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A word from the Editor Christina Baxter

ust like that, another month has passed. We're already halfway through summer, with the summer solstice behind us by the time this edition goes to print. The longest day and shortest night occurred on June 21st, meaning the evenings are already beginning to draw in again. But not to worry; there's still plenty of sunshine to enjoy, and the children are only just about to begin their summer holidays.

Another celebration in July is World Chocolate Day, which falls on Monday, July 7th. I'll definitely be giving this a permanent place in my calendar! Perhaps you have a special chocolate recipe you'd love to share with us - anything that includes chocolate is fair game. Send it in so we can all give it a try in August!

On a more serious note, we still urgently need more volunteers, see page 12.

Not just deliverers or a secretary but all sections for the smooth running of the magazine.

The volunteers who commit themselves at the moment cannot do it indefinitely and time is running out. It would be unthinkable if the magazine ceased publication due to the lack of people not coming to the rescue. The opinion seems to be that everybody in the villages look forward to receiving their copy but nobody wants to commit to helping out.

So please if you want to keep your Village Voice - **WE NEED MORE VOLUNTEERS**!!!!!!

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YOUR VILLAGE VOICE

The closing date for all Articles and Adverts for the August 2025 edition is 15th July 2025

Cover Picture: A Wild Rose on a sunny day photo by Carol Phillippo

July 2025 289th 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

LOCAL ROADWORKS

ROAD AHEAD CLOSED

There is just one main roadworks item listed in July for our area (as at June 14th), there are other minor works still on some of the side/estate roads.

14th/16th July – Station Road South, Belton – Closed for work by Cadnet.

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

MOBILE LIBRARY SERVICE

Locally the Norfolk Mobile Library rounds are as follows:

Belton Wedne

Wednesdays 9th July and 6th August 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 9th July and 6th August 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

Parish Council Reports

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

Belton with Browston Parish Council

The latest monthly meeting of the Parish Council took place on June 2nd with all eleven Parish Councillors present along with County Councillor Carl Annison, three members of the public and the Parish Clerk. David Mills was in the chair.

A member of the public asked if the Council could write to the Archdeacon voicing concerns about Belton Rectory, its current situation and future use and this was agreed. Mr Ken Botwright (who recently chaired the Neighbourhood Plan committee) had provided information about the Rectory, it is a Non designated Heritage Asset parts remain pre 1838 however the main building was burnt down in a fire in the 1930s but from before 1838 the stables, gardeners office, walled garden and outside privy remain, part of the site is covered by a Tree Protection Order and the Victorian pond/pool also remains.

County Councillor Annison reported that work had commenced on signage for the speed reduction of the A143 from Belton to Fritton from 60 to 50MPH. He also reported that both he and Borough Councillor Carpenter had made their local



members budgets available for a possible footpath link from Stepshort to the New Road footpath and the County Highways Engineer was working on a possible scheme. He further reported that the New Road footpath had been swept, he had requested slow road markings outside Browston Hall along with horse warning signs, he has also requested the latter for Stepshort. Councillor Annison said he would also look into why the small road of Church Lane had not been resurfaced with Church Lane (raised by Councillor Greenace) and the condition of Fern Gardens (raised by Councillor Riseburgh). The Clerk reported the GYBC Planning Enforcement Officer had contacted the County Highways Engineer about signage that had been placed on the verge at Stepshort without permission by Rose Farm (now Belton Country Park) and he has stated that he will ask for its removal.

Borough Councillor Carpenter had advised the Clerk that following county wide complaints Connexin had been stopped from installing any more poles used for equipment to collect electronic data from water meters until all other options of using existing locations have been explored. Councillor Carpenter also stated that the Borough Council Rangers will visit the Tavern P.H. to discuss overflowing bins but said seagull feeding is a different issue with limited powers for the Borough Council, they would only get involved if this caused additional issues such as vermin.

