

# Village Voice

April 2024  
25th Great Year  
Vol 25-01

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SATURDAY 13TH APRIL  
**RAWKAS**

**ST. GEORGES DAY**  
 SATURDAY 20TH APRIL  
**PAUL DAVIS | 2PM**  
**FLOATING GREYHOUNDS | 6PM**  
**KARAOKE | 9PM**

SATURDAY 27TH APRIL  
**MISTER PINK**

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# A word from the Editor Adrian Myers

In this month's edition you will see an article from Lynn Grove Academy. The school will be sending in regular articles about the pupils activities. Why Lynn Grove as it is in Bradwell? Well at the last count, some 80 pupils from the village attend there and it is now a feeder school from Moorlands. This now means it has a strong local connection. I hope that in the coming months we on the villages will be given an insight as to what the students are doing/achieving at Lynn Grove.

The demographics of our villages show that we have an increasing elderly population. One issue that I always find galling is when all the facts are not layed bare. One such fact is that yes, the retirement pension is protected by the triple lock, but cutting national insurance does nothing for those of a pensionable age and not raising the basic threshold means that more and more pensioners will start paying tax on their state pensions. This then actually equates to a 20% cut to the part of their state pension that exceeds the allowance. I hope that the powers that be, have a rethink on this.

The Village Voice community fete is now gaining momentum. We are, on a daily basis receiving more and more applications for people to attend with their stalls or some form of entertainment. It looks as though it is going to be a great day.

## In this issue . . .

A Word from the Editor	1	Mens Church Walk	10
Cover Picture	1	Walter Flaxman	12
PC Report - Belton/Browston	2	Lynn Grove Academy	12
PC Report - Burgh Castle	3	Writing Competition	13
Burgh Castle Tea Room	3	News in Brief	14
Public Meeting - Burgh Castle	3	Down the Garden Path	15
Fritton with St Olaves PC	4	Rev Rosie Writes	16
Fritton Bingo	4	Diary Dates	16
Pooch Corner	4	Puzzle Fun	17
Village Fete	5	New Road Events	18/19
Burgh Hall Quiz Night	6	ENTUA	20
Brandon Lewis	7	JGI	22
Moorlands	8	Free Ads	24
Scouts	10	Puzzle Fun Answers	24



### REFUSE COLLECTION CHANGES

**In the week commencing Monday 25th March all collections will be as normal with collections being undertaken on Good Friday as usual.**

In the week starting on April 1st, there will be **no collections on Easter Monday, all collections will take place between the Tuesday and Friday of that week.** Permanent changes for the collection of all waste types will take effect from that week. Residents will receive a tag on their bin prior to this, informing them that we will be changing the bin collection rounds and informing them that there will be a letter by post explaining how they are affected.

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### YOUR VILLAGE VOICE

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

### April 2024 275th Edition

**Cover Picture:** 1916 Pillbox at  
Johnson's Yacht Station,  
photo by Bryan Diggory - see  
opposite

## Cover Picture

Built in 1916 during WWI, this unusual pillbox, which has a wooden structure built on top of it, can be seen in the yard of Johnson's Yacht Station beside St Olaves bridge.



The weather-boarded addition dates from the 1950s. It has since been used as an office and later as a workshop, accessible via external steps.



The pillbox was used for guarding St Olaves bridge and is Grade II listed.



Building Preservation Notice levied November 1997. Listed Grade II in March 1998.



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

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

We welcome your news, views, letters and articles and photographs for publication. *No anonymous items will be accepted.*

Complaints, please write to Adrian Myers, Chairman, Village Voice Board by post at 49 Heather Gardens, Belton NR31 9PP

# Your Parish Council Reports



## Belton with Browston Parish Council

The March meeting of the Parish Council took place on the first Tuesday of the month at the New Road Centre with eight of the eleven Parish Councillors present along with County Councillor Carl Annison, in the absence of the council chairman vice chair Nigel Light chaired the meeting and with the clerk also unavailable Brian Swan clerked the meeting.

The condition of Belton New Road from Waveney Drive to Bracon Road was reported to County Councillor Annison along with a long narrow pothole that needs attention at the junction of Lound Road and Browston Lane at Browston, he stated that the highways department are aware of the condition of the bank to the side of the A143 near to the piggeries that keep flooding. In a written report Borough Councillor Carpenter stated that proposal to ban all parking on verges are still progressing, a leaning tree at the Bracon Road and New Road junction has been dealt with and issues with litter bins not being emptied were due to rounds being altered along with some staff sickness problems.

In planning two sycamore trees at Browston Hall can be felled as they are diseased, this in spite of the fact that they are covered by Tree Protection orders, replacement trees are however to be planted, there was also approval for removal of hedges and construction of a two metre high wall at Garden Villa on Browston Lane, Browston and retrospective permission for a loggia and shed at 6 Station Road South in Belton. Borough Council planners have refused permission to convert a stable block on Short Road at Browston into a C3 category residential dwelling.

Members agreed on three prospective contractors to approach for quotes so that a grant from the Hornsea 3 fund can be applied for to place solar panels on the New Road Sports Centre roof.

Various other points were noted at the New Road Centre, planning

permission for car boots on the site is still awaited from the Borough Council, due to objections any permissions will now be restricted to the car parking areas being used and any 'boots' agreed will probably be run by outside providers., Bohemians F.C have confirmed their youth football tournament will be on July 6th and 7th this year and dogs are now permitted on the field but must be kept on leads at all times whilst permission has been granted to Bohemians to investigate grant funding for a G3 all-weather sports pitch which they think is a possibility and could be used for other sports as well as football.

Councillor Greenacre reported that the Neighbourhood Plan for the three local parishes is in the final stages of completion before it goes for official external approval which will eventually be followed by a referendum in the three parishes hopefully to receive approval from the community.

The next meeting dates are as follows:  
**April Parish Council Meeting** – Tuesday April 2nd.

**MUSICIAN WANTED**

The Belton Singers are looking for a temporary keyboard player to accompany the group, until at least the end of August. We have our own electric piano and all music will be provided. For more information on dates, times and gratuity etc. please contact Mick Greystone on 07795 422420 who will be delighted to speak with you. Further information about the The Belton Singers is available on our Facebook page.

**THE BELTON SINGERS**

The Belton Singers meet every Friday (except the last of the month) at the John Green Institute from 7.30pm - 9pm. We are a friendly group that welcomes everyone, regardless of singing ability.

The poster features a large red treble clef and musical notes on a staff. There is a Facebook icon and a circular logo for 'THE BELTON SINGERS'.

**Annual Parish Meeting** – Tuesday April 30th when local groups and organisations can submit their reports on the last years activities.

**Annual Parish Council Meeting** – Tuesday May 7th. This is when all appointments are confirmed within the council for the coming year as well as normal monthly business taking place.

All meetings are at the New Road Sports and Leisure Centre commencing at 7.00pm details from the Parish Clerk, Kate Ruddock on 01493 602960 or e-mail [beltonparish@yahoo.co.uk](mailto: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.

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# Burgh Castle Parish Council



Six members of the Parish Council plus two members of the public and the Parish Clerk attended the March 11th meeting of the Parish Council at the Village Hall, Brian Swan was in the chair.

One of the members of the public raised further concerns over the speed limit on Back Lane and the lack of hedge cutting that has taken place this winter, he had spoken to Borough and County Councillors last Summer but he was concerned that it was still a 30mph road, the Chairman said that both County and Borough Councillors will be reminded of the situation on his behalf. Councillor Greenacre raised concerns on behalf of another resident over blocked dykes that run through land behind Mill Road and towards the main Stepshort dyke, both the local drainage board and the Borough Councils planning enforcement officer will be contacted as this might be caused by unauthorised filling near to the main dyke.

