

Puzzle Corner - Solutions



Crossword 101-13

Across:	7	Make amends	Down:	1	Hatch
	9	Exit		2	Peach
	10	Ice-cream		3	Emperor Penguin
	11	Lounge		4	Anemone
	12	John Barnaby		5	Returning
	15	Receipt		6	Piggy-bank
	16	Pennant		8	Salvage hunters
	18	Overanxious		13	Nervously
	21	Bureau		14	Retriever
	22	Detonate		17	Lie-down
	23	Glue		19	Inlet
	24	New Orleans		20	Stunt

The Village News welcomes contributions from everyone within the Parish; news, photographs and reports from village organisations are particularly welcome but contentious issues or articles promoting personal causes should be avoided – the Editor reserves the right not to print items and to edit items submitted for publication.

The views expressed in the Village News, unless stated as such, are not those of the Editor or the council, and no liability can be accepted for any error or omissions although we will publish corrections.



If you would like to submit articles or cover photographs, the deadline for copy is 12 Noon on the 24th of each month.

Please send submissions to the Editor - jmclean@kessinglandparishcouncil.org.uk
Articles can be half or full page.



The Village News



July 2023

Articles submitted are published as received and do not reflect the views of the Parish Council



Community of the Year, 2023

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Photo Credit: David Boyle

PARISH COUNCIL MEETINGS – JULY 2023

Full Council:	7pm – Wednesday, 12 th July
Planning & Highways:	10am - Wednesday, 12 th July 10am – Wednesday, 26 th July
Finance & Governance:	11am – Wednesday, 26 th July
Events & Communications:	11am – Tuesday, 25 th July
Leisure & Amenities:	10am – Tuesday, 18 th July
Emergency Planning:	No meeting scheduled.
Personnel:	No meeting scheduled.
Climate, Culture, Community Development:	2pm - Monday, 10 th July

The dates & minutes of all the committee meetings are listed on the parish council website: www.kessinglandparishcouncil.co.uk. The public & press are all legally entitled to attend such meetings and submit any questions relevant to the agenda.



Kessingland Parish Councillors

Contact Details



Kessingland Parish Council
1st Floor Marram Green, Hall Road,
Kessingland NR33 7AH

Telephone:
01502 744367

Email:
admin@kessinglandparishcouncil.org.uk

Website:
www.kessinglandparishcouncil.co.uk

	<p>Councillor Ian Graham (Chair)</p> <p>07985 462200 igraham@kessinglandparishcouncil.org.uk</p>
	<p>Councillor Christine Cook</p> <p>07592 555345 ccook@kessinglandparishcouncil.org.uk</p>
	<p>Councillor Alan Green</p> <p>07789 644645 agreen@kessinglandparishcouncil.org.uk</p>
	<p>Councillor Lisa Truman</p> <p>01502 341720 ltruman@kessinglandparishcouncil.org.uk</p>
	<p>Councillor Bob Saunders</p> <p>07901 530770 bsaunders@kessinglandparishcouncil.org.uk</p>
Awaiting Image	<p>Councillor Caroline Carter</p> <p>Contact details to be confirmed</p>
	<p>Position Vacant</p>

	<p>Councillor David Boyle (Vice Chair)</p> <p>07707 201300 dboyle@kessinglandparishcouncil.org.uk</p>
	<p>Councillor Julie McLean</p> <p>07539 696904 jmclean@kessinglandparishcouncil.org.uk</p>
	<p>Councillor Martin Dunne</p> <p>01502 741945 mdunne@kessinglandparishcouncil.org.uk</p>
	<p>Councillor Stephen "Sid" James</p> <p>01502 740521 sjames@kessinglandparishcouncil.org.uk</p>
Awaiting Image	<p>Councillor Robin De Brea</p> <p>07812 601256 rdebrea@kessinglandparishcouncil.org.uk</p>
Awaiting Image	<p>Councillor Neil Glendinning</p> <p>Contact details to be confirmed</p>

Useful Contact Information



Useful Local Telephone Numbers

East Suffolk Council (Customer Services) 0333 0162000
 East Suffolk Council (Out of Hours Emergency) 0800 440 2516
 East Suffolk Council (Automated Payments) 0300 7900509
 Kessingland Parish Council 01502 744367
 Peter Aldous MP (Waveney) 01502 586568
 Citizens Advice Bureau 01502 518510
 Disability Advice North East Suffolk (DANES) 01502 511333
 Suffolk County Council Highways 0345 6066171 (if immediate danger to life) or online at www.highwaysreporting.suffolk.gov.uk

Kessingland Doctors (Longshore Surgery) 01502 740203
 Kessingland Pharmacy 01502 740251
 James Paget Hospital A and E (Gorleston-on-Sea) 01493 452200
 NHS Helpline 111

Coastline Vets (Carlton Colville) 01502 531999
 Three Rivers Vets (Kessingland) 01502 741988
 Pakefield Vets (Pakefield) 01502 664656
 Wangford Vets (Wangford) 01502 578999

Kessingland Library 01502 741212
 St Edmund's Church 01502 743154
 Kessingland Primary Academy 01502 740223

Kessingland Sports & Social Centre 07729 384705
 Kessingland United Working Men's Club 01502 740218

National Organisations and Helplines

Age Concern 0800 6781602
 Childline 0800 1111
 NSPCC helpline 0808 800 5000

Cruse Bereavement Support 0808 8081677
 Samaritans 116 123
 Macmillan Cancer Support 0808 8080000

Mind Infoline 0300 1233393
 Alcoholics Anonymous 0800 9177650
 Refuse National Domestic Abuse Helpline 0808 2000 247

RSPCA helpline 0300 123499
 RSPCA (Mid Norfolk and North Suffolk branch) 0303 040 1565

Community Recycling



Kessingland Church Centre Carpark

CLOTHES BANK

Serving our Community.
Serving those in need



GLASS & BOTTLE RECYCLING

Kessingland United Working Men's Club
The Avenue, Kessingland NR33 7QD

The Sailor's Home
302 Church Road, Kessingland NR33 7SB



Kessingland Parish Council Committees, Groups & Representatives



Kessingland Parish Council consists of 13 members, including a Chair and Vice-Chair
The Council has 7 committees which deal with different areas of Council business.

Climate, Culture, Community & Development Committee

Councillors:
R. De Brea, C. Cook, I. Graham,
A. Green, S. James, J. McLean,
B. Saunders, L. Truman

Events & Communications Committee

Councillors:
D. Boyle, C. Cook, J. McLean,
L. Truman, C. Carter

Emergency Planning Committee

Councillors:
D. Boyle, M. Dunne, A. Green,
S. James, J. McLean, C. Carter

Planning & Highways Committee

Councillors:
M. Dunne, I. Graham, A. Green,
B. Saunders, L. Truman, C. Carter,
N. Glendinning

Leisure & Amenities Committee

Councillors:
C. Cook, M. Dunne, J. McLean,
L. Truman

Finance & Governance Committee

Councillors:
I. Graham, A. Green, J. McLean,
S. James, B. Saunders, L. Truman,
N. Glendinning

Personnel Committee

Councillors:
D. Boyle, C. Cook, I. Graham,
A. Green, S. James, N. Glendinning

As well as sitting on its 7 Committees, some councillors take on designated responsibilities and others represent Kessingland on outside bodies. These are listed below:

