

Village Voice

February 2025

25th Great Year

Vol 25-11

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A word from the Editor Christina Baxter

I hope you're all settled into the new year and back to normal daily activities. Looking ahead into 2025 we will regrettably not be holding a Village Voice Fete this year. Although last year was a bounding success, the organisation, time and funding required makes it difficult to become a yearly occurrence, at least for the time being. We are hoping to re-visit this for next year so watch this space.

I would like to take this opportunity to remind those who walk their dogs in the village to clear up after their pets. Not only is this

your home and village but many other families too. Many residents have made comments and I have noticed the amount of dog mess on the footpaths and verges around our village has increased, not only is this awful for our residents and dangerous for children it is also detrimental to the environment and wildlife we are lucky to share our land with. It is illegal for dog owners not to clear up after their dogs and you may face a £100 fixed penalty notice. Please help to keep our village clean and pleasant for everyone's use.

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Village Voice Contacts

EDITOR
Christina Baxter
beltonveditor@gmail.com

ADVERTISING/LAYOUT
Bryan Diggory 07307 858609
beltonvadds@gmail.com

ADMIN & DELIVERY
Suzanne Craig - 07946 501774

ARTICLES
Ashley Male
beltonvnews@gmail.com

FINANCE
Anneka Gearie beltonwaccts@gmail.com

FREE ADS
beltonvadds@gmail.com

CHAIR OF VV BOARD
Adrian Myers 07824 313792

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YOUR VILLAGE VOICE
The closing date for all Articles and Adverts for the March 2025 edition is 15th February 2025

Cover Picture: Mallard nestling in reeds by a pond at Caldecott, Fritton. Taken by Bryan Diggory

February 2025 **284th** Edition

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

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

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

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

BELTON ALLOTMENTS

The waiting list for Belton Allotments is now open, for details contact the Parish Clerk,



Kate Ruddock on

01493 602960

or e-mail

clerk@beltonwithbrowston-pc.gov.uk

MOBILE LIBRARY SERVICE

Locally the Norfolk Mobile Library rounds are as follows :



Belton Wednesdays 19th February and 19th March then 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.

St Olaves Wednesdays 19th February and 19th March then every 4 weeks stopping on Priory Close between 12.45 and 1.00pm

Burgh Castle and Fritton – No service.

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

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Parish Council Reports

Monthly Reports from all your
Local Parish Councils
Belton, Browston, Burgh Castle,
Fritton & St Olaves

Belton with Browston Parish Council



The January meeting of the Council was held on the 7th of the month with 12 of the 13 parish councillors present along with six members of the public and the Parish Clerk. In the absence of the Chairman, David Mills, Nigel Light chaired the meeting.

In the public section a resident thanked the Council for providing the Christmas tree at the Precinct and asked if they would do it again next year and also consider selling their P.A system to Belton Singers, both items to be discussed in February. Four residents raised various issues concerning one of the blocks of flats in Berry Close that will be passed on to Borough Councillor Carpenter to forward to the relevant officers at the Town Hall.

Councillor Cox asked that the possibility of a speed reduction on Lound Road, Browston be discussed at the forthcoming meeting with the Highways Engineer, other highway matters included the narrowing of

various roads in Browston over recent years due to verges working down, New Road flooding where more remedial work is needed and the fact that there are still chippings and brambles on the New Road cycle path.

In planning there were no objections (subject to neighbour's comments) to a rear extension and conversion of the front porch flat roof to a pitched one at 59 Heather Road. The Borough Council have approved a retrospective application for a new boundary wall and gates at Garden Villa on Browston Lane, Browston.

The retrospective application relating to land to the west of Five Acres on Cherry Lane, Browston for stationing of a static caravan as a workers shelter to 30th April with an extension to August 31st 2025 has been refused at the Borough and has now been appealed by the applicant. (This application was reported in last month's Village Voice as 'no objections' by the Parish Council

however it should be pointed out that this was inaccurate as various points of objection were raised by the by the Parish to the Borough Council).

Regarding the Belton with Browston, Burgh Castle and Fritton with St. Olaves Neighbourhood plan there was a request from the plan committee chairman, Ken Botwright for volunteer drivers for the referendum date to come forward and it was suggested that an article from him goes into Village Voice, The plan itself has now been examined by the independent examiner and is with the Borough Council and Broads Authority for approval which is expected by early February at the latest after which a date for the referendum will be set by the Borough Council to obtain residents approval and subsequently bring it into force.

The next Council meeting is on Tuesday February 4th commencing at 7.00pm at the New Road Sports and Leisure Centre details from the Parish Clerk, Kate Ruddock on 01493 602960 or e-mail clerk@beltonwithbrowston-pc.gov.uk.



Burgh Castle School - 1967
10 Yards swimming certificates

Standing from left - right: Martin Rusham, Colin Etheridge, Lorraine Hougham, Melvin Searby, Terry Maunder, Tina Bush, Simon Wright, Peter Norris, ? Maunder & Scott Bradford.
Kneeling from left - right: Bob Bradford, Mandy Marsden, David Symonds, Jill Charlton & Roy Channet

Burgh Castle School 1967

I wondered if any of your readers might recognise themselves in this photo taken 58 years ago at Burgh Castle School. Of pupils who achieved 10 yards swimming certificate in 1967.

Jean Samuels

Burgh Castle Parish Council



The January 13th meeting of the Council was attended by all seven Parish Councillors, the Parish Clerk and five members of the public, Brian Swan was in the chair.

