

LOTHINGLAND Village Voice

August 2025

26th Great Year Vol 26-05

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A word from the Editor

Christina Baxter

It's hard to believe we're already in August, this year seems to be flying by. With summer holidays in full swing, many of our readers who have children or grandchildren may find it a bit of a challenge to keep those busy little bodies entertained. While there are plenty of attractions in our area, some are a bit more budget-friendly; a welcome relief given the current economic climate. Fortunately, there are several wonderful events and activities that won't break the bank.

Hembsy Beach hosts free weekly firework displays every Tuesday at 10pm, and Great Yarmouth seafront follows suit on Wednesdays at 10pm. Both locations often feature additional entertainment from 6pm onwards, making for a fun-filled evening out. In Gorleston, the popular splash pad is open every day during the summer

holidays from 10am to 4pm, perfect for cooling off and letting the kids burn off some energy. Also in Gorleston, the Summer Sundays Bandstand in the Pier Gardens (opposite the Pavilion Theatre) offers live music throughout the day, along with classic Punch and Judy shows at various times.

These are just a few of the free or low-cost events happening locally, and we're sure there are plenty more to discover. At the end of the day, the most important thing is being together and creating memories with our loved ones.

We have just heard the sad news about Tony Grice. Tony passed away on Friday 18th July, he will be sadly missed. His ENTUA article every month was a great asset to this magazine.

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YOUR VILLAGE VOICE

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

Cover Picture: Taken by Danielle Renforth of Browston

August 2025 **290th** 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



Tony Grice

it is with great sadness to report the passing of
Tony Grice on Friday 18th July.

He had placed ENTUA articles in the Village Voice for many years.

All very informative for our local areas.

He will be sadly missed and our thoughts go out to his family and friends

MOBILE LIBRARY SERVICE

Locally the Norfolk Mobile Library rounds are as follows :

Belton Wednesdays 6th August and 3rd September 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 6th August and 3rd September 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



COVER PICTURE

Elephant Hawk Moth in the garden.
Rescued from a web in the greenhouse and put him on the honeysuckle which they apparently like.

Danielle Renforth

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 was held on July 1st with eight Parish Councillors present along with four members of the public and the Parish Clerk. David Mills was in the chair.

In the public section a resident asked if a staggered barrier could be installed in Wensum Way in an attempt to stop electronic bikes being ridden along one of the footpaths, this will be passed on to the County Highways Engineer. A resident advised that the area round the memorial seat by the village sign is now becoming overgrown and untidy and with the resident who used to maintain it as a community gardener no longer able to care for the area it was agreed that the Parish Council now takes over responsibility for its upkeep. Borough Councillor Carpenter had advised that bollards had been installed round the grass in Fern Gardens however the possibility of railings round the grass on Rosedale Gardens is being reconsidered by County Highways to see if a more ethically pleasing scheme can be devised.

Members agreed that the inbuilt trampoline on Bell Lane Playing Field should be removed as the Borough Council are no longer able to undertake the necessary repairs and it is not viable to use the original suppliers who are based in Kent.

BELTON with BROWSTON PARISH COUNCIL Attendances August 2024 to July 2025

COUNCILLOR	Possible Meetings	Meetings Attended
David Mills (Chair)	11	8
Michael Cox (Vice-Chair)	11	9
Keil Barber	11	11
Stuart Bridges (Resigned)	8	4
Cheryl Gay	11	9
Margaret Greenacre	11	10
Nigel Light	11	9
Joanne Minnis	9	8
Sue Neal	11	11
Jason Riseborough	11	8
Gemma Searby (Resigned)	8	4
Kevin Commer	9	8
Jamie Harrower	8	8
Graham Carpenter (GYBC)	11	2
Ivan Murray-Smith (GYBC)	11	2
Carl Annison (Norfolk C.C.)	11	1
Kate Ruddock (Parish Clerk)	11	11

Parish Councillors attendance percentage is 82.3%
Possible meetings attended vary due to resignations and co-options.

Regarding the future of Belton Rectory the Clerk reported that in a reply the Archdeacon had stated that it is believed that expensive maintenance is required and a survey has been commissioned before its future is decided, the carbon footprint of older houses will also be taken into account when any decision is taken.

In planning there were no objections raised to go to the Borough Council on any of the following three applications:- 19 Bramble Gardens (certificate of lawful existence or development for a sun room attached to a two story side extension), 3 Amhurst Gardens (single story rear extension) and High House, Lound Road, Browston (work to trees covered by a preservation order – two trees - fell and replace). A new Tree Preservation Order on 11 specimens at Cliftonville, Stepshort, Belton was noted.

Highways issues included a request for updates about the recent resurfacing in the village, areas of Bracon Road had been missed due to parked vehicles, Fern Gardens had been marked out but not resurfaced and Station Road North had also not been resurfaced as expected. There are also a number of 'trip hazards' on several pavements in the village.

Various issues at the New Road Centre were discussed, further quotes are required for both the gully repair and possible installation of a height barrier and further quotes are also needed to attend to works in the toilet block.

With the usual rest in August the next council meeting will take place on Tuesday September 2nd, 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. There are still two vacancies on the Parish Council that can be filled by co-option, full details from the Clerk, details as above.

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.



Burgh Castle Parish Council



The July meeting of the Council was held at the Village Hall on the 14th, attended the six current Parish Councillors, and the Parish Clerk, Brian Swan was in the chair. Also present was David Mattison who was co-opted on to the council to bring it back to its full quota of seven members.

