



The Village News

June 2025

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

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Photo Credit: Jane George

Parish Council Meetings June 2025

Full Council:

- Wednesday 18th, 7:00pm

Finance & Governance:

- Tuesday 3rd, 10:30am

Planning & Highways:

- Wednesday 11th, 10:00am
- Wednesday 25th, 10:00am

Personnel:

- No meetings scheduled.

Leisure & Community Engagement:

- No meetings scheduled.

The agendas & 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.

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



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Friends of Kessingland Parish Council

Your Parish Councillors



Stephen (Sid) James
Chair of Council

01502 740521

sjames@kessinglandparishcouncil.gov.uk



David Boyle
Vice-Chair of Council

07707 201300

dboyle@kessinglandparishcouncil.gov.uk



Christine Cook
Councillor

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ccook@kessinglandparishcouncil.gov.uk



Alan Green
Councillor

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Councillor

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jmclean@kessinglandparishcouncil.gov.uk



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Councillor

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07901 530770

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Neil Glendinning
Councillor

07801 681136

nglendinning@kessinglandparishcouncil.gov.uk



Lynda Hood
Councillor

07954 412031

lhood@kessinglandparishcouncil.gov.uk



Caroline Carter
Councillor

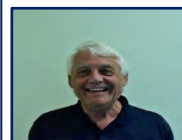
07811 753930

ccarter@kessinglandparishcouncil.gov.uk

Danielle Pope-Brannon
Councillor

07928 245822

dpope-brannon@kessinglandparishcouncil.gov.uk



Billy Nicholls
Councillor

07584 168200

bnicholls@kessinglandparishcouncil.gov.uk



Jack Ollett
Councillor

07897 643233

jollett@kessinglandparishcouncil.gov.uk



Kessingland Parish Council consists of 13 members, including a Chair and Vice-Chair
The Council has 4 committees which deal with different areas of Council business.

Planning & Highways Committee

Chair: C. Carter
Vice-Chair: I. Graham
Members: B. Saunders, N. Glendinning,
C. Cook, D. Pope-Brannon, J. Ollett

Finance & Governance Committee

Chair: A. Green
Vice-Chair: I. Graham
Members: N. Glendinning, J. McLean,
C. Cook, B. Saunders, J. Ollett

Personnel Committee

Chair: N. Glendinning
Vice-Chair: I. Graham
Members: C. Cook, D. Boyle, A. Green

Leisure & Community Engagement Committee

Chair: D. Boyle
Vice Chair: B. Nicholls
Members: J. McLean, C. Carter, C. Cook,
A. Green, L. Hood, I. Graham, J. Ollett,
D. Pope-Brannon

As well as sitting on its 4 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

Benacre & Kessingland Flood Group

Cllr S. James

Village & Beach Clean-Up Co-ordinators

Cllr D. Boyle, Cllr J. McLean

Community Kitchen & Wildlife Garden Co-ordinator

Cllr J. McLean

Kessingland Marsh

Cllr D. Boyle (Warden)
Mr D. Fox (Deputy Warden)

Kessingland Help in Need Trust

Cllr L. Hood, Cllr D. Boyle

Community Fridge

Cllr C. Cook, Cllr J. McLean,
Cllr L. Hood

Hidden Needs Forum

Cllr C. Cook, Cllr J. McLean,
Cllr L. Hood

CCKS Community Partnership

Cllr J. McLean, Parish Clerk

Suffolk Police Locality Board

Cllr C. Carter, Cllr L. Hood

Kessingland Sports & Social Centre

Cllr C. Cook

Community SID Co-ordinator

Cllr D. Pope-Brannon,
Cllr C. Carter, Mr D. Haward

Safer Neighbourhood Team (Suffolk Police)

Cllr C. Carter, Cllr L. Hood

Kessingland Events Group

Cllr J. McLean, Cllr C. Cook, Cllr D. Boyle, Cllr C. Carter, Cllr L. Hood,
Cllr J. Ollett, Cllr D. Pope-Brannon

