



# The Village News

April 2024

KESSINGLAND PARISH COUNCIL



## ANNUAL MEETING OF THE PARISH

*facilitated by Kessingland Parish Council*

**Friday, 5<sup>th</sup> April 2024 at 7pm**

**Marram Green Community Lounge**

Marram Green (Ground Floor), Hall Road, Kessingland NR33 7AH

**Guest Speaker: Peter Aldous, MP for Waveney**

**This is YOUR meeting**

Each year the Chair of the parish council organises a meeting where local residents can find out more about what is happening in the village, ask questions of key speakers (generally including our MP, county, district and parish councillors, the police and others) and discuss matters affecting the village in a friendly, inclusive forum.

It is also an opportunity for Kessingland voluntary organisations and clubs to promote their group, what they do and how people can join. You can do this either by giving a brief presentation, having a table where you could do a display or by submitting a written report. If you'd like to be involved, then please contact the Deputy Clerk on **01502 744367** or via email at [deputyclerk@kessinglandparishcouncil.org.uk](mailto:deputyclerk@kessinglandparishcouncil.org.uk).

### Inside The Village News:

- |  |                                      |
|--|--------------------------------------|
| 1 – Parish Council Meetings                | 17 – Village Clean-Up Teams          |
| 2 – Your Parish Councillors                | 18 – Kessingland Community Garden    |
| 3 – Parish Council Structure               | 19 – Suffolk Walking Festival        |
| 4 – Parish Council Staff                   | 20 – Active Suffolk “Fit Villages”   |
| 5 – District & County Councillors          | 23 – Crossword Corner                |
| 6 – District Councillor Surgeries          | 24 – Help & Support in the Community |
| 7 – Parish Council Budget 2024/25          | 28 – Community Noticeboards          |
| 8 – Annual Meeting of the Parish Agenda    | 39 – Volunteering Opportunities      |
| 10 – Police & Crime Commissioner Elections | 41 – Community Recycling             |
| 12 – Kessingland CofE Primary Academy      | 43 – Useful Contact Information      |
| 14 – Kessingland Working Men’s Club        | 44 – Crossword Solution              |
| 16 – Kessingland W.I.                      |                                      |

To receive The Village News by Email, sign up here:  
<http://eepurl.com/hHHSZv>



Join us on Facebook  
Friends of Kessingland Parish Council

# Your Parish Councillors



**Ian Graham**  
Chair of Council

07985 462200

[igraham@kessinglandparishcouncil.org.uk](mailto:igraham@kessinglandparishcouncil.org.uk)



**Caroline Carter**  
Vice-Chair of Council

07811 753930

[ccarter@kessinglandparishcouncil.org.uk](mailto:ccarter@kessinglandparishcouncil.org.uk)



**Christine Cook**  
Councillor

07592 555345

[ccook@kessinglandparishcouncil.org.uk](mailto:ccook@kessinglandparishcouncil.org.uk)



**Alan Green**  
Councillor

07789 644645

[agreen@kessinglandparishcouncil.org.uk](mailto:agreen@kessinglandparishcouncil.org.uk)



**Julie McLean**  
Councillor

07539 696904

[jmclean@kessinglandparishcouncil.org.uk](mailto:jmclean@kessinglandparishcouncil.org.uk)



**Stephen "Sid" James**  
Councillor

01502 740521

[sjames@kessinglandparishcouncil.org.uk](mailto:sjames@kessinglandparishcouncil.org.uk)



**Bob Saunders**  
Councillor

07901 530770

[bsaunders@kessinglandparishcouncil.org.uk](mailto:bsaunders@kessinglandparishcouncil.org.uk)



**Neil Glendinning**  
Councillor

07801 681136

[nglendinning@kessinglandparishcouncil.org.uk](mailto:nglendinning@kessinglandparishcouncil.org.uk)



**Robin de Brea**  
Councillor

07812 601256

[rdebrea@kessinglandparishcouncil.org.uk](mailto:rdebrea@kessinglandparishcouncil.org.uk)



Position  
Vacant



Position  
Vacant



Position  
Vacant



Position  
Vacant

# 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.

### Planning & Highways Committee

Councillors:  
I. Graham, A. Green,  
B. Saunders, C. Carter,  
N. Glendinning

### Personnel Committee

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

### Finance & Governance Committee

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

### Leisure & Amenities Committee

Councillors:  
C. Cook, J. McLean, R. De Brea

### Climate, Culture, Community & Development Committee

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

### Events & Communications Committee

Councillors:  
C. Cook, J. McLean, C. Carter

### Emergency Planning Committee

Councillors:  
A. Green, S. James, J. McLean,  
C. Carter

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 – Position Vacant  
South – Cllr S. James

#### Community Garden Co-ordinator

Cllr J. McLean

#### Kessingland Marsh Liaison

Cllr J. McLean  
D. Boyle (Warden), D. Fox (Deputy)

#### Village & Beach Clean-Up Co-ordinator

Cllr J. McLean

#### Community Speed Watch & SID Co-ordinator

Position Vacant

#### Community Fridge

Cllr C. Cook, Cllr J. McLean,

#### Kessingland Events Group

All members of the Events Committee

#### Hidden Needs Forum

Cllr C. Cook, Cllr J. McLean,

#### Youth Culture Board

Chair & Vice Chair of Council,  
Cllr J. McLean

#### Benacre & Kessingland Flood Group

Position Vacant

#### Compass Suite Trust

Position Vacant

#### Kessingland in Need Trust

Position Vacant

#### Kessingland Sports & Social Centre

Cllr C. Cook

#### Suffolk Police

Position Vacant

#### 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](mailto:admin@kessinglandparishcouncil.org.uk)

**Website:**  
[www.kessinglandparishcouncil.co.uk](http://www.kessinglandparishcouncil.co.uk)



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



**Deputy Clerk:**  
Shelley Hogg



**Admin/Committee Clerk:**  
Debbie Blowers

Awaiting Image

**Senior Youth Leader:**  
Ryan George



**Youth Leader:**  
Daniel Fisk



**Cleansing Operative:**  
Ruth Hill



**Cleansing Operative:**  
Niall McLean



**General Factotum:**  
Paul Reed

## 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 Department. Michael also is involved with the East Suffolk Carlton Colville, Kessingland and Southwold Community Partnership.

**Telephone:** 01502 675603  
**Email:** michael.ladd@suffolk.gov.uk

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 also 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@eastsoffolk.gov.uk



**District Councillor:**  
Alan Green



# Councillor Surgery

with **Councillor Alan Green**

District Councillor for the ward of Kessingland

**Telephone:** 07818 563003

**Email:** [alan.green@eastsoffolk.gov.uk](mailto:alan.green@eastsoffolk.gov.uk)



**1<sup>st</sup> Saturday of each month  
from 10am until 12pm**

**Kittiwake Room  
Marram Green (1<sup>st</sup> Floor)  
Hall Road  
Kessingland**

An opportunity for residents of Kessingland to come and chat with me about any concerns or queries they would like my help with.

**ALL WELCOME**



**Surgery Dates for 2024:**

**6<sup>th</sup> April / 4<sup>th</sup> May / 1<sup>st</sup> June / 6<sup>th</sup> July / 3<sup>rd</sup> August /  
7<sup>th</sup> September / 5<sup>th</sup> October / 2<sup>nd</sup> November / 7<sup>th</sup> December**



## Kessingland Parish Council Budget 2024-25

The Parish Council is required by law to prepare a budget to calculate its Precept requirement. The Precept is the tax that the Town Council's levy on their local electors to meet their budget requirements. The Precept forms part of your Council Tax which is collected via East Suffolk Council. Parish councils do not receive any direct funding from central government or from Business Rates and rely on their Precept plus any other income the council generates from services or facilities which it provides.

The budget must give details of planned expenditure for the financial year ensuring that financial resources are aligned to the priorities of the Council and is conscious that the money it receives comes from the people of Kessingland as Councillors pay council tax as well. The table below gives details of the budget overview.