In planning Councillors felt that they could not object in principle to plans for a stable block to be converted to residential behind Windale on Back Lane however they asked for a condition to go on to any approval that it only be used in connection with the main property. Members were pleased to see a tree protection order had been placed on a group of specimens at Burgh Castle Marina, land under planning control of the Broads Authority. Between meetings members had raised objections to proposed increased hours of trading for entertainment facilities at the Cherry Tree Holiday Park based on extra noise and light pollution and these comments were minuted and confirmed.

The Rev. Bunn has agreed in principle to dedicating the new tree planted on the Playing Field to commemorate the Kings Coronation and suggested that this takes place near to the first anniversary of the coronation, members felt that a good time would be on either a Thursday or Friday morning when the Village Hall is open to the public, members also agreed on the details of the plaque and accepted a quotation for its supply.

The Chairman reported that the steering committee should have the final draft of the Neighbourhood Plan back with them later this week for a final members read through before it is submitted for official checking which must take place ahead of a residents referendum throughout the three local parishes and its subsequent coming into effect.

Members agreed to accept the offer from Folkes to place a new defibrillator outside the Welcome Pit on Butt Lane, they have also offered to do the installation and electrical works, the Chinese take away will be thanked for also offering to have it on their building but the was considered to be too far back from the road to be seen easily. The up to date costs of a unit will be brought back to the next meeting when funding options will be considered further.

The Clerk had received an e-mail just too late for last months meeting from Norfolk County Council saying that changes were expected to the Service 5 bus route from May to take into effect the new Herring Bridge and Bus Service Improvement Plan funding, the idea of reinstating the full original afternoon trips on Service 5 is still on the table.

The next meeting of the Parish Council will be on Monday April 8th commencing at 7.30pm at the Village Hall on Church Road, The Annual Parish Meeting will take place on Monday May 13th (7.30pm) followed directly by the Annual Parish Council Meeting for details contact Kate Ruddock, the Parish Clerk, on 07948705218, e-mail burghcastleclerk@gmail.com.

**Burgh Castle Village Hall (CIO)  
is now in the process of amalgamating with the  
Playing Field Charity, the following resolution gives the  
details of how this happens.**

**Notice is hereby given of a public meeting for the  
proposed resolution to merge  
Burgh Castle Playing field with Burgh Castle Village Hall  
(CIO) Charity.**

**To be held at the Village Hall on Monday 13th May  
at 7pm at the Annual Parish Meeting**

### PUBLIC MEETING AGENDA

1. Welcome and Apologies for Absence
2. Explanation of the proposed resolution to merge the Burgh Castle Playing Field charity number 304720 with the newly established Burgh Castle Village Hall CIO charity number 1206231 and any questions.
3. Resolutions:
  1. That Burgh Castle Playing Field take steps to merge itself with the Burgh Castle Village Hall (CIO) on the following basis:
    - (a) all assets, property and contracts of Burgh Castle Playing Field shall be transferred to the new Burgh Castle Village Hall CIO; and
    - (b) forthwith upon the completion of the above, Burgh Castle Playing Field shall be wound up and cease to be a charity. Its merger with the Burgh Castle Village Hall CIO shall be registered with the Charity Commission.
  2. That the Burgh Castle Playing Field Charity Trustees are hereby authorised to take all action and complete all documentation necessary to effect resolution 1

**With the registration comes the need for more trustees,  
could you be that person?**

**The only criteria is that you are a resident of  
Burgh Castle.**

**For more information call Margaret on 780126 or email  
mgreenacre532@gmail.com**

**Burgh Castle Tea Room  
& Bargain Stall**  
(Village Hall, Church Road)

Looking forward to seeing all our regulars for coffee,  
cake and company. From 4th April when we are back to  
Thursday and Friday each week.  
**We will be open on Good Friday**

*Please 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 Annual Parish Meeting and March Council meeting took place too late for this months Village Voice therefore they will be reported next month, the Annual Parish Council meeting will be held on Thursday May 16th (7.30pm) at Fritton Village Hall, full details from the Parish Clerk on 07899 846148, e-mail her at [fritton.stolaves.clerk@outlook.com](mailto:fritton.stolaves.clerk@outlook.com)

**Fritton Community Speedwatch is now disbanded this is due to the effective efforts of the Police Team, who now regularly attend Fritton and regularly book speeding offenders.**

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For more details



## Fritton Bingo

The next bingo session at Fritton Village Hall will be held on **Friday April 19th**. Eyes down for a 7.15 pm start. To all those Bingo fans, please join us for an enjoyable evening. Many quality prizes to be won,  
**Many thanks 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](http://www.poochpaws.co.uk)

### WEDNESDAY EVENING

Middle Eastern Dance: Contact River Scent 07854 407419 [www.riverscent.com](http://www.riverscent.com)

### THURSDAY EVENING

Saxon and Viking Re-enactment Society [www.jormungandrreenactment.com/](http://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](http://www.poochpaws.co.uk)

## Pooch Corner



## NAVIGATING PET FOOD LABELS: A GUIDE FOR UK PET OWNERS

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

Selecting the right food for your companion is a crucial aspect of responsible pet care. You will find when you go to look there are a multitude of options available on the market. The labels can include confusing jargon making an informed decision can be challenging. Understanding pet food labels is essential to ensure that your pet receives the nutrition they need to thrive. In this guide, we'll break down the key components of pet food labels in the UK to empower you to make the best choices for your beloved pets.

### THE HOOK

The front of the bag will hook you into looking at the food more closely. Perhaps there is an appealing photo, or a bold headline such as 'hypoallergenic'. It might even claim to be a certain flavour, for example, salmon. Like most marketing this is designed to draw you in. If you want to know the truth of what is in the food, you need to look at it with more detail. Pet food labels only provide you with limited information, legally they don't have to include everything. If you are buying a smaller bag, let's say a 2kg bag instead of a larger 12kg bag there might also be differences. The 12kg bag is more likely to include a complete ingredients list. In the UK pet food is governed by the UK Pet Food who work to advance pet health. There is guidance set out for food labels, you can read more by

clicking here. On the front the food should clearly state what species it is made for and if the food is complementary or complete

### INGREDIENTS LIST

When you turn the bag around you will find the ingredient list, the first important part to read. This provides insight into what exactly goes into the food you're feeding your pet. Ingredients are typically listed in descending order by weight, with the primary ingredient listed first. Look for whole, recognisable ingredients, meat or carbohydrate should be listed first (depending on your dog's requirements). Avoid foods that list ambiguous terms like "meat by-products" or "animal derivatives," as these can encompass a variety of less desirable parts (such as beaks and feet). Ideally the meat content is 18% minimum, again this will depend on your dog's needs or existing health issues. Anything less than 18% is a good indication of other hidden or nasties included in the food to make it tasty and appealing to your pet. This can even include hidden sugars which is addictive plus contributes to obesity and diabetes. You can also check if the meat listed in the ingredients is the same as the hook on the front of the bag. There are occasions where a food is labelled as fish, but chicken is the main ingredient with just a flavour of fish.