In planning matters after discussion, it was agreed not to make any objections to the plans to demolish the bungalow, Braewood next to the Burgh House site and build eight one-bedroom flats for use by the elderly in association with Burgh House. Plans for extensions at Burghwell Lodge on Market Road that include a garage/office block and extra story, led to widespread objections from all councillors, issues raised include the overall size, a three-story building being out of keeping with all other properties in the area the design and light pollution from the walkway to the new garage and first floor offices. Members were advised by the Borough Council that they could not enforce reinstatement of the front hedge at Bright Eyes on Mill Road although retrospective planning permission would be required over the height of the new fence, the Borough Council advised the parish that a new, modified planning application was expected for the proposed

dog walking area on Mill Road next to the chicken factory. The applicants for the conversion of a farm building on Porters Loke to residential were present to raise concerns that their revised planning application had still not been processed by Borough Council officers and it was agreed to contact Borough Councillor Murray-Smith who had been dealing with this matter after the previous council meeting.

It was generally agreed that the three parishes meeting with the new County Highways Engineer had been very productive and informative, the Engineer has now said that in addition to Butt Lane he hopes to get other roads in the village resurfaced in 2026, he is still investigating other matters including blocked dykes off Mill Road and new posts outside the flats on Butt Lane he will also continue working towards the replacement of bollards outside the Butt Lane flats. At the Council meeting it was agreed to ask him to do emergency temporary repairs to the Mill Road/Market Road junction which is breaking up.

The Chairman reported that the neighbourhood plan for the three parishes

has now passed its independent inspection and is with the Borough Council and Broads Authority for approval which should be forthcoming by early February after which the Borough Council will be able to set a date for the legally required referendum which will lead to the document coming into effect. The Chairman of the plan Steering Committee, Ken Botwright, asked if any Councillors would be willing to assist in taking residents to cast their vote if they have travel issues.

Councillor Greenacre, who is also Chair of the Village Hall Committee handed over £150.00 being half the proceeds of the tombola held at the hall just before Christmas, this will pay for Bleed Kits to go in the defibrillator cabinets outside the Village Hall and on Butt Lane at the entrance to Welcome Pit (The remainder of the proceeds will be going to MacMillan Nursing Care).

The Borough Council have confirmed that the Parish will not be losing its remaining concurrent functions grant of £1050.00 in 2025/6 therefore the Parish Precept for the year will only increase by 8% rather than 16%

The next Council meeting will be on Monday February 10th at the Village Hall, on Church Road commencing at 7.30pm, for details contact Kate Ruddock, the Parish Clerk, on 07899846148, e-mail clerk@burghcastle-pc.gov.uk.



**at Burgh Castle
Village Hall
Church Road, Burgh Castle
NR31 9QG**

Saturday 15th February

If you wish to enter lots for the auction please contact Margaret for an entry form on 01493 780126 or mgreenacre532@gmail.com
all lots must be labelled.

Items for sale can be brought to the Hall on
**Friday 14th Feb 10am - Midday &
Saturday 15th Feb 11am - Midday**

*We will close from Midday - 1.00pm
to get organised then*

**Viewing 1.00 to 1.30pm - Auction
from 1.30pm**

Commission on sales will be 20%

Goods not sold must be collected Saturday 15th or can be donated to our bargain stall.

The organisers reserve the right to refuse items at their discretion.

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



We re-open on 21st February, Fridays only for a few weeks and look forward to seeing all our friends again.

After the success of last year we plan to hold an Auction on Saturday 15th February 1.30pm start. **See separate article for details.**

Although we are in a closed period, please continue to think of us when you have unwanted goods to dispose of, at the moment we have a shortage of DVD's and CD's we can arrange collection at a convenient time for you.

For more information call 01493 780126
or email: mgreenacre532@gmail.com

Fritton with St. Olaves Parish Council



The January meeting of Fritton with St Olaves Parish Council was held too late for this edition of Village Voice therefore it will be

reported on next month. The next meeting of the Council will be in St. Olaves Village Hall on Thursday March 20th, contact the Council via the Parish Clerk on 07899 846148, e-mail her at fritton.stolaves.clerk@outlook.com.



Fritton Bingo

at the Village Hall will take place on **FRIDAY FEBRUARY 21st**

Please join me for an enjoyable evening.

EYES DOWN FOR 7.15pm 🙈🙈

All proceeds go towards upkeep of the hall.

Thanking you ROY

ST. OLAVES VILLAGE HALL

MONDAY EVENING
Ring craft dog training (training for shows): Contact Emily Bircham 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

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Pooch Corner



PAWS & CELEBRATE: 20 YEARS OF POOCH PAWS DOG TRAINING

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

A MILESTONE WORTH CELEBRATING

It's hard to believe that Pooch Paws is celebrating its 20th anniversary. When we started this journey two decades ago, it was driven by a simple but powerful dream: to help dogs and their families build stronger, happier relationships through training and understanding. Back then, it was just an idea, a leap of faith, and a whole lot of love for our furry companions combined with dog walking

Today, looking back on 20 incredible years, our hearts are overflowing with gratitude and pride. This milestone is so much more than a number it's a celebration of every wagging tail, every success story, and every bond we've had the privilege to

nurture. It's a testament to the trust you've placed in us, the memories we've shared, and the impact we've made together.

THE EARLY DAYS: HOW IT ALL BEGAN

Pooch Paws first began for one simple reason, a love of dogs! Growing up with animals throughout childhood there was only one thing that I ever wanted to do and that was to work with animals. Wherever I went I would be sure to make friends with whatever animals were there

Attending dog training with the family dog triggered the bug for dog training. Back then it was very 'Barabara Woodhouse' which never sat right with me. From very early on I questioned the methods we were using whilst

watching every dog flinch and cower, surely there were better ways of doing things, so the critical thinking was also triggered! With some knowledge under my belt and a loath of being confined to restraints of the 'normal' jobs I tried, it was time to do something enjoyable. After some jobs at other animal business which included a veterinary practice, hydrotherapy, and dog walking along with lots of shadowing of other dog trainers it was time to launch my own thing and Pooch Paws was born in 2005.