There was a long discussion on the future of the three flower beds by the village sign, the council has advertised over the last two years for a volunteer gardener to take over their upkeep but with no suitable applicant coming forward it was agreed that it was not worth readvertising and that the beds will be cleared and grassed over this coming Autumn (the bulbs will be left to come through the grass in the spring)

In planning matters there were three new applications before councillors to comment to the Borough Council, Milbur, Mill Road, extension to an existing horse shelter (no objections), 12 acre site on Mill Road, adjoining the hatchery, retrospective application for change of use to dog exercise park (by majority no objections to the revised plans which show the old access closed up and a fully splayed new access being constructed however a request that a time limit be set for completion of the works be added to the conditions will be sent to the Borough Council) and land on Butt Lane between Roman Way and Cement Cottages, retrospective permission for a new entrance and alterations to the existing entrance, (no objections in principle but all entrance splays to be constructed in accordance with highways guidance,)

Plans approved by the Borough Council were Bright Eyes, Mill Road (retrospective permission for new front fence and permission for proposed gates), Braewood, High Road, (construction of block of seven residential flats for assisted living in conjunction with Burgh House, the adjoining property) and Breydon View, Market Road, (prior approval for conversion of an agricultural building to one residential property).

Councillor Hogg offered to secure a barrier into the gap that has again been forced into the hedge between the burial ground and churchyard whilst the clerk was instructed to obtain a quotation for a permanent fence panel in time for the September meeting.

There were no updates on a request to better position the new horse signs on Back Lane, this will be chased up along with a new request for a similar sign on Butt Lane outside Cement Cottages due to the bend in the road, members noted that the new posts have been installed outside the flats on Butt Lane, however the Chairman stated that with only the missing ones replaced he felt that this would be an ongoing issue with some of the older ones rotting off. A further attempt is to be made to get Millfields Footpath cleared of nettles by the restrictor barrier and the long standing spoil heap removed from the path itself.

There seems to be no truth in the story that the first bus stop on Butt Lane, Burgh Castle (service 3) outside Marric is to be removed as First Bus management have stated that they are not aware of any such plans although their enquires to find the source of the story are said to be 'ongoing'. Councillor Titterington raised concerns about double deck buses being used at some times as they are having to use the centre of the

road to avoid overhanging trees. Members were disappointed that their latest request to increase the number of discounted parking permits issued by Norfolk Archaeological Trust has fell on deaf ears, Council suggested that any income generated could go to refurbishing the seat that overlooks Breydon.

At the end of the meeting Councillor Bob Grimmer announced that for personal reasons this would be his last attendance at a Council meeting after over 20 years' service, chairman, Brian Swan, thanked him for his time on the Council and wished him all the best for the future.

BURGH CASTLE PARISH COUNCIL Attendances August 2024 to July 2025

COUNCILLOR	Possible Meetings	Meetings Attended
Brian Swan (Chair)	11	11
Bob Grimmer (Vice-Chair)	11	8
Pauline Carter (Resigned)	5	5
Margaret Greenacre	11	11
11Wendy Griffiths	11	11
John Hogg	11	11
Steve Titterington	11	8
David Mattison (Joined July)	1	1
Carl Smith (Norfolk C.C.)	11	3
Graham Carpenter (GYBC)	11	6
Ivan Murray-Smith (GYBC)	11	3
Kate Ruddock (Parish Clerk)	11	11

Parish Councillors attendance percentage is 91.6%

Burgh Castle Tea Room & Bargain Stall

(Village Hall, Church Road)



Special this month open 3rd – 8th August to coincide with Open Churches Week, then back to our normal Thursdays & Fridays.

Raffle tickets for the Church Restoration Appeal are now available so please support if you can.

Please continue to think of us when you have unwanted goods to dispose of, we can arrange collection at a convenient time for you or you can drop goods off at the hall when we are open.

For more information call

01493 780126

or email: mgreenacre532@gmail.com

Community Celebrates Success of Burgh House Open Day and Grebe Gardens Launch

Burgh House Residential Care Home Ltd in Burgh Castle opened its doors on Thursday 19th June for a truly special afternoon - bringing together residents, families, staff, neighbours, and local dignitaries to celebrate the official opening of Grebe Gardens, a newly built terrace of seven independent living properties.

The event was part of Care Homes Open Week and was an overwhelming success, with visitors welcomed to tour the homes, enjoy a BBQ with refreshments, and take in live entertainment in the sunshine.

A highlight of the day was the visit from The Worshipful the Mayor and Mayoress of Great Yarmouth, who joined residents and staff in marking the occasion. A cheque for £1,000 was presented to the Mayor for his chosen charities, and the Mayoress was gifted a beautiful bouquet by one of the home's residents.



The team at Burgh House also paid tribute to Russell Greiner, who led the Grebe Gardens project from start to finish, alongside thanks to the many contractors and tradespeople involved. Visitors were invited to look around properties 1 and 4, which were open for viewing.

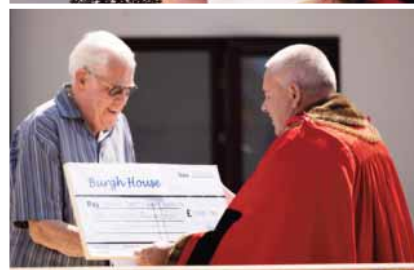
Registered Manager

Shonah Wade, with Deputy Managers Em Bunting and Chloe Stilwell, welcomed everyone alongside Directors Julie, Jon, Russell and Marc, and the event was described as a true celebration of community, care, and progress.