### ANALYTICAL CONSTITUENTS

Pay close attention to this information and compare it to the listed ingredients. This part lists the percentage of what is included in the food after preparation. This list will help you decide if the food is what it sets itself out to be, does it meet the dietary needs you are after, is it value for money? How much percent of protein is listed, does this match the percent of protein listed in the ingredients? If it doesn't how different is this percentage to the main ingredients? You will also find the level of fat, fibre, moisture (if it is over 14%, under this doesn't have to be listed) and the crude ash (various minerals). It is also a good idea to avoid foods high in fat (under 14%) as this can lead to obesity and other health issues. Some diets are also quite high in ash, though dogs need vitamins increased ash has been linked with some health issues such as urinary stones. In other instances, such as a dog with pancreatitis the ash content phosphorus needs to be low. Read the full article at [www.kateyaldred.co.uk/navigating-pet-food-labels/](http://www.kateyaldred.co.uk/navigating-pet-food-labels/)

**You can find out more about misleading terminology, more on analytical constituents, the differences between complete and complementary food, and feeding guidelines.**



Join the fun at the

# Village Voice

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ARENA  
EVENTS

Welcome

Saturday 20th July 2024 10.00am - 6.00pm  
at Moorlands School, Belton

## Easter Holiday Family Fun



Thursday 11th April 2024



Lots of Roman inspired activities such as make your own Roman helmet, meet a Roman soldier and take part in a Roman quiz trail.



Free easter egg for children that complete all the activities. All children must be accompanied by an adult

Two sessions available

Free to book via Norfolk Archaeological Trust  
Eventbrite

11.00am -12.30pm

13.30pm -15.00pm



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## A massive well done to the Burgh Hall Charity Quiz Night



We had Helen, a representative of the EAAA come to collect the cheque.

A massive thank you to all the teams and regulars in the pub who have helped us to raise £3,709.70 for the East Anglian Air Ambulance this year. It is a massive achievement for us all. This is our biggest cheque to date.

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

New teams always welcome

Teams are allowed up to 8 people at £2 per person.

**50% to the winner and 50% to the charity**



A football card is also run which again is 50% to winner and 50% to charity. A roll-over bonus question is also played and if won 100% goes to winner

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





# A word from your Local MP

## BRANDON LEWIS MP writes



After much thought and deliberation, I have decided not to see re-election at the next general election.

It is not a decision taken easily as it has been the greatest honour of my life to represent the people of Great Yarmouth in Parliament and to work with so many loyal and dedicated local campaigners. I owe them a monumental debt of gratitude for their support since I was first elected as an MP in 2010, and I am humbled to call many of them my friends.

I delivered my first campaign leaflet as a teenager, and the

Conservative Party has been hugely influential in my life ever since. I have held elected positions for 25 years—starting as a local councillor, then council leader, and finally Secretary of State and Lord Chancellor.

Having also served as Chairman of our great Party my enduring loyalty will remain to my Association and the Party - voluntary, professional, and parliamentary.

In Great Yarmouth, we have secured new investments for our people and places worth hundreds of millions of pounds. Highlights have included the

rejuvenation of the town centre and a significant capital injection into our sea and flood defences. The recent opening of the vital third river crossing, The Herring Bridge, culminated in an outstanding team effort.

I am proud of the small part I have been able to play in public life across eight ministerial roles, five departments and four prime ministers. In all those government roles, I am fortunate enough to have worked on some of the most complex, sensitive, and demanding policy areas with many fantastic officials and colleagues. From introducing the Northern Ireland Legacy Bill, now Act, when I was Secretary of State to working with our world-leading security and intelligence services as Security Minister and signing the Proclamation of His Majesty the King when I was Lord Chancellor.

My previous ministerial

portfolios have also covered large-scale delivery programmes, from building the housing our country desperately needs to setting up and establishing the EU Settlement Scheme, which supported around 6 million people post-Brexit.

I will continue to serve you all to the very best of my ability until Parliament is dissolved, and I want to take this opportunity to thank my dedicated team. They have shown unwavering commitment to helping me represent the best interests of the people of Great Yarmouth for the last 14 years.

I also remain steadfast in my support for the Conservative Party. I will be on the campaign trail, helping deliver an excellent new Conservative MP for Great Yarmouth and contributing bold policy ideas to secure our country's future.

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# NEW GARDEN CLUB AT MOORLANDS

Moorlands Primary Academy are starting up a gardening club to teach the children where our fruit and vegetables come from and the importance of flowers, plants and trees within our environment. Schools across the length and breadth of the country are struggling with extra funding for projects such as these.

We are relying on local businesses and the community to help with donations and supplies. We have a list of items that the gardening club desperately need. With your



## Gardening Club

help the school is hoping to grow fruit, vegetables, herbs and flowers. If you would like to help please contact Friends of Moorlands via email.

[new2u@moorlands.dneat.org](mailto:new2u@moorlands.dneat.org)

*Thank you all and we promise to keep you updated with how our garden grows.*

**Keely Hamilton**  
(friends of Moorlands member)

# The Robins



**James Paget University Hospitals**  
NHS Foundation Trust

***"Robins appear when loved ones are near"***

**A new group for those who have lost a loved one**

**The Robins will meet at the Louise Hamilton Centre on the James Paget University Site on:**

**Monday 15th April**

**Monday 20th May**

**Monday 17th June**

**1.00pm to 2.00pm on all dates**

**Refreshments Provided**



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

### Beavers

The Beavers this month have completed their commutator badge by sending a text message from Gov's phone to Brown Beavers, started to learn their parents phone number by playing bingo and then jumping on the numbers in the correct order using Brown Beavers hop scotch grid, they then wrote a message using pictures. On another evening they decoded a message using pictures and the first letter of the picture gave them a letter for the grid to be decoded. We have then gone onto start our space activity badge by talking about the planets, putting them into the correct order using rhyme "My Very Educated Mother Just Served Us Noodles", talking about constellations then making one on black paper and sticky stars, then played a rocket game. To be finished.



Half of the beavers have visited Pets at Home Great Yarmouth as part of Animal Friends activity they had great fun talking about how to look after different animals, then went shopping for what the animal might need, talked about why they had chosen these items, then had an opportunity to hold a guinea pig, stroke a hamster, feed the fish and guinea pigs. Our thanks to Rebecca for the evening. The other half met at the Scout HQ for activities.



The other half of the beavers are now looking forward to their turn.

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

### Cubs

The cubs have had a wonderful few weeks learning about each other's hobbies, for their hobbies badge. Each



young person had to bring props and speak about their chosen hobby for a minimum of 3 minutes. They enjoyed demonstrating their acting skills in front of their parents for their entertainer's badge which also included making their own stages and advertising to bring their performance up to date. The cubs finished their month of February with visit to Pets at home where they learnt about looking after their pets and what they need and also feeding fish and small animals like hamsters and guinea pigs. Thanks go to Mary at pets at home for this great visit.

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 spent a morning at the Scout HQ moving some established fruit trees down the field, moved some branches down to camp fire circle that Gov had trimmed. They then went onto cook brunch eggs 2 different ways, toast, mushrooms, bacon and sausages. The scouts have started looking at emergency aid, map reading in prep for expedition challenge and DIY badge.



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

### Group

Our thanks to everyone who donated or attended our recent Jumble Sale we raised £324 for Scout Group funds. A special thanks to the young people, parents and leaders who helped on the day. Thank you.