Beach Wardens North – Cllr D. Boyle South – Cllr S. James	Community Garden Co-ordinator Cllr J. McLean	Marsh Warden Cllr D. Boyle David Fox (Deputy)	Village & Beach Clean-Up Co-ordinator Cllr D. Boyle
Community Speed Watch & SID Co-ordinator Position Vacant	Community Fridge Cllr C. Cook, Cllr J. McLean, Cllr L. Truman	Kessingland Events Group All members of the Events Committee	Hidden Needs Forum Cllr D. Boyle, Cllr C. Cook, Cllr J. McLean, Cllr L. Truman
Youth Culture Board Chair & Vice Chair of Council, Cllr L. Truman, Cllr J. McLean	Benacre & Kessingland Flood Group Cllr M. Dunne	Compass Suite Trust Cllr M. Dunne	Kessingland in Need Trust Cllr D. Boyle, Cllr L. Truman
Kessingland Sports & Social Centre Cllr C. Cook, Cllr J. McLean	Suffolk Police Cllr L. Truman	Suffolk Bus Passenger Interest Group Cllr A. Green	East Suffolk Community Partnership Cllr J. McLean, Parish Clerk
SALC East Suffolk Forum Cllr R. De Brea	SALC Climate Forum Cllr R. De Brea, Cllr A. Green, Cllr J. McLean, Parish Clerk	NALC Climate Forum Cllr R. De Brea, Cllr A. Green, Cllr J. McLean, Parish Clerk	NALC Coastal Communities Forum Cllr J. McLean, Parish Clerk

Kessingland Parish Council Staff



Kessingland Parish Council

Office Hours:
Monday – Thursday, 10am – 4pm

Telephone:
01502 744367

Email:
admin@kessinglandparishcouncil.org.uk

Website:
www.kessinglandparishcouncil.co.uk



Parish Clerk & R.F.O.:
Neil Coleby



Deputy Clerk:
Shelley Hogg

Awaiting Image

Admin / Committee Clerk:
Debbie Blowers

Awaiting Image

Senior Youth Leader:
Ryan George



Cleansing Operative:
Ruth Hill



Cleansing Operative:
Niall McLean



General Factotum:
Paul Reed

Volunteer Opportunities



MAKE A CHANGE BECOME A COUNCILLOR

Could you be a voice for your community?

Do you think that you would represent a different group of people on the Parish Council?

Do you have strong views about what Kessingland Parish Council should be doing?

Do you know what the Parish Council can do?

Kessingland Parish Council has a vacancy for a new councillor

If you're over eighteen years of age and live or work within Kessingland (or within three miles of the Kessingland boundary) and do not have any of the disqualifying criteria, then we would like to hear from you! Especially if you are different than the people already on the council. Kessingland is a diverse community, and the council wants to recognise, celebrate, and represent that diversity. The key qualities for a councillor are to keep an open mind and to listen to, learn about, care for and represent your community to the best of your ability.

Applying is easy, there is a short form which you can collect from the parish council or download online. Just complete and either email or drop it off at the council. You'll be invited to attend a Parish Council meeting (generally the second Wednesday each month) and tell the council more about yourself, what you can bring to the council and what you would like to achieve for the community.

The deadline for applications to be received & considered is 5pm Wednesday 5th July 2023



If you are interested or want to know more, please speak to one of the current councillors or contact the council office. There is more info as well as information on a range of different local councillors nationally at:
<https://www.nalc.gov.uk/our-work/local-elections#what-do-local-councils-and-councillors-do>



Kessingland Parish Council, First Floor, Marram Green, Hall Road, Kessingland NR33 7AH
Telephone: 01502 744367, Email: admin@kessinglandparishcouncil.org.uk, Web: www.kessinglandparishcouncil.co.uk

Kessingland Village Volunteers

Village Recorder

Community Gardener

Youth Club Volunteer

Could you become a Village Volunteer and help make Kessingland a better place to live?

You don't have to have hours to give, just an interest or enthusiasm for Kessingland and how the community can come together and build a great community spirit.

The community has volunteering opportunities coming up which are shown around this box. Some may actually excite you to be involved. If any of them interest you and you would like to know more, then visit the new parish website:

www.kessinglandparishcouncil.co.uk
email:
admin@kessinglandparishcouncil.org.uk
call
01502 744367
or pop into the council office

Warm Rooms Host

Marsh Mate

Skills Sharer

Litter Picker

Tree Warden

Climate Carer

Accessibility Auditor

Community Fridge Champion

Village News Columnist

COMMUNITY HERO?

Do you have a few spare hours each week?
We are looking for friendly & reliable volunteers around the county to join our dedicated team!

Scan for the registration form!

Roles include:

- Befriending
- Community Car Drivers
- Meet & Greet/Events
- Rickshaw Pilots (Stowmarket)
- Digital Champions

FOR MORE INFORMATION
CONTACT US ON 01449 707030 OR
EMAIL VOLUNTEERING@COMMUNITIESTOGETHER-EA.ORG

All volunteers must be 16+
Full training and DBS provided

www.communitiestogethereastanglia.org

Registered Charity - 1004198

Community Noticeboard Events, Competitions & Local Groups



Kessingland

Friendship Club

The Kessingland Friendship Club meets at the KSSC on alternate Thursdays from 2.00pm until 4.00pm

Come and join in with us and make new friends, enjoy a cup of tea and a biscuit in convivial surroundings, join in the bingo and try and win the raffle!

The Friendship Club also organises and runs outings, social events and long weekend breaks for members and friends, so don't be left out – come along to one of our meetings and join in!

For more information, please contact Helen Simfield on 01502 741424



Marram Green
coffee and friends events

Mates on Monday
Marram Green
Community Lounge
Hall Road
Kessingland
NR33 7AH

Supported by Kessingland Parish Council
Formerly MeetupMonday
We're Back!

Join us on
Mondays
(except Bank Holidays)
10am until 12pm

Do you feel like the weekend has dragged?
Are you fed up with your own company?
Maybe you are new to the area?

You are invited to come along and enjoy a free cuppa, cake or biscuit & friendly chat.

COVID SAFETY
For everyone's safety, when arriving for the first time, you will be asked to provide contact details.

Rural Coffee Caravan is a registered charity. No.1187423

District & County Councillors



County Councillor:
Michael Ladd

Michael has been the Suffolk County Council councillor for Kessingland & Southwold since 2013. He is currently the Chair of the Scrutiny Committee which is part of the arrangements for making sure the Council carries out its responsibilities properly and scrutinises the decisions of the cabinet and committees to ensure that procedure and the law have been properly followed.

Michael's other key role is liaising with his constituents and the parish councils that he represents, helping with matters relating to his role as a county councillor and raising matters with Suffolk County Council. Michael actively attends as many monthly Parish Council meetings as he can and also takes an active involvement with the parish council's quarterly meetings with Suffolk County Councils Highways Dept. Michael also is involved with the East Suffolk Carlton Colville, Kessingland and Southwold Community Partnership.

Telephone: 01502 675603

Email: michael.ladd@suffolk.gov.uk



We meet on the second Monday of every month at Kessingland Church Centre, Church Road Kessingland at 7,30pm.

The Centre is open from 7pm

We have member and guest speakers on various gardening and wildlife topics, we have a strawberry fair in June and a

Christmas party in December as well as Summer outings.

Membership is just £10 per year plus £3.00 per meeting to cover the Centre charges, and refreshments will be served.