At the New Road Centre Bohemians FC had requested three or four portable container units (each 2 x 2.1 meters), some Councillors said they would prefer one larger unit however after discussion it was decided to favour the multiple smaller units by six votes to four, issues with the toilet block electrics on site will be further investigated and it was agreed to seek prices to place a height restrictor at the main entrance to the ground.

The only planning matter was Borough Council approval for a single story rear extension at 4 Paddock Close. Members discussed the County Council bus shelter initiative but agreed not to get involved as each new shelter would need a 20% funding contribution from the Parish Council and this had not been budgeted for.

The next meeting of the Parish Council is at 7.00pm on Tuesday July 1st 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.

BELTON with BROWSTON PARISH COUNCIL VACANCY for PARISH COUNCILLORS

There are currently two vacancies on the Parish Council that can be filled by co-option.

If you are interested in helping your local community please contact the Parish Clerk, Kate Ruddock on 01493 602960 or e-mail clerk@beltonwithbrowston-pc.gov.uk for further details.

The Council meets on the first Tuesday of each month at the New Road Sport & Leisure Centre commencing at 7.00pm (no meetings in August).

BELTON ALLOTMENTS



The waiting list to rent an allotment in Belton is now very short therefore any residents of Belton or Browston can now apply to have their names put on the list, for information please contact the Parish Clerk, Kate Ruddock on

01493 602960

or email beltonwithbrowston-pc.gov.uk.

Belton Bowman

Belton Bowman Archery club are meeting at New

Road playing field, Belton for the summer season every Monday evening. The child/family session has seen a good turnout and it's great to see a community come together. The Adult club is running at a steady pace but has room for more to have a go.

Child/ family club runs 6pm-7pm Adult club runs 7pm- sunset

All equipment provided or bring your own. We are now a summer meeting club as we no longer have a home for the winter.

For any information contact

Duncan Wyer on 01493 780418

Burgh Castle Parish Council



The June meeting of the Council was held at the Village Hall on the 9th, attended four Parish Councillors, the Parish Clerk, Borough Councillors Graham Carpenter and Ivan Murry-Smith and one member of the public, Brian Swan was in the chair.

In planning members did not object to the removal of two Monterey Cypress trees at Church Farm whilst the Borough Council had approved single story rear and side extensions at Holly Cottage on Back Lane and a first-floor side extension and single-story rear extension at Willows End on Mill Road. The Borough Council have refused plans for upward extension at Burghwell Lodge on Market Road and at the same address the applicants have decided to appeal against an earlier refusal of permission for alterations including removal of a conservatory, construction of a roof extension, creation of second floor living space, a three story extension and erection of a two story garage with home office above.

Members have agreed to the removal of the spoil heap at the burial ground and agreed to investigate the possibility of purchasing additional burial ground land, in the meantime the sale of future burial rights will be restricted to allow space for burials over the next few years.

The Chairman advised that the latest volunteer to maintain the flower beds at the village sign has withdrawn for family reasons, if no one else comes forward a decision on the future of the beds will be made at the July meeting.

Parkdene Resorts manager has stated that they felt that recent roadworks had contributed to confusion over entry to their sites on Butt Lane however they would consider possible additional signage in the future. The Chairman reported that some work had been undertaken by the Borough Council on tidying up the Millfields footpath and the heap of old tree material would be removed. Members decided that they could not help with funding to repair the 'lookout area' on the Roman Fort site and again agreed to contact Norfolk Archaeological Trust to request extra parking season ticket issues as this would bring in additional income for the Trust. It was noted that there will be a Heritage Day at the Fort Site on September 14th. The Clerk reported that she has asked the Highways Engineer to look again at the positioning of recently erected horse warning signs on both High Road and Back Lane.

The next meeting of the Parish Council will take place on Monday July 14th at the Village Hall, on Church Road, commencing at 7.00pm, for details contact Kate Ruddock, the Parish Clerk, on 07899846148, e-mail clerk@burghcastle-pc.gov.uk.