We are planning on doing Bric-a-brac sales over the summer period and 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

## Men's Church Walk

On the first Saturday in March the regular walk took place along the Suffolk Coast at Aldeburgh. After bacon rolls at the rectory we drove to the Southern end of the town of Aldeburgh where we left the cars. We then walked



along the coast with the very strong wind behind us to Thorpeness where we stopped at "The Kitchen" for coffee and cake. We then continued along the side of the mere to the old railway track and followed this back to



Aldeburgh. The round trip being 6 miles in distance. After driving back to Thorpeness we stopped for refreshment at The Dolphin before returning to the rectory in Belton. Thanks to Peter for a great walk. The next one will be on Saturday 6th April, again meeting at the rectory at 8.30am

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# 'Wally' Proudly Showing his medals including the Africa Star he recently received

The recent press coverage and accompanying photos of the awarding of the Buchan Medal to the last surviving Royal Lancer to see service in WW2 and Burgh Castle resident Walter Flaxman, has lead to an eagle-eyed member of the armed forces noticing Walter was missing a medal due from his WW2 service. It would seem that with Walter being



hastily demobbed at the end of the war so he could get back to work as a farm labourer he was overlooked in being presented the Africa Star. This is a military campaign medal awarded to members of the British and Commonwealth armed forces who served in North Africa for at least one day between 10 June 1940 and 12 May 1943. Since Walter arrived in Algeria in late 1942 as part of 1st Army, he qualified for this medal, seeing active service there for several months.

Thankfully after receiving a report of the missing medal Lieutenant Colonel (Retd) Nick Everard the Regimental Secretary of The Royal Lancers (Queen Elizabeths' Own) has now rectified the omission and Walter has been presented with his Africa Star. The photo shows it (second from Walter's left) alongside his 39/45 Star issued for 6 months operational service, the Italy Star issued for operational service in Italy and the War medal issued for 30 days service in the Armed forces or Merchant Navy.

Left: Wally proudly showing his medals, the Africa Star is second from Wally's left



Walter with his framed picture presented to him by Adrian Myers, on behalf of the Village Voice



**LYNN GROVE ACADEMY**  
*Creative Education Trust*

**W**e are delighted to announce we will be having a monthly article published in the Village Voice which will include lots of exciting things that the pupils at Lynn Grove Academy have been getting up to.

We are proud to be a school with a strong sense of community and want to thank the Village Voice for allowing us to be able to reach even more of you and share our pupils' wonderful achievements, exciting trips, and the latest news.

Not only that, our pupils will have chances to write and produce articles about topics that they wish to share, such as, what we are doing to help the environment, how some of our pupils have been visiting primary schools to support new pupils coming up in September, as well as what the Pupil Leadership team have been doing to help promote wellbeing at school. So, watch this space!



We are Lynn Grove, we are a community.  
We are kind to each other and ourselves.  
We put learning at the heart.  
We embrace challenge.  
We persevere.

**Jasmine Goodman**  
Teacher Of Computer Science and Senior Year Tutor  
Lynn Grove Academy, Gorleston-On-Sea,  
Norfolk NR31 8AP

**01493 661406**

[www.lynngroveacademy.org.uk](http://www.lynngroveacademy.org.uk)




# The Village Voice 2024 Writing Competition

The Village Voice is launching its 2024 writing competition showcasing Local Literary Talent. There will be a winning prize for each category of £75 and a runner up prize of £25. All conditions stated must be adhered to.

**The Judges decision is final.**




All entries will be displayed at the Community Fete on July 20th and if possible the winning entries will be asked to read their entries at the fete.

## Categories:

-  Non Fiction } Both maximum words 500
-  Fiction } Both maximum words 500
-  Poetry } Max 6 verses and max 6 lines per verse



Entries must state which category

## Age Categories

-  Ages 5 to 11
-  Ages 12 to 17
-  Ages 18 and over

All authors must live within the delivery areas of the Village Voice - Belton, Browston, Burgh Castle, Fritton and St Olaves

## Prizes:

-  £75 for winner in each category
-  £25 runner up in each category

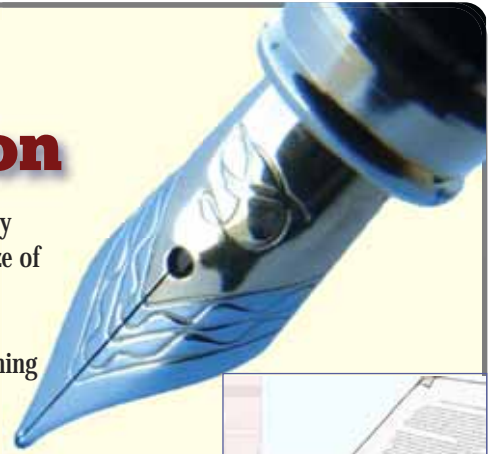
## How to enter:

Send to [beltonvgraphic@gmail.com](mailto:beltonvgraphic@gmail.com) as a Word .doc or docx file or an .odt Open Source file as an attachment. Together with your full name, age category and postal address. Entries without this information will not be eligible for entry. If unable to email please send a legible copy by post to: 4 Nursery Close, Belton, NR31 9SP with same information.

**Text files on mobiles will not be accepted.**

Happy writing and we look forward to your entries.

Closing date 1st May 2024



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# Local NEWS in Brief



**Coffee Morning**  
at  
**St Mary's Church**  
Ashby

**Saturday**  
**20th April**  
**10am - 1pm**

Tea, Coffee, Decaffeinated,  
Fruit Tea, cake  
Take Away available




## Kate Daniels Concert

This is now very close so to all who have tickets see you at the Church on Friday April 5th for a 7.30pm start. Thanks for all your support.



## MOBILE LIBRARY SERVICE

Locally the Norfolk Mobile Library rounds are as follows :



**Belton** Wednesdays April 17th and May 15th, then and every 4 weeks  
Moorlands Primary Academy 3.20pm - 3.50pm.  
Outside 7 Station Road South 3.55pm - 4.10pm  
Amhurst Gardens 4.15pm - 4.35pm.  
St. Roberts way 4.40pm - 4.55pm.

**Fritton** No service.

**St Olaves** Wednesdays April 17th and May 15th, and then every 4 weeks stopping on Priory Close between 12.45pm and 1.00pm

**Burgh Castle** – No service

For any questions about mobile libraries, email the team at [central.mobiles.lib@norfolk.gov.uk](mailto:central.mobiles.lib@norfolk.gov.uk). Or call 01603 222303



## GARDENING DONATIONS WANTED



Equipment/plants/seed/tools

The Bread Kitchen believes people matter. They work in the local area of Great Yarmouth to provide support and opportunities to local people to help them to change their own lives. They are encouraged to raise their aspirations, undertake volunteering work towards achieving relevant qualifications and strive towards community involvement, employability and independent living.

The volunteers are currently making a grassed area within the James University Paget Hospital, into beautiful relaxing areas for hospital staff and patients.

They are in desperate need of gardening equipment, seed, plants and tools to help them in what they are trying to achieve.

If you have any of the above that you do not need and could be donated to the team we would be very grateful and could collect them. Please contact Mike or the recruitment team at the JPUH. Details below.

You could even join the team and learn a new set of skills from preparation to design and growing. They also offer qualifications and hands on experience.

For more information contact Mike our co-founder and director on 07502 998036 or [Recruitmentandworkforce@jpaget.nhs.uk](mailto:Recruitmentandworkforce@jpaget.nhs.uk)

## LOCAL POLICE SURGERIES

Southern Villages Norfolk Constabulary Beat Manager PC Mark Saggars is holding the following informal surgeries when you can raise any concerns that you have or raise any police questions with him.

<b>Tuesday April 2nd.</b>	Young at Heart at Belton Church (10.00-Noon)
<b>Friday April 19th.</b>	Burgh Castle Village Hall (10am -Noon)
<b>Wednesday May 1st.</b>	Belton Sports & Leisure Centre (5.00-7.00pm)
<b>Friday May 10th.</b>	Burgh Castle Roman Fort (7.00-8.00pm)

PC Saggars can also be contacted at [mark.saggars@norfolk.police.uk](mailto:mark.saggars@norfolk.police.uk)





# Down the Garden Path

with Elizabeth Myhill

**B**RUNNERA ALCHEMY is a Perennial plant that is grown in shade. There are several varieties of this cultivar all of which make good ground cover for under trees or for other places that the sun doesn't reach. Alexander's Great, Alexandria, Mega Heart, Jack Frost, and my favourite Alchemy Pewter. Nearly all have tiny blue flowers in the Spring.