Budget Overview	2022/23 Budget	2023/24 Budget	2024/25 Budget	2025/26 Budget	2026/27 Budget	2027/28 Budget	2028/29
Administration	9360	9319	11408	12172	12659	13548	14090
Staffing	87049	98315	112040	119547	126719	133055	138378
Audit, Elections, Insurance and Professional Fees	15500	15695	16445	17547	18600	19530	20311
Grants, Events, Civic & Community	9525	9800	15515	17548	18425	18425	19162
Leisure & Amenities	9990	10275	11550	12257	12932	13529	13905
Parish Improvement & Emergency Fund	7770	7750	8000	8500	9050	9550	10000
Total Budget	139194	151154	174958	187571	198385	207637	215846

The council's website shows each of these heading broken down into more detail and council staff and councillors will be more than happy to go through the council's finances with you. The council's finances and policies and procedures are audited both by the council, by an employed accredited auditor and by a government appointed auditor each year and there is a month each year where the Annual Accounts for the whole year are open for public scrutiny.

### The Precept & Your Council Tax

This table outlines how the increase in the parish council precept will affect your council tax payments for the portion of your council tax relating to the parish council. The values of council tax that you pay are based on the band to which your home has been allocated. Other authorities also receive finance from council tax will affect what your overall council tax is for 2024/25. More information on your overall council tax for 2024/25 is available from East Suffolk Council.

2024/25	Band A	Band B	Band C	Band D	Band E	Band F	Band G	Band H
<b>Current</b>	£70.01	£81.68	£93.35	£105.02	£128.36	£151.70	£175.03	£210.04
<b>2024/25</b>	<b>£80.45</b>	<b>£93.85</b>	<b>£107.26</b>	<b>£120.67</b>	<b>£147.49</b>	<b>£174.30</b>	<b>£201.12</b>	<b>£241.34</b>
<b>Weekly increase</b>	<b>£0.20</b>	<b>£0.23</b>	<b>£0.62</b>	<b>£0.30</b>	<b>£0.86</b>	<b>£0.43</b>	<b>£0.50</b>	<b>£0.60</b>

The majority of properties in Kessingland are Band B. The increase in the precept for a band B property is 23p per week and for comparison the Suffolk County Council weekly increase for the same property is £1.12

# KESSINGLAND PARISH COUNCIL



## KESSINGLAND ANNUAL MEETING OF THE PARISH

at 7pm, Friday 5<sup>th</sup> April 2024

in the communal area at Marram Green, Hall Rd, Kessingland, NR33  
7AH

### AGENDA

1. **Minutes of the Last Annual Parish Meeting held on 10th March 2023.**  
To approve as a correct record the minutes of the last Annual Meeting of the Parish held on 10th March 2023.
2. **Kessingland Parish Council – Chair’s Annual Report 2023/24**  
To receive the Annual Report of the Chair of Kessingland Parish Council.
3. **Chairs of Kessingland Parish Council Committees**  
To receive an update from the Chairs of Kessingland Parish Council Committees regarding what their committee has been working on since the last Annual Meeting of the Parish.
4. **East Suffolk District Council**  
To receive a verbal report from Cllr Alan Green who will provide information on local matters.
5. **Suffolk County Council**  
To receive a verbal report from Cllr Michael Ladd.
6. **Waveney, Lower Yare and Lothingland Internal Drainage Board**  
To receive a presentation regarding coastal and flood issues that are being addressed through the Benacre & Kessingland Flood Management project.
7. **Kessingland Community Climate Action Group**  
To receive a presentation from a representative from the Kessingland Community Action Group.



8. **Kessingland Men's Shed**  
To receive a verbal report from a representative of Kessingland Men's Shed.
9. **Kessingland Sports & Social Club**  
To receive a verbal update from the Kessingland Sports & Social Club.
10. **RSPB Community & Volunteer Officer**  
To receive a verbal report from a representative from the RSPB.
11. **Kessingland Benefice**  
To receive a verbal report from Reverend Mandy Bishop.
12. **Youth Club**  
To receive a report from the youth leader regarding the recent relaunch of the youth club.
13. **Women's Institute**  
To receive a verbal report from the Women's Institute.
14. **East Suffolk Council – Gemma Fraser**  
To receive a verbal report from the Community Engagement Officer.
15. **Kessingland Methodist Church – Elspeth Meredith**  
To receive a verbal report from the Methodist Church.
16. **Peter Aldous MP**  
To receive a verbal presentation from Local MP Peter Aldous.

## REPORTS

Please be advised that the following organisations have provided a report for your information. A copy of these reports and also the minutes from the last Meeting of the Parish are available for you to view, please ask for a copy. Or, if you prefer, please email [deputyclerk@kessinglandparishcouncil.org.uk](mailto:deputyclerk@kessinglandparishcouncil.org.uk) and a copy will be sent to you.

Kessingland in Need

There may be other reports submitted by other organisations within in the village and these will be posted on the website along with other information regarding this meeting.



# Notice of Election

## Election of a Police and Crime Commissioner for the Suffolk Police Area

1. An election is to be held for a Police and Crime Commissioner for the Suffolk Police Area.
2. Nomination papers can be obtained from the office of the Police Area Returning Officer, West Suffolk House, Western Way, Bury St Edmunds, Suffolk, IP33 3YU or at <http://suffolkparo.onesuffolk.net/>.
3. Nomination papers must be delivered to the Police Area Returning Officer at West Suffolk House, Western Way, Bury St Edmunds, Suffolk, IP33 3YU between 10am and 4pm on any working day after publication of this notice but no later than 4pm on Friday 5 April 2024.
4. The £5,000 deposit can be paid by cash in British pounds only, cheque, electronic bank transfer or by means of a banker's draft from a drawer which carries on business as a banker in the United Kingdom.
5. If the election is contested the poll will take place on 2 May 2024.
6. Applications to register to vote must reach the relevant Electoral Registration Officer by 12 midnight on Tuesday 16 April 2024. Applications can be made online <https://www.gov.uk/register-to-vote>.
7. Applications, amendments or cancellations of postal votes must reach the relevant Electoral Registration Officer by 5pm on Wednesday 17 April 2024.
8. Applications for a Voter Authority Certificate or an Anonymous Elector's Document valid for this election must reach the Electoral Registration Officer by 5pm on Wednesday 24 April 2024. Applications for a Voter Authority Certificate can be made online: <https://www.gov.uk/apply-for-photo-id-voter-authority-certificate>.
9. Applications to vote by proxy at this election must reach the relevant Electoral Registration Officer by 5pm on Wednesday 24 April 2024.
10. Applications to vote by emergency proxy at this election must reach the relevant Electoral Registration Officer by 5pm on Thursday 2 May 2024.

Electoral Registration Officer contact details		
Voting area	Address	Contact details
Babergh District Council	Endeavour House 8 Russell Road Ipswich IP1 2BX	elections@baberghmidsuffolk.gov.uk  0300 1234000
East Suffolk Council	Riverside 4 Canning Road Lowestoft NR33 0EQ	elections@eastsuffolk.gov.uk  01502 523320
Ipswich Borough Council	Grafton House 15-17 Russell Road Ipswich IP1 2DE	elections@ipswich.gov.uk  01473 432000
Mid Suffolk District Council	Endeavour House 8 Russell Road Ipswich IP1 2BX	elections@baberghmidsuffolk.gov.uk  0300 1234000
West Suffolk Council	West Suffolk House Western Way Bury St Edmunds IP33 3YU	elections@westsuffolk.gov.uk  01284 757131

**Ian Gallin, Police Area Returning Officer for the Suffolk Police Area**

**Dated: Thursday 21 March 2024**

Printed and published by the Police Area Returning Officer, West Suffolk House, Western Way, Bury St Edmunds, Suffolk, IP33 3YU



If you have a child who is turning 4 years old between 1<sup>st</sup> September 2024 and 31<sup>st</sup> August 2025 we would love to welcome you to our amazing Nursery!

### We can provide:



- An exciting and vibrant learning environment
  - Qualified, dedicated and experienced staff
  - Activities to support learning
- A safe and caring space for your child to thrive and learn
  - Stay and Play sessions to support transition
  - An excellent start to your child's learning journey



Please visit the office for an application form to secure your place.



Visits to the Nursery are welcomed. Please contact the school office on 01502 740223 to arrange this.  
We look forward to meeting you!

## Welcome to Kessingland Primary Academy Lottery

This lottery has been set up specifically to raise money and make a difference for our children!

It's a fantastic way to bring Parents, Carers, Teachers, and the wider community together, in partnership with our school, and at the same time give something back. We hope to raise funds that can support and enrich the education of our children - we aim to provide extra resources for the children, improve the school environment as well as run extra-curricular activities such as music, art, and sport. Your support is greatly appreciated, and we wish you good luck!