A special mention was given to neighbour Salty, who entertained guests.

The event was beautifully captured by photographer Jasmin Shah, whose work helped mark the moment for everyone involved.

Burgh House would like to thank all those who attended and continue to support their work 'caring for those who once cared for us'



St Peter & St Paul's Church Burgh Castle



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.

August Services

3rd August	Holy Communion	09.30	Reverend Canon S Ward
10th August	Songs of Praise	16.00	Mary Ives
17th August	Holy Communion	09.30	Reverend L Dawes
24th August	Morning Prayer	09.30	Jim Channell
31st August	Holy Communion	09.30	Reverend C Straton

(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 join us in your favourite hymns.

NORFOLK CHURCHES SPONSORED CYCLE RIDE 2025

Burgh Castle

Paul Nicholls is once again riding on behalf of Burgh Castle Church in this year's event on Saturday September 13th. when he will visit as many churches as possible in the day on his trusty machine.

Paul always does very well thanks to the generosity of parishioners, please support his efforts, we all know that times are difficult but please support him if you can, in common with many businesses and charities our church funds have suffered in the current climate and we are also planning further, costly, restoration work.

Please do support Paul if you possibly can he will be calling on homes in the village during August and early September, all donations will be greatly appreciated.

Maureen Grey, Parish co-ordinator, Cycle Ride



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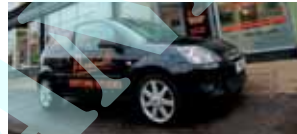
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Halesworth
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Norwich
23 Cathedral Street T: 01603 510904

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Fritton with St. Olaves Parish Council



ST. OLAVES VILLAGE HALL

MONDAY EVENING

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

TUESDAY EVENING

Pooch Paws Dog Training Club (Obedience, clicker training, fun/tricks & more):

Contact Katey Aldred - 07841 040171

www.poochpaws.co.uk

WEDNESDAY EVENING

Middle Eastern Dance: Contact River Scent

07854 407419 www.riverscent.com

THURSDAY EVENING

Saxon and Viking Re-enactment Society

www.jormungandreenactment.com/

SATURDAY MORNING

Pooch Paws Dog Training Club (Obedience, clicker training, fun/tricks & more):

Contact Katey Aldred - 07841 040171

www.poochpaws.co.uk

The July 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 held in Fritton Village

Hall on Thursday September 18th commencing at 6.30pm, for any further information contact the Council via the Parish Clerk, Kate Ruddock, on 07899 846148, e-mail her at fritton.stolaves.clerk@outlook.com.



WHY MORE PEOPLE ARE CHOOSING DOGS OVER CHILDREN: PSYCHOLOGY, OXYTOCIN & THE RISE OF PET PARENTING

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

In many parts of the world, the decision to raise a dog rather than have children is becoming more than a personal lifestyle choice it's a widespread cultural shift. From declining birth rates to increasing pet ownership, and from dog birthday parties to pet insurance, dogs have become central figures in many households. But what's really going on psychologically, socially, and even hormonally? Here's a closer look at the research shaping our understanding of this modern phenomenon.

THE DOG AS CHILD: PET PARENTING AND EMOTIONAL KINSHIP

The language people use to describe their dogs has changed dramatically. Terms like "dog mum," "fur baby," and "canine kid" are no longer fringe expressions. In many homes, dogs are emotionally and functionally equivalent to children. This trend is often referred to as pet parenting the act of raising a pet in the same nurturing and attentive way one might raise a child.

Peterson and Engwall (2019) found that voluntarily childfree women often turn to pets for fulfilment of maternal instincts, experiencing feelings they described as "peternal" (a blend of pet and maternal). Their dogs serve as emotional dependents, offering affection and routine without the demands of child-rearing (Peterson & Engwall, 2019).

Volsche (2019) went further to show that the emotional intensity of pet bonds can rival and even replace parental urges, especially in urbanised and high-income societies (Volsche, 2019).

FERTILITY TRENDS AND THE RISE IN DOG OWNERSHIP

This shift in perception coincides with another well-documented trend: falling birth rates. Across many developed nations, fertility rates have dropped below replacement level. In parallel, pet ownership especially of dogs has sharply increased.

A study by Guo et al. (2021) found that stronger pet attachment is negatively correlated with fertility intentions. Individuals who reported strong bonds with their pets were more likely to delay or forgo having children altogether (Guo et al., 2021). This suggests that dogs are not just companions, for some, they are replacements for human offspring in both function and emotional weight.

CANINES FILLING HUMAN SOCIAL AND EMOTIONAL NEEDS

Dogs are uniquely positioned to meet the emotional and social needs that children traditionally fulfil. They offer unconditional affection, routine, and a sense

of responsibility and purpose. Videla (2020) highlighted the concept of dogs as "surrogate family members", especially for single adults or those without children. These relationships often include elements like co-sleeping, shared mealtimes, and routines typically reserved for human family members (Videla, 2020).