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For more information call

01493 780126

or email: mgreenacre532@gmail.com

Burgh Castle Church



As we wait for news on when we will have a new priest, PPC and churchwardens continue to keep services going with the help of local retired clergy, we are very grateful to them for their help.

July Services

29th June Holy Communion Reverend A Cadmore 09.30 6th July Holy Communion 09.30 Reverend S Upton 13th July Morning Prayer 09.30 Mary Ives 20th July Holy Communion 09.30 TBA 27th July Morning Prayer 09.30

27th July Morning Prayer 09.30 Reverend V Ridpath (In the event that we are unable to arrange a priest to cover the services churchwardens will lead a Morning Prayer service)

August sees our Open Churches Week (4th – 10th August) once more along with most other Norfolk Churches our church will be open to visitors. We hope to have our displays of local interest and a lovely floral display by local residents. Church members will be present to show you the special features and give you information about our ancient building. There will be a quiz for children and the village hall will be open all week for refreshments. Our week will close with a Songs of Praise on Sunday 10th August 4pm come along to joins us in your favourite hymns.

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Fritton with St. Olaves Parish Council



The annual meeting of the Council was held at Fritton on May 15th with eight Parish Councillors and Kate Ruddock the Parish Clerk present, in the absence of the council chair, Catherine Richards Councillor John Burton chaired the meeting and it was agreed to defer the election of both chair and vice-chair for the new year till the next meeting in July.

The Clerk reported that Newcombe Estates had been advised of motorcycles that have restarted being driven through Waveney Forest and of tents pitched in a neighbouring field, as have the police although they will not get involved unless there is damage, there have also been fires lit in the area recently. Councillor Stephens also stated that motor cycles are being driven through the villages on the A143 and New Road towards the forest with obscured number plates. Councillors agreed to purchase a larger dog fouling bin on New

Road at Fritton, near the forest, to replace a smaller unit, Councillor Dunn offered to install the new unit.

Members approved the annual accounts for 2024/25 and all associated documents were completed, the council had again received a clean bill of health from their Auditor.

Members agreed to take no action on the possibility of new bus shelters in the parishes, funding is now available through Norfolk County although there would need to be a 20% payment from the Parish Council and no suitable site had been identified. Due to changes in government legislation all Parish Councils now need to have designated .gov ending e-mail addresses with advice that each councillor should have a similar address, members agreed, after discussion, to implement these changes for both the council and its members.

In planning, prior to the meeting

members had made no objections to proposals to widening a door and reestablishing other original door positions at St Olaves Priory. Regarding the Priory the Broads Authority had confirmed that they are discussing with the owner listing building consents for work, the owner is working to re-apply the lime wash that has deteriorated over time, whilst this will be very bright at first it will 'soften'. It was agreed that the Clerk should again contact English Heritage to request that a damaged door at The Priory is made safe. There were no objections to proposals to demolish three trees at Waveney Coach House on Priory Road in St Olaves covered by a Tree Protection Order, and the Borough Council have approved removal of three trees at Heatherbrae on Herringfleet Road, St Olaves and a single story side extension to create a garage at Landscape on New Road at Fritton.

The next meeting of the Council will be in St. Olaves Village Hall on Thursday July17, commencing at the new time of 6.30pm, for information contact the Council via the Parish Clerk on 07899 846148, e-mail her at fritton.stolaves.clerk@outlook.com.

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Sat26 - Sun 27 JULY 10-4

Sat27 - Sat28 - Sat

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WEDNESDAY EVENING

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THURSDAY EVENING

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

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Derek Mill Writes from

ALL SAINTS BELTON



bviously I am not Rosie Bunn, who is now retired as rector of All Saints' Church in Belton. I am not a vicar or rector or priest, but I am a member of the Parochial Church Council and Ministry Team. As such I have been invited to write on behalf of the church for this month's Village Voice magazine. Some of you will know my wife Jane who for many years taught piano in the village and was involved in children's work in the church running Junior Church, 'Discovery' and helping to organise a number of "Holiday Clubs."