Contact Tony or Anne 01502 740639

KESSINGLAND GARDENERS CLUB

Alan was appointed as the East Suffolk Councillor for Kessingland in the 2023 elections. He is also Chair of the Carlton Colville, Kessingland and Southwold Community Partnership.

Alan's other key role is liaising with his constituents and also Kessingland Parish Council, helping with issues relating to his role as a district councillor and representing Kessingland's views at district council level. Alan actively attends Parish Council meetings as well being involved in the Carlton Colville, Kessingland and Southwold Community Partnership.

Telephone: 01502 741888 / 07818 563003

Email: alan.green@eastsuffolk.gov.uk



District Councillor:
Alan Green



EYFS Trip to Africa Alive

On Friday 16th June, pupils in Nursery and Reception had the privilege of visiting Africa Alive. We were all so excited and so were the adults. Africa Alive kindly allowed each child to invite a special adult to come along too. Once we arrived, we all had a photo with a very special guest, the Giraffe mascot, and then we were allowed to use the giant, inflatable, bouncy pillow. We were the first members of the public to use it!

We then navigated around Africa Alive in our allocated groups, exploring the different animals and their habitats as we travelled. We talked about where the animals originally came from, what they like to eat and the different species. We were so proud of how our youngest pupils managed to walk so far and on such a lovely warm day. Both the children and adults had an absolutely wonderful time.

Both classes would like to thank all of the adults who accompanied the children during the day, the Parish Council for funding the transport and Africa Alive for inviting our Nursery and Reception children and nearly 50 special adults. This made the visit even more special.



First Light Festival

Just over a month ago, the school was contacted by the Herring Girls project and invited to join with two other local community choirs to kick off the First Light Festival on the Sunlight Stage. Mrs Lytton, the Music Lead in school, was very excited to be able to offer the children attending our school, such a fantastic opportunity and those that signed up, worked extremely hard learning songs, learning actions and creating their own costumes.

Throughout the process, the children worked with the very talented composer Jessie Maryon Davies and the fantastic band who played alongside them on the day.

continued overleaf/...

Craft Group

2pm onwards
EVERY FRIDAY!

Bring anything along that you are working on and spend time with others in a warm space.

£1 per person which includes refreshments.

At the
Library



BAKE GROUP

Fourth Tuesday of the Month

2pm

JOIN OUR LONG ESTABLISHED BAKE GROUP
IN THE LIBRARY ONCE A MONTH

EACH MONTH WE SET A THEME THEN MEET
TO ENJOY OUR CREATIONS



SCRABBLE

Every Friday

2:30pm

JOIN US FOR SCRABBLE ON A FRIDAY
AFTERNOON

£1 PER PLAYER WITH HOT DRINK AND
SWEET TREATS INCLUDED



SUFFOLK
LIBRARIES

BINGO!

Join us from 2:45pm on a Wednesday
afternoon in the Library for Bingo!

Refreshments included

£1

2:45pm
Wednesdays

Meet new
people or bring
a friend!

Community Noticeboard

Events, Competitions & Local Groups



SUFFOLK LIBRARIES

Toddler Time

Pop along after nursery for toddler time in the library. Simply read some books together or take part in a free activity including craft.

12pm Wednesdays

FREE session

TEXT TO GIVE

TEXT LIBRARY TO TOSSE TO DONATE £1
TEXT LIBRARY TO TOSSE TO DONATE £2
TEXT LIBRARY TO TOSSE TO DONATE £5

GET SUFFOLK READING

Reading outside school can make your child happier and support their wellbeing.

Getsuffolkreading.org.uk

GetSuffolkReading

GET SUFFOLK READING

Reading for just 10 minutes a day is enough to make a difference.

Getsuffolkreading.org.uk

GetSuffolkReading

SUFFOLK LIBRARIES WHERE I BELONG

LEGO CLUB

JOIN US AT THE LIBRARY EVERY SUNDAY 1:00 - 2:30PM

FOR ALL AGES

NOW FREE!
REFRESHMENTS INCLUDED

LEGO AND DUPLO DONATIONS WELCOME!

.../continued from previous page

The choir was amazing and we were extremely proud of everyone. To be able to sing and sign on such a big stage and in front of so many people is a fantastic achievement and requires considerable courage. The choir performed in front of thousands of people.

The size of the crowd is captured in one of the photos below. The nerves certainly didn't show and the crowd were treated to a fabulous 30 minute performance.

Thank you to all of the families who came to watch and also the huge number of staff that came to support the choir on their day off. You all made it a very special day to remember. A very special thank you must go to Mrs Lytton. Mrs Lytton has supported the choir with all of their preparation and even performed alongside the children on the stage!



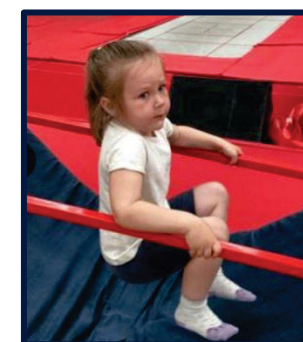
Zebra Class Visits Waveney Gymnastics Club

Zebra Class, our youngest children in school, visited Waveney Gymnastics Club for their first ever school trip. The children travelled on a minibus, kindly provided by Pakefield High school, and arrived at the gymnasium, excited but also a little nervous.

With the support of the gymnastics instructors, the children were all brave enough to tackle each of the activities. After a warm-up, which included moving like all animals relating to our classes at school, the children were divided into 2 groups and completed a number of different structured challenges to try. They jumped, balanced and even flew into a foam pit!

The children had a fabulous time and thoroughly enjoyed this opportunity. We were so proud of how well they persevered with each activity and how they grew in confidence during the session. Well done Zebra Class!

We are extremely grateful to the Parish Council for subsidising this visit. Thank you for supporting this opportunity.



Year 3 Carlton Marshes School Trip

On Tuesday 6th June, Year 3 pupils went on a trip to Carlton Marshes Nature Reserve. The objectives of the trip were to explore and identify a range of plants and develop children's understanding of plant life cycles and growth.

The children arrived at the nature reserve filled with excitement after the coach ride and eager to start exploring. We were welcomed to the site by our designated Engagement Officer who spent the day with us leading a variety of fun and interactive activities.



To begin our day, children played a seed game in which they pretended to be seeds, searching for the things they required to grow into plants. They had to collect cards representing air, water, soil, light and warmth without getting caught by hungry birds trying to eat them!

Our Engagement Officer explained pollination and the important role that flowers play in a plant's life cycle. Children then used their scientific enquiry skills to explore a range of local flowers growing at the marshes. They made



careful observations to identify the shape, number of petals and colour of the different flowers and recorded their data in a table. At first glance, there didn't appear to be many flowers in the field; however, after some searching, the children were shocked at just how many different flowers they spotted! Afterwards, the children became reporters by selecting and interviewing a plant to find out more about its characteristics. They particularly enjoyed measuring the height of their chosen plant and many even had a go at converting millimetres to centimetres.



Next, everyone went on a nature walk around the marshes with binoculars and bird spotter sheets to see if any wildlife could be spotted. Pupils identified a variety of birds, including swifts, swans and mallards. While waiting patiently in The Lookout, children were even lucky enough to see a marsh harrier and a deer!