THE IMPACT: TRAINING DOGS, CHANGING LIVES

When we started Pooch Paws 20 years ago, our mission was

simple: to help dogs and their families live happier, more harmonious lives. What we've realised over the years is that dog training goes far beyond teaching cues it's about transforming relationships, fostering trust, and making a lasting impact on both ends of the lead.

Every dog we've trained has a unique story. Some came to us as rambunctious puppies, eager to learn but full of energy. Others were rescues, carrying the weight of past trauma and needing patience and love to find their confidence. Through our training programs, we've seen incredible transformations not just in the dogs but in their families too.

We've watched shy and anxious dogs blossom into

confident companions. We've seen unruly pups turn into well-mannered family members, making everyday life easier and more enjoyable for their owners. We've even had the honour of helping dogs become therapy animals, bringing comfort and joy to people in hospitals, schools, and care homes.

The ripple effect of this work is humbling. A well-trained dog means less stress and more joy for families. It means a rescue dog gets a second chance at a happy life. It means a child has a safe and loving furry friend to grow up with. These are the moments that remind us why we do what we do.

One of the most rewarding aspects of our work has been empowering owners. Training isn't just about the dog; it's about teaching people how to read then communicate with their pets effectively and compassionately. The bonds that form as a result are nothing short of magical.

Over the years, we've trained thousands of dogs and touched countless lives, but the impact goes both ways. Every wagging tail, every excited bark, and every breakthrough moment has left an indelible mark on our hearts.

LOOKING AHEAD: THE FUTURE OF POOCH PAWS

As we celebrate 20 incredible years of Pooch Paws, our hearts are filled with gratitude for the journey so far and excitement for what lies ahead. While this

milestone is a time to reflect on our past, it's also an opportunity to dream big and plan for an even brighter future.


The world of dog training is constantly evolving, and we're committed to staying at the forefront of innovation and excellence. In the coming years, we're excited to introduce new programs and services designed to meet the ever-changing needs of our clients and their furry companions. From advanced obedience classes to specialised workshops, we're looking forward to helping more dogs and their families thrive. We have already launched some such as the new Pro Paws Academy, a class which occurs every third week focusing on different topics.

We're also exploring ways to make dog training more accessible. Whether it's through online courses, virtual consultations, or community-based programs, we're determined to help more families build strong, positive relationships with their pets no matter where they are.

Another exciting chapter in our journey includes expanding our team of trainers. We're passionate about mentoring the next generation of dog training professionals, sharing our expertise, and ensuring that the values of Pooch Paws continue to shine in everything we do.

At the heart of it all, our mission remains the same: to help dogs and their families live happier, healthier lives together.

20TH ANNIVERSARY EVENTS: JOIN THE CELEBRATIONS

-  **Date:** 16th February
-  **Location:** St. Olaves Village Hall, St. Olaves, Herringfleet Road
-  **Time:** 10.00am - 4.00pm

Why Celebrate with Us?

This event isn't just about us; it's about celebrating the incredible relationships we've built over the years with you and your furry friends. It's a day to honour the dogs that have brought us so much joy and the community that has supported us through it all.

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leo@reedslanemarina.com
Reeds Lane Marina, Reed Lane
St Olaves, NR31 9HG

Rev Rosie Writes

ALL SAINTS BELTON



February is the month when LOVE seems to be the focus in most of the shops; cards, flowers, gifts of all sorts, and bottles of champagne are promoted as the way to show love to your loved one. Yes, it's great for our love to be acknowledged and I always enjoy it when Tim, my husband, produces his bunch of roses for me, but love is important every day of the year and not just shown by a gift, however thoughtful it is.

Many of you will be familiar with the reading from 1 Corinthians 13 which says:

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres. NIV

But reading it from The Message version, it is not quite so poetic but cuts to the point:

Love never gives up. Love cares more for others than for self. Love doesn't want what it doesn't have. Love doesn't strut, doesn't have a swelled head, doesn't force itself on others, isn't always "me first," doesn't fly off the handle, doesn't keep score of the sins of others, doesn't revel when others grovel, takes pleasure in the flowering of truth, puts up

Belton Church invites you to

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Sunday
2nd February
10.30am

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

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

with anything, trusts God always, always looks for the best, never looks back, but keeps going

to the end. Love never dies.

Love is a quality of life that changes our lives and the lives of those around us. When we choose to love – and love is a choice – we put the needs of others before our own, and the other person might be encouraged, feel accepted, know your generosity or patience or kindness and the relationships with those around us are deepened. But sometimes love has to be tough! In love we sometimes have to say "no!"; when it's a "no" for the benefit of another (and not ourselves) it is not easy to do, but it is the right thing to do. I always think that a parent's "no", for instance, is often misunderstood at the time, but later recognised for what it was – love in action.

Too often we can focus on love being an emotion and a feeling, but love can only really be seen when it is expressed in action. One story stands out for me; told to me by a bereft widow who had recently lost the love of her life. She told me that before they were married, her husband would cycle from Martham to Great Yarmouth to meet her out of work every Friday evening and they would

enjoy time together over a fish and chip supper, before he saw her home and cycled home himself. He never failed to do this during their courtship and betrothal until they were married, and they spent all their available time together. It had cost him dearly as he worked on the land, starting early and finishing quite late, but he never complained.

The Bible also teaches us that love involves forgiveness – sometimes more often than we would like. Holding un-forgiveness, resentment or an idea of "pay-back", is never good for us. It might make us feel good for a brief spell, but is so destructive and the opposite of love. Love covers over a multitude of sins! When we really love, deeply, we find it within ourselves (often with God's help) to overlook the faults and hurts caused by others. Love in that way can be costly to the one who loves and a beautiful gift to those who receive it. Often we don't appreciate the love we receive, until it is gone.