Kessingland Parish Council Staff



Kessingland Parish Council

Office Hours:

Monday – Wednesday & Friday, 10am – 3pm
Closed on Thursday

Telephone:

01502 744367

Email:

admin@kessinglandparishcouncil.gov.uk

Website:

www.kessinglandparishcouncil.co.uk



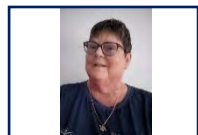
Parish Clerk & RFO:
Neil Coleby



Acting Parish Clerk & RFO:
Shelley Hogg



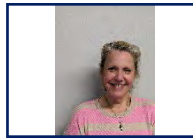
Admin/Committee Clerk:
Debbie Blowers



Senior Youth Leader:
Christine Smith



Youth Leader:
Daniel Fisk



Youth Leader:
Amanda Loud



Cleansing Operative:
Ruth Hill



Cleansing Operative:
Niall McLean



General Maintenance:
Darren Haward

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@eastsuffolk.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



**Every Saturday
from 10am until 12pm**

**"Saturday Coffee at St. Ed's"
Kessingland Church Centre
Church 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



“Recycle Your Electricals” – Kerbside Collections



East Suffolk residents are being urged to recycle their electricals as new kerbside collections roll out across the district. East Suffolk Council has unveiled its plans to introduce kerbside collections of small electrical items across the whole of East Suffolk. Collections will begin in the coming weeks with the hope that 120,000 households in the local community will get behind its drive to recycle their electricals.

The new kerbside collections will enable residents to leave small electrical items on top of their wheeled bins on their usual bin collection day and items will then be collected by the refuse crew and taken away for recycling. There is no need to bag the items. This is one of over 60 UK projects funded by Material Focus, the not for profit leading the Recycle Your Electricals campaign, who have provided £60,724 to support this project. East Suffolk Council are joining other projects around the country in making it easier for 10 million UK residents to recycle their electricals.

Following a trial of the scheme in parts of the district last year, electrical kerbside collections will now be rolled out across all of East Suffolk. Residents are advised to look out for a leaflet advising them when collections will start in their area. Electrical collections will take place at the same time as existing household waste or recycling collections. Collected items will be sorted for recycling or where appropriate, given to local charities The Repair Shed in Martlesham and the Benjamin Foundation in Lowestoft for repair before selling the items to raise money. To try and manage demand on the service residents are asked to leave no more than 2 small electrical items, unbagged, out for collection each week. If the collection basket on the refuse vehicle is full, items can be scheduled for collection the following week.



Residents will be made aware of how and where they can recycle their electricals through information on leaflets and on eye-catching social media featuring HypnoCat. Keep an eye out for HypnoCat, the Recycle Your Electricals mesmerising pink, fluffy mascot, who is on a mission to hypnotise local residents into recycling their electricals.

This project is part of the new 2025 funding for the Electricals Recycling Fund where Material Focus has allocated an additional £750,000. The aim of the nationwide Electricals Recycling Fund is to significantly reduce e-waste and its environmental impact by making it easier for consumers to recycle their electricals. The projects that have been funded by Material Focus include a variety of recycling methods, from kerbside collections to more drop-off points in schools, community centres, and bring banks. Overall there will be over 400 new collection points plus kerbside collections for 3 million UK residents.

Recycle Your Electricals research has shown that 80% of consumers believe recycling is a good thing, and many of us already recycle things like paper and plastic. Research has also shown that most of us have unwanted electricals we want to get rid of. On average there are at least 30 electricals hidden away in drawers in UK homes, a total of 880 million items across the UK - with a simple repair many could be donated or sold to people who could put them to good use. And yet 39% of people bin electricals, rather than recycle or reuse them leading to over 100,000 tonnes of electricals thrown away every year. The aim of these projects is to overcome these issues by making it easier to repair, donate or recycle electricals.