PARENTING STYLES TRANSFERRED TO DOGS

Many owners not only care for their dogs like children but also raise them using parenting models borrowed directly from human childcare. Dogs now go to training schools, wear GPS trackers, and are celebrated with gifts on birthdays. Research by Kuo and Kessler (2024) demonstrated that human parenting styles are often projected onto dogs, with "helicopter parenting" being surprisingly common in dog owners (Kuo & Kessler, 2024). Volsche et al. (2023) similarly found that pet owners often experience parenting-related emotions such as stress and joy in direct correlation to their pet's behaviour and wellbeing (Volsche et al., 2023). Those of you reading this will very likely have experienced the stress of an unwell canine companion and the worry that can follow.

A BIOLOGICAL BOND: OXYTOCIN AND DOG ATTACHMENT

Recent research has shown that the bond between humans and dogs is not just emotional, it's chemical. When people interact affectionately with their dogs, through eye contact, touch, or speech, both species experience elevated levels of oxytocin, the hormone associated with social bonding and attachment. Nagasawa et al. (2009) famously demonstrated that mutual gaze between dogs and their owners increases oxytocin levels in both, mirroring the hormonal feedback loop seen between parents and infants (Nagasawa et al., 2009).

Further studies show that dogs exhibit separation distress, including crying or howling, especially due to attachment style with their owners (Katayama et al., 2019). This can lead to vocalisation which is a sign of social dependency, intensified by oxytocin-mediated bonding (Katayama et al., 2019). Additionally, emotional contagion, the ability of dogs to mirror the emotions of their owners has been observed and linked to shared oxytocin pathways (Handlin et al., 2015) (Handlin et al., 2015).

A NOTE ON ANTHROPOMORPHISM: DOGS ARE DOGS

As loving as these relationships are, experts caution against over-humanising dogs. Anthropomorphism, the act of attributing human thoughts and emotions to animals can lead to misunderstandings and even harm. While dogs form deep bonds with us, they are not small humans. They need structure, boundaries, and species-appropriate care. Respecting dogs for what they are, emotionally intelligent, socially attuned animals means caring for them on THEIR terms, not ours.

THE EVOLVING ROLE OF DOGS IN HUMAN LIFE

Historically, dogs served as hunters, guards, or status symbols. Today, they are integrated into the emotional core of family life. Bone (2018) argues that for many, dogs are now a primary form of kinship, no longer an accessory but a central relationship around which people structure their lives (Bone, 2018). This isn't simply about fewer people having kids. It's about how dogs have come to meet needs, emotional, psychological, even hormonal that humans once fulfilled exclusively through children.



Fritton Bingo

Please join me for our next BINGO EVENT ON FRIDAY AUGUST 15th at FRITTON VILLAGE HALL.

Eyes 👁️ down for 7.15pm start.

Many quality prizes to be won including a raffle.

All monies go towards upkeep of the hall.

Many thanks ROY 🐶🐶

Mary Ives writes for ...

Belton and Burgh Castle Churches



How quickly does the year pass? It seems like only yesterday we were celebrating Christmas, but we're now more than half way on to the next one! School's out for the summer, and many people are on holiday, either at home or in more far-flung places. Routines in many families are all upside down as it can be seen as a transition time. For children, many will be moving on to new classes, new teachers or even new schools – so as the month continues there will be the usual scramble to get the uniform sorted and any other resources necessary purchased ready for a new start in September.

However, it is also a time for rest and relaxation and enjoying the world around us. We are so fortunate in living in such a lovely area. We don't need to travel far to find exceptionally beautiful beaches, lovely waterways and brilliant countryside to explore. Do you, like me, like to take photos of the places you visit? It brings back wonderful memories of the times we have spent with family and friends. Trawling through some pictures the other day I was reminded of the glory of creation. The heavens declare the glory of God; In the Bible it says at the beginning of Psalm 19

'The heavens declare the glory of God; the skies proclaim the work of his hands' Have you ever at a sunrise or a sunset and not been in awe of the wonderful colours, or cloud formations. Just recently we visited West Norfolk, close to Hunstanton, and were privileged to see a wonderful sunset over the sea. As I sat soaking in the joy of that sunset I thought – how many sunsets have there been? – and no two of them are exactly alike! We could visit the same spot every day of our lives at sunrise or sunset, and never see the sky exactly the same! Nothing man-made there – just a declaration of God's glory through creation.

In our diocese of Norfolk there are countless beautiful churches which we love to visit – each one built as a place of worship where people can go to pray, to reflect, to worship or to meet with other like-minded people. Each and every one is built to the same fundamental shape, but each so very different. During the first week of August the diocese asks that many of these churches are opened for people to visit – you don't have to be religious to do so. Just to take the opportunity to have a look and find out more about their place in the community. There are two beautiful churches in our benefice –

Belton and Burgh Castle – each church different, but both having a wonderful history. Between the 3rd and 10th of August Burgh Castle will open its doors between 10:00 and 4:00 and welcome people to come in and look at the church. If you've never been in, now is very definitely the time, you'd be very welcome. The village hall will also be open for light refreshments.

If you would like to visit the church at worship – the times of the services are usually at 9.30, except for 10th August when the service will be at 16:00 which will be a Songs of Praise service. Come and join in singing your favourite hymns as we celebrate the end of Open Churches week.

In Belton, the church won't be open during the day. However, there are services taking place on Sundays at 10.30. During August the services are slightly changed as instead of our café church taking place on the first Sunday, it will be on 17th August. If you would like to come to a really informal service that is one you might enjoy. But we would love to see you at any of the others.