# SUPPORT OUR SCHOOL PLAY OUR LOTTERY



- Tickets cost just £1 a week
- The easy way to help us raise funds
- Local cash prizes every week



**BUY TICKETS:**  
Go to: [www.yourschoollottery.co.uk](http://www.yourschoollottery.co.uk)  
And search for: Kessingland Primary




## SUPPORT OUR LOTTERY TODAY

£1 per week

Weekly cash prizes

£25,000  
jackpot



**Splitting the £1.00**



- 40p goes to our school
- 36p goes to cash prizes
- 20p goes to admin costs
- 4p goes to VAT

**How it works...**

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to Kessingland Primary Academy

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online at [YourSchoolLottery.co.uk](http://YourSchoolLottery.co.uk) by direct debit or debit card.

**It's so easy to join and will make a real difference to Kessingland Primary Academy**

**The Maths...** 100 tickets sold a week means  
= £30 weekly cash prize  
= £2,080 a year for our school




To start supporting, visit:  
[yourschoollottery.co.uk](http://yourschoollottery.co.uk)  
and search for: Kessingland Primary



## Friends of Kessingland Primary Help us to fundraise by becoming a Co-op Member!

We are a small group of parents and teachers, who fundraise for the benefit of all the children who attend Kessingland Church of England Primary Academy. Our aim is to create opportunities for the children which would not be possible without fundraising. Lunch times at school are busy, loud and overwhelming for many of our children. We currently only have a couple of outdoor benches and no shelter. The pupils have asked for a quiet outdoor sheltered area where they can eat lunch. We hope this area can be versatile and a multi-purpose area, for learning and fun. Spending time in green spaces or bringing nature into your everyday life can benefit both mental and physical wellbeing. We hope the area will improve mood, reduce feelings of stress or anger, help children to take time out and feel more relaxed, improve confidence and self-esteem, reduce loneliness and help the whole school community feel more connected to nature.



# Kessingland United Working Men's Club



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

The club is keeping busy, and the live music is well supported. It's good to see the floor full of people dancing. Our other activities are also doing well with Bingo on Wednesday evening and Sunday lunchtimes, and Over 60s bingo on Monday evenings. Our recently refurbished pool table is in constant use. Our Darts team has done extremely well, coming 3<sup>rd</sup> in the League. It's the first time they have been in this league of 14 teams... WELL DONE ALL !!

## Music for April 2024:

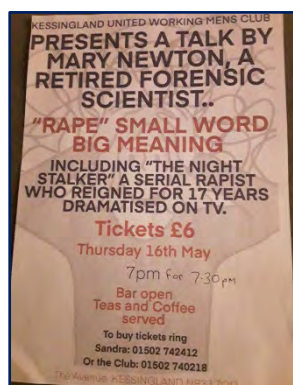
Saturday 6 <sup>th</sup>	-	Lowrider
Saturday 13 <sup>th</sup>	-	High Definition
Saturday 20 <sup>th</sup>	-	Rob Charles
Saturday 27 <sup>th</sup>	-	Steve & Greta

## Music for May 2024:

Saturday 4 <sup>th</sup>	-	Memphis Index
Saturday 11 <sup>th</sup>	-	Just Andy
Saturday 18 <sup>th</sup>	-	3 Steps to Heaven
Sunday 19 <sup>th</sup>	-	Kevin Barry
Saturday 25 <sup>th</sup>	-	Barry Tone (Elvis)

We also have a free Disco on Friday, April 19<sup>th</sup> and Club music on Sunday, April 28<sup>th</sup> at just £3.00.

Tickets are going fast for the next talk by Mary Newton, a retired forensic scientist – "Rape, Small Word Big Meaning" including "The Night Stalker" will be on Thursday, May 16<sup>th</sup>, 7pm for 7.30pm at £6.00 per ticket. Please ring Sandra on 01502 742412 to book your ticket.



On Friday, May 31<sup>st</sup> from 7.30pm until midnight, there is a Fundraiser Fun Night in aid of AAA Boxing Club with a disco & buffet plus a raffle. Tickets are £10.00 – please contact Mary on 07720 203906.

The W.I. meet on the second Thursday of the month at 7.30pm and Slimming World now have two sessions every Tuesday at 5.30pm and 7pm.



President: R A Hood  
Society Registration No: 4343

Secretary: R Gasking  
VAT Registration No: 105 2958

Kessingland Bowls Club start the season on Sunday, April 14<sup>th</sup> at 2pm with an Open Day on Sunday, 21<sup>st</sup> April. The club is a mixed club and ladies, gentlemen and juniors are all welcome. We look forward to meeting first-time and seasoned bowlers... GIVE IT A TRY !! All you need are flat shoes; we have a selection of bowls for you to use. All Kessingland Bowls Club members will automatically become members of the KUWMC and entitled to use the Bar and facilities plus social activities and the carpark.

## **KESSINGLAND UNITED WORKING MENS BOWLS CLUB**

KUWMC Bowls Club are Members of the English Bowls Federation and Members of Bowls England.

### **OPEN DAY**



**Sunday 21<sup>ST</sup> April 2024  
11.00 am to 4.00 pm**

**All welcome - come and have a go! No need to book – just turn up.  
(Please wear trainers or flat shoes)**

**Reduced Subscriptions for new members in 2024.**

**All Kessingland Bowls Club members will automatically be members  
of KUWMC and entitled to use the Bar and Facilities, also Social  
Activities and Car Park.**

**We're located:** The Avenue, Kessingland, Suffolk, NR33 7QD  
(Just behind the Kessingland United Working Men's Club just off the High Street)

**Contact:** Mark on 07788 922267 or Ken on 07511 817277  
for more information or just come along on the day.

Don't forget the Hall and Lounge can be hired for Parties and other activities. For Wakes this is free but with a returnable deposit. We have a large well-lit carpark with disabled parking and accessible entrances & toilet facilities. To book, please email with date/time and please leave a contact number.



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.

At our 14<sup>th</sup> March meeting we sang Jerusalem.

We then were treated to a talk by Julie from Harris and James Chocolates from Beccles who are award winning chocolate producers, the cocoa beans are sourced from Ecuador and Uganda and from farms that do not use child labour. They also own Twyford's cafe in Beccles and have shops in Cromer, Holt and Southwold, they use sustainable and biodegradable packaging. We also sampled the chocolate (who wouldn't!!) Thank you, Julie, for the talk and the chocolate.

After we had refreshments, we held our usual business and we also had a visit from Connor Reid from Active Suffolk who was looking for suggestions for activities for the over 55's. Suggestions included boxing from our reading group, Nordic walking from our president and Tai Chi from other members. Connor was impressed by these suggestions and would look into them. Seems our reading group have suppressed anger issues!

For our March meeting the competition was the 'Decorate a chocolate egg'; we had 2 entries for this month's competition. The results as were as follows:

Second place: Margaret Parker  
First place: Pauline Shipley.

For the bloom of the month, we had 7 entries for this month. The results were as follows:

Third place: Karelyn Smithson.  
Second place: Jill Traynier  
First place: Pauline Shipley

Members whose birthdays was this month were presented with our very own craft club made birthday cards.

Craft Group are making birthday cards and mandalas.



Walking Group: the walk was in Kessingland, and their April walk is currently undecided.

Reading Group: currently reading "Take My Hand" by Dolen Perkins-Valdez.

April meeting is on Thursday 11<sup>th</sup> April and the speaker is Tony Brown and the monthly talk is on 'Animal Oddities'. The monthly competition is "an item of Clothing with an animal on".

For more information about joining or visiting Kessingland WI please contact our secretary Christine Mabb on 01502 744255.



## Village Clean-Up Teams



The Village clean-up teams are out & about again on various days during the week – the organized litter picking groups go around the Village on a Friday morning (meet up at Marram Green at 9am if you want to join them). All of our volunteers are doing a great job keeping the Village nice and tidy whether as part of the organized groups or on days to suit them.

The Monday beach cleans have started again & meet at approx. 10am on the Promenade. Thank you in advance to all our volunteers who help to keep it clean & tidy.

More volunteers, for litter picking & work at the Marsh, are always needed. So, if you have an hour or two to spare, please contact the Council office for more details.