Cllr Sally Nobie, East Suffolk Council's cabinet member for the Environment said: *"We introduced a trial of these collections to a small number of towns and villages towards the end of last year and are now able to bring the scheme to the rest of the district. We know that residents want to dispose of their electrical items properly and are pleased to be able to offer this service to all our residents."*

"We are pleased to support East Suffolk Council and the new kerbside collection trial that addresses the pressing issue of e-waste." said Scott Butler, Executive Director of Material Focus. *"By investing in improved collection and drop-off services and exploring new recycling methods, we are taking a significant step towards creating a more sustainable future by making it easier for 10 million more people to recycle their electricals."*

To find your nearest recycling point, search [recycle your electricals](#).

Does the electricity meter at your property need upgrading?

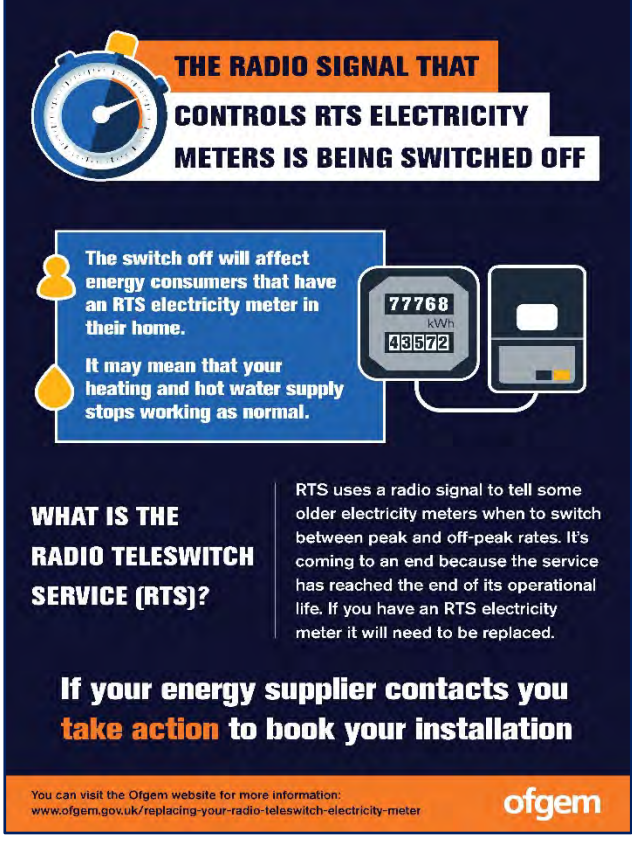
Energy Advice from Suffolk Centres for Warmth*

It is estimated that there are more than 10,000 properties in Suffolk and Norfolk with older electricity meters using the Radio Teleswitch Service (RTS). The RTS signal is being switched off in June 2025, so everyone with an RTS electricity meter will need a new one installed. The RTS tells the meter when to switch between peak and off-peak rates – so it's often found in homes with Economy 7 or Economy 10 (often rural off-gas homes, as well as flats, with storage heaters). Those households that haven't upgrading to modern smart meters could end up with their heating and hot water supply no longer working as normal after the RTS switch off. This could also mean higher energy bills (if they are not making use of cheaper night-time rates). Energy company are contacting households to arrange installation of new meters. If the RTS meter isn't changed, households could also end up with bigger energy bills.

Find out more here:

www.ofgem.gov.uk/replacing-your-radio-teleswitch-electricity-meter

*Suffolk centres for warmth is hosted by East Suffolk council and provides energy and financial inclusion support to Suffolk residents.



THE RADIO SIGNAL THAT CONTROLS RTS ELECTRICITY METERS IS BEING SWITCHED OFF

The switch off will affect energy consumers that have an RTS electricity meter in their home.

It may mean that your heating and hot water supply stops working as normal.