The Bible passages about love that I mentioned earlier are descriptions of God's love for us, and the love that we can enjoy through him, for other people as well as God himself. God's love for us sets us free to love with a generosity and confidence because he first loved us, and will continue to love us, always.

What a gift to receive! A gift that continues to bloom and flourish, because God's love never dies, unlike the bouquet of roses, however fresh they are.

Dates for the Diary: February 2025

Saturday 1st February

Men's Walk leaving The Rectory, Belton (after bacon rolls) at 8.30am

Saturday 1st February

Breakfast at The Rectory for Burgh Castle Church (8.30am - 10am)

Sunday 2nd February

Holy Communion with Christingle - Candlemas Sunday

9.30am at St Peter & St Paul, Burgh Castle

Café Church – Christingle

10.30am All Saints Church, Belton

Come along and enjoy a late breakfast, read the papers, sing, pray and listen to an encouraging talk, as well as the opportunity to chat, pray and do craft activities.

Tuesday 4th February

Traditional Holy Communion

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

Sunday 9th 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

Saturday 15th February

Auction at the Burgh Castle Village Hall

Sunday 16th February

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

Friday 21st February

Burgh Castle Village Hall Tea Rooms and Bargains Reopens

(10am – 2pm) Fridays only until Easter

Sunday 23rd February

Morning Prayer

10.30am at St Peter & St Paul Burgh Castle

Holy Communion

10.30am All Saints Church, Belton

Sunday 2nd March

Holy Communion

9.30am St Peter & St Paul Church

Café Church

10.30am All Saints Church, Belton

Come along and enjoy a late breakfast, read the papers, sing, pray and listen to an encouraging talk, as well as the opportunity to chat, pray and do craft activities.

The Friends of Moorland's are a small group of volunteers committed to raising money to help support Moorland's Primary Academy in Belton. Throughout the year, they organise various events that are not only fun for the children, but they help raise money for extra resources for the school such as library books, sports & playtime equipment. Friends of Moorlands are collecting the blue tokens for the Tesco Stronger Starts Campaign, which will help raise money to provide a sensory room within the school. They hope to create a calming environment, where, if things get too much, the children can take a minute to calm their minds. This would be hugely beneficial to all children at some point during their time in Moorlands. Sensory rooms provide a safe and supportive space for children, especially

those with Special Educational Needs & Disabilities. Sometimes the environment of a busy classroom can be overwhelming. A Sensory room helps encourage those students to succeed socially and academically and can provide them with tools and coping skills to learn more effectively. Sensory spaces allow students to learn at their own pace and develop skills without pressure while encouraging them to express themselves in an effective, gentle way, and helping them learn how to manage their own emotions. The school is committed to supporting the wellbeing of its pupils and believes the sensory room would be a vital asset. Please consider us when you're dropping in your blue tokens. This will be running at Belton Tesco along with Tesco Extra in Great Yarmouth. Every little helps!

FRIENDS OF MOORLANDS



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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. We have a waiting list and can't fill all of the spaces as we don't have enough adult help. If you would like more information, please contact Brown Beaver (Jane) 07975 533572

Beavers

The Beavers made snowmen for the Christmas tree out of recycled CD's, cotton wool, ribbon and coloured foam. The Beavers then voted on what game they wanted play.

They then joined the rest of the group to celebrate Christmas enjoying some food and playing games with balloons. Each beaver was given a small gift for the Christmas tree.

If you have a young person 6 years or about to be 6 years and are interested in Beavers we have 2 spaces at present time, please contact Brown Beaver (Jane) 07975 533572



personal challenge at home over the Christmas holiday and the leaders can't wait to see how they have got on. The challenges ranged from tidiness of their room, not arguing with brothers and sisters, to tying shoelaces and being nice to siblings, a great challenge for some, I'm sure! If anyone would like to join Cubs, please contact me on 07900 494 344 or visit our Facebook page.



If your young person would like to join the adventure at Belton Cubs then message Peter on 07900 494344 or go through the 1st Belton Scout Group Facebook page and it will tell you more.



Cubs

The cubs finished the term having a joint Christmas party with the Beavers and Scouts with some food and party games. The Cubs have been working on their

Scouts

The Scouts had an evening making an obstacle course out of recycling materials for a length of 2 metres. Then they had the opportunity to blow a ping pong ball along a course using a straw. This activity was part of their team challenge.



We then spent the last evening with the rest of the group celebrating Christmas playing games with balloons and enjoyed some food.

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

Group

Our thanks go to All Saints Church who invited us to join them for their Annual Christmas Fayre, where we had the opportunity to run a Tombola Stall.

The Group joined with the youth development fund to make bat, bird and insect boxes to put up at the Scout HQ. They provided all of the materials and we provided the man power. Each box was decorated with paint and left to dry, they await spray varnishing and putting up in the spring.

Wanted T-towels for use at our Scout HQ as our present ones are worn out through too much hard work.

We are planning on sales over the Spring/Summer 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 Road North, Belton or phone 01493 780965.

Dates for your diary

Bric-a-Brac, toys and book sale on Saturday 8th February 2025 at the JGI coffee morning 10am. Come and join us.

Jumble, books, Bric-a-Brac, toys sale Saturday 15th March 2025 10am at JGI, Station Road South, Belton.

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Ashley's Monthly Column

I hope you all have had a wonderful Christmas and New Year! As we are all now back into the swing of normality (hopefully), I hope you have had the chance to look at the recipe in the January edition and have had some thoughts of recipes you would like to share with the readers! I am dying to see some of the food you all enjoy cooking, so please if you have some recipes you would like to share send them into me at beltonvnews@gmail.com. If you do not have the means to type these up,

please get in touch with me and I will see if I can help.