I have lived in Belton since 1980, first in Amhurst Gardens and now in Paddock Close. My three children attended Waveney First and Breydon Middle schools. For a while I was a school Governor at Moorlands. I have attended the local church since 1986 and have been worship leader at All Saints' for many years. I may have played the organ or piano for a wedding, baptism, or funeral that you have attended at Belton or Burgh Castle, or for Remembrance Day or various Christmas Celebrations or any Sunday service. You may also have seen me on my regular walk around the outskirts of Belton.

Why do I go to church? Why do I talk about Jesus to people I meet? The Bible tells me that people in the church are all priests - 1 Peter 2:9 NIV

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light." The Bible tells me that every Christian has an obligation to introduce people to Jesus.

2 Corinthians 5:18-19 NIV

"All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation."

As a disciple of Jesus I am called to go and make disciples. - Matthew 28:19-20 NIV

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

As a disciple of Jesus I am commanded to preach the Gospel on every occasion I can.

2 Timothy 4:2 NIV

"Preach the word; be prepared in season and out of season; correct, rebuke and encourage—with great patience and careful instruction."

This command has been handed down through generations and continues to be handed on to each new generation of Christians - Mark 16:15 NIV

Jesus said to them, "Go into all the world and preach the gospel to all creation."

All this makes sense to me, but may not make sense to all people. The crux of the matter as to why I am a Christian is this: Jesus is my mate; he is my best mate. In him I have found a friend who never lets me down, who is always there for me.

In Him I have found not only a purpose for my life but also healing and forgiveness for the many wrong things I have done; and I don't mean in my dim and distant past, I mean even yesterday and today.

Knowing I wake up every morning with a clean slate helps me to face each day knowing I am starting again afresh. I know I have done some really stupid things, but Jesus says, "I forgive you. But don't do it again!"

So, if you happen to see me, or anyone who is a church member, stop us and have a chat. Jesus is not threatening, He just wants to be your mate too.

Derek Mill





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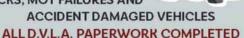
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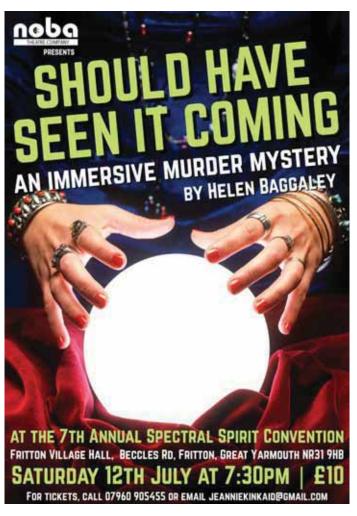
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Would you be interested in helping out at the Beaver section? This does not have to be every week. A small amount of training on line is required (support available) and a DBS.

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

Our last meeting at the church the Beavers made moving snakes, by colouring them in and cutting out, adding wool. The Beavers were asked to hang them up in the sun at home and watch them dance.

The beavers had a fun evening celebrating Trooping the colour. Finding out why King Charles 3rd has 2 birthdays. They had a go marching like solders, which will need more work on about turn, but did very well. They made a wellie peg solider out of a peg with fury hat. Then played a game with the parachute.

Congratulations to Zep, Alex, Flynn and Matilda who have been presented with their Bronze Chief Scout Awards the highest award you can get as a Beaver.

We have invested Oliver, Gabrielle into Beavers

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 spent a couple of weeks looking at instructions, drawing maps and following them and this culminated in walking round the village following a quiz that Akela and Rama wrote. There were 36 questions guiding us around the village from Marsh Lane back to the Tavern Pub. The top 2 were Ava with 23 and Poppy with 22, well done girls!!

The summer term means back to the scout HQ and time outside celebrating the weather with traditional old fashioned cub scouting skills

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 and I will tell you more.