Mary Ives, Licensed Lay Minister, Belton and Burgh Castle Churches

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Charity Walk in aid of Cancer Research held in Burgh Castle

This is the story behind the event we completed on Saturday 12th July.

I have a friend who worked for me years ago down in St Ives Cornwall where I used to live and run bars.

Sammie is a beautiful soul and a very thoughtful person.

We kept In Touch and about 18 months ago she told me the devastating news she was diagnosed with two rare forms of cancer.

I gave her support and we spoke a lot about her treatment and what the future held for her.

I said I would do a fund raising event in her honour for Cancer Research UK.

We as a family do quite a lot of charity events and never quite follow the norm or the rules.

A car show in December last year, that's not when you do car shows but we did.

Sunday morning at our local in Spixworth and had 44 cars turn up. We raised £370 in three hours for East Anglia's Children's Hospice's.

So for Sammie's event I wanted a challenge for my son Joey who was ten at the time.

A Ten Hour Endurance Walk came to mind, but that's a little dull. So we added in the Wheelbarrow full of Monkeys to make it fun.

The venue was the beautiful Burgh Castle and with the help and support of Adam at The Queen's Head we had everything we needed.

A base where my wife Claire and Daughter Caly May could pitch up and offer Cakes and Face Painting, some music and collect donations.

Myself and Joey would set off at 10:00am and come in every hour or so for



some water and food and go again after a ten minute rest.

The support from the people of Burgh Castle was amazing, so many friendly folk asking what was happening and then donating.

Speaking to people as we walked around the stunning grounds enjoying the views was fantastic.

The Wheelbarrow of Monkeys certainly made a good conversation starter.

We would like to thank the locals who made this event so enjoyable plenty of fun and laughter all day.

We had the support of MKM Builders Merchants Norwich who supplied the famous Wheelbarrow and Trott vehicle rental Norwich who kindly supplied our transport needs with a van for the weekend.

My sons school were very supportive

with a non uniform day raising money and the weekly news letter allowing his peers to understand what we were doing and why. A lesson on putting yourself through a little hard work and discomfort to achieve something that benefits others is a good life lesson for young people.

The Just giving page is still live and if anyone would like to support us by donating that would be very much appreciated.

Please cherry pick whatever you need to publish in your magazine and hopefully some more donations will come our way.

The pub is very happy for us to host more charity events in the future, so we may well be coming back soon.

*John, Joey, Claire and Caly
May Doughty*

Thanks to NAT Norfolk Archaeological Trust who allowed us to use Burgh Castle for the event.



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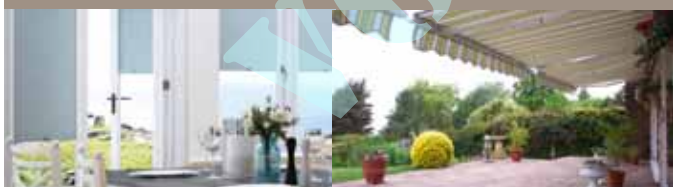
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Bygone Years – *Extract from 1969 Magazine*

Church and Village Magazine of the Parish Churches of Belton and Burgh Castle

AUGUST 1969 No. 95	<u>C H U R C H A N D V I L L A G E</u> Magazine of the Parish Churches of BELTON and BURGH CASTLE	Price 4d.
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READER: Harry C. Kemp, 204 Beccles Road, Gorleston.

ORGANISTS: BELTON - David Rich. BURGH CASTLE - Mrs. Tadman.

SERVICES IN AUGUST

3rd August: 9th Sunday after Trinity
Burgh Castle - Family Communion 11 a.m.
Belton - Holy Communion 8 a.m.; Evensong 6.30

10th August: 10th Sunday after Trinity
Belton - Family Communion 11 a.m.; Methodist Service 6.30
Burgh Castle - Holy Communion 8 a.m.; Evensong 6.30

17th August: 11th Sunday after Trinity
Burgh Castle - Morning Prayer 11 a.m.
Belton - Holy Communion 8 a.m.; Evensong 6.30

24th August: 12th Sunday after Trinity
Belton - Morning Prayer 11 a.m.; Methodist Service 6.30
Burgh Castle - Holy Communion 8 a.m.; Evensong 6.30

31st August: 13th Sunday after Trinity
Belton - Morning Prayer 11 a.m.; Methodist Service 6.30
Burgh Castle - Holy Communion 8 a.m.; Evensong 6.30

BELTON GARDEN FETE

At last we have had that super summer weather for the Garden Fete. That, and the presence of Dora Bryan as the opener, gave us a wonderful afternoon - the highest attendance, and the best financial result we have had in all the 11 years that I have been associated with it. The final total was £155 6s. 2d., and with expenses at £5 1s. 9d., the net amount raised was £150 4s. 5d.

This is very good news to all of us, and I am sure the Committee of helpers who organised the Fete would like to thank the many friends who made things and provided things for the Fete. As for those who helped on the day, I should like to state here and now how much I have appreciated their enthusiastic co-operation.

If I run through the stalls and activities as I visualise them now, perhaps that will help to put on record this happy occasion.