As I mentioned previously I would like to shine a light on some of the groups I attend in the village, on a Friday morning I like to attend Refill at All Saints Church in Belton, where a lovely and friendly bunch of people meet with their young children. I can enjoy a nice cuppa, biscuits and good conversation with plenty of toys for my little girl to play with and interact with the other kids that are there. I know what you are thinking, yes I do love a

good cuppa! This group is in term time only on a Friday at 9am, why not pop along and say hello.

I would also like to give a shout out to Andy and his team at The Tavern Pub Belton. Who put on shortbread cookies, hot

chocolate, gingerbread men and mince pies to all who attended the Santa sleigh tour which started outside The Tavern Pub. It was a very cold evening but made all the better with the lovely treats while waiting for Santa!

Answer to last months brain teaser.



Each word contains a family member.

HAUNT MUMBLE SONIC GRANITE

New Question! Who is the odd one out?

- A.** Arthur
- B.** Bianca
- C.** Felix
- D.** Dorothy
- E.** Edward



andy ford
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PHONE SCAMS

Phone scams are a common way for criminals to con people out of their money. Find out some of the most common phone scams and what you can do to stay safe.

Information from age uk website

What is a cold call?

What are some common types of phone scams?
How can I protect myself from scam calls?
Who should I contact if I've received a scam call or text?
What is a cold call?

A cold call is a phone call out of the blue from a company or person you've never dealt with before, usually trying to sell you something. They aren't always scams, but they can be irritating.

What are some common types of phone scams?

It can be hard to tell the difference between a scam and cold calling. But, it's good to know some common scams so you can be prepared.

Bank scams

Watch out for calls supposedly from your bank about fraudulent use of your bank account or bank cards. Scammers might ask you for your PIN and tell you to give your bank card to a courier. Your bank would never do this.

Undercover police scams

These can be calls from someone claiming to be the 'undercover police', claiming that they're investigating a member of staff at your bank and asking for your card details. The police would never ask you to take part in an investigation like this.

Computer or mobile phone repair scams

The person may call and tell you that your device has a virus, and that you need to download software to fix it. This is actually spyware – an unwanted programme that runs on your device and can give scammers access to all your online information.

HMRC scams

You may get a call from someone claiming to be from HMRC saying there's an issue with your tax refund or an unpaid tax bill. They may leave a message and ask you to call back. HMRC would never contact you this way and would never ask you to reveal personal financial information such as your bank account details.

Council Tax scams

Calls claiming to be about correcting your Council Tax band or giving you a Council Tax rebate. Your council would never call you about a rebate out of the blue.

Compensation calls

This is a call from a company asking about a car accident you've supposedly had claiming you may be entitled to compensation. Don't engage in these calls. If you've had an accident, call your own insurance company on the phone number provided on your policy.

Texts with fake links

You might receive a text asking you to follow a link to fix a problem with one of your accounts or to track a parcel. These links will often take you to a fake website and get you to log in, which scammers can then use to access your information.

Telephone Preference Service scams

Watch out for calls asking you to pay to renew your membership of the Telephone Preference Service. The service is free and any calls asking you to pay for it are scams.

Pension or debt management offers

Be wary of cold calls or texts from strange numbers offering products or services, such as pension or debt management.

Sales and investment calls

These are unwanted or pushy sales calls, or investment opportunities that seem too good to be true.

Fake caller ID

Scammers can mimic an official telephone number, which can trick you into thinking the

caller is from a legitimate organisation, such as a bank or utility company.

Just because someone knows your basic details doesn't mean they're legitimate. These details could include your name, address, your mother's maiden name and even your Direct Debits.

How can I protect myself from scam calls?

There are things you can do to protect yourself from scams:

Say no: Ignore a caller that asks you for personal information, such as your PIN, or tells you that your computer has a virus. A genuine organisation will never ask you for these details over the phone, in an email or in writing.

Report any scams: Forward unwanted texts to 7726 for free so your mobile phone provider can flag potential scams.

Check the line: Be aware that scammers can keep your phone line open even after you've hung up. Use a different phone, call someone you know first to check the line is free, or wait at least 10 to 15 minutes between calls to make sure that any scammers have hung up.

Use an answerphone: You can use an answerphone on your landline or voicemail on your mobile to screen your calls.

Check your calls: Get a caller ID device to see who's calling. But be aware that some scammers appear as a legitimate number, for example, your bank or utility company.

Try call blocking: Some phones have call-blocking features to stop unwanted calls. If yours doesn't, you can use a separate call

blocker. Some blockers come pre-programmed with known nuisance numbers and some allow you to add numbers to that list when you get a nuisance or scam call. You can buy call blockers from various retailers and some local authorities provide them.

Cut the cold calls: Join the free Telephone Preference Service (TPS). This should cut the number of cold calls you receive, though it won't necessarily block all scammers. TPS has a service to stop cold calls to mobile phones too. Go to their website or text 'TPS' and your email address to 85095 to register.

Call the company: If you get a phone call from an organisation asking you for personal information, contact the company directly using a known email or phone number to check the call is legitimate.

Avoid links: If you've received a text asking you to follow a link, don't click on it. If you'd like to check if the text is genuine, contact the company directly either using their official website or phone number and enquire about your account that way.

Who should I contact if I've received a scam call or text?

If you've received a scam call, there's support available:

Action Fraud: Contact Action Fraud to report a scam or get more advice on scams and fraud.

Your bank: If you receive a call about your bank account or credit card that concerns you, you can speak to your bank by calling the centralised number 159 or by calling the number on the back of your bank card.

Telephone Preference Service (TPS): Contact TPS to register with its service. There's a free call blocker to stop scam and nuisance calls available to those who are identified as most vulnerable by a doctor, Trading Standards officials or local councils.