Telephone: 01502 744367

Email: [admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)

**Come and join our friendly Team.**

(all equipment provided)



## VOLUNTEERS WANTED

Are you fed up with seeing litter all over the place?

Fed up with seeing overgrown paths & alleyways?

Street signs that are so dirty they are difficult to read?

If so, would you be prepared to give up an hour or two each week, on a day to suit you or as part of our organised group on a Monday & Friday morning, to make this village a better place to live and visit. All equipment will be provided.

For more information, please contact the Council office:

Telephone: 01502 744367

Email: [admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)



**Kessingland Parish Council**  
Parish Council Office, First Floor, Marram Green, Hall Road, Kessingland NR33 7PP

Telephone: 01502 744367  
Email: [admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)  
Web: [www.kessinglandparishcouncil.co.uk](http://www.kessinglandparishcouncil.co.uk)

## Community Kitchen & Wildlife Garden



Finally.... Spring has arrived, looking forward to warmer and longer days ahead.

On the days that have been dry, our volunteers have been hard at work clearing the raised beds of weeds and getting them ready for vegetable planting/sowing and plans are being drawn up as to what to plant and where. We'll be going through the "seed-swap" box to see if we can use any of those seeds which have been kindly donated. Judging by the number of packets in the box we will probably be spoilt for choice.

The liner for the new pond has arrived so we can now really concentrate on getting it completed. We are also looking forward to having a proper water supply connected which should be done within the next few weeks. This will help enormously with the upkeep of the Garden as over the last couple of years we've lost a lot of fruit and vegetable plants due to lack of water.

Future projects for the year include creating some large wildflower patches, re-shaping the mound behind the Storytelling Chair, replacing the broken benches and maybe have another picnic table (the latter ideas will be subject to getting new grant funding). All in all, things are looking up for the Garden this year and we hope you enjoy being there as much as we do.

Thank you for your continued support.



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. Also, don't forget our Seed Swap box is available for donations of unwanted/surplus seeds, you're more than welcome to take any seeds in the box if you need them.



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.



Join us on Facebook:

**Kessingland Community Kitchen & Wildlife Garden**



## Celebrate Suffolk 11<sup>th</sup> – 26<sup>th</sup> May 2024

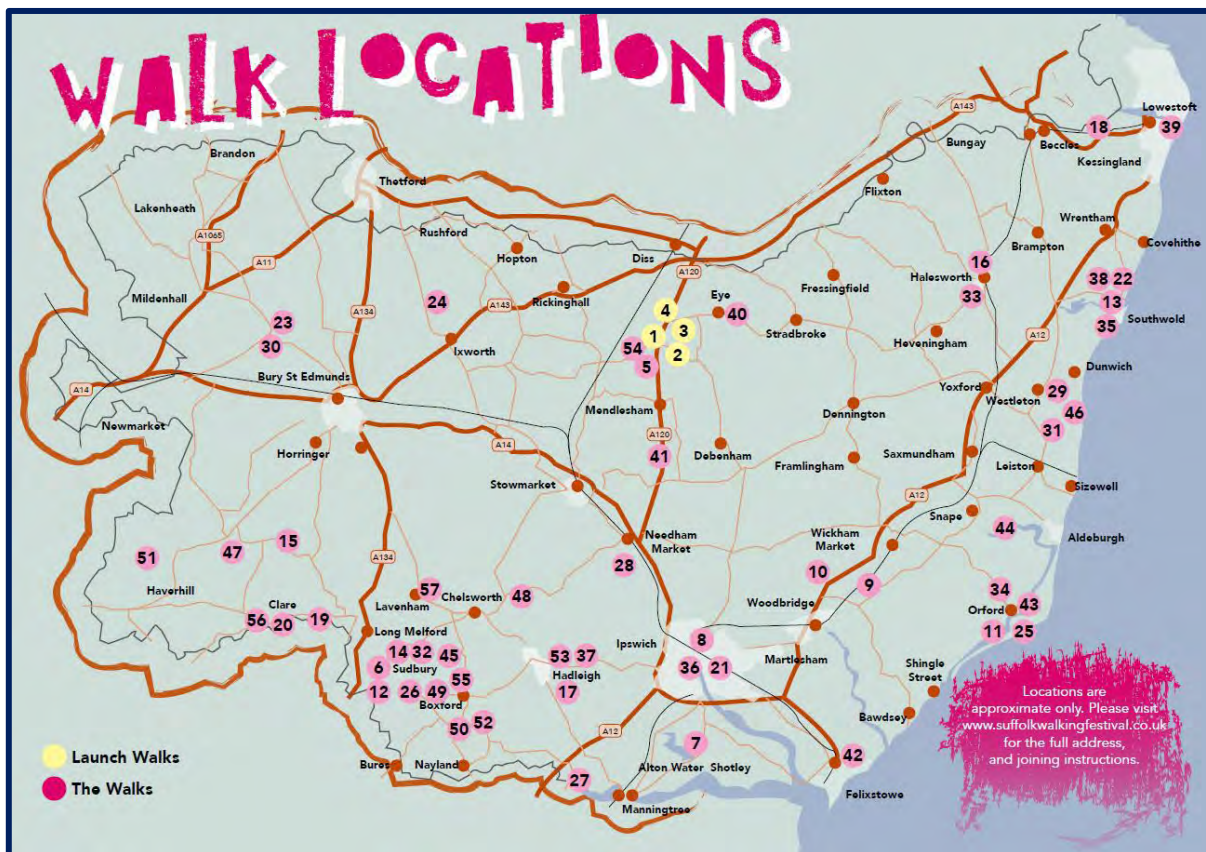
The Suffolk Walking Festival is back for 2024. Created in 2007 the festival is one of the largest and longest running walking festivals in the country with 57 walks to choose from.

The festival takes place every May and celebrates Suffolk’s natural landscapes and built heritage with guided walks in every corner of the county. The festival is a great way to discover parts of Suffolk you perhaps never knew existed, learn about the county’s fascinating and ancient history, and make new friends whilst walking and talking! There is something for everyone, from short walks to long walks, family walks to history walks, even night walks.

The festival started life as the Heart of Suffolk Walking Festival with just 30 walks in the central part of the county. In 2010 it gained support across Suffolk to become the Suffolk Walking Festival. In 2012 a long-distance multi-day walk names “The Challenge Walk” was launched, and in 2018 a Fringe Festival, with activities that got you close to nature in the very heart of the countryside, was introduced.

This year’s festival launches on Saturday 11<sup>th</sup> May and is hosted at the Thornham Estate. For more details about the festival, book tickets and view/download the full programme, please use the following contact details:

**Telephone:** 07858 973774  
**Email:** [suffolkwalkingfestival@suffolk.gov.uk](mailto:suffolkwalkingfestival@suffolk.gov.uk)  
**Website:** [www.suffolkwalkingfestival.co.uk](http://www.suffolkwalkingfestival.co.uk)  
**Facebook:** @suffolkwalkingfestival





## Would you like to become more active locally?



Fit Villages is working with Kessingland to find out what activities the local community would like to take part in. Previously popular activities have included; yoga, Pilates, chair-based exercise, keep fit, dance and low-impact circuits but we are open to new ideas and welcome your suggestions.

### Why get involved?

- Get active locally and try something new
- Meet up with friends and others in the community
- All ages and abilities welcome

### How to get involved?

Fill in the form and return it to us by 19th April 2024 using the prepaid envelope supplied.

Alternatively, you can complete the survey online <https://www.activesuffolk.org/forms/view/kessingland>

**Any questions please contact- Tyler Beales on 07748 181 434 or [tyler.beales@activesuffolk.org](mailto:tyler.beales@activesuffolk.org)**



1. Name: .....

2. Contact Number: .....

3. Email Address:  
.....

4. Activities you are interested in:  
.....

5. Preferred time of day (please select):  
Morning                       Afternoon                       Evening

6. Preferred day(s) of the week (please select):

Mon	Tue	Wed	Thu	Fri	Sat	Sun

7. Are there any other (non-physical) activities that would be of interest? e.g. Gardening Club, Knitting, Coffee Morning, Cooking course

.....  
.....

I consent for my data and information to be collected and stored for the purpose of being contacted and to process my interest into the Fit Villages project.

Your data will be stored for up to 12 months and will be anonymised thereafter. Your data will not be shared with a third party. You can request that your information is deleted at any time.

