeling unmotivated. Choose to tackle one small goal at a time. Praise yourself, and then choose to take another step.

Remember, your mind is very powerful, and can only respond to one thought at a time. Choose your thoughts wisely. Keep being aware of if your thoughts are supporting you, or not.

Become your own best friend, and throughout the day listen more carefully to what you are thinking and saying to yourself. Keep reassuring, encouraging, and praising yourself through the steps you take.

Every choice you make will make a difference

If you find yourself procrastinating and putting off the things you want to do, there is a Bach flower remedy called Hornbeam which is a natural essence to help you overcome procrastination. It brings more clarity, motivation, and helps you to take action steps to enable you to achieve your goals.

If you are still feeling like you can't get into the flow of moving forward, there are 37 other Bach flower remedies which could support you in building up your confidence and motivation. Sometimes you may need a combination of remedy essences.

If you would like to know more about the remedies, go to the Bach flower remedy page on my website www.dawnchrysal.com for more information.

If you struggle to calm your mind and get yourself motivated, get in touch and we can look at what is holding you back, and at the best mix of remedies for you.

I live in Belton, and run workshops in Gt. Yarmouth at the Vicarage Hub at the moment, but would like to start a meditation and stress relief group in Belton very soon.

If you would like to join us to find more about breathwork, mindfulness, Bach remedies, affirmations, and meditation for motivation, text me on 07936 546791 and I will keep you updated on venues and dates for you.

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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 started the term by writing post cards to say thank you for their Christmas presents. They have learned their addresses. Everyone hid their post cards in a pocket so they



delivered through the letter box at home.

Everyone took it in turn to share their favourite Christmas present. Brown beaver found some games that the Beavers have not played for a number of years.



Our second week the beavers made a healthy eating bamboo stick of fruit and vegetables. Had a go to see if they could improve their score at mini bows. Played domino's, played a game called fruit cocktail.

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 started the term off by sharing about their favourite Christmas presents, then spent the evening playing games.

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 started the term learning the phonic alphabet, finding out how to say their name using it. They had a go at making 3 different design of paper airplane and seeing how they will fly so the following week they can perfect their design. We played some new games. The Scouts started to talk about an international camp called Norjam 2025 and the activities they might be able to take part in.

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

Group

Date for your diary Jumble, Bri-a-brac and Toy sale Saturday 2nd March 2024 10am to noon at John Green Institute, Station Road South, Belton. Admission free.

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

Local NEWS in Brief

Julie's Car Boot Sale in Burgh Castle has ended after 29 years

The long-running car boot sale has closed its gates for the final time after nearly three decades.

Julie's Car Boot Sale has been a Sunday tradition for traders and visitors in Burgh Castle for the last 29 years.

This decision has not been taken lightly and has been a difficult one to make and we wish to thank each and every one of you for supporting us through nearly 3 decades.

Indeed, that support has been the cornerstone of our success.

A heartfelt farewell was posted on social media to explain why the "difficult decision" had been made.



Articles for The Village Voice

We have asked before for articles for the VV on topics like Cooking Recipes, Health Matters and Book Reviews. Sadly there seems to be very few in our community who can offer any of these!! We are sure there are many of you with talents that you could share, so please consider putting pen to paper or finger to keyboard and submit a small piece to us. Email to beltonvvgraphic@gmail.com

African Tool Appeal

Many thanks to those who have enquired about the tool donation to Africa. If anyone else has anything that can be added to these by the first week in February we would be very grateful as a collection for distribution will take place then.

Contact Richard Warner 01493 488210

richann100@gmail.com

Christmas cheer came early for Hospital Patients courtesy of Saturn Healthcare



With everyone including the NHS feeling the festive financial pinch, Bungay House Care Home's staff and residents wanted to make a positive difference to the welfare of inpatients at the James Paget University Hospital in Gorleston and spread a little early Christmas cheer.

The care home in Bungay, part of Saturn Healthcare Ltd, had visited one of their residents whilst receiving healthcare on Ward 18 at the James Paget Hospital and found that patients on the Ward whilst extremely well cared for by the hospital team, had little in the way of social distraction and stimulation.

As a forward-thinking care provider, Saturn Healthcare prides itself on gravitating towards opportunities to support the local community. Staff and residents at Bungay House therefore decided that they wanted to support the James Paget to make a positive change and set about fundraising for DAB radios to donate to the hospital ward.

The unprecedented response from Bungay House staff team was out of this world, and in total, ten DAB radios were funded by the care home and Saturn Healthcare.

On Thursday 30th November 2023 Chloe Barber, Deputy Manager from Bungay House along with Darren Buckworth, Director of Saturn Healthcare Ltd presented Tracey Palmer and Elaine Farman from Ward 18 and Maxine Taylor Charity Co-Ordinator of the James Paget Hospital with the ten DAB radios to be distributed amongst the ward patients.

Chloe Barber, Deputy Manager from Bungay House said "The generosity of spirit from our staff team has been exceptional and inspirational. We are proud to be able to support the James Paget Hospital to provide social facilities such as these, which support patient emotional wellbeing."