There are also ways to report scam texts and WhatsApp users:

Texts: Forward any unwanted texts to 7726 for free so your mobile phone provider can flag potential scams.

WhatsApp: Report a scam WhatsApp user by opening the chat with the user you want to report, tapping on their name and then tapping 'report contact'.

STAY SAFE!
DON'T BE SCAMMED



Down the Garden Path

Elizabeth Myhill



Roses: The best time to prune roses is in late winter or early spring, when the plant is dormant and new growth is starting. Here it is usually between January and February, but it can be as late as March if we have a very cold spring.

If you are new to pruning, then there is a great deal of help with diagrams etc. Online. When in doubt I use Google!

Our roses come to us from Cornwall an area which has escaped the worst of the weather this year. You can watch an excellent video on how they are grown and other interesting information. Excellent for an afternoon viewing!

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Local NEWS in Brief

Monthly Men's Church Walk

At the beginning of January we had a walk at Horsey to see the seals but this time families were invited. The weather was kind with dry and some sunshine but very chilly. We only had a small turnout but all enjoyed themselves and there were still plenty of seals basking on the beach. The wardens estimated about 2000 were still present but the births were slightly down on last year. The sea was very rough with large breakers but it did not deter the seals going in and out of the surf.

We will be back to the men's walk in March on Saturday morning of the 1st. We hope to see a good gathering as it will be the last walk that Tim will be with us. Meet at the Rectory at 8.30am.



Village Pot Holes

Nearly every road in the village has them. With the government's push with cash to get these repaired then report them in your area to NCC Highways by using the app on your mobile. A quick picture of the holes and attach them to the app and hopefully we will get a village with better roads. Reporting them does work.



New Year's Eve

Rosie hosted a **great** New Year's Eve party at the church for families and children. There was plenty of fun and games for all with the first part of the evening for the children. After plenty of chat and other games the evening concluded with welcoming in the New Year with the singing of Auld Lang Syne.



A lovely Christmas meal at the Conservative Club in Gorleston with all the ladies from Julie's Yoga Group from the John Green Institute.

Thank you to all the ladies for all the lovely gifts.

Also thank you for supporting East Coast Animal Rescue raising £140 and The Louise Hamilton Centre £90.
Namaste



LOCAL ROADWORKS



Again this month there are no roadworks showing on the <https://one.network/uk/norfolk> web site for **Fritton** or **St Olaves** there is however a long list for both **Belton** and **Burgh Castle** that involve either traffic lights or road closures and one very important one on the **A143 at Bradwell** (all information as at January 15th)

3rd /7th February - Station Road North, Belton – Closed for UK Power Networks.

5th / 6th February - Mill Road, Burgh Castle (by Crows Farm corner) – Closed for Openreach.

10th / 12th February - Mill Road, Burgh Castle (by Cherry Tree corner) Lights for City Fibre.

10th / 14th February - Station Road South, Belton – Lights for Openreach.

17th / 19th February - Station Road North, Belton – lights for City Fibre.

17th / 28th February - A143 Beccles Road (Bradwell by Green Lane) - Closed for County Highways).

24th / 26th February - Butt Lane, Burg Castle – Lights for City Fibre.

3rd /7th March - Bracon Road & New Road Belton – Closed for County Highways.

Please note that there can be changes or additions to this list at any time.



VILLAGE VOICE KITCHEN



PORK BELLY WINTER WARMER

Simple and cost-effective if you are watching your outgoings!

What you will need:

- Slow cooker (or a large casserole dish for the oven)
- 1 packet of Pork Belly (serves 2 - 3 depending on the fat content)
- 1 tin of chopped tomatoes
- 1 tin of kidney beans
- 2 large onions
- Salt
- Pepper
- Spice as desired
- Rice 50 - 70 g per person
- 1 crusty roll per person

Add the tin of tomatoes and kidney beans. Season to suit your taste. Add spice as desired. Cook on low all day or on high over 4 hours. Once this is cooked, prepare your rice and crusty roll. Dish up the rice into bowls and place your curry on top.

Tip: use a slotted spoon to serve the curry then add the amount of juice you desire after to avoid adding too much

Chop the onion into slices, brown in a frying pan then place into the slow cooker. Cut the pork belly into large chunks, brown (but don't cook) the pork then place into the slow cooker.

Meat Alternative: if you do not like Pork swap this out with two chicken thighs per person. Braise the thighs first before adding to the slow cooker in the same order.

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Events at the John Green Institute



Trustees of the JGI

Roger Gowen	Chair	07950 770488
Bill Richmond	Treasurer	07950 039455
Sheila Evenden	Bookings	07984 443808
Geoff Evenden	Bookings	07984 443808
Robert Goffin	Maintenance	07526 201088
Bridget Lawrence		01403 780160
Stuart Murkin	Admin/Sect	07375 558120

Trustees

Now that the Christmas break has passed the JGI Hall now settles back into its routine. We hope all users will continue as in 2024 but please contact Geoff and Shelia on 07984 443808 if you would like to hire the hall for group meetings or for a private function. The hall has wheelchair access.

As present users know we have full central heating in both the main hall and the rear meeting room.

There is a full kitchen with cooking facilities if required. The hall can seat up to 65 people in the main hall and depending on table use 18 people in the meeting room, which is accessible via the rear door.

Wednesday Morning Drop In

We had a great Christmas morning just before Christmas with an attendance of 38 friends. Christmas gifts were exchanged and much chat went on.

We had our first New Year meeting on January 1st with 28 friends present. The weather and seasonal bugs unfortunately kept others away.

In 2025 we will have regular visits from a representative from DIAL and also the police neighbourhood team. Watch for dates. Contact Sue on 01493 780822 for more details.