Data will be processed and held securely and in accordance with the General Data Protection Regulation and the Data Protection Act 2018 (and any updates). Further information about data protection can be found on the Active Suffolk at <https://www.activesuffolk.org/terms-and-conditions>

Signed

## Active Suffolk supports Kessingland to empower residents through Strength and Balance sessions

Within Kessingland, for the past seven weeks, Active Suffolk has been supporting the facilitation of a Fit Villages project offering Strength and Balance sessions to residents. The project which is designed to cater to the diverse needs of the village residents has already been a resounding success!

The sessions focus on exercises using equipment such as kettlebells, suspension trainers, medicine balls and other tools to allow them to engage in movement that improves muscle power, stability, and co-ordination. This kind of exercise promotes a huge number of benefits to participants' health including the prevention of falls, reducing the risk of developing chronic health conditions such as diabetes and heart disease, and enhancing mood and promoting confidence.



Despite previous projects sometimes finding it more difficult to engage male participants in the sessions, this programme has seen an extremely commendable turnout with almost 40% of participants being male. This demographic distribution is particularly encouraging as we enter the final weeks of the project, with participants numbers for both female and male participants reaching 16, an all-time high!

Andrew Buckingham, one of the participants in the sessions said:

*"[It's] great to have a fitness session in the village and tailored to the over 50's. It's helping me recover from [a] back injury. Not the generation to go to a gym, sessions in the village hall tailored to older folks' needs is spot-on. We have progressed from an easy intro and are now pushing on at our own, individual pace. I know there are others in the village it would help, too."*

In even better news, while the project does still currently have two more weeks to run, it has already been so well received by the village that Reverend Mandy Bishop has secured the appropriate funding so that the sessions can continue to carry on at no cost to the community!

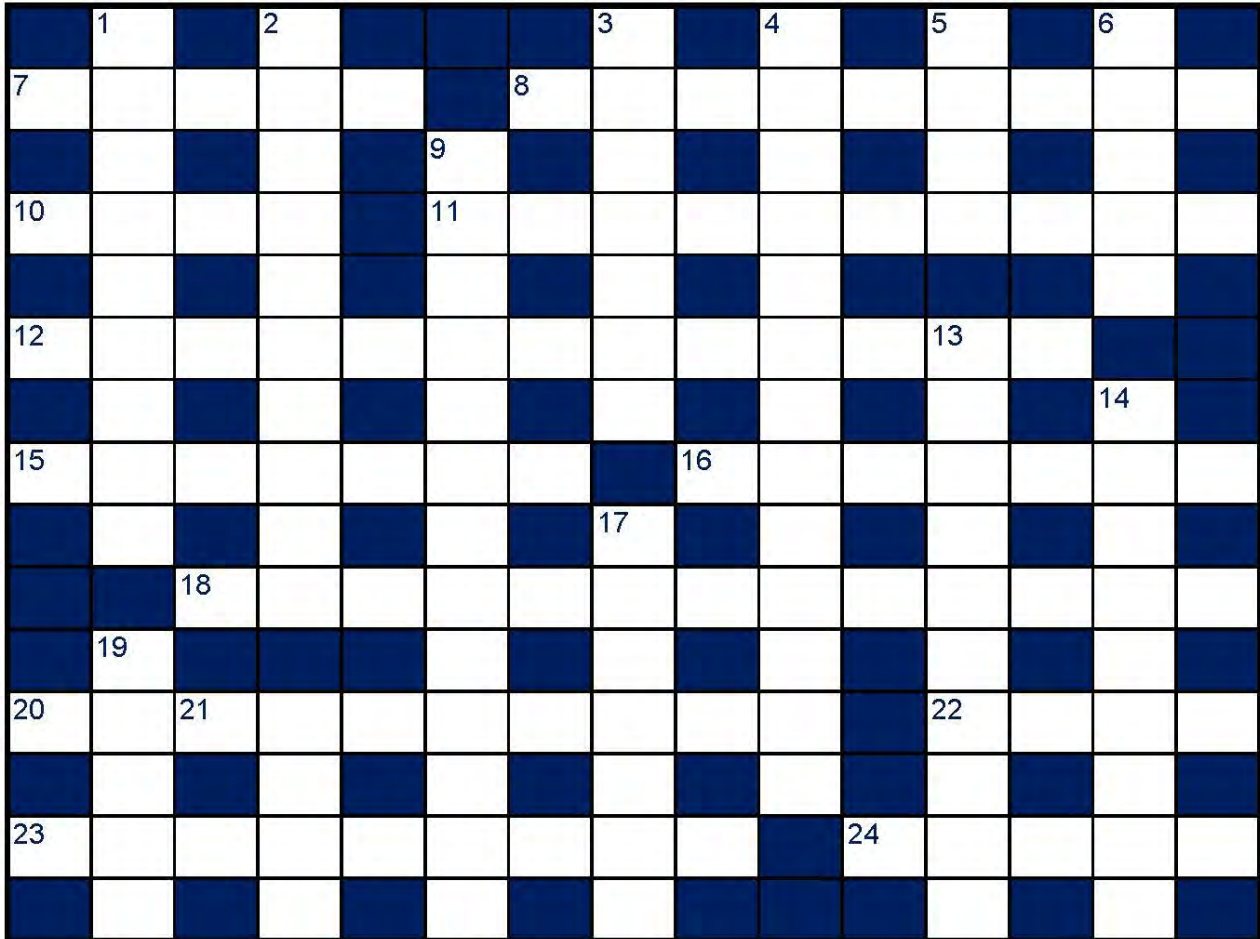
Reverend Mandy said:

*"I'm really pleased with how the session has gone, and how the participation has built each week. I'm glad we've been able to make use of our local Church Centre to facilitate this project and bring the community together."*

*The social element of the group is really important and it's lovely to see the participants meet for a drink and a chat after the class. It also permits us the opportunity to identify any Pastoral needs and offer support. We are also delighted to have been able to source funding to continue to offer the session for free to the community after Active Suffolks initial funding period ends."*



No: 101-20



Across:

- 7 Person who tells tales (5)
- 8 Heroine of the video game series *Tomb Raider* (4,5)
- 10 Have a nap (4)
- 11 Sitcom about a mini-cab firm (5,5)
- 12 Happening immediately (13)
- 15 Flat pasta sheets (7)
- 16 Crumbling (off) (7)
- 18 Make-up item (7,6)
- 20 World's largest inland body of water (7,3)
- 22 Firmly fix (4)
- 23 Do decorative needlework (9)
- 24 Sacred hymn or song (5)

Down:

- 1 Chronically poor sleeper (9)
- 2 Put your feet up, relax (4,2,4)
- 3 Roped access to a ship (7)
- 4 Evelyn Plummer in *Corrie* (7,6)
- 5 Musical threesome (4)
- 6 In pursuit of (5)
- 9 Put on a brave face (4,3,4,2)
- 13 Cruel behaviour (10)
- 14 Not able to be seen (9)
- 17 Beer mat (7)
- 19 Pleasantly mild (weather) (5)
- 21 Pig flesh (4)



**Kessingland Parish Council**



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 <a href="http://www.suffolk.gov.uk/costofliving">www.suffolk.gov.uk/costofliving</a> 0345 606 6067
	For help with Finances/Food & Essentials/Fuel & Energy/Housing <a href="http://www.eastsuffolk.gov.uk/community/squeeze">www.eastsuffolk.gov.uk/community/squeeze</a> 0333 016 2000
	For general enquiries <a href="http://www.kessinglandparishcouncil.co.uk">www.kessinglandparishcouncil.co.uk</a> 01502 744367 <a href="mailto:admin@kessinglandparishcouncil.org.uk">admin@kessinglandparishcouncil.org.uk</a>

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

# Disability Advice

## North East Suffolk

*Free, Impartial & Confidential*



#IAmConfident   
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 – 31/01/24, 28/02/24, 27/03/24, 24/04/24, 29/05/24, 26/06/24, 31/07/24, 28/08/24, 25/09/24, 30/10/24, 27/11/24.

Contact us for details  
01502 511333  
[info@danesonline.co.uk](mailto:info@danesonline.co.uk)

**DANES will next be at Marram Green on 24<sup>th</sup> April, 9:30am – 12:30pm**



# Help & Support in the Community



## PET FOOD PANTRY

Helping Pet Owners in Need

### FOOD PROVISIONS

The RSPCA, Morrisons & Kessingland Spar have kindly donated a supply of wet/dry dog & cat food to the Parish Council to help pet owners who are struggling financially during the cost-of-living crisis.