Sheltering under the oak tree I can see the array of Needlework and gifts served by Mrs. S. Beare and Mrs. Burch, and close by, the Cakes fast disappearing with the help of Mrs. Gooding and Mrs. Bryanton. Mr. Gooding and his helper were going great guns with the Raffle. By the mulberry tree Mrs. Robinson and Mrs. F. Searby were busy with minerals quenching thirsts (ices were on supply from Mr. Poingdestre). Bring and Buy provisions were going well at the hands of Miss B. Jackson and Miss D. Bennett. More in the shade, where we were glad to have our opening proceedings, were Fruit and Vegetables, managed by the experienced hands of our veterans Mrs. Harry Sharman and Mr. Herbert Nickerson. Secondhand things had a good market under Mrs. Coleman and Mrs. Godbolt. And nearby, Mr. and Mrs. Scott were conducting their ever popular Tombola.

To be continued



Down the Garden Path

Elizabeth Myhill

Wallflowers F1 Sugar Rush

Wallflowers, known scientifically as *Erysimum cheiri*, have a long history in UK gardens, with evidence suggesting they were cultivated since medieval



times. Originating from the Mediterranean region, wallflowers likely arrived in Britain with the Romans, Crusaders, or Norman

Gerard. Today, they remain a beloved spring flower, available in various colours and often used in mixed borders and traditional bedding schemes.

I can remember when wallflower plants were dug out the ground and wrapped in newspaper and sold in early autumn.

Wallflower plants (*Erysimum*) are popular, fragrant, and colourful



stonemasons. They were popular in medieval gardens and were even mentioned by botanists like Henry Daniel and John



additions to gardens, known for their vibrant blooms and ability to thrive in various conditions. They are commonly used in beds, borders, and containers, and are particularly attractive to bees and other pollinators.

Wallflower variety F1 Sugar Rush is a relatively new variety, hardy, award winning series, more branching and colour impact than traditional open pollinated varieties. Flowers in the garden over winter and then reflowers in abundance the following spring. Sweetly fragrant.

Available for sale from the middle of September, in the following colours, orange, primrose, purple bicour, red and yellow.

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our website www.entua.org.uk

Due to the sad news of Tony Grice, Steve Hewitt has stepped in and supplied some details about the ENTUA and what is happening in the coming months.

New-look Railway 200 historical timeline

Travel back in time to some of the major moments that defined the railway, shaping nations and the lives of people around the globe.



www.railway200.co.uk/timeline/

I'm not sure how many of you are aware but this year is the 200th anniversary of the birth of the railways, that started operating between Stockton and Darlington on 27th September in 1825.

ENTUA is planning to hold an exhibition at 'The Place', the site of the new Great Yarmouth Library during

in the Great Yarmouth greater area, including, of course a station in Belton on the direct Gt Yarmouth South town to Beccles line that closed in 1959. Our exhibition will not just focus on the past, but also look at how the railway is conceived and used today, but also looking at how ENTUA would like the railway to

September. We will focus our exhibition on how the Railways grew until at one point just after the second world war, there were as many as 9 railway stations

develop in the next 10 years. We published a document looking ahead for the next 10 years in late 2023 so we will hopefully be able to contain some information in the document in our exhibition.

We are also hoping to take the exhibition to Gorleston Library, so keep your eyes open for more details being published as soon as we have them.

Finally may I remind you that our 2025 Public Open Meeting will be held at Christchurch, Deneside, Great Yarmouth at 14.15 on Wednesday 20th August.

Representatives from local railway and bus operators have been invited to speak and answer questions.

Everyone is welcome so please just come along.

Steve Hewitt, Chairman ENTUA

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WANTED

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

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

ROGER Black exercise bike. 3 months old, good condition. £45.00 ono. Phone 01493 781198

TWO fishing poles 4 meters long £5 the pair ring 01493 603860

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THREE Plastic Sun Loungers complete with cushions good condition £40 each. Telephone 07963062631

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1st Belton Scout Group

Would you be interested in helping out at the Beavers (Beavers only runs at 18 beavers at present time due to not enough adult help, the colony should have 24 spaces) or Scout 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 have been busy sending Brown beaver photo's of their sweet corn they are growing at home. Some have worked very well others have not but some of the Beavers have grown strawberries and tomatoes at home.

They had an evening shooting foam balls at objects using catapults. Before starting they learnt about the safety part and wore safety glasses. On another evening, we learnt about Beaver Scouts in another county. France called Farfadets who are the same age range as our Beavers. They played French Boules, played French number games and tried French cheese with French stick.

We have invested Archie, Liam and Violet 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 an evening playing a new game with Akela, then having a go at the catapults, shooting objects off the shelf or trying to get the balls into the nets and archery. They had a wonderful camp fire with each six doing a sketch (a funny short story), sang old and new camp songs, followed by toasting marshmallows over the fire.

The Cubs have been working towards there artist badge month.

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 had a wonderful weekend at Decoy Broad with Scouts from around the district over 100. They had the opportunity to take part in sailing, cannoning, air rifles, archery, backwards cooking, axe safety, fire lighting, bug hunting, disc throwing, pond dipping and problem solving. It managed only to rain overnight on the Friday evening so none of the activities were stopped. Sorry not a lot of photos this year as leaders were helping out on bases.

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

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 hopefully another jumble sale in November and we would be grateful of any books/ Bric-a-brac/clothes/ Toys/ Jigsaws we urgently need to re stock for sales. The items can either be dropped at 6 Station Rd North Belton or phone 01493 780965.



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Robert Goffin	Maintenance	07526 201088
Bridget Lawrence		01403 780160
Stuart Murkin	Admin/Sect	07375 558120

Trustees

Nearly another financial year gone. Ours is at the end of August. It has been a good average year with the Hall having full sessions during the 5 weekdays and several weekend bookings. I hope all remember that the Hall is run by voluntary members of the Trust. It is a very rewarding position and we have a great team looking after all aspects of its operation.