Camera Club

We meet again on the first Friday of the month at 3.15pm at the JGI. February 7th will be the next date. If you had some new photographic equipment for Christmas, such as camera, flash equipment or processing software and would like to get to know its use better or what colour



is all about then pay us a visit. Contact Bill on 07950 039455 for more details.



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JT'S LINE DANCE CLASSES

Happy New Year to all my dancers. 2024 was a fun year so thank you to all who supported me. We have raised £210 for the Blue Cross



Animal Centre.
Here are the photos of the Thursday and Friday class at our Christmas party. New members always welcome

For more information call me on 07788 408801 - Jane



Big thank you to the Stroke club who held the raffle at the Saturday morning coffee morning at the JGI and raised £130!

Contacts for Clubs and Groups at the JGI

To book the JGI Hall call Geoff or Shelia Evenden on 07984 443808

MONDAY

10.15 – 11.45 am	Yoga	Julie	01493 780121
2.00 – 4.00 pm	Short Mat Bowls	Stuart	07375 558120
7.30 – 9.30 pm	Bingo	Toni	01493 780748
		Hazel	01493 781916

TUESDAY

10.30 – 12.30 pm	Belton Crafters	Linda	07721 599559
2.00 – 4.00 pm	Over 60's	Ann	01493 780443
		Rose	01493 780784
6.45 – 8.30 pm	Belton Guides	Rose	07827 913974

WEDNESDAY

10.30 – 12 noon	Drop-In	Sue	01493 780822
2.00 – 4.00 pm	Art	Jan	01493 488683
5.00 – 9.00 pm	Slimming World	Debra	07551 975800

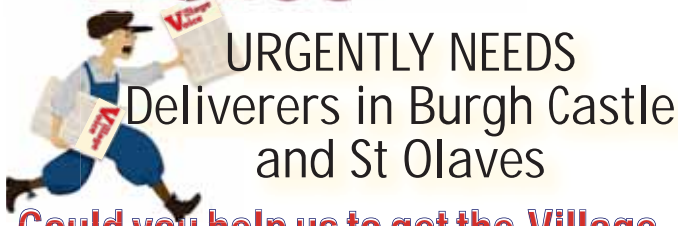
THURSDAY

10.30 – 12 noon	Line Dancing	Jane	07788 408801
7.00 – 9.00 pm	Belton Crafters	Linda	07721 599559

FRIDAY

10.30 – 12 noon	Line Dancing	Jane	07788 408801
2.00 – 3.30pm	Camera Club	Bill	07950 039455
	(First Friday of each month)		
7.30 – 9.00 pm	Belton Singers	Mick	07795 422420
7.30 – 9.30 pm	Quiz Nite	Bill	07950 039455
	(Last Friday of each month)		

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Do you have an hour to spare around the
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Bookings
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Great Yarmouth Stroke Club

First of all we would like to say a big thank you for Donations given to the group.

If anyone could donate raffle prizes that would be brilliant.

We would be able to collect.

Lisa, amazing lady, cooked all the Christmas lunches and brought them to the group, get lost for words at times, for the kindness shown to the group.

Members come from Caister, Bradwell, Belton, Scratby, Rollesby, Halvergate and Gorleston

Great to see all members back for the new year.

Get well wishes to David, Gillan, Maisie.

Birthdays David, Richard, Jean.

Big thank you for our wonderful volunteers.

Thank you to our transport Miss Daisy, Centre 81.

Meet on Thursdays 2.00 - 4.00pm

At the New Road Belton Sports Centre.

UP4FITNESS & SALLYANN

Happy New year for 2025! Christmas and New Year festivities seem a long way off now, but Sallyann was happy for the extra time off as she has had this cold bug that is gripping the UK at the moment. Monday 13th was our first session back and it was lovely to see new people join us as well as members from last year return. The cold icy weather has put a lot of people off travel with good cause; you must keep safe when it's bad on the roads or underfoot. Sallyann will cancel at short notice if need be, even if she had contacted you the day before to ask if you're coming to class.

We heard some lovely comments on Monday from 2 people, one said they had a fall over Christmas, a muddy one and had found the strength mentally and physically to get themselves up and carry on with the walk, they felt the classes have helped strengthen their muscles to be able to deal with a fall. Another said they felt if they hadn't been coming so regular they wouldn't feel as strong as they are to deal with their daily lives. Regular exercise and movement keeps us flexible and strong, Its credit to you all for turning up week after week. Our exercise and moves once a week remind everyone to keep moving, keep doing the things you like and love and help your body to keep strong to ward off injury or help with pre or post operations.

Looking at the next few months we will hold classes during term time and be closed for half term which is Monday 17th February 2025. When we return Monday 24th February we will go through till Monday 7th April when we break up for the Easter holidays. Sallyann has arranged for Rachel to run a chair yoga session on Monday 10th February and Monday March 31st this term. Lots of you enjoyed the chance for a change. If you have not tried Rachel's Chair yoga then please get in touch with Sallyann to book your place.

Thank you for all your contributions to the RNIB and The Pantry they are appreciated and we will continue to support those charities. Bring your Postage Stamps on Mondays and Sallyann will send them to the RNIB in February. If you would like to know more about the above please contact Sallyann, by email up4fitness@gmail.com Text or ring on Mobile 07599 044806

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New centre to cut waiting times



James Paget
University Hospitals
NHS Foundation Trust

A new centre for orthopaedic operations and diagnostic tests has been officially opened at the James Paget University Hospital.

The James Paget Orthopaedic Centre (JPOC) and Oulton Suite will provide patients with brand new facilities to help them access the care they need more quickly.

The new facility opened its doors on Monday, 13 January, it was officially opened by Stella Vig, NHS England's Medical Director for Secondary Care and Quality, and National Clinical Director for Elective Care.