### WHO CAN APPLY?



Pet owners who live within the parish of Kessingland

### HOW TO APPLY

Contact the Parish Council for help by telephone or email:

Tel: 01502 744367

Email: [admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)

A small selection of pet food is available at the Community Fridge in the Library. Please **only take what you really need** as supplies are very limited. If you require urgent additional help, please contact the Council office.



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

### OPENING TIMES

from 18<sup>th</sup> March 2024

<b>MONDAY:</b>	Closed
<b>TUESDAY:</b>	10am – 4pm
<b>WEDNESDAY:</b>	10am – 4pm
<b>THURSDAY:</b>	Closed
<b>FRIDAY:</b>	10am – 4pm
<b>SATURDAY:</b>	10am – 3pm
<b>SUNDAY:</b>	10am – 3pm

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



Norfolk and Waveney  
Talking Therapies

## CARLTON MARSHES

4th Monday of the month, 12pm

Open to everyone 16+

Meeting at the Visitor Centre, NR33 8HU

[SOCIALS@WELLBEINGNANDW.CO.UK](mailto:SOCIALS@WELLBEINGNANDW.CO.UK)

SUFFOLK LIBRARIES

## FREE PRIDE AND PERIODS MENSTRUAL PRODUCTS HERE

Take a look at what we have available on our community shelves. No need to apply, no questions asked.



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

## New from April: Drop in at Kessingland

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



Face to face drop in KESSINGLAND

First Monday every month 10.00am to 12.00pm

Marram Green Kessingland NR33 7AH

Call us on 0808 278 7866 or email us via [caes.org.uk](mailto:caes.org.uk)

**citizens advice** East Suffolk

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

THE CHURCH OF THE HOLY TRINITY  
DIOCESE OF NORWICH

Transformed by Christ    Prophetic    Prayerful    Pastoral

### 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

**The SPAR in the High Street** have a designated Basket

**HOW DOES IT WORK?**

Food is donated by lovely people, like you, at drop-off points. This is collected, and taken to a consolidation place in Lowestoft. From there it is 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 either issue them with a food bank voucher or direct them to: **The Lowestoft Food Bank is located at 5-6 Bevan Street, Lowestoft NR32 2AA** **The food bank is open on Mondays, Wednesdays, and Fridays from 10:00 AM to 12:00 PM.** **If you are in struggling and cannot get to Lowestoft You can contact them at 07307 866146** . 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**

## KESSINGLAND HELP IN NEED TRUST CHARITY NUMBER: 242755

The Kessingland Help In Need Trust was initially established in 1965 and its objective is to help those in need within the village. The kind of things we are able to help with are:-

- Essential Household items e.g. cooker, washing machine, fridge, beds etc.
- Appropriate Garden Services and Household/Building Repairs
- Help Towards Funeral Costs
- Help with costs of Hospital Visiting
- Essential clothing, e.g. Children's winter coats
- Veterinary bills
- Signposting to other expert organisations

For further information or for an electronic application form, please contact the Clerk to the Trust at [clerk.khint@btinternet.com](mailto:clerk.khint@btinternet.com).

Paper application forms may also be collected from the Kessingland Parish Council office at Marram Green, Hall Road, Kessingland, NR33 7AH

Launch on 8<sup>th</sup> April 10am - 12 noon  
**Drop in at  
Kessingland**

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



Face to face drop in **KESSINGLAND**

First Monday every month 10.00am to 12.00pm

**Marram Green Kessingland NR33 7AH**

Call us on **0808 278 7866** or email us via **caes.org.uk**



**citizens  
advice**

**East  
Suffolk**

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

# **“Night of the Intruders”**

## **80<sup>th</sup> Anniversary Remembrance**

To remember the crew of B-24 41-28843 “The Repulser” who lost their lives when they crashed in the fields near Kessingland after being attacked by heavily armed ME 410 German fighter aircraft.



**Monday, 22<sup>nd</sup> April 2024**  
**at 10:30am**



**The War Memorial**  
**St Edmund's Church, Kessingland**

*The Sunflower Challenge*  
 2024

How **TALL** is yours?

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

Register your details/send your photo's by Email:  
 event@kessinglandparishcouncil.org.uk

Prizes include Gift Vouchers  
 and delicious Sunflower Cupcakes from  
 "Cakes & Bakes by Alison"

Entries to be submitted by  
 Friday, 23<sup>rd</sup> August 2024  
 The Winner will be announced on  
 Monday, 26<sup>th</sup> August 2024

*Good Luck*

**KESSINGLAND**  
**YOUTH CAFÉ**

**APRIL 2024**  
 Wednesday  
 3<sup>rd</sup> and 17<sup>th</sup> April

<p><b>Session 1</b></p> <p>6:45pm 7:45pm</p> <p>Age Group: 10yrs to 13yrs</p>	<p><b>Session 2</b></p> <p>8:00pm 9:00pm</p> <p>Age Group: 13yrs to 16yrs</p>
---	---

**FREE ACTIVITIES**      **SNACK SHOP**

at the KSSC  
 Francis Road  
 Kessingland

**FIT VILLAGES**

**Do you want more opportunities to be active locally?**

**Fit Villages are working with  
 Kessingland and surrounding areas to set up  
 and deliver a new physical activity project!**

If you live in Kessingland or a surrounding village, tell us  
 what kind of activity you would like to participate in by  
 completing our short survey by Friday 19th April 2024  
<https://www.activesuffolk.org/forms/view/kessingland>

**Community Noticeboard**  
Events, Competitions & Local Groups



# PARENT CONNECT

A FRIENDLY INFORMAL GROUP FOR PARENTS AND CARERS OF CHILDREN WITH MENTAL HEALTH AND WELLBEING CHALLENGES

MEET EACH WEEK WITH AN EXPERIENCED PRACTITIONER

A SAFE SPACE TO SHARE FRUSTRATIONS AND TALK ABOUT SUPPORT

**FREE TO ATTEND**  
SATURDAY MORNINGS 11.00AM - 12.00PM

**SEAGULL THEATRE**

**TO BOOK PLEASE EMAIL**  
**BOOKINGS@WELL-CHILD.CO.UK**

**EMAIL : BOOKINGS@WELL-CHILD.CO.UK**

## The Screamin' Seagulls Choir

### Do You Love To Sing?

Then.....  
**Come And Join Us!**  
*If you're looking for a fun, friendly and welcoming group, Look No Further!!!*

Find Us On Facebook @TheScreamin'Seagulls  
Email us on: screaming.seagulls.lowestoft@gmail.com  
Phone: 07748671336

We Rehearse Every Monday Evening In Lowestoft 7-9pm

**April – Sep Tues Evening Sessions**

**Family Memberships Available**

**Trips all year round**

**Age 10 +**

**Lots of fun!**

## COME JOIN IN... LOWESTOFT & DISTRICT CANOE CLUB

**Kayaking, Canoeing, Paddle Boards & Water Safety**  
Our family friendly club is run entirely on a voluntary basis and gets involved in many forms of kayaking, canoeing and paddle boarding. The club owns a large fleet of kayaks, canoes and paddle boards for both junior and senior paddlers and all the equipment you need to paddle for hire.

[www.membermojo.co.uk/lcdcwaitinglist](http://www.membermojo.co.uk/lcdcwaitinglist)

Watersports Centre, Nicholas Everitt Park, Oulton Broad, Lowestoft, Suffolk, NR33 9JR

**GO TO THE LINK OR QR CODE ON THE LEFT TO JOIN OUR WAITING LIST AND TO FIND OUT MORE!**

[lowestoft.canoe@gmail.com](mailto:lowestoft.canoe@gmail.com)  
[www.facebook.com/LowestoftCanoeClub/](http://www.facebook.com/LowestoftCanoeClub/)

Version 1.0/2024

# SUNDAY CLASSICS FILM CLUB

**FREE FILM SCREENINGS  
ONE SUNDAY A MONTH  
REFRESHMENTS PROVIDED  
SING-A-LONG INCLUDED**

**A DEMENTIA ACCESSIBLE EVENT**

**Cafe Opens : 1.30pm  
Film Starts : 2.30pm**

**the seagull**  
transforming our community through the arts

01502 589726  
[info@theseagull.co.uk](mailto:info@theseagull.co.uk)  
MORTON ROAD, LOWESTOFT, NR33 0JH

# Community Noticeboard

Activities & Groups: St Edmund's Church & Church Centre



**Kessingland's Party**

**POSTPONED**  
**FUTURE DATE TBA**

by an  
now to:  
789 644645.  
Category 1: 0-16yrs  
Category 2: 16+ years

Kessingland Church Centre  
Friday April 19th 6pm start  
Ticketed Event £5

Tickets also available from Kessingland Church Centre at Saturday Coffee and all Church events held in the Church Centre including Sunday Services

Available to Hire. Contacts Pat Briggs 01502 740478

Parking, Disable Access & Toilets, Kitchen and Tables

Meetings, Children's Parties, Events.