*Brunnera Alchemy*

## FERNS

Most ferns are woodland plants that like light or dappled shade. They can usually tolerate some sun, so long as they have plenty of moisture. Ferns like soil rich in organic matter, such as garden compost or leafmould. Recommended varieties include *Blechnum spicant*. An upright with ladder-like fronds which are dark green. Height up to 60cm.

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*Blechnum spicant*

*Dicksonia Antarctica*, A fern with long arching mid-green fronds, which over time form a woolly trunk Height of 200cm.

*Dryopteris Cristata The King*. A handsome Fern with semi-evergreen fronds that emerge golden green and remain bright and fresh all season. *Dryopt Jurassic Gold* A hardy fern with bright golden foliage.

Rose/bronze new fronds in spring to early summer, which age to a golden orange colour, and then yellow Height 60cm.

## HEUCHERA (Coral Bells)

There are a great many varieties of *Heuchera* in the market today. Ideal for sunny and partially shaded areas, *Heuchera* thrives in well-drained soil. Whether you have a flower bed, rock garden, or container, this versatile plant will flourish and add a touch of beauty to any spot. Its delicate flowers, which bloom in late spring to early summer, are an added bonus, attracting pollinators to your garden. I have just three varieties in my garden. *Black Taffeta*, *Soda Cherry Cola*, and *Soda Ginger Ale*.



*Heuchera Soda Cherry Cola*

Happy gardening. Liz Myhill.



Rev Rosie writes . . .

Easter! When I talk about Easter with many people it might be about the cost of Easter eggs these days, or the fact that they seem to get smaller as the years go by; some people have spoken about the fact that Hot Cross Buns are now available all year round, when they used to be something special to be enjoyed in the weeks run up to Easter. For some, Easter is about the school holidays or the long weekend that comes with Easter of two Bank holidays.

As a child, Easter marked the beginning of the holiday season and my Dad's focus on getting the boats ready and launched, having had them pulled out and worked on over the winter months. I have pictures of the boatyard in the weeks before Easter in 1963 (I think) when everything was frozen and the men were working hard to break the ice so that the boats could be put in. Easter was always busy but there was a priority made of going to church on Easter Day.

If Easter eggs are what you enjoy, I hope you have enjoyed eating it/them. The sad thing is that they are so quickly gone if we are not careful.

The church focuses on the events of Easter Day and the days that follow for Jesus and the disciples for nearly seven weeks. We think about what happened that first Easter Day, from the perspective of Mary Magdalene (who is the first witness of the risen Jesus). We think about how Jesus' appearing in a locked room to the disciples, twice (the second time for the benefit of Thomas and his doubts) changes their whole perspective on life and where, being followers of Jesus, life would take them. There are appearances where Jesus teaches those disciples as he walks along the Emmaus road with them; one where he cooks breakfast for some of them who had been out fishing overnight but caught nothing; and a conversation he has with Peter, which restores Peter's relationship with Jesus, and gives Peter a new focus and purpose in life.

For those who were present in Jerusalem on the first

Good Friday and Easter Day, there would have been nothing much to celebrate. With Good Friday and Jesus death, all the hopes of those first followers of Jesus were dashed; their dreams ended. Even on Easter Day there was confusion. What had happened at the tomb? Had the body been stolen? Who might have taken it? Did Mary really see Jesus alive? And the disciples would have been fearful. Would they be arrested and put to death too?

But as the days and weeks went on their lives were transformed. Jesus was alive! He was appearing to them and teaching them. They could touch him, and he ate food – he wasn't a ghost! But things had changed! Weeks later they would see him ascend into heaven, and ten days after that they would experience the Holy Spirit, Jesus had promised, and their lives were turned upside down again.

There is so much that happens in Holy Week and at Easter that are the foundations of the Christian faith. Is it any wonder that we think long and hard at this time of the churches year. Christ died for the sins of the world. He overcame death and rose to life on the third day. His appearances and the encounters the disciples had, confirm that Jesus rose from the dead. His ascension, returning to the heavenly Father, and the sending of Holy Spirit for all who believe in Jesus, meant that God could be with us and in us all, all the time. And the mission of Jesus Christ to reveal God's love for and to everyone continues.

Easter is so important but it is only when held together with the birth of Jesus, God's Son, that the significance of God's love for each one of us can truly be seen. And our hope for the future is underlined!

Happy Easter everyone!

Rev Rosie Bunn

Dates for the Diary: April 2024

<b>Sunday 7th April 2024 – Easter 2</b>	9.30am St Peter & St Paul Church
<b>Holy Communion</b>	
9.30am at St Peter & St Paul, Burgh Castle	<b>Morning Celebration with APCM</b>
	10.30am All Saints Church, Belton
<b>Café Church</b>	
10.30am All Saints Church, Belton	<b>Messy Muddy Church</b>
	4-5.30pm in The Rectory Garden including a Campfire
<b>Sunday 14th April Morning Prayer</b>	
10.30am at St Peter & St Paul Burgh Castle	<b>Sunday 28th April Morning Prayer</b>
	9.30am at St Peter & St Paul Burgh Castle
<b>Holy Communion</b>	
10.30am All Saints Church, Belton	<b>Holy Communion</b>
	10.30am All Saints Church, Belton
<b>Evening Celebration</b>	
No Evening Celebration	
<b>Tuesday 16th April Traditional Holy Communion</b>	<b>Sunday 5th May</b>
11am All Saints Church, Belton (Coffee available from 10am onward)	Holy Communion
	9.30am St Peter & St Paul Church
<b>Sunday 21st April Holy Communion with APCM</b>	<b>Café Church</b>
	10.30am All Saints Church, Belton

At Y@H we have managed a bit more than 'coffee, cake & conversation' this last year. We have, on occasions, provided bacon rolls, sausage rolls and pancakes.

We organised a fish and chip lunch, a summer afternoon tea in the Vicarage garden (thank you Rosie) and visits to the Pavillion Theatre for the summer show and pantomime. We have celebrated birthdays. So if you are over 50, there is an open invitation to join us on Tuesdays, at All Saints Church between 10.00am -1200 noon, just not on April 2nd, when the volunteers are having a morning off!