Finally, after lunch, the children explored the trees in the woodland area and they were tasked with matching branches to the trees they belonged to. Using their observational skills, they identified Willow, Alder, Hawthorn and Elder trees. The children enjoyed spending the remainder of their time at

Carlton Marshes being artistic, by making leaf and bark rubbings. They loved the beautiful patterns they discovered in the nature around them. One of the children's favourite parts of the day was discovering a tawny owl perched high up in a tree while they were enjoying their colouring.



When it came time to leave, the children were disappointed and, on the coach ride back to school, many were already discussing making return trips to the reserve to enjoy it with their families. Year 3 would like to thank the Parish Council for subsidising this fantastic school trip.



Community Noticeboard Events, Competitions & Local Groups



SUFFOLK LIBRARIES wordplay

**BABY BOUNCE
& TOT ROCK**

FREE ACTIVITY UNDER FOURS

Tuesdays & Fridays
10am

Followed by a cuppa & biscuits

SUFFOLK LIBRARIES

STAY & PLAY

me, myself and baby A group specially for under 5's

Becoming a parent isn't easy and sometimes we just need someone to talk to. Me, Myself and Baby is a perinatal mental health project run by Suffolk Libraries in partnership with Suffolk Mind. 1 in 5 women experience mental health difficulties during pregnancy or after having a baby, with dads and partners commonly affected too.

We are here to help parents of children under the age of 5. We would also love to see parents-to-be who may like to find out about all the wonderful things that are on offer in our area and start making new connections.

Our new sessions will be on:
Tuesdays—11-11:45
Sundays— 10:30-12

Friday From 9.30am onwards

SMALL WONDERS

For children from 0 years to School-age

FREE OF CHARGE

**KESSINGLAND
CHURCH CENTRE**


Come and make friends ...everyone is welcome

Singing, Dancing,
Crafts.
Fun for everyone

Community Noticeboard



Events, Competitions & Local Groups




 Transformed by Christ
 Prophetic Prayerful Pastoral

GISLEHAM* KESSINGLAND * RUSHMERE
Whoever you are, Wherever you come from,
Whatever your background, faith or no faith; you are
 very welcome in these churches and all the groups across
 the three villages. COME.....

Pastoral Care and Support

We are here to serve
 • Confidentiality. • A Listening Ear.
revdmandy@btinternet.com

If you have a loved one who is poorly
 and would like home visits or hospital visits
 Please call or email the Rector


 Transformed by Christ
 Prophetic Prayerful Pastoral

Kessingland Benefice, is a group of three villages:
 GISLEHAM* KESSINGLAND * RUSHMERE
Whoever you are, wherever you come from, whatever your background,
 faith or no faith; different faith;
 you are very welcome in our churches and groups.
 Visit: [Face Book Kessingland Benefice](#)

Kessingland St Edmunds
(The Welcoming Church)
Every Sunday 10.45am

◆
Gisleham Holy Trinity
(The Friendly Church)
2nd & 4th Sundays 9.15am

◆
Rushmere St Michael & All Angels
(The Rural Church)
5th Sundays 10.30am


THE CHURCH OF ENGLAND
 A CHRISTIAN PRESENCE IN EVERY COMMUNITY


 Transformed by Christ
 Prophetic Prayerful Pastoral

Community Lunch
 4th Wednesday monthly.
 £6 for 2 courses + drink
Kessingland Church Centre









Book through Margaret 740748
or Anne 742012



Year 4 Carlton Marshes School Trip

On Tuesday 23rd May, Year 4 went on a trip to Carlton Marshes. Throughout the day, the children undertook a variety of activities to develop their knowledge of our Science topic, Living Things and Habitats.

In the morning, the children got to try dyke dipping, during which they spotted a whole range of different invertebrates. Using identification sheets, they were able to identify various water-based mini-beasts and selected some to look at more closely, using magnified viewing boxes. After this, the children completed a second creature hunt, but this time it involved looking amongst a whole range of other micro-habitats, such as under logs, in the tall grass and on leaves. Again, the children were able to identify the different mini-beasts and discuss their different features.

We ended our day with a walk around the marshes and going into one of the look-out huts to do some bird spotting using binoculars. We spotted lots of different animals and birds, including hawks, swans, water deers and sparrows.

The children had a fantastic day, and the activities fitted in with our Science topics perfectly. I'm sure this shall become a regular place to visit due to the fantastic opportunities the Carlton Marshes team are able to offer.

The Year 4 class would like to thank the Parish Council for subsidising this visit.



Year 6 Hands on Heritage

Following the end of a busy SAT's week, Kessingland Church of England Primary Academy had the pleasure of taking Year 6 pupils to Hands on Heritage. We are very lucky to be one of only a handful of schools who are invited to visit this unique site. Located in Tunstall Forest, near Snape, Hands on Heritage is run by dedicated and skilled volunteers, offering an insight into the life of our ancestors - primarily prehistoric to the Saxon period.

Throughout the two-day visit the children worked in small groups, experiencing a range of well-planned workshops, including pewter melting, fire lighting, whittling and weaving. During these activities the students learnt about their heritage and experienced the challenges of living and working in the past.



The children were also given the opportunity to excavate a reconstructed and buried Roman Villa, using archaeological techniques and equipment, and shown various artefacts, including pottery, jewellery and animal bones. The children then excavated the villa, processing finds, interpreting evidence and building a story of the site.



During our time on the site the pupils had plenty of time to build dens and explore the forest and the pupils all produced their own butter knife, pewter pendant and woven bracelet. Most importantly, everyone had experienced a unique opportunity to develop their confidence, self-esteem, communication skills and willingness to try new things. This is fantastic preparation for transition to high school.



Community Noticeboard Events, Competitions & Local Groups



THE CHURCH OF ENGLAND Diocese of Norwich

Transformed by Christ: Prayerful Pastoral Prophetic

Every Saturday 10am—12noon
Kessingland Church Centre

Saturday Coffee at St Ed's

CAKES

COFFEE is served...
SATURDAYS 10-12
BOOKS, JIGSAWS, BRIC-A-BRAC & CAKE!

FRIENDLY, WARM, SPACIOUS
FUN and LAUGHTER

QUALITY PRE-LOVED ITEMS
LOTS OF EASY PARKING
DISABLED ACCESS
WONDERFUL WELCOME
COME.....

TOGETHER WE CAN DO IT

Craft for Children

Mission Strategy 2021: Listen Imagine Empower Celebrate

St Edmund Church KESSINGLAND

Singing is good for you and FUN

If you would like to join us
(We are VERY Friendly and welcoming)

Interested???

Please Contact Helena Lord on Facebook

OR

**Come along any Thursday to
Kessingland Church at 6pm**
or Come and see if you like us
any Sunday at 10.45am

TOGETHER WE CAN DO IT

1st Kessingland Brownies & Guides

Brownies 7-10yrs, Guides 10ys+

Thursdays 5.30pm at Kessingland
Church Centre

Contact Tawny Owl 07773 960 747

Snowy Owl 07891 607540

**BROWNIES
IS
FUN!**



WE DISCOVER, WE GROW
Girlguiding

Community Noticeboard

Events, Competitions & Local Groups



DO YOU LIKE TO DANCE?