Scouts.

The Scouts have spent 2 evenings designing Father's Day gifts out of air-dried clay (many thanks to the lady who donated it), some then painted them. They all then added some words to the item. On both evenings the Scouts then played games outside. The Scouts have also helped with a littler pick at the Scout HQ.

The Scouts are now looking forward to District Camp at Decoy Broad for the weekend, report next time.

Anyone aged between 10 years and 14 years who would like to come and join the fun please contact Brown Beaver phone number above.

Group

Our thanks go to All saints Belton for hosting us and made us feel very welcome over the winter months.





Jumble/Toys/ Jigsaws/ Bric-a-brac Sale Saturday 5th July 2025 at the JGI Station Road South, Belton 10am, free admission. Lots new stock.

Wanted items for Jumble/Toys/Jigsaws/ Bric-a-brac Sale can be dropped at 6 Station Rd North Belton or phone 01493 780965

Our thanks to everyone who has supported us at the JGI coffee morning at our Bric-a-brac/books/toys as the summer break starts, we all look forward to the Saturday morning coffee, quiz and cake returning in September and hope to be back in October 2025.

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



Local NEWS in Brief

Men's Church Walk

Following the unfortunate cancellation of the walk in June due to heavy showers and possible thunder it is hoped to restart on Saturday July 5th. If you would like to join us meet in the precinct of the shops in Belton at 8.30am

Belton & Browston Web Site

Please note the Web Site "beltonandbrowston.com" has been upgraded to be fully secure so you can all feel safe in using it. All Village Voices from present to many months/years ago are available to browse or download. The site also contains many items from the Belton History Society site on old Belton and its inhabitants since the society disbanded.

Full address https://www.beltonandbrowston.com

DID YOU ATTEND LOTHINGLAND SCHOOL STARTING IN THE LATE 1960'S & LEAVE Then this Reunion is for you at Gorleston Golf Clubhouse Function Room Warren Road, Gorleston NR31 6JT on Saturday August 16th 2025 at 7pm 'til midnight Tickets £12 including a sumptuous buffet Please text/call Jean Samuels (nee Brooks) 07909 991871 or email browston56@gmail.com for tickets. Hurry before the tickets all go as the room capacity is limited. Be there or be square. A chance for us all to meet up again In this age of Facebook and Instagram there's no substitute for the physical presence. Let's meet up again for a Mear

he article on page 1 in VV regarding the future of Belton Rectory and also a question from Bill Richmond at the recent Parish Council meeting regarding this very issue.

Obviously, we have no control over the Diocese who may decide to rent or sell. What we do have however is three strong arguments against demolition or development of the site, namely it is listed in the Neighbourhood Plan as a Non-Designated Heritage Asset, part of the site is within a flood zone and the entire site is covered by a tree preservation order. Attached is a copy of the file with these arguments, which are included in the NP NDHA report, I have just

sent to Belton Parish Council; the item is on the agenda to be discussed at the next meeting on Tuesday 3rd June. The file also includes a map of the TPO and a map of the Flood Zones.

The NDHA Report can be viewed at https://beltonwithbrowston-pc.gov.uk/wp-content/uploads/2024/04/BCBBGFSO-Non-Designated-Heritage-Assets-FINAL.pdf

The Neighbourhood Plan can be viewed at https://docs.great-yarmouth.gov.uk/media/8414/Belton-with-Browston-Burgh-Castle-and-Fritton-with-St-Olaves-Neighbourhood-Plan-Referendum-Version/pdf/Belton_with_Browston__Burgh_Castle_and_Fritton_with_St_Olaves_Referendum_Version_.pdf?m=1739351975470

Belton RectoryRe agenda item June meeting.

Trees Specified by Reference to Woodland

Groups of Trees

Trees Specified individually

Conservation Area

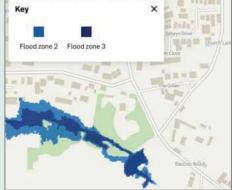
Broads Authority
Area

The Rectory is a non-designated heritage asset due to its architectural significance; the whole site is covered by a Tree Preservation Order and part of the site is within a Flood Zone.