You will be welcomed,

Sue Angell



# PUZZLE FUN

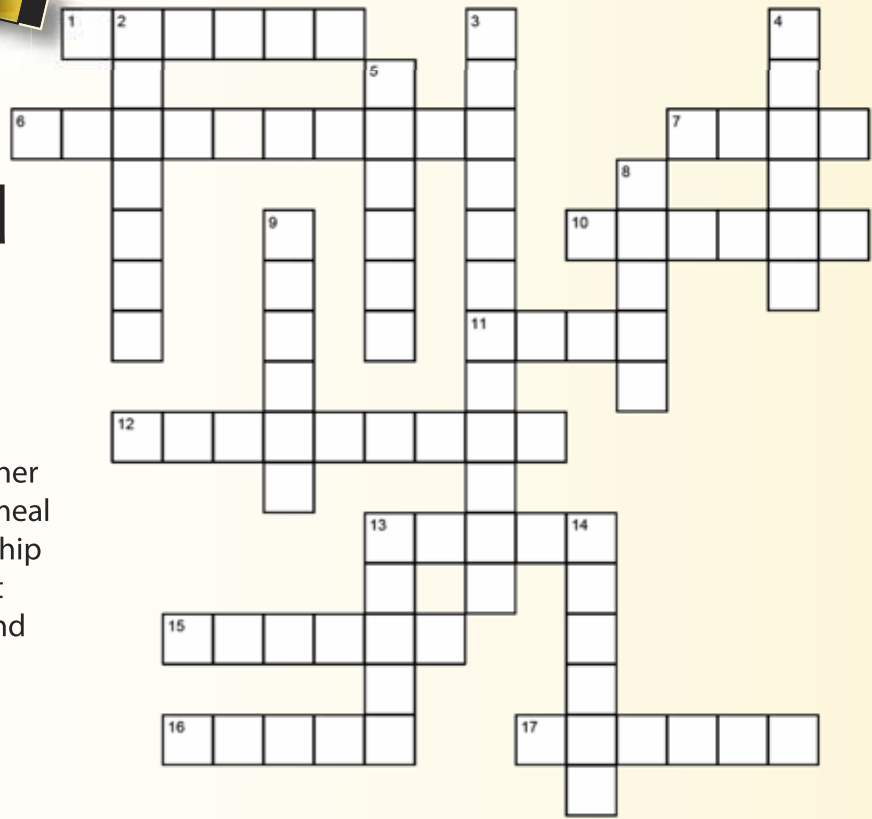
## Easter Crossword

### ACROSS

1. Jesus
6. Oval candies
7. Pre-Easter period
10. Angel's home
11. Specially for Children
12. Children love it
13. Crucifix
15. Warming season
16. Energizer mascot
17. Procession

### DOWN

2. Festive time
3. Christ's rising
4. Easter hat
5. Easter container
8. Sumptuous meal
9. Place of worship
13. Kind of sweet
14. Weekend's end



Answers on page 17

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# Events at the New Road Sports & Leisure Centre

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

## UP4FITNESS & SALLYANN

Sallyann had a lovely break over half term visiting relations in Cromer, the weather wasn't the best but it was a welcomed break. It's really good if you can have something to look forward too. It helps lift your spirits, gives you something to plan and aim for, maybe having coffee with a friend, go to the pictures, having someone pop in to see you, planning some self-care with some pampering, or reading or maybe visiting a new activities group. Our Monday group helps to start the week and members find they can meet and chat with likeminded folk while maintaining fitness. The aim of group is to meet on a Monday morning and move! Move those stiff joints and take part in activity where each person can do each exercise depending on their own flexibility & mobility. This helps motivate us for the rest of the week.

We are still collecting Stamps for the RNIB and food donations are welcome for 'The Pantry' which resides at Belton church. We send over our donations at the end of each term and our next donation time will be before the Easter holidays. We will also hold tombola to add to the £50.00 we raised at our last tombola and send both together to the food bank. Thank you to all who support these.

We will run classes until Easter holidays when Sallyann will take another break. Sallyann uses the time to get up to date with paperwork and take some time in her caravan. This time last year Sallyann was planning for her operation. Thank fully that all went well and is back to normal classes, working at the studio as well as home visits and a new Nordic Walking course in Lowestoft.

At the time of writing we have had sad news of two members, one who has become very poorly and the other is to have a planned operation. We send then love & hugs and a speedy recovery.

If you would like more information on any of the above please contact Sallyann, by email [up4fitness@gmail.com](mailto:up4fitness@gmail.com) Text or ring on Mobile 07599044806.

## BELTON JUDO CLUB LATEST NEWS UPDATE

This month has been a successful one for Dominic King Judo & MMA Academy with Ryan King's amazing win at the recent English Open. But we have a lot to look forward to in coming weeks, with upcoming judo competitions and a no-gi grappling tournament that will be attended by a number of our members, as well as one of our junior MMA fighters having a match booked for next month.

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, so 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)

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

5.00pm-6.00pm – MMA for children (6-16 years)

**THURSDAY:** BUNGAY CHAUCER DOJO (NR35 1EB)

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

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

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

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

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

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

Lastly, you can find DOMINIC KING JUDO & MMA ACADEMY on Facebook and Instagram, which will give you further information, training videos and general club news. Dominic and Ryan also have a separate Instagram account called THE KINGS OF JUDO that currently has 17.5 thousand followers. This is primarily to promote judo in general and to hopefully help secure some much-needed sponsorship for Ryan.

Anyone wanting further details regarding club sessions can contact Dominic on 07977 432756, email on [dominic@fightingfitjudo.co.uk](mailto:dominic@fightingfitjudo.co.uk) or contact him via Instagram, Facebook or WhatsApp

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# English Open Judo Championship 2024



18-year-old Ryan King, from Dominic King Judo & MMA Academy, entered the English Open Judo Championships recently and came away with the gold medal after a fantastic performance. Ryan from Bradwell, described it as his greatest achievement to date, despite having won Commonwealth gold and British silver medals in previous years.

This felt different because, not only was it a stacked weight category full of high-level competitors, but Ryan won every match in style with a full Ippon score (the equivalent to a knockout in boxing). His final match was against Lewis Fryer, the current British Champion, who had also won each match by Ippon leading up to the final. Lewis entered the match as the favourite, not just because he was British Champion, but also because only one year earlier, Lewis had thrown the Youth Olympic Champion for Ippon during a match in Germany.

Despite his formidable reputation, Ryan felt totally confident that he could take the title, as he had studied Lewis many times and even trained with him during National Squad training sessions. Ryan was even confident enough call the grip and throw that he was going to use to win the match and discussed this with his coach (and father) Dominic. So, when the match began, even Dominic was amazed when Ryan launched Lewis with the throw that he had predicted less than 10 seconds into the match. The referee immediately gave Ippon, but after watching the replay the judges down-graded it to waza-ari (half a point). This was due to a slight over-rotation because the throw was so big. This meant that the match continued, which should have been a mental blow for Ryan and a boost for Lewis, but instead Ryan remained in full control, almost scoring on several occasions while skilfully avoiding Lewis' dangerous groundwork

attacks. A few minutes into the match Ryan secured the grip that he had used at the beginning, which made Lewis think that the same throw was on its way. Ryan knew this and dummied the throw before executing one of his other favourite attacks. Lewis fell for the dummy and Ryan expertly dumped him flat onto his back for Ippon. There was no dispute this time and Ryan became the English Open Champion.



Lewis is older than Ryan and is currently National Lottery funded, which allows him to train full-time. Ryan is fully committed to judo too but must teach 1-1 classes and accept some casual work to help pay for his training. He has turned down educational opportunities and well-paid work so that he can pursue his goal, which is to become an Olympian and win the gold medal.

So far this year Ryan has attended competitions and training camps in Kendal, Scotland, Poland, Walsall, Denmark and London and is currently training back in the Midlands this week. In the coming weeks, Ryan will be entering a high-level international event in Bremen, Germany and a European Cup event in Lithuania where he is hoping to work his way up the world ranking list.

All this travel is extremely costly, and Ryan is desperately searching for financial backing. He has received a few grants and had help from friends who have organised fundraisers, which of course is massively appreciated. But to reach the very top of the sport, it's now becoming essential to appeal for extra help. If anyone can help with this, please contact Dominic on 07977432756

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### Open-Top Service 1c Seafrost

First Eastern Counties will be re-introducing its seafrost (open top bus) Service 1c with effect from 4th May, 2024. This very popular route operates from Pleasure Beach along Gt. Yarmouth seafrost to Seashore Holiday Park. At its peak it will operate 2 services through to Hemsby Beach and will probably operate through to end of September. More details to follow as we get them.