The JPOC, on the ground floor of the new building, will operate seven days a week, helping us bring our waiting times down so that patients get the treatment they need more quickly.

It will provide some 1400 theatre sessions per year, allowing us to operate on more than 3000 patients – more than our current orthopaedic elective capacity.

In turn, its two brand new theatres 'free up' two other theatres in our main hospital block, so they can be modernised and refurbished to boost surgical capacity for other specialties, including day care operations, and to create a robotic surgical suite.

The Centre is linked to our Concept Ward, opened in 2023. Together, they provide us with a dedicated orthopaedic facility for the first time. This will enable surgery to continue even at times of peak demand, especially in the winter when elective procedures can be postponed due to more beds being needed by patients requiring emergency care.

Upstairs, the Oulton Suite will provide more than 500 additional diagnostic tests per week for local patients, using the latest tests and medical devices, specialising in tests to help diagnose heart and lung conditions.

It complements the work of the neighbouring Community Diagnostic Centre, which opened last

The James Paget Orthopaedic Centre and Oulton Suite Opened January 2025



summer and is now providing some 1000 additional imaging tests for patients every week with its CT and MR Scanners and X-Ray and Ultrasound machines.

Together, these new facilities mean that patients will be offered tests more quickly, resulting in swifter diagnoses which are so important for treating many conditions.

The JPOC and Oulton Suite are the latest developments here at the James Paget – and follow the creation of our Community Diagnostic Centre and Concept Ward.

These are the first buildings on our new healthcare campus which ultimately will include a brand new hospital for our community.

1. MAXIMUM SINGLE JOURNEY FARE CAP

A reminder that within the Gt.Yarmouth zone the maximum single fare is £1.50 until 31st March, 2025. Outside the Gt.Yarmouth zone the maximum single fare is £3.00 e.g. Belton To Norwich is £3.00 single. The £3.00 single fare cap is Government funded, the £1.50 single fare cap is funded by Norfolk County Council from its Bus Service Improvement Programme.

2. CHANGES AT MARKET GATE BUS INTERCHANGE

From 6th January, 2025 work has started to change Market Gates to two-way traffic for buses. Until further notice no buses will be dropping off or picking up passengers at Market Gates. The temporary arrangements are as follows:-

Services 1,1A,8,X1 X11 towards JPH/Belton/Lowestoft

These services will operate as normal route to Market Gates, then continue to Regent Street where the taxi rank is located which will be the main stop for buses towards Gorleston. This will effectively be one long stop (combining the current stops B and C.

Services 1,1A, 8 towards Caister and Martham

From Gorleston these services will operate as normal to Stonecutters Way, then continue to Howard Street North to the front stop opposite the police station.

Services X1,X11 towards Norwich

From Gorleston these services will operate as normal route to Stonecutters Way, then continue to Howard Street North to the rear of the stops outside the police station, which will be the main stop for buses towards Norwich.

Services 2, 3, 3B towards Bradwell and Burgh Castle

During the first phase of works these services will depart from Stand A (this will be redesignated as Stand F on the shelter for this phase of the works) in Market Gates outside Poundstretcher. The route is then via Regent Road and King Street, rejoining normal route at St. Georges Theatre.

Service 7 towards Norwich/JPH

This service will use the rear of the stops outside the police station on Howard Street North on journeys to Norwich, along with Services X1/X11 (The 2320 journey from Norwich will call at Regent Street on its way to Gorleston)

Service 901 Schoolday only service

This will use the rear of the stops outside the police station on Howard Street North towards Norwich along with Services 7/X1/X11, and Regent Street on its way to Gorleston.

Service 931 Schoolday service only

This will use the Regent Street stop towards Gorleston; on its return trip it will operate as per Services X1/X11 to Howard Street North

A summary of these changes is included with a map suggesting walking routes to alternative stops in Great Yarmouth. Please go to firstbus Norfolk & Suffolk website and select Press



Release, Roadworks: Great Yarmouth – Market Gates Improvement scheme, 6th January, 2025.

3. GREATER ANGLIA RETURNS TO PUBLIC OWNERSHIP

The Department for Transport (DfT) have confirmed that the first three train operators to transfer back into public ownership will be South Western Railway in May 2025, c2c in July, 2025 and then Greater Anglia in Autumn 2025. It means that from the point of changeover, everyone at Greater Anglia will transfer to a wholly-government owned Company (which is going to be renamed as DfT Operator Ltd., the subsidiary of DfT which oversees train companies in public ownership (which are currently LNER, Northern, South Eastern and Transpennine).

Greater Anglia stated "Its important to re-assure our customers that over the months leading up to the change, then while we are part of DOHL/DfT operator Ltd, and further into the future under Great British Railways, their key priority will continue to be to run an excellent train service for our customers and communities". "In the meantime we look forward to work with the DfT and ensuring a smooth transition to public ownership. Train services, timetables and station facilities will be unaffected by the announcement with no changes to ticket validities or conditions of carriage"

4. EAST ANGLIA TRANSPORT MUSEUM

Following on from the New Years Day opening the museum is now closed for essential maintenance to be carried out and will re-open again on Sunday 6th April, 2025. The museum will be open every Thursday and Sunday in April, September and October, this is increased during May, June, July and August to Tuesdays, Thursdays and Sundays. The museum will also be open on Bank Holidays between April and August.

The first event will be the 'Easter Family Treasure Trail' on the weekend of Sat/Sun 19th & 20th April, 2025. More news in following issues.

5. 214 SATURDAY SERVICE TO GAPTON HALL RETAIL PARK

And don't forget you can still use this half-hourly Konectbus service from Market Gates (Poundstretcher stop) to Gapton Hall retail park and Tesco's. Currently it is Saturday only, but if it is well used it may lead to expanding the service to weekdays. You know the saying, "if you don't use it, you may lose it!"

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