Neighbourhood Plan Policy 13. All heritage assets will be conserved in a manner appropriate to their significance, including the following non-designated heritage assets (shown in Figure 43 and on the Policies Map in Appendix A)
Original Rectory recorded on the 1838
Tithe map.

Unique to the village and Neighbourhood Plan Area. Parts of the previous Rectory, pre-1838, remain, including stables and associated buildings, a walled kitchen garden, privy (toilet) and the head gardener's office.

The original Rectory burnt down and was rebuilt in the 1930s with



features indicative of the Art Deco Style. It is set in 2.6 acres surrounded by numerous trees with a Victorian pool/pond.

Group Value, Church of All Saints. Archaeological Interest, Adjacent to a Norfolk Historic Environment Record archaeological area.

Historic Interest, Vicarage for the medieval parish church. The rectory is architecturally distinctive and due to its connection with the Parish Church is a

place where village events are occasionally undertaken in the tree lined grounds.

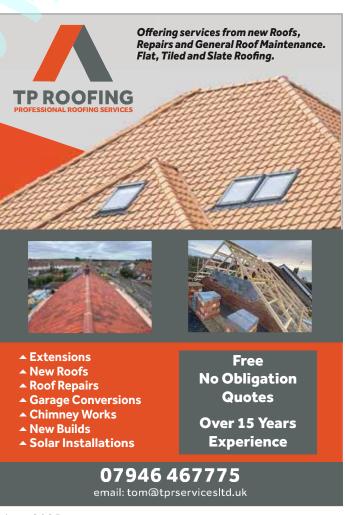
Landmark Status, an imposing house in the centre of what was the centre of the medieval village of Belton.

The Rectory itself is part of Belton's history, has been the home of many village fetes and celebrations over the years. The Rectory grounds and Victorian bathing pool are a wildlife sanctuary, and the out buildings are used by a number of youth groups.

BESPOKE GARDEN DESIGNS







Events at the New Road Sports & Leisure Centre



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Belton Activity Morning – Sunshine, Stories & a Summer Picnic!

June has brought even more sunshine to our Monday mornings, and we've continued to enjoy our fun, friendly seated exercise sessions using bands, balls, and weights—followed, as always, by a good chat over coffee.

After a much-needed break, it's taken Sallyann a little longer than expected to get back into full swing! So although we had planned to introduce a new exercise format to prepare us for the summer, it's still in the pipeline—watch this space!

Our member spotlight continues to bring lovely insight and variety to the group. At the end of June, Alan will be sharing some personal experiences to raise awareness about the work of Gamblers Anonymous, and in July, Karen will tell us all about her love of singing and the choirs she belongs to. It's been inspiring to hear what brings our members joy and purpose. If you have a passion or interest you'd like to share when we return in September, just let Sallyann know—we'd love to hear it!

A quick update for those who were looking forward to Yoga Rachel—

her seated yoga session will now take place on Monday 7th July (instead of 30th June). Apologies for the change, and do contact Sallyann to book your spot for this gentle and restorative session.

Looking ahead, our final session before the summer break will be on Monday 21st July, and we're planning a special send-off: a cheerful Teddy Bear Picnic! Bring along your favourite bear—whether they join in or just watch from the sidelines—and enjoy a light-hearted, summer-themed celebration. This session will also be a small fundraising event before the holidays begin. *And don't forget to mark your calendar!*

Friday 8th August 2025 – we'll be heading out on a summer outing to Pathways Care Farm in Lowestoft. Geoff, the founder, will give us a guided tour and a talk about the fantastic work the farm does as a not-for-profit organisation. Afterwards, there'll be time for lunch—or just coffee and cake! As we plan to fundraise for Pathways from September onwards, this is a great chance to learn more and enjoy a local day out together. Please get in touch with Sallyann to reserve your place.