Darren Buckworth, Director from Saturn Healthcare added "We are always seeking opportunities to orbit around a holistic approach to care which extends into other partnerships. I am extremely proud of the staff team at Bungay House for their desire to give something back to the community."



Pictured from left to right are Maxine Taylor, Tracey Palmer, Chloe Barber, Darren Buckworth, and Elaine Farman



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

Trustees

Well another year has passed by and we are still going strong. Thanks to all who use the hall for their meetings etc. Without the users the hall would not exist. We are fortunate that the hall is booked everyday throughout the week with a great variety of activities. It is your Village Hall. We have managed to have it redecorated during the last 12 months and the hall is well maintained by helpers in many ways. We thank them all for what they do.

If you would like to be involved in the running of the hall or can bring any new ideas along then please get in contact with any Trustee. The present Trustees can not go on for ever and it would be great to hand some necessary duties over to new people over the coming few months. It is a great way being involved in the community and does not take a great deal of time.

Call 07950 039455 for a chat and more information.

Wednesday Morning Drop In

We had a good Christmas with a great party morning on the Wednesday before Christmas. Our numbers have stayed steady over the past 12 months with several new faces coming along for a chat and coffee and cake. We try to help when ever we can with basic mobile and computer problems. We also try to keep all informed of latest scams by email or phone or mail so help all to not get caught. We have had visits from the Nursing team from the JPH for basic health advice, like blood pressure etc and visits from a DIAL representative.

The group donated £80 to the Sandra Chapman Unit at the JPH from their Christmas donations instead of sending cards to each other.

If you would like a friendly morning out with tea/coffee and cake then come along between 10.30 and noon.

If you would like to have a chat first or more information then please ring Sue on 01493 780822.

Friday Night Monthly Quiz

The monthly quizzes have proved to be a great success during the last 12 months. We now have 5 Quiz masters so a wide range and variation of quizzes are given on the evening. We always have great prizes and a raffle. Why not get a team from your group or friends and come a test your brains! It is all in a friendly atmosphere and a great evening is had by all. We start at 7.30 pm with tables up to 4 people for £5. The next evening is Friday February 23rd.

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For further information and hiring rates please contact Bill on

01493 780822

or go to www.beltonandbrowston.com

JT'S LINE DANCE CLASSES



Learn to Line Dance Classes are now being held at the John Green Institute for

Absolute Beginners Classes

Starting Thursday 1st February and then every Thursday thereafter
10.00am to 10.55am

Beginners Classes

Thursday 11.00am to 12.30pm

Friday 10.30am to 12 noon

No age limit • Please bring a drink • Wear sensible shoes

For further information or to book your place

Please call Jane 07788 408801

Over 60's Club



On Tuesday 19th December 35 members went to the famous Thursford Christmas show. We had a coffee stop at Taverham Nurseries before heading off to Thursford for the afternoon performance. It was a truly wonderful experience, the whole show was a joy to watch, from the colourful costumes of the dancers to the comedy sketches and seasonal music. The trip was rounded off with a drive through Holt to see the Christmas lights.

Ann Manthorpe

GROUPS WHO MEET AT THE JGI

Mondays	Yoga	10.15 – 11.45 am
	Short Mat Bowls	2.00 – 4.00 pm
	Bingo	7.00 – 9.30 pm
Tuesday	Belton Crafty	10.30 – 12.30 pm
	Over 60's	2.00 – 4.00 pm
	Guides`	9.45 – 8.15 pm
Wednesday	Drop In	10.30 – 12 noon
	Art Club	2.00 – 4.00 pm
	Slimming World	4.15 – 9.00 pm
Thursday	Line Dancing	10.00 – 12.30 pm
	Belton Crafty	7.00 – 9.00 pm
	Line Dancing	10.30 – 12 noon
Friday	Camera Club	2.00 – 3.30pm
	(First Friday of month unless out session)	
	Choir	7.30 – 9.00 pm
Saturday	(Except last Friday)	
	Quiz Nite	7.00 – 9.30 pm
	(Just last Friday)	
Saturday	Coffee Morning	10.00 – 11.30 am
	(2nd Sat of each month)	

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Closing date for March edition is

Thursday February 15th

WANTED

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

Wanted Jumble, Books, Bric-a-brac and toys
Wanted for 1st Belton Scout Group, phone 01493 780965 or can be dropped off at 6 Station Road North Belton.

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

FOR SALE

MIRAFIT VIBRATION PLATE exercise machine, full working order can be seen working if required. Telephone 07305752879 Bargain at £30.00. Can be delivered if required Cane armchair with cushions and matching coffee table with glass top, suitable for a conservatory VGC £50 Call 01493 780145

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Morphy Richards Soup Maker. 1.6 litres, 1000 Watts. Very little used. £30. Tel. 07761710620
Indoor plants for sale from 50p to £5. Spider, trailing, cactii, succulents etc.. Various sizes. Also a few outdoor plants from £1.
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Contact Linda on 077 21 599 559. Cream leather 3 Seater Settee and arm chair Good condition £250 ono. Call 07887521164

Belton Judo Club continued from page 14

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/randomi)
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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