Please consider joining the team as we all get a few years older and a smooth handover would be good and make it so much easier for a new team. Contact our Chairman Mr Roger Gowen or Bill Richmond on 07950 039455 for further information and or a discussion on a role that you would like to help with.

Wednesday Morning Drop In

This is one of the longest established groups who meet every Wednesday morning at the JGI between 10.30 and midday. Tea/Coffee with cake and biscuits and plenty of chat and up to date information all for a very small voluntary donation.

Each second Wednesday in the month a representative from DIAL pays us a visit for help in a wide range of topics and when it allows a member of the local Police Neighbourhood team drops in. For more information call Sue on 01493 780822

Monthly Quiz Evening

Every last Friday of the month there is a great quiz evening at the hall. We start at 7.30pm. There is always a great raffle and a fun evening to be had with great prizes.

You don't need to be clever to enjoy a great evening, questions cover a very wide spectrum and there is always a good balance in them. Teams up to 4 for £5 a table. Get a team together and come and give it a try. Parking at the Tavern is permitted for the duration of the quiz. Contact Bill on 07950 039455 for further information

A Very Sad Note

It is with great sadness to say that we have lost one of our great Quiz Masters, Mr Bob Ward. Our thoughts and love and prayers go to his wife and family.

Belton Village Treasure Hunt

Thanks to all who came along and took part in the Treasure Hunt on June 21st. Although it was very hot and unfortunately 2 family teams had to cut the hunt short as their children found the heat too much for them. Congratulations to the winner and to the Village Voice for sponsoring the event. If all goes well there will be another one in the future.



Belton Crafty Groups

will be holding a raffle on Saturday 13th September from 10am at the JGI, raising funds for MacMillan Cancer Support. There will also be a sales table and the Crafters will be selling lots of lovely handmade items.

Please come along and support us in our fundraising, who knows you might just find your gifts for the big event on 25th December. I'm not going to mention the 'C' word!!

New members are always welcome to join us on Tuesday mornings or Thursday evenings. First visit is free, equipment can be supplied.

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

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 - 9.30pm	Quiz Nite (Last Friday of each month)	Bill	07950 039455

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UP4FITNESS & SALLYANN

Belton Activity Morning – August Update

As we reach the end of another busy and joyful term, it's been lovely to see everyone getting stuck into our new Circuits for Seniors format. With a few gentle tweaks, the sessions are working well—bringing fresh variety to our usual mix of seated and supported exercises.



We were also treated to another wonderful visit from Yoga Rachel on Monday 7th July, where she delivered a calming seated yoga session that everyone enjoyed. These gentle sessions really help stretch and relax both body and mind.

Our final class before the summer break is on Monday 21st July, and we're finishing the term in style with our much-anticipated Teddy Bear Picnic. Members are invited to bring along a few snacks or nibbles to share (plus their favourite teddy bear, of course!). Any unopened items will be donated to the local food bank—continuing our small acts of community kindness.

Looking ahead, Sallyann is organising a summer visit to Pathways Care Farm on Friday 8th August. It's a wonderful local project doing meaningful work, and from September, we'll be supporting them as our chosen charity.

We'll be taking a break for the summer after July 21st and returning on Monday 8th September 2025, refreshed and ready to move, connect, and continue making Monday mornings matter.

For more information, or to join our friendly group, please contact Sallyann:

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

Belton Judo club latest news update

With our membership consistently growing at Dominic King Judo & MMA Academy, it's fantastic to report that we now have another brand new black belt, Jed Tearle, within our team. Jed recently travelled to Bedford for a competitive Dan grading, with the hope of achieving every judokas goal. But not only did Jed successfully achieve his goal, he did it in absolute style, winning each of his five matches quickly and by the maximum Ippon score, with the last three being part of a line up (three fighters in a row with no rest in between). This may suggest that the level of opposition was low, but it was more to do with Jed's level being higher, having regularly attended club sessions as well as putting in extra 1-1 sessions with Dominic and his son Ryan, who have both fought at a high international level. Jed also trains alongside Andy Appleton who, accomplished the same result in almost the same fashion, just a few months ago.

However, it isn't just our higher grades who have had success, as we recently supported a number of inexperienced fighters at

Great Yarmouth Stroke Club

This month the group enjoyed Karla singing. Bingo. Quizzes. Ice creams. A visit from Naresh from the stroke association. Thanking all the volunteers. A visit from Paula the x Mayor. Paula had chosen three charities and we were lucky to be one of them. Paula gave a talk on her year as Mayor. We can not express our gratitude to her and her team. We would also like to say thank you to Gorleston Golf Club for their donation. Birthdays. Gillan, Margaret, Hilli, David, Rose, Janet.

Get well wishes to Maisie, Gillan.

The group would like to thank all the volunteers. Margret, Pam, Peter, Brenda, Denise, Rex, Rose, Hilli, Martin, John.

Also our transport Miss Daisy, Center 81, Tom.

Our Next Meeting 4th September 2.00-4.00pm.

New Road Sports Center. Belton

Contact Sue Casey tel 01493781846 or 07754 571538.

competition in Thetford. For most of them, it was their first ever event, but although some managed to win gold medals, each member over-performed regardless of the result, which is all we look for at that level, as well as enjoying the experience.