To join our welcoming group or find out more, contact Sallyann: **email up4fitness@gmail.com**

email up4fitness@gmail.com 07599 044806 (text or call)

Great Yarmouth Stroke Club

We have had ice creams which the group enjoyed.
A games afternoon, quizzes, lovely Karla Beare singing.
Barbara talking to the group about her bike travels around the countryside raising money for National Autistic Society and Sunbeams.

Birthdays Lynn Marg Baul Bam Ellan Sam and Gillan.

Birthdays, Lynn, Marg, Paul, Pam, Ellen, Sam and Gillan. We had sad news that Mike one of our members had died, we send our love to Beryl.

Contact Sue Casey 01493 781846 07957183556 Our Last Meeting July 24th Return September 4th

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Do you have an hour to spare around the last weekend each month.

If so, we would deliver copies of the magazine to you and ask that you deliver them to homes in a designated area as soon as it is convenient.

An hour each month of fresh air and a healthy walk.

Just what the doctor ordered!!

We also need a Secretary

Liaising with the printers and the distributors each month. Covering delivery rounds as and when required.

Administration of Board meetings such as arranging, putting together the agenda, minutes.

Just a few hours every month.

If you can help or would like more information please call or text Sue on

07946 501774

or e-mail beltonvvsect@gmail.com with your name, address and contact number

TIME IS RUNNING OUT TO SAVE YOUR MAGAZINE -7

Ashled Month

Ashley's Monthly Column

hot as it been!! I know, I suffer with heat sensitivity with my MS and find it a struggle some days. Anyone else find the heat a challenge? To try and help myself manage my MS, I have started a new diet that was recommended to me by a fellow MSer called 'The Wahls diet' by Dr Terry Wahls. It entails a lot but here are just some of the things I have introduced.

Only consuming gluten, dairy, wheat and barley free products and introducing 6 cups of fruit and veg a day! It seemed drastic and daunting at first but I think I'm getting there, somethings are harder than others to cut out! Like milk in a good cuppa which you all know I like! Feeling little benefits here and there but it can take a long time to feel the full benefit. But you got to help yourself, right!

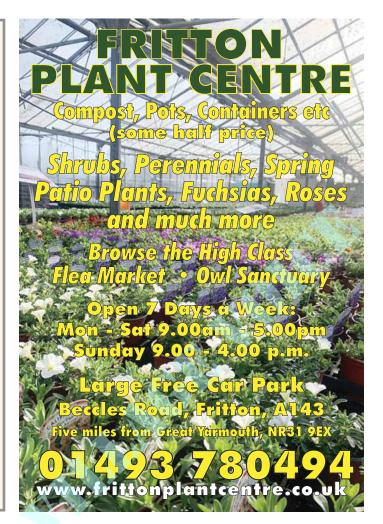
Answer to last month's brain teaser was:

MAP!! - How did everyone do on this question.



New question!

If there were no vowels at all, what would be the 13th letter of the alphabet?









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Events at the John Green Institute



Trustees of the JGI
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Bill Richmond
Caroline Askell
Robert Goffin
Bridget Lawrence
Stuart Murkin

Chair Treasurer Bookings Maintenance

Admin/Sect

Drop-In Coffee Morning

This meeting on a Wednesday morning is proving as popular as ever and we still keep welcoming new people. Coffee /tea with cakes available all for a small donation. Great company and help given if needed with laptops, IPads and mobiles. The hall has full Wifi so any help with online items can also be given as well as updates on any latest scams.

Come along for a chat. Also, generally on the 2nd Wednesday of each month a representative from DIAL is available to answer and help with any personal problems. Contact Sue on 07484 138636.

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01493 780822

or go to www.beltonandbrowston.com

Contacts for Clubs and Groups at the JGI

To book the JGI Hall contact Caroline Askell by text on 07415 650227 or email jgibookings@gmail.com. No direct call will be taken.