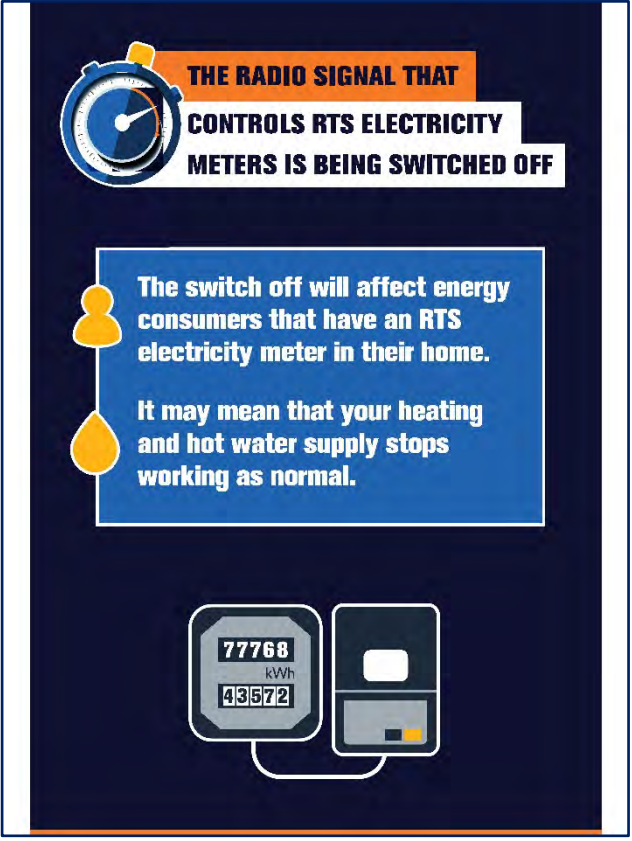
WHAT IS THE RADIO TELESWITCH SERVICE (RTS)?

RTS uses a radio signal to tell some older electricity meters when to switch between peak and off-peak rates. It's coming to an end because the service has reached the end of its operational life. If you have an RTS electricity meter it will need to be replaced.

If your energy supplier contacts you take action to book your installation

You can visit the Ofgem website for more information:
www.ofgem.gov.uk/replacing-your-radio-teleswitch-electricity-meter

ofgem



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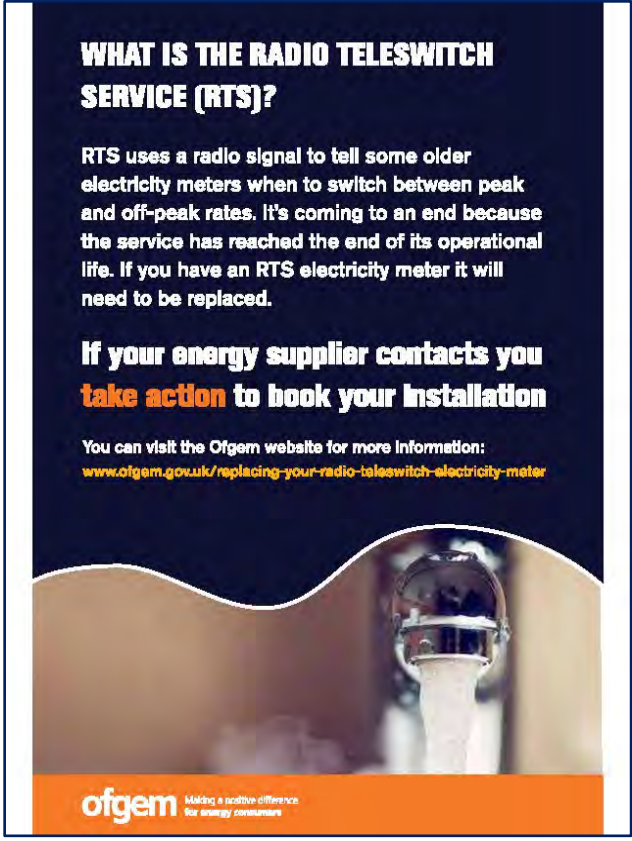
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ofgem Making a positive difference for energy consumers

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

The Mary Newton (retired forensic scientist) Talk went very well with over a 100 people there and everyone found it very interesting... you could have heard a pin drop. Mary had told me that this was her last one as she had given us all her talks I was telling everyone at the end of the evening that there wouldn't be any more then she said well i might be able to do another one and everyone cheered, SO WATCH THIS SPACE.