COME AND JOIN OUR GROUP **DANCING FRIENDS**

EVERY MONDAY EVENING
7.30pm
KESSINGLAND SPORTS & SOCIAL CENTRE
FRANCIS ROAD, KESSINGLAND, NR33 7PU



ALL TYPES OF DANCES, INCLUDING JIVE, ROCK 'n' ROLL, MODERN DANCE, LINE DANCING etc
IF YOU JUST ENJOY DANCING COME ALONG AND JOIN IN A FUN EVENING

ENTRANCE: £5.00 per person
FOR MORE INFORMATION, RING: SUE DYER 07731 380691

CHAIR YOGA

Gentle exercise designed for people with mobility issues

Come & join us for a chair yoga class led by Jan Lacey, BWY Dip. a qualified & experienced British Wheel of Yoga teacher



Every Thursday
11:00 until 12:00

£5.00 per session

The Spinnaker Room
Marram Green (Ground Floor), Hall Road, Kessingland

YOGA

KESSINGLAND



CLUB

WE MEET EVERY TUESDAY & FRIDAY AFTERNOONS
1.45 PM FOR START AT 2PM UNTIL 4PM

£2.50 PER SESSION INCLUDING TEA/COFFEE & BISCUITS

FIRST TIME? COME AND TRY FOR FREE.

FOR FURTHER INFORMATION PLEASE CONTACT:-

STAN & CHRIS RAMSAY
01502 740704

WE ARE A FRIENDLY CLUB LOOKING FOR NEW MEMBERS

WE LOOK FORWARD TO SEEING YOU THERE!

KESSINGLAND COMMUNITY CENTRE
FRANCIS ROAD
KESSINGLAND



Health and Wellbeing Group for adults over 60, delivered by Occupational Therapist, Physiotherapists and Technical Instructor



Join us for an opportunity to exercise together (all abilities welcome), relax, socialize and discuss together how we can age well. All sessions designed and delivered by health professionals in a relaxed and friendly environment.

Week 1 - Exercise | Relaxation | Heart health & Benefits of exercise | Refreshments

Week 2 - Exercise | Relaxation | Falls awareness | Refreshments

Week 3 - Exercise | Relaxation | Mindfulness and relaxation | Refreshments

Week 4 - Exercise | Relaxation | Nutrition | Refreshments

Week 5 - Exercise | Relaxation | Common health conditions | Refreshments

Week 6 - Exercise | Relaxation | Cancer screening | Discussion, signposting and feedback | Refreshments

Starts on 16th August 2023, 1:30pm to 3pm at Kessingland Church Centre

CONTACT US FOR INFORMATION & TO BOOK YOUR PLACE
07598 678 505

spotwellbeing@gmail.com



St Edmund's Church



Transformed by Christ

Prophetic

Prayerful

Pastoral

UPDATE ON KESSINGLAND CHURCH ROOF PROJECT



Dear friends,

Many have asked for a progress report on Kessingland Church roof. From the pictures you can see that the old thatch has been removed, also surrounding the building new drainage has been installed with new soakaways and existing drainage and soakaways have been repaired and all are now working effectively.

The timbers / rafters in the attached pictures in picture one and 2 were in need of some repair and treatment before the new thatch can be put on the roof. This has now been completed as you will see in picture three.

The new thatch is currently being stored nearby and when all repairs have architects and engineers' inspection reports approved the rethatching will begin. We project that will start mid August.

Our wonderful school latest broadcast is on the school website and should be on ours by the time you read this; also on Youtube "The True Kessingland Benefice"

Our Archdeacon of Norfolk is coming to Kessingland on Sunday September 24th to speak at the 10am service and the Bishop of Norwich is coming to Kessingland Sunday November 5th for the 10.45am service.

COME AND MEET THEM, EVERYONE IS WELCOME

Please be assured the ministry to Kessingland has not diminished whilst the church building is being restored, all Sunday services are now at our Church Centre 10.45am (and the attendances are increasing).

Funerals, Baptisms and Wedding services may take place at either Gisleham or Rushmere churches.

Kessingland Churchyard remains accessible, and interments may still be conducted there.

We also remind ourselves that the CHURCH is, and are the people, and your church continues to serve you in pastoral care and all its outreach groups as usual.

We are still here and working harder to reach out to you and support you in all our community groups and you can find details of these on Facebook Revd Mandy Bishop, Kessingland Benefice and our website www.kessinglandbenefice.co.uk.

THANKYOU each and every one of you for your support, assistance with fundraising, and understanding during this time and we look forward to a super time of celebration when we can return to our beautiful church building one more.

A special service and gathering to give thanks to all donors, sponsors, supports and God, for His blessings.

The Psalm 127: A song of ascents Of Solomon says...
"Unless the LORD builds the house, the builders labour in vain. Unless the LORD watches over the city, the guards stand watch in vain", that is....unless God builds, unless God watches, and unless God gives even our work to honour him will be in vain.

No matter how much we create, how carefully we conserve, or how hard we work, it is futile and foolish to try to do so independently of God. TOGETHER WE ARE DOING T!

It is TOGETHER with God beside us we are fruitful,

THANK YOU, God bless you all,

Thank you.

Rev'd Mandy

revdmandy@btinternet.com

Website: www.kessinglandbenefice.uk

YouTube: The True Kessingland Benefice

Facebook: Kessingland Benefice



Community Noticeboard Events, Competitions & Local Groups



The Sunflower Challenge
2023

How **TALL** is yours?

Join in the Fun, Prizes to be Won
Simply grow the tallest Sunflower to win

Register your details by Email:
event@kessinglandparishcouncil.org.uk

Prizes include Gift Vouchers
and delicious Sunflower Cupcakes made by Alison Jones

Entries to be submitted by
Friday, 25th August 2023
The Winner will be announced on
Monday, 28th August 2023

Good Luck

Kessingland Parish Council

SCARECROW
Competition 2023

1st Prize
Winner's Trophy
£20 Voucher

2nd Prize
£15 Voucher

3rd Prize
£10 Voucher

GET CREATIVE

Place Scarecrows in your front garden for judging (or email us a photo) by Friday, 18th August 2023.
Winners to be announced on Monday, 28th August 2023

Register your details by Friday, 18th August 2023:
Email: event@kessinglandparishcouncil.org.uk

Kessingland Parish Council

Community Noticeboard

Events, Competitions & Local Groups



Kessingland Women's Institute

Kessingland WI has around 36 Inspiring Women members. Meetings are held on the 2nd Thursday of each month at Kessingland Working Men's Club, starting at 7.30pm.

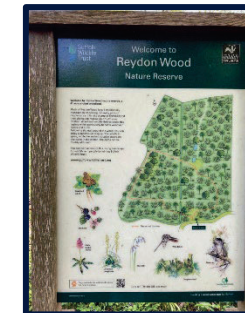
Our 8th June Meeting was held, and we sang Jerusalem and held a minutes silence in memory of the late Ivy Frost who passed away suddenly in May.

Our Guest Speaker was Mary Newton who gave a talk about 'Rape: Short word; Long Sentence' who also is president of Fressingfield WI and her 40-year career as a forensic biologist and lead scientist for the UK. She also helped develop the first rape kit for police forces within the UK. Her career included training other agencies and the police forces help to support rape survivors. She helped develop the current rape detection kits which are in use today and there were some funny moments during Mary's talk. Mary Newton was a very excellent speaker and we'll be asking her back soon.

The reading group are currently 'The Wedding Day' by Sue Watson.

The Craft Club are making Macrame Wall Hangings.

10 members of the walking group went around Reydon for their recent walk, to view the Reydon Bluebells. On 15th June they are going walking in Beccles and will be exploring more places weather dependent.