MONDAY

MONDAY			
10.15am - 11.45am	Yoga	Julie	01493 780121
2.00pm - 4.00pm	Short Mat Bowls	Stuart	07375 558120
7.30pm - 9.30pm	Bingo	Toni	01493 780748
		Hazel	01493 781916
TUESDAY			
10.30am - 12.30pm	Belton Crafters	Linda	07721 599559
2.00pm - 4.00pm	Over 60's	Ann	01493 780443
		Rose	01493 780784
6.45pm - 8.30pm	Belton Guides	Rose	07827 913974
WEDNESDAY			
10.30am - 12 noon	Drop-In	Sue	01493 780822
2.00pm - 4.00pm	Art	Jan	01493 488683
5.00pm - 9.00pm	Slimming World	Debra	07551 975800
THURSDAY			
10.30am - 12 noon	Line Dancing	Jane	07788 408801
3.45pm - 4.15pm	3-4 years Babies Ballet	Jayne	07746 141525
4.25pm - 4.55pm	5-7 years Primary Ballet	Jayne	07746 141525
5.00pm - 5.30pm	Modern/Fun Class	Jayne	07746 141525
7.00pm - 9.00pm 🗾	Belton Crafters	Linda	07721 599559
FRIDAY			
10.30am - 12 noon	Line Dancing	Jane	07788 408801
2.00pm - 3.30pm	Camera Club (First Friday of each month)	Bill	07950 039455
7.30pm - 9.00pm	Belton Singers	Mick	07795 422420
7.30pm - 9.30 pm	Quiz Nite (Last Friday of each month)	Bill	07950 039455

Village Voice Free Ads

email your Free Ads to beltonvvadds@gmail.com or text to 07307 858609 Advertise household items, garden, sports and camping equipment, events and much more. We will not accept business adverts, cars, motor bikes, property or pets.

ADVERTS WILL HAVE TO BE RENEWED EACH MONTH

WANTED

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

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

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

FOR SALE

THETFORD, Porta potti 565E Electric pump. Brand new never used only to heck pump, 5 litre porta rinse pink, 5 litre no rinse blue, £55 buyer to collect. 01493 780680

TWO soft brown recliner sofas. 3 seater approx 83" x 33" and 2 seater approx

63" x 33". Very comfortable and excellent condition. Available from end July. Can be sold separately if necessary £125.00 for both of £75.00 each. 01493 780780

JUMBO 3000 piece jigsaw premium quality puzzle, Noah's Ark, 122x85cm £10. 01493 663115

LARGE heavy steel Boule set, in carry case with instructions. New never been used. £15. 07307 858609

LOGS/Firewood for sale £6 per Bag to collect Burgh Castle 07909 984740

LEIFHEIT Lino Popup 140 portable rotary airer with cover. New. Cost £76.99 at Lakeland. £20. 07970 103915 WOULD anyone like a small piano free, recently tuned and in great order? Ideal for any young person who wants to possibly take up playing. Contact Bill on 07950 038455 for more information if required.

ONE Parasol and 2 metal frame sunloungers. New never been used still in original wrapping. Sun-Loungers £25 each Parasol £10. Call 07963 062631 **GARDEN** weeding stool on castors with tool tray, twin can holders and removable padded seat. H 44cm, D30cm. New condition. Offers 07761 710620

NINJA dual Air Fryer as new £85 ono, Tower Pressure Cooker £35 ono Miele Dishwasher used, complete with salt and finish tablets £125 Ono Phone: 07963 062631

FREE 4 large clay flowerpots 12ins High X 12ins Diameter - 01493 665556 MOBILITY Scooter- Jaunt Plus. A couple of years old. Has had very little use (2 hours total). Price: £395.00. 07352 208824





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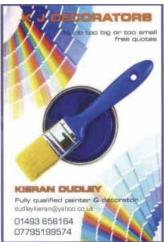
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