Kessingland Church Presents

## Small Wonders

Every Friday  
at the Church Centre  
9.30 AM - 11.00 AM  
Newborn to School-age  
**FREE OF CHARGE**

Arts & Crafts, Singing, Stories, Games

**EVERYONE IS WELCOME**

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, BEIC-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

1500 + 915

# Community Noticeboard

Activities & Groups: St Edmund's Church & Church Centre



## Kessingland Gardeners Club

### Programme 2024



January 8<sup>th</sup>  
 February 12<sup>th</sup>  
 March 11<sup>th</sup>  
 April 8<sup>th</sup>  
 May 13<sup>th</sup>  
 June 10<sup>th</sup>  
 July 8<sup>th</sup>  
 August 12<sup>th</sup>  
 September 9<sup>th</sup>  
 October 14<sup>th</sup>  
 November 11<sup>th</sup>  
 December 9<sup>th</sup>

AGM followed by an illustrated talk by **Tony Brown**  
 Not just slugs & snails that like hostas: **Ken Abel**  
 From field to garden: **Jane Bastow**  
 More about the Exotic Garden: **Andrew Brogen**  
 Tony Brown Entertains  
 Strawberry Fair  
 All about Salvias: **Luci Skinner**  
 Pelargoniums explained: **Ken Abel**  
 An evening visit to the Exotic Garden: **Andrew Brogen**  
 To be Arranged  
 Dahlias and Begonias: **Donny Andrews**  
 Christmas Party

Meeting at  
**Kessingland Church Centre**  
**Second Monday Monthly**  
**7.30pm**

**Chairman / Secretary:** Tony Brown  
 31 Field Lane, Kessingland NR33 7QA  
[tonybrownrwt@gmail.com](mailto:tonybrownrwt@gmail.com)  
**Treasurer:** Anne Henwood  
 01502 349068  
**Committee:**  
 Margaret Crisp Ivy Tibbenham Len Allen Sue Lain

Why not come along and give it a try?

**Choir Master:** Colin Jobson  
[colinlinda108@icloud.com](mailto:colinlinda108@icloud.com)  
 Or

Come along on a Sunday morning at 10.45am and speak with Colin in person

**EVERYONE** is welcome at Kessingland Church

We currently have 11 choristers  
 We only have one male chorister and are seeking other male voices in addition to new female choristers

## KESSINGLAND CHURCH CHOIR

*Singing is good for you and FUN*



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

**'St Edmunds Ladies Group'**  
 Come...Bring a friend.  
 Tuesdays Monthly  
 Kessingland Church Centre  
 2-4pm  
**ALL WELCOME**



Cinema Outings



Fun & Laughter

**FREE of charge**



Tea, cake and friendship



Speakers

**ALL ARE WELCOME:**  
**2<sup>nd</sup> Tuesday each month**


PS...Men are also welcome

Speak to Anne 01502 7424654

**ALL are very welcome to this very friendly Group**



# Shotokan Karate Classes




First Two lessons free

Kessingland Sports & Social Centre  
Francis Rd, Kessingland

Friday's 6 -7:30pm  
Starting 2nd Feb 2024

Sensei Mark Owers  
3rd Dan ESA Instructor

Family Class  
age 7+



Email: kesskarate@btinternet.com

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 Sinfield on 01502 741424





## Welcome!



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

## KESSINGLAND



Short Mat Bowls

## CLUB

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

PAY & PLAY, NO MEMBERSHIP FEE  
£3.00 PER SESSION INCLUDING REFRESHMENTS  
FIRST TIME? PLAY FOR FREE

FOR FURTHER INFORMATION PLEASE CONTACT:-  
WAYNE THOMPSON ON 07557 030442

WE ARE A FRIENDLY CLUB  
LOOKING FOR NEW MEMBERS

---

WE LOOK FORWARD TO SEEING YOU THERE!

---

KESSINGLAND COMMUNITY CENTRE  
FRANCIS ROAD  
KESSINGLAND

## BOOST FUNDS FOR OUR CAUSE

### JOIN OUR LOTTERY!



- Help us raise money to help keep the KSSC open. Win prizes of up to £25,000!
- Tickets only cost £1 per week
- 50% of all tickets sold from our page go to us!

**PLAY NOW:**  
 SCAN THE QR CODE OR GO TO  
[www.onelottery.co.uk](http://www.onelottery.co.uk)  
 AND SEARCH FOR: Kessingland Sports





GambleAware 18+

## Enter our Super Draw

### Win a £1,000 Luxury Getaway

OR £1,000 CASH PRIZE



- Tickets cost just £1 a week
- Chance to win up to £25,000
- Play weekly, or just play the Super Draw!
- Get away from it all in 2024!





**PLAY NOW:**  
 Go to  
[www.onelottery.co.uk](http://www.onelottery.co.uk)  
 Search for: Kessingland Sports



See website for Terms & conditions. Enter by 27/01/24

### Other Groups at the KSSC:

**Tuesdays:**

- Waveney Table Tennis  
10am – 12pm
- Short Mat Bowls  
2pm – 4pm
- Badminton  
7pm – 9pm

**Wednesdays:**

- Knit and Natter  
9:45am – 11:45am
- Youth Café (1<sup>st</sup> & 3<sup>rd</sup> Wednesdays)  
6:45pm – 9pm

**Thursdays:**

- Chair-based Exercise (alternate weeks)  
9:30am – 10:30am
- Pilates  
6pm – 7pm
- Model Flying Club  
7:30pm – 10pm

**Fridays:**

- Shotokan Karate  
6pm – 7:30pm

**For Bookings:**

- Telephone: 07729 384705
- Email: [ksscbooking@hotmail.com](mailto:ksscbooking@hotmail.com)



# SPRING MESSY MORNING

For 4 to 11-year olds

at

**KESSINGLAND METHODIST CHURCH**

on

**Wednesday, April 10<sup>th</sup>**

**10.30 am to 12.30 pm**

Come and bring your friends

**Games**

**Cookery**

**Crafts**

# Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



**SUFFOLK LIBRARIES** WHERE I BELONG

## Our Opening Times are Changing!

From 18th March 2024



<b>TUESDAY</b>	10am - 4pm
<b>WEDNESDAY</b>	10am - 4pm
<b>FRIDAY</b>	10am - 4pm
<b>SATURDAY</b>	10am - 3pm
<b>SUNDAY</b>	10am - 3pm

**Kessingland Library, Marram Green, NR33 7AH**

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](http://www.suffolklibraries.co.uk/donate)

**SUFFOLK LIBRARIES** WHERE I BELONG

## Regular Library Activities

<b>SUNDAY</b>	10:30-12 - Craft & Play
<b>TUESDAY</b>	10am - Baby Bounce
<b>TUESDAY</b>	11-11:45 - Stay & Play
<b>WEDNESDAY</b>	2:45 - Bingo
<b>FRIDAY</b>	10am - Baby Bounce
<b>FRIDAY</b>	2:30pm - Scrabble
<b>FRIDAY</b>	2pm - BYO craft club

Take a look at our website for all our activities  
 Don't forget to follow us on Facebook!  
 Find us at: Marram Green, Hall Road, NR33 7NY  
[suffolklibraries.co.uk/kessinglandlibrary](http://suffolklibraries.co.uk/kessinglandlibrary)

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](http://www.suffolklibraries.co.uk/donate)

**SUFFOLK LIBRARIES**

## KESSINGLAND LIBRARY

# CROSSWORD COMPETITION

**£1 PER SHEET  
RETURN COMPLETED  
TO ENTER PRIZE  
DRAW**



Monthly crossword competition created specially for Kessingland Library

# Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



## SCRABBLE

Every Friday

2:30pm

JOIN US FOR SCRABBLE ON A FRIDAY AFTERNOON

£1 PER PLAYER WITH HOT DRINK AND SWEET TREATS INCLUDED

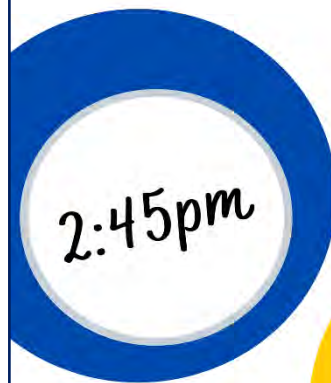


SUFFOLK LIBRARIES

## BINGO!

Every Wednesday in Marram Green Cafe

Hot drink and biscuits included plus prizes for every round.