The competition was 'A Photo of a flower'.

- First place was awarded to Sandra Warner
- Second place was awarded to Margaret Brooke
- Third place was awarded to Pauline Shipley

The Bloom of the month competition was awarded the places as below.

- First place was awarded to Margaret Thurston
- Second place was awarded to Karelyn Smithson
- Third place was awarded to Connie Niblett

Again, we would like to say thank you to Mary Newton. Next month's meeting is being held on 13th July and the guest speaker is Brian Heard talking to us about "East end gangs and terrorists". The competition for this meeting is 'a Crime themed limerick'. For more information, please contact Margaret Parker – Secretary on 01502 740785

NHS CHARITIES TOGETHER

Happy **75th** Birthday NHS

NHS BIG TEA

COME SIP WITH ME!

The Kessingland Events Group is hosting an NHS Big Tea party, to raise money and provide extra support for NHS staff, patients and volunteers.

When: Wednesday, 5th July 2023
10am - 1pm

Where: Kessingland Church Centre
Church Road, Kessingland NR33 7SQ

Snap & share #NHSBigTea
[nhsbigtea.co.uk](https://www.nhsbigtea.co.uk)

paired with support from **Morrisons**

KESSINGLAND Events Group

Registered with FUNDRAISING REGULATORY
NHS Charities Together is the Trading name of the Association of NHS Charities.
Registered Charity No 1186569 (England & Wales) and SC050716 (Scotland). Charitable Company No 12325259.

Kessingland United Working Men's Club



The Avenue, Kessingland, Lowestoft, Suffolk NR33 7QD
Telephone No: 01502 740218 / Website: www.kuwmc.co.uk
Affiliated to the CIU

Newsletter – July 2023

Another month has gone by and the Club is getting much busier, being used on a regular basis with several new members joining. We now have a Darts team playing on a Friday evening in the Summer League and they are doing well. They have just had three home games which was enjoyed by all, sandwiches, sausage rolls etc always go down well. We are looking for more darts players especially for the Winter League, it's a great way to meet new people and there's a full-size pool table in the main bar too.

The Club held its first taped Music Night on Sunday 11th June, dancing to everyone's favourite tracks and had a good response, this will hopefully continue once month. The next one is Sunday 9th July, Bar open 7pm to 10pm, £2.50 all welcome. Country Club is very popular, the next night is 21st July "Jim Worton Duo" £6 at the door.

ALL WELCOME

On 21st June the Ladies Bowls team had a County Match followed by a Buffet in the Main Hall. The Bowls Club is doing well as always in their leagues. The bowls members work so hard to keep the green in tip top condition.

Eyes down for a full house! Bingo on Sunday lunch times, Monday and Wednesday evenings is still very popular.

New members are always welcome. Come and listen or dance to live music every Saturday evening, £5 for Non-members.

This month's music is: 1st July Steve Alan, 8th Hi Definition Duo, 15th Lowrider City Rockers, 22nd Me, Myself and I and 29th Rob Charles.

Don't forget you can hire the Main Hall up to 200 people and the lounge up to 60 people both with bars available. Any events, parties or meetings.

The Kessingland WI have been using the main hall for about 70 years and Slimming World are there every Tuesday night with lots of members losing lbs.

We also offer Free hire of the Hall or Lounge for a Wake.

A warm welcome awaits you at KUWMC, and we look forward to seeing you all soon.

President: R A Hood
Society Registration No: 4343

Secretary: T Gasking
VAT Registration Number: 105 2958

Help & Support in the Community



Kessingland Church: SUPPORTS



WHERE CAN I DONATE FOOD?

Kessingland Church Centre when attending any group
Saturdays 10-12noon Sundays 10.30- 12noon

The Rectory 1 Wash Lane ANYTIME

We also take perishable food at The Rectory & hygiene products.

The Co-op Field Lane have a designated Basket for Food Bank

The SPAR in the High Street have a designated Basket for Food Bank

HOW DOES IT WORK?

Food is donated by lovely people, like you, at drop off points. This is collected, sorted and distributed in food hampers to feed a family or individual for three days. Contents provide items for complete meals.

In addition Food Bank network helps people break free from poverty by providing additional support to help people resolve the crises they're facing so that they don't need to use a food bank again in the future.

This could include things like debt advice, mental health support, or benefits guidance. **Food banks rely on the support of their local communities to support people in crisis.**

DO LOCAL PEOPLE BENEFIT?

YES, Care professionals such as health visitors, staff at schools and social workers identify people in crisis and issue them with a food bank voucher. This means people can receive a food bank parcel of three days' **nutritionally balanced**, food from their local food bank.

THANKYOU, THANKYOU LOVELY DONORS
THANKYOU FOR YOUR SUPPORT

Help & Support in the Community



HELPING EAST SUFFOLK EASE THE SQUEEZE ON COST OF LIVING

WWW.EASTSUFFOLK.GOV.UK/SQUEEZE

East Suffolk Council are co-ordinating a comprehensive programme of support to help people in East Suffolk with the rising cost of living. Whether you are worried about the cost of living, or you want to help those who are, their website provides information on the services and support available as well as helpful tips and advice.

If you, or someone you know, need immediate support with the cost of living, please complete the online cost of living referral form available at:



W: www.eastsuffolk.gov.uk/community/squeeze
E: col@eastsuffolk.gov.uk
T: 0333 016 2000

Cost OF Living SUPPORT

suffolk.gov.uk/CostOfLiving

Help for households through the ongoing cost of living pressures

The Government website has lots of resources and links to support you and your family at this time.

www.helpforhouseholds.campaign.gov.uk

Suffolk Infolink details all the support in your community which is local to you and through various national charities and organisations.

www.infolink.suffolk.gov.uk



Suffolk Digital Champions Network



Digital Champions

In Suffolk, we want to ensure that everyone can take advantage of being online if they want to and enjoy the huge benefits the internet offers such as saving money, being in touch with friends and family, managing your health and searching for jobs.

That's where you can make a difference as a Digital Champion. Just by supporting others to build their confidence and knowledge with using digital technology you can really help to change their lives. Being a Digital Champion is also an exciting opportunity for you personally to improve your own digital skills and experience.

What is a Digital Champion?

Digital Champions are people who help others go online safely and successfully if they want to. You don't need to be an IT whizz to be a Digital Champion – you just need a bit of time and enthusiasm to support others to experience the many benefits of the internet and digital technology. It is a great way of making a real difference to other people.

As a Digital Champion you'll be able to support others to learn the basics of computers and the internet in a relaxed, informal way. **It starts with a positive conversation about digital as a choice to help people to do what matters to them.** As a Champion, you can offer further support and information to people who want to go online learn how to use a computer for the first time or improve their confidence with the basics. Digital confidence and ability can help people learn new skills, find employment, or help small businesses be more productive.

Digital Champions work with learners remotely, on a one-to-one basis or in a small group. You can be a Digital Champion as part of your working role, as a volunteer or something you do in your day-to-day life. Being a Digital Champion does not involve set hours – you can choose when you would like to start and how much time you would like to commit.

What is the Suffolk Digital Champions Network?

The **Suffolk Digital Champions Network** is a collaborative, digital skills development project based in Suffolk.

More and more services are moving online, and some people are being left behind and becoming excluded. The Digital Champions Network aims to support individuals within partner organisations and community volunteers to develop their own digital knowledge and skills so that they can provide support to people who wish to go online and make better use of online services.