### Bus stops on A149 Acle New Road outside entrance to Railway Station

Work started on Monday 4th March, 2024 to create a new bus stop lay-by with a shelter and real-time passenger information constructed on the eastern (southbound) side of the A149 Acle New Road between the station access road and the Vauxhall Roundabout. The scheme also includes accessibility improvements to a new bus stop on the opposite carriageway (northbound) side of A149 Acle New Road between the station access road and Fullers Hill Roundabout. Part of the scheme will see the installation of a real-time information system within the rail station directing passengers to the bus stops on the road outside the station.

Councillor Graham Plant, Norfolk County Council Cabinet Member for highways, infrastructure and transport said "Through our Bus Service Improvement Plan we are committed to improving bus services and sustainable transport facilities across the county and this is the first infrastructure scheme to be delivered in Great Yarmouth under this funding"

Works are expected to last for up to 11 weeks with a lane closure in place on the outbound side of the Acle New Road for the duration of works but all traffic management will be removed during the Easter holidays and May Day weekend.

As many of you will know ENTUA has fought over many years for an all year bus link from the Rail Station to the Town Centre. In the past the best we have achieved is a Summer only service initially with First Eastern Counties Service 3 going to Town Centre, Vauxhall Holiday Park and Hemsby Beach, then in later years 'OurBus' Service 100 operating to Vauxhall Holiday Park, Town Centre and Britannia Pier. Each year it has been limited to the main Summer months and always with a NCC subsidy.

ENTUA would have preferred a bus service going directly into the station, however I think this is about the best we are going to achieve. On the plus side passengers will not have to walk from the station up The Conge with heavy suitcases to Market Gates, instead they will have a short walk out onto the A149. For local residents living on the route of the X1/X11 and needing to catch a train, there is a regular service to the Station. All X1/X11 buses to and from Norwich will stop at these bus stops outside the station. – for details of this project, including a public information notice with details of traffic management for the work, visit [www.norfolk.gov.uk/gbuslink](http://www.norfolk.gov.uk/gbuslink)

### Electroliner Buses for Norwich

If you have visited Norwich recently you may have noticed an increasing number of double deck Electroliner buses in operation. By the end of March, 70 of these battery operated electric buses will be in service. All of the major through city routes will be operated using these new buses. NCC have said "the use of these new buses will reduce CO2 emissions by more than 80,000 tonnes. That's the equivalent of taking 4,700 small petrol or diesel cars off the road and improving air quality in Norwich". A further 16 single deck electric buses are due to be delivered by Easter.

No electric buses for Gt. Yarmouth in the current plans but we will benefit from the cascading of more newer Gemini B9s from Norwich to this area which have more fuel efficient Euro 6 engines causing less emissions than the older buses. You may notice some buses in the town with their Norwich logos still in place.

### £2.00 Maximum Single Fare

This bus fare cap has been extended to 31st December, 2024 across all participating operators. For any single journey within the area covered by First Eastern Counties or Borderbus you only pay a maximum £2.00 single fare. Some single journeys are less eg Belton to JPH is £1.50 single. When you consider the difficulties in parking at the James Paget Hospital, using the bus is cheaper and less stressful and concession pass holders can travel there for free.

As the Spring approaches it is worth considering taking an X11 from Belton to Norwich for £2.00 each way, just £4.00 return, you could even have a glass of wine with your meal! and cheaper than the cost of fuel and parking – worth thinking about!

### East Anglia Transport Museum

In last months issue we gave advanced notice of the Easter family treasure trail (Fri 29th – Sun 31st March, 2024) and the 1960s event Saturday and Sunday 11/12th May. On Saturday and Sunday 8th/9th June it is planned to hold a miniature steam rally and possibly a model railway exhibition. For more information please go to the website [www.eatransportmuseum.co.uk](http://www.eatransportmuseum.co.uk)

### Greater Anglia

February, 2024 saw the 150th anniversary of London Liverpool Station which opened in February, 1874. A special ceremony was held to mark this milestone and the start of a number of initiatives this year to celebrate the crucial role the station has played for millions of people throughout its history. Notable events over the station's life to date were highlighted, including its role as the arrival point for those being rescued as part of the Kindertransport initiative in 1938 and the major redevelopment project for the station from 1986-1991.

As Liverpool Street is now the busiest station on the entire UK network, it feels like a timely and appropriate year to have attained that accolade.

**ENTUA always welcomes new members, all we ask is for a minimum annual donation of £5.00 which helps us cover the cost of printing and postage of our very informative quarterly newsletter and the cost of hiring venues for public meetings.**

**To join please write to ENTUA, 18 Wensum Way, Belton, NR31 9NY**

TONY GRICE

## INFORMATION FOR BUS SERVICES OVER THE FORTHCOMING EASTER PERIOD

*The information below applies to all bus operators in the ENTUA area.*

*Those being First, Sanders, Border Bus and Konect.*



Friday March 29th	-	Good Friday	-	Sunday Service Only
Saturday March 30th	-	Normal	-	Saturday Service
Sunday March 31st	-	Easter Day	-	Sunday Service
Monday April 1st	-	Easter Monday	-	Sunday Service Only



### ADVANCE INFORMATION FOR BUS USERS

The annual Great Yarmouth Easter Fair will be taking place in the area of the Market Place between Wednesday 3rd April 2024 and Sunday 7th April 2024 meaning that buses will have to divert from their normal routes.

All of the affected services will operate via North Quay meaning that stops at Stonecutters Way, Fitzalan Close (Police Station) and Gallon Pot will not be served until Monday 8th April 2024.

Apologise to any customers affected by this diversion

# HELPING YOU FIND PEACE, CLARITY AND YOUR LIFE PURPOSE



## How many times do you say this to others?

*Thank you, that's great, you can do this, well done, congratulations, so proud of you.* Every time you say this to someone, it is a win-win situation. Both you, and the person receiving the compliment feel better because you are feeling uplifted by the compliment.

## When did you last say this to yourself?

*'Thank you, that's great, you can do this, well done, congratulations, so proud of you?'* Your body, and your soul needs to hear this. You need to hear these words of nurturing and encouragement to lift up your spirits throughout every day, especially on bad days.

## Try this out for yourself today

Throughout this day, smile and constantly say, 'Thank you, well done, I'm proud of you', to yourself.

Every time you do something, repeat this to yourself. It is hard to get any clarity, or alternative solutions to a situation when your mind is flooded with cortisol, the chemical you produce when you are worrying. Your mind can only help you survive the situation you are focussing in on. This is your primitive state of survival, and this is natural.

Creating a flood of happy hormones using your words, creates a neurological response. This can help you to see things from a new perspective, and the clarity will start to follow.

If you are struggling with something, encourage and nurture yourself to make some progress, until you have completed the challenge you are facing.

Take a few minutes to write down how you are feeling about your situation. Then follow this through with plenty of self-praise and encouraging words.

## Why is this necessary?

Far too often you do not feel valued because you are not acknowledging the impact of the stress you are enduring, and the feelings you are experiencing. You can feel like you are getting nowhere, feel trapped in your situation, and have no energy to boost yourself up when you are feeling stressed or challenged by life.

## Healing chemicals you can trigger for your wellbeing

### 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?

## You need to hear this

Keep saying a massive 'Thank you' to you, and give yourself lots of nurturing and encouragement to boost up your feel-good chemicals in your body.

Every time you encourage yourself, you are giving your brain a signal to produce happier calmer hormones, instead of the constant flow of the stress chemical cortisol, that floods your body when you are under pressure and feel stressed.

The more stressed you become, the more tired and weary you feel because you are producing more cortisol and adrenaline, which is the natural coping mechanism of your body.

## Become your own best friend, and feel what a difference it makes

We are going through times of massive energy shifts and transformations. It may be

spring outside, and you want to make some changes, but you can feel stuck inside of yourself.