Although, it's always nice to see our members compete and/or progress through the grades, but it's important to point out that we put no pressure on anyone to do either. Some of our regulars simply attend sessions each week to maintain a level of

fitness, socialise and just have fun. Ages at the club currently range from 4 years old to 78 years old and everyone is included and accepted, with each member feeling part of the team. We are continuously welcoming newcomers, so if you're thinking you may be too old, too small, too overweight, lacking confidence, believe that your special needs may hold you back, or simply worry that you won't fit in, then think again!

Our groups are coached by head coach and former British Champion, Dominic King, who has 43 years of experience, as well as his 19 year old son Ryan King, who is a very realistic Olympic hopeful for the LA games in 2028.

At our judo club in Belton, we run two sessions on Tuesday evenings (see below for details), the first for younger children only, which is then followed by the second session that older children and adults can attend together.

For the younger children, we successfully use a mini grading system that helps them progress and gain confidence without the pressure of demonstrating difficult moves or learning Japanese



terminology. This obviously comes later once the children grow and become more advanced. The mini grading system uses a white belt with a coloured stripe running through the middle, with the colours keeping in line with the traditional belt system. This works really well as each week a child comes away with an extra signature on their grading card, so they can constantly see the progression. Two signatures are occasionally given for extra effort, excellent behaviour, helping new members and bravery etc. With these incentives, bad behaviour is extremely rare.

You would be very welcome to pay us a visit and would be offered 2 FREE SESSIONS before any form of payment is made. This gives everyone the opportunity to decide if the sport is for them without any pressure from the team. The warm welcome, the atmosphere within the group and the fact that the training caters for every individual's needs, almost guarantees that people return and eventually join. If you would like to start your own journey with us, you can come and join us now. If the Tuesday evenings are not convenient, we have sessions at various venues throughout the week, which are included in the timetable below:

TIMETABLE:

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

5pm-6pm – MMA for children (6-16 years)

TUESDAY: BELTON NEW RD (NR31 9JW)

4.45pm-5.30pm - Judo for younger children (fundamentals/fun)

5.30pm-6.30pm - Judo for older children and adults (technique/theory/randori)

WEDNESDAY: OULTON BROAD (EAST ANGLIAN MARTIAL ARTS CENTRE), 163 BRIDGE ROAD, USE POSTCODE NR33 9JX

5.30pm-6.30pm - Judo (All ages welcome)

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

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

THURSDAY: BUNGAY CHAUCER DOJO (NR35 1EB)

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

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

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

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

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

Anyone wanting further details can contact Dominic on 07977432756, email dominic@fightingfitjudo.co.uk

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Local NEWS in Brief



Last section of the Decoy Tavern before it was completely demolished in June



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Pause for Thought

A pigeon produces its own weight in droppings every eight days.

Blueberry jam removes the tarnish from silver.

Roman soldiers were the first to use body bags.

A human brain is 77% water.

The roaring lion used in the original MGM Movie Logo killed its trainer and two assistants the day after the logo was filmed.

Chickens will not walk on ice.

Contrary to popular belief, bagpipes originated in India.

Fleas mate for life.

The Praying Mantis is the only insect that can stand on one leg.

The first hairdryer was powered by a diesel engine.

The Atlantic Ocean is saltier than the Pacific Ocean.

Albert Einstein could never remember his own phone number

I didn't know that!



Sent in by reader
Nancy Underwood

Ashley's Monthly Column



A few days of rain have been a welcome relief from the heat we've had recently. Both my garden and I were more than happy to receive it with open arms!

There's not much to report this month, unfortunately. I still attend the Wednesday morning coffee meet-up, even if only for an hour—just after my daughter's gymnastics.

I do think I might be starting to feel a difference from the diet, but I'm giving it another month to see if the change is real. Fingers crossed!

Answer to last month's brain teaser was:

QI

New question!

I speak without a mouth and hear without ears. I have no body, but I come alive with the wind. What am I?



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07946 501774

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

*Time is running out and without volunteers the Village
Voice would cease to exist.*

**After 25 years of hard work by all concerned to keep
the magazine going, it would be a disaster to lose it
due to lack of people coming forward.**

***So if you have a few hours spare time why not join our
team of volunteers and keep this informative Village
Magazine going for another 25 years.***

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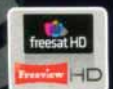


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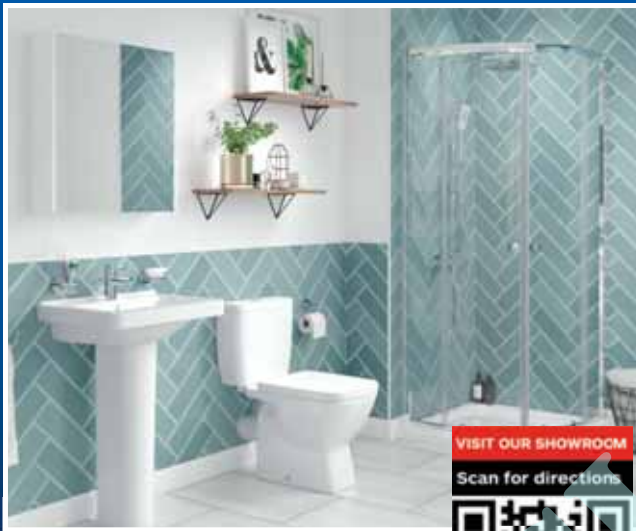
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