Digital Champions have access to training delivered on the **Digital Unite** Digital Champions platform. Digital Unite is one of the UK's leading providers of Digital Champion initiatives, which is offered through their web-based learning platform that provides self-led training, support, and resources for Digital Champions.

The self-study online courses available via Digital Unite are designed to develop your Digital Champion's skillset. Courses are all linked to the national Open Badges scheme to evidence personal and professional development, and the foundation training is CPD accredited. Once registered, you can access skills courses, technology guides, resources for helping learners and an online community of other Digital Champions where you can share ideas, questions, and experiences.

If you have any questions, please do contact the Suffolk Digital Champions Network support

tracey.walsh@communitiestogether-ea.org or Nicola.Jenner@suffolk.gov.uk



COMMUNITIES TOGETHER EAST ANGLIA

Could you be a **DIGITAL CHAMPION VOLUNTEER?**

Do you have an hour or more spare each month? We are looking for friendly & reliable volunteers around the county to join our team!

Do you use a phone, laptop or tablet? Could you support people in your local community who would love to learn basic digital skills to contact family members, online shopping, book appointments etc.

Scan for more information

For more info call us on 01449 707030 or email volunteering@communitiestogether-ea.org

All volunteers must be 16+ Full training and DBS provided

Suffolk County Council

www.comunitiestogethereastanglia.org Registered Charity - 1004198



Help & Support in the Community

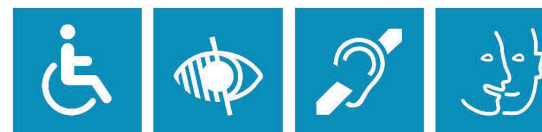


DANES will next be at Marram Green on 26th July, 9:30am – 12:30pm

Disability Advice

North East Suffolk

Free, Impartial & Confidential



#IAmConfident

disability confident LEADER

I am a Mental Health First Aider +

We offer a **FREE** Information & Advice, for anyone with a Disability, their carers, family or professionals.

Our Adviser will be at Marram Green, Kessingland, in the Kittiwake Room, between 9.30 & 12.30 for a drop in service to assist with your enquiries such as benefits, transport, mobility, grants.

Next drop in - 26/04/23, 31/05/23, 28/06/23, 26/07/23, 30/08/23, 27/09/23, 25/10/23 and 29/11/23.

Contact us for details
01502 511333

info@danesonline.co.uk

Charitable Incorporated Organisation 1180096



If you, or someone you know, are worried about the increasing cost of living, please use the contact details below:



For help with Local Welfare Assistance Scheme & Household Support
www.suffolk.gov.uk/costofliving
0345 606 6067



For help with Finances/Food & Essentials/Fuel & Energy/Housing
www.eastsuffolk.gov.uk/community/squeeze
0333 016 2000



For general enquiries
www.kessinglandparishcouncil.co.uk
01502 744367
admin@kessinglandparishcouncil.org.uk

Where you can get information & advice about what help & services are available to you.

Further information will be published in future issues of The Village News

We're here to help

Whatever the problem, we're here for free, impartial and confidential advice



Call us on 0808 278 7866

Lines are open 10am to 2pm Monday to Friday

or email us from our website caes.org.uk



Our offices are in :
Beccles • Felixstowe • Leiston • Lowestoft
plus outreach centres across the region

Help & Support in the Community



SUFFOLK LIBRARIES

FREE PRIDE AND PERIODS MENSTRUAL PRODUCTS HERE

Speak to a member of staff about the products we currently have available. No need to apply, no questions asked.

East of England COOP

Kessingland Library, Marram Green, Hall Road, NR33 7AH

SUFFOLK LIBRARIES

Free Warm Clothes

A selection of second hand and knitted clothing kindly donated by our community to others who need them this winter.

kind in kind

For more information visit suffolklibraries.co.uk/?????

By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolklibraries.co.uk/donate

Kessingland Library
Marram Green
Hall Road
Kessingland NR33 7AH

COMMUNITY FRIDGE
est. 2022

OPENING ON WEDNESDAY 7th DECEMBER

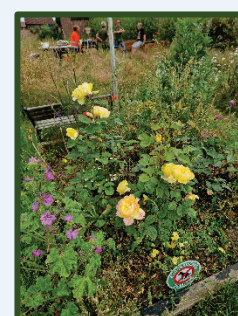
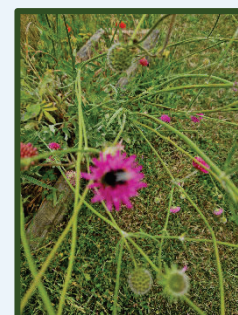
OPENING TIMES	
MONDAY:	Closed
TUESDAY:	12:00 – 17:00
WEDNESDAY:	10:00 – 17:00
THURSDAY:	Closed
FRIDAY:	12:00 – 17:00
SATURDAY:	10:00 – 15:00
SUNDAY:	10:00 – 15:00

If you have excess food or items approaching their "Best Before" date & don't want to throw it away,
BRING IT TO THE FRIDGE

Be part of the nationwide initiative to reduce food waste in our community

Kessingland Parish Council | **SUFFOLK LIBRARIES** | **coop**

Community Kitchen & Wildlife Garden



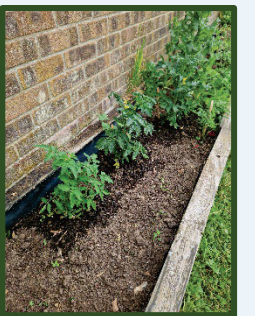
A nice, busy month for our volunteers with work on the boat planter & accessible raised beds almost complete, so just need to decide what to plant !! If you have any ideas of what fruit & vegetables should be grown, please do let us know via our Facebook page, we would love to hear your comments & suggestions for the Garden.

The first harvest of lettuce & peas also took place & all placed at the Community Fridge in the library. Hopefully in the next few weeks we'll be harvesting more peas plus tomatoes, radishes, carrots and also some potatoes and cabbages, watch this space & we'll let you know what becomes available.

We are also getting ready to welcome our new beehives which should arrive very soon. As part of our preparation, some of our volunteers went on a bee-keeping experience to gain more knowledge, sample some local honey & enjoy a rather nice cream tea !! Thank you to Mark at Black Dog Apiaries for a very enjoyable & informative afternoon.

Please remember that anything that is grown & harvested in the garden is for the Community so please do help yourself to anything that is ready. Any surplus will be given to the Community Fridge based in the library.

Our volunteers will be on site from 9am every Tuesday morning (weather permitting of course) so come along and see for yourself the progress being made in your Community Garden. If you have some spare time on your hands, come along and join the Volunteer Group, everybody is welcome. Dogs are also welcome into the Garden, but please remember to keep them on leads & clear up after them. Also, don't forget our Seed Swap box is available for donations of unwanted/surplus seeds, please do make good use of it.