You can start to gently adjust your stress levels for yourself right now.

When you are constantly pushing yourself, and not acknowledging your need for nurturing, your mind and your body, you become more lethargic. You can often feel disillusioned because you don't have the energy to enjoy your day, and feel like you are not getting anywhere. This often results in pain and feelings of anxiety.

When you acknowledge and praise the steps you take, your body will work with you, and produce the happy hormones to support you and boost up your calmer confidence, motivation and feelings of happiness.

We all need a little encouragement and praise. Start by becoming your best friend today. Small steps you take today will make a difference. Give it go, and notice how much more easily you can flow through your day.

If you do find it hard to get in this flow, reach out to see how to kick-start yourself to make some happy hormones. We all need a little outside help too sometimes.

Over in the Vicarage Hub in Gt Yarmouth we run regular drop-in group sessions of meditation, art, singing, Reiki, spiritual and drumming circles.

You are very welcome to join us.

The sessions are open to anyone of any age and created to help bring in your happy hormones. Connecting with other people, creating art, writing, the Bach flower remedies and Reiki healing can all help to boost up your spirits.

## What could we kick-start in Belton?

If you would like to join a meditation and wellbeing session in Belton, get in touch and I will let you know upcoming dates. If you would prefer a one-to-one session that can be arranged too. Text Dawn on 07936 546791, or go to my website [www.dawnchrysal.com](http://www.dawnchrysal.com) for more information and upcoming dates for you.

## Not sure where to start?

We are going through times of massive energy shifts and transformations, and this can all have an added impact on the way you feel today. Be gentle on yourself, and smile. Give yourself a big 30-second hug, and say, 'I can do this'.

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Text Dawn on 07936 546791 to book your place.

**Dawn's Nirvana**  
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FOR MORE INFORMATION OR TO BOOK  
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# Events at the John Green Institute



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

## Trustees

The Hall has been busy this month with private functions, the Saturday Coffee Morning, at which the Over 60's raised £200 for their funds. On the first morning of the month was a large table sale organised by the Belton Scouts.

All this shows how important the JGI is to the village community and is just what a Village Hall should be. There are groups in every week day throughout the year as well as many other activities at weekends. If you would like to hold a raffle on a Saturday morning for your group then please contact us.

This is your Village Hall so please support it in any way you can with direct attendance or offer your help in any other way. Please contact any Trustee if you would like more information.

## Wednesday Morning Drop In

It is pleasing to see the support at these mornings is high when there is a great exchange of information on a wide range of topics. As I have said before we try and give information about all the latest scams, either email, mobile, land line or letter mail. Remember if you are not expecting the call or you can not identify the caller before answering it then be careful and do not to be afraid to say no and hang up. The longer you are on the call the greater chance the caller can scam you.

If you have not been to one of these Wednesday mornings then come and give us a try especially as the weather should be improving. Where else could you get tea/coffee and cakes for a very small fee? Contact Sue on 01493 780822 for more details.

## Belton Camera Club

The weather nearly put a stop to our out afternoon at the beginning of March but fortunately after a morning of heavy rain and wind it dried up for the afternoon visit to Ness Point, Lowestoft. Following the morning's rough weather the sea was also rough with some great waves

hitting the rocks at Ness Point. This made the photography both challenging and exciting. All who came along had a great time.

The next meeting, just for April will be on Friday April 12th at the JGI at 2pm. This is because the Kate Daniels concert is on the first Friday 5th April. If you would like to join us at meetings or on our out sessions then call Bill on 07950039455

## Yoga at the JGI - Julie's Yoga

There will be no yoga classes on April 1st, May 6th, May 13th and May 27th.

If you need to contact me call 780121 and please leave a message if I'm not in.

Namaste

Contacts for Clubs and Groups at the JGI			
To book the JGI call Geoff or Shelia on 07984 443808			
<b>Monday</b>			
Yoga	10.15 - 11.45 am	Julie	01493 780121
Short Mat Bowls	2.00 - 4.00 pm	Mike	07754 503666
Bingo	7.00 - 9.30 pm	Toni Hazel	01493 780748 01493 781916
<b>Tuesday</b>			
Belton Crafters	10.30 - 12.30	Linda	07721 599559
Over 60's	2.00 - 4.00pm	Ann Rose	01493 780443 01493 780784
Belton Guides	6.45 - 8.30pm	Rosi	07827 913974
<b>Wednesday</b>			
Drop In	10.30 - 12 noon	Sue	01493 780822
Art	2.00 - 4.00pm	Jan	01493 488683
Slimming World	5.00-9.00pm	Debra	07551 975800
<b>Thursday</b>			
Line Dancing	10.00 - 12.30	Jane	07788 408801
Belton Crafters	7.00 - 9.00pm	Linda	07721 599559
<b>Friday</b>			
Line Dancing	10.30 - 12.30	Jane	07788 408801
Camera Club 1st Friday in month	2.00-3.30pm	Bill	07950 039455
Quiz Nite Last in Month	7.30-9.30pm	Bill	07950 039455
Belton Singers	7.30 -9.00pm	Mick	07795 422420



## Great Donations by Belton Bingo

At their session on Monday 4th March Belton Bingo donated **£250 to RNLI** and **£500 to Great Yarmouth Gateway Club**

(people with learning disabilities).

Thanks to all our members.

New players are welcome Monday nights 7.30pm start at the JGI

Thanks. Toni






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## WANTED

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

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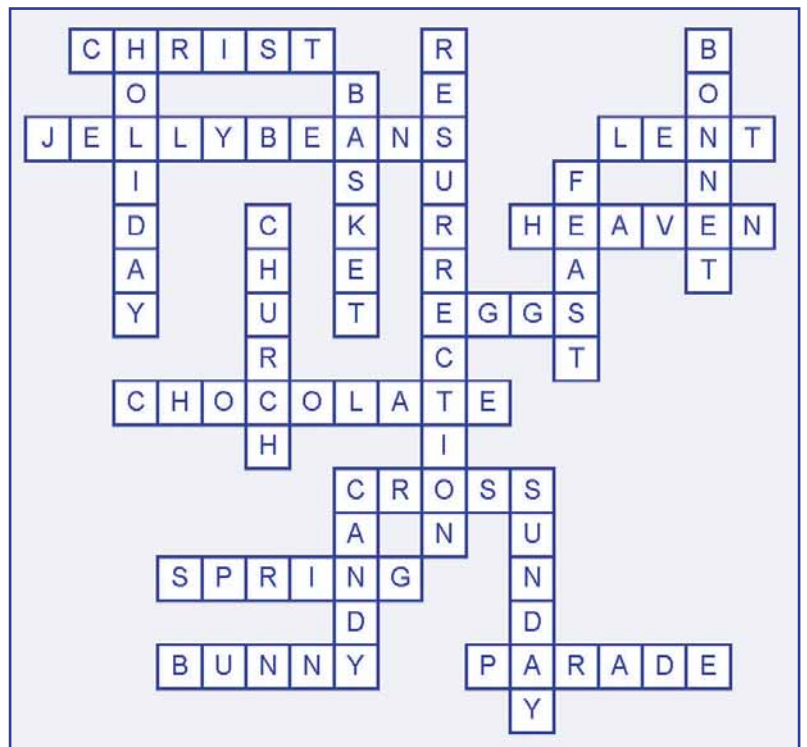
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## Easter Crossword Answers



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-  Servicing
-  Repair/Breakdowns
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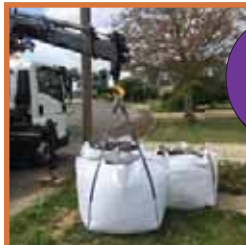
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