6th June we have "BULLY" (or John Bullard as some might know him). Doors open at 7pm with music starting at 8pm - FREE ENTRY FOR MEMBERS AND NON MEMBERS. Should be a very good evening.

Our Quiz nights are doing extremely well on the first Thursday of the month. We usually have about 20 teams (see separate poster for details). No Quiz night in July & Magic evening now cancelled.

28th June CLASSIC CAR SHOW Many cars booked in already. Bottle Tombola (Donations gratefully received) Refreshments. Craft Stalls £5 per table already have a few booked don't miss the chance.

The Darts Team are starting their Summer league soon. If anyone interested please come along on a Friday night.

The Pigeon Club has now resumed but no further information is available yet.

Kessingland United Working Mens Bowls Club are very proud to be hosting the **SUFFOLK COUNTY BOWLS FINAL** on Saturday 19th and Sunday 20th July, the winners will be in the finals at Skegness. The club is well known for having the best green in the County. This will be a very busy weekend with some very fine bowls games to be seen. Everyone is welcome so please come along and watch. Hopefully the bar will be open.

Saturday Nights Music in June:

7 th :	Best of Both
14 th :	TBA
21 st :	Steve Allen
28 th :	KCR Duo

Saturday Night Music in July:

5 th :	Steve & Greta
12 th :	Andy York
19 th :	Hi Definition
26 th :	Rob Charles

The Club is a lovely venue for Parties or other activities with a lounge for smaller groups and for Wakes they are free with a £50 returnable deposit. We have a large well-lit carpark with plenty of disabled parking plus disabled entrance and disabled toilet facilities. The Hall is well used with Parties and other activities:

Slimming World every Tuesday with two sessions

Line Dancing lessons on Wednesday evening everyone welcome. £5

The W.I. meet every second Thursday of the month

Bingo on Monday evenings. Wednesday evenings and Sunday Lunch times come and join us, more people means bigger prizes.

The club is always looking for new members it's £25 (less than 50p Per week) with cheap bar prices- well worth joining. We have also now joined the ONE LOTTERY please support us.

President: R A Hood
Society Registration No: 4343

Secretary: T Gasking
VAT Registration No: 105 2958

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



*Are you looking to try something new
and make new friends?*

Kessingland Women's Institute
meets monthly, you are very welcome to join us.

We meet at Kessingland Working Men's Club
NR33 7QD

On the second Thursday of the month (except August)
at 7.30pm
Visitors £5.

As well as a variety of speakers we have a Walking group,
Craft club, Reading, Lunch clubs, Cinema group & outings
are arranged to the theatre and other places of interest.

If you'd like to know more
call Christine on 01502 744255

We look forward to seeing you
and you are guaranteed a warm welcome

P.S. Very few of us make jam!

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

What the KYC has been up to during May and dates for June

The KYC will be open every Wednesday in June from 6.30pm to 8.30pm



To celebrate VE day wreaths made by members were laid at the beacon lighting on the 8th, thanks go to Theo and Imogen for carrying out this task on behalf of the KYC.

On 14th Helen, a local resident who had been evacuated during the War, visited to share her experiences of this time with a question and answer session. She had our members enthralled by her accounts of her time away from her family at such a young age and the fact that she was evacuated without anyone knowing where she was going. She returned home just before her 10 birthday having not seen her parents in all the time she was away. A few tears were shed at her stories and comments from some members that it was better talking to someone who had gone thru the evacuation rather than just hearing about it at school.

Subsequently Helen shared her experience of her visit to the KYC with the Friendship Group who meet at the KSSC and they wish to fundraise for the KYC and our thanks go to them for this kind gesture.

After Helens visit Pakefield Pastures visited with some of their lambs. The weather could have been nicer but at least it was dry and the lambs and members could be outside. Lots of cuddles for the lambs from our members of all ages and some lambs were given milk bottles.



As May was national strawberry month the theme for our food night was everything strawberry, both to eat and for craft. The food table was cleared in about 15 minutes!



All photos attached have permissions given to