SUFFOLK LIBRARIES

wordplay

## BABY BOUNCE & TOT ROCK

FREE ACTIVITY

UNDER FOURS

Tuesdays & Fridays

10am

Followed by a cuppa & biscuits



SUFFOLK LIBRARIES

WHERE I BELONG

CHILDREN'S

## craft

Every Saturday & Sunday

FREE ACTIVITY

10:30 - 12:00

Including snacks!

Kessingland Library, Marram Green



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](http://www.suffolklibraries.co.uk/donate) HMRC charity number: XT34475

# Community Noticeboard


Activities & Groups: Kessingland Library & Marram Green



# 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



Marram Green  
coffee and friends events

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



Join us on  
**Mondays**  
(except Bank Holidays)  
10.30 am until 12.30pm

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 & a 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

### Other Groups at Marram Green:

Tuesdays:

- Yoga with Aleyna (Spinnaker Room)  
1:30pm – 2:30pm

Wednesdays:

- Kessingland Art Group (Spinnaker Room)  
1pm – 3pm

Thursdays:

- Yoga with Aleyna (Spinnaker Room)  
6:30pm – 7:30pm

**For Compass Suite Bookings:**  
Telephone: 01502 744367  
Email: [admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)

## Volunteering 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.



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](mailto:admin@kessinglandparishcouncil.org.uk), Web: [www.kessinglandparishcouncil.co.uk](http://www.kessinglandparishcouncil.co.uk)

**KESSINGLAND Community Kitchen & Wildlife Garden**

**VOLUNTEERS NEEDED !!**

Do you have some spare time?  
Want to meet new people & make new friends?  
Do you like nature & want to help make a difference?

Your Community Garden  
Rider Haggard Lane, Kessingland

**NEEDS YOU**

Volunteers meet every Tuesday from 9am  
We look forward to seeing you

**love live local Community Litter Pickers**

**VOLUNTEERS WANTED**

Are you fed up with seeing litter all over the place?  
Fed up with seeing overgrown paths & alleyways?  
Street signs that are so dirty they are difficult to read?

If so, would you be prepared to give up an hour or two each week, on a day to suit you or as part of our organised group on a Monday & Friday morning, to make this village a better place to live and visit. All equipment will be provided.

For more information, please contact the Council office:

Telephone: 01502 744367  
Email: [admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)

**Kessingland Parish Council**  
Parish Council Office, First Floor, Marram Green, Hall Road, Kessingland NR33 7PP

Telephone: 01502 744367  
Email: [admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)  
Web: [www.kessinglandparishcouncil.co.uk](http://www.kessinglandparishcouncil.co.uk)

# Volunteering Opportunities



## 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

## KESSINGLAND YOUTH CAFÉ

Our Youth Café  
is looking for Volunteers to help us run our club which provides  
a safe environment for Kessingland's young people

Volunteers Needed

for our  
YOUTH  
CAFÉ

The Café is run on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month from 6.30pm until 9.30pm.

Duties include:

- Assist with setting up & running activities
- Safeguard our young people
- Be a positive role model.

DBS check & full training given.

For more details & an application form, please contact the Parish Council office:

T: 01502 744367  
E: admin@kessinglandparishcouncil.org.uk

Kessingland  
Parish  
Council

## Pakefield Coastwatch

Can you spare 3-4 hours per week?

## VOLUNTEERS NEEDED

to assist us in safeguarding our seas and coast.

Full training given.

Contact our Station Manager on  
**07788 377501**

Pakefield Coastwatch is a registered charity. No. 1178259

THE WAY TO GO

Suffolk  
County Council

Supported by

Active Travel England

## Volunteers needed to support our walking and cycling groups

Could you give a couple of hours two or three times a month to support our active travel social prescribing pilot project?

We're running free one-hour cycling and walking groups for residents in Ipswich and Lowestoft and need volunteers to help.

Interested in finding out more?

Email [thewaytosuffolk@suffolk.gov.uk](mailto:thewaytosuffolk@suffolk.gov.uk) or call 01473 260060





**ONE ITEM IN THE WRONG BIN CAN'T HURT, CAN IT?**

**YES IT CAN!**

**LET'S GET REAL ABOUT RECYCLING**  
#RecycleWeek



 Suffolk recycles

**EAT. RINSE. RECYCLE.**



Please rinse your cans, tins and trays in your washing up water before putting them in your recycling bin.

 Suffolk recycles  
[www.suffolkrecycling.org.uk](http://www.suffolkrecycling.org.uk)

 METAL recycles forever  
Aluminium can be recycled over & over again...



**#SHAKE IT OUT**

Please don't put plastic bags in your recycling bin.  
Let's keep it clean, dry and loose.  
[suffolkrecycling.org.uk](http://suffolkrecycling.org.uk)

 Suffolk recycles



Kessingland Church Centre Carpark  
**CLOTHES BANK**

Serving our Community.  
Serving those in need



Support Suffolk Libraries:  
Donate to our fundraising  
**RECYCLING SCHEME**

**WE'RE A  
CHARITY**

[suffolklibraries.co.uk/support-us](http://suffolklibraries.co.uk/support-us)

♻️ OLD AND FOREIGN CURRENCY

♻️ MOBILE PHONES

♻️ STAMPS

♻️ TABLETS AND GAMES CONSOLES

**BOOKS /  
USED PRINTER CARTRIDGES**

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

**UNWANTED / USED BATTERIES**

Kessingland Co-op  
44-48 Field Lane, Kessingland NR33 7QA

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

**GLASS & BOTTLE RECYCLING**

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

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



## Useful Contact Information



### 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 (if immediate danger to life) or online at <a href="http://www.highwaysreporting.suffolk.gov.uk">www.highwaysreporting.suffolk.gov.uk</a>	0345 6066171
Kessingland Doctors (Longshore Surgery)	01502 740203
Kessingland Pharmacy	01502 740251
James Paget Hospital A and E	01493 452200
NHS Helpline	111
Police - Emergency Only	999
Police - Non-Emergency	101
or online at <a href="http://www.suffolk.police.uk/contact-us/report-something">www.suffolk.police.uk/contact-us/report-something</a>	
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
Kessingland Women's Institute	01502 740785

### 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
Refuge National Domestic Abuse Helpline	0808 2000 247
RSPCA helpline	0300 123499
RSPCA (Mid Norfolk and North Suffolk branch)	0303 040 1565
Action Fraud (Fraud & Cyber Crimes)	0300 123 2040
Suffolk Trading Standards	0808 223 1133

## Crossword Corner - Solutions



No: 101-20

### Across:

- 7 Sneak
- 8 Lara Croft
- 10 Doze
- 11 *Roger Roger*
- 12 Instantaneous
- 15 Lasagne
- 16 Flaking
- 18 Eyebrow pencil
- 20 Caspian Sea
- 22 Nail
- 23 Embroider
- 24 Psalm

### Down:

- 1 Insomniac
- 2 Take it easy
- 3 Gangway
- 4 Maureen Lipman
- 5 Trio
- 6 After
- 9 Grin and bear it
- 13 Unkindness
- 14 Invisible
- 17 Coaster
- 19 Balmy
- 21 Pork

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 24<sup>th</sup> of each month.

Please send submissions to the Editor –  
[jmclean@kessinglandparishcouncil.org.uk](mailto:jmclean@kessinglandparishcouncil.org.uk)  
Articles can be half or full page.

If you would like to advertise in the Village News (Kessingland businesses only), please contact the Parish Council on 01502 744367 for more information & subscription rates.



Large Village of the Year  
2023



Community of the Year  
2023