Join us on Facebook:
Kessingland Community Kitchen & Wildlife Garden

Village Clean-Up Teams & Marsh Update



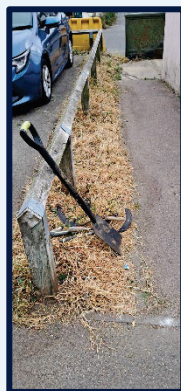
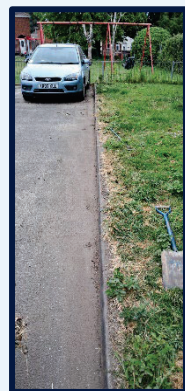
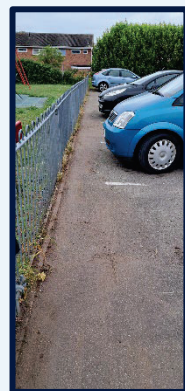
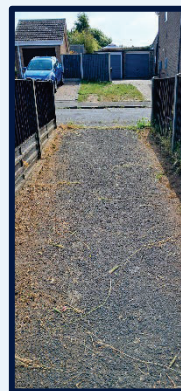
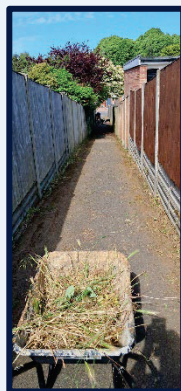
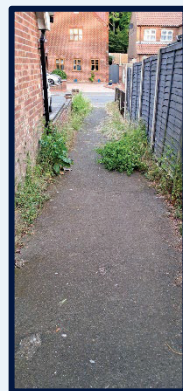
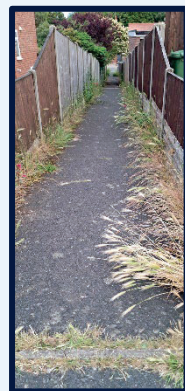
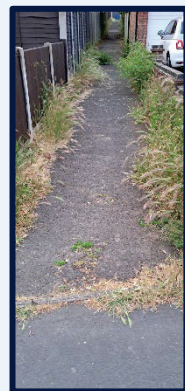
The Village clean-up teams continue to go out & about on a Thursday (verge & promenade clearing) and have recently cleared the alleyways between Wash Lane & Chipperfield Road plus the Church Road car park area; and also on a Friday (around the village) and are doing a great job keeping everything neat & tidy. The Monday Beach Cleans are also taking place. If you wish to join us, meet up at Marram Green at 9am.

As it is bird nesting season, minimal work is being done at the Marsh with the main maintenance being to trim the paths to keep them clear.

More volunteers are always needed, so if you have an hour to spare, please contact Cllr David Boyle

Email: dboyle@kessinglandparishcouncil.org.uk
Telephone: 07707 201300

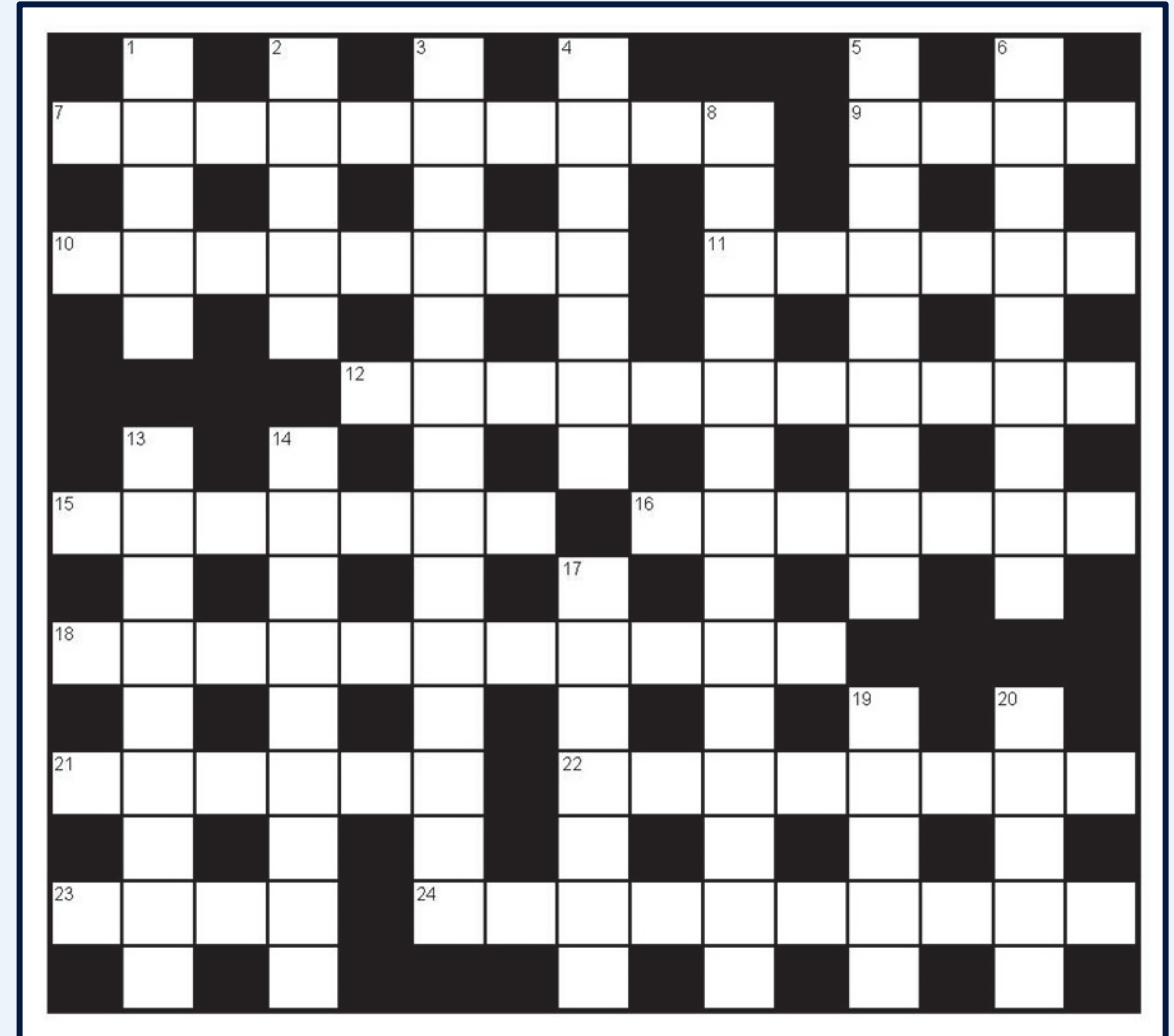
Come and join our friendly Team



Puzzle Corner



Crossword 101-13



ACROSS:

- 7 Compensate (for) (4,6)
- 9 Motorway departure point (4)
- 10 Cold sweet in a cone (3,5)
- 11 Downstairs room (6)
- 12 Neil Dudgeon's role in *Midsomer Murders* (4,7)
- 15 Customer's proof of purchase (7)
- 16 Long tapering flag (7)
- 18 Excessively apprehensive (11)
- 21 Writing table with drawers (6)
- 22 Set off (a bomb) (8)
- 23 Sticky paste (4)
- 24 Louisiana's jazz city (3,7)

DOWN:

- 1 Emerge from an egg (5)
- 2 Furry-skinned fruit (5)
- 3 Flightless bird of Antarctica (7,7)
- 4 Alternative name for a windflower (7)
- 5 On the way back (9)
- 6 Pink money-holder? (5,4)
- 8 Antiques-collecting series (7,7)
- 13 In a tense way (9)
- 14 Dog trained to find & fetch (9)
- 17 Short rest on a bed (3-4)
- 19 Small bay (5)
- 20 Publicity caper (5)

Solutions on the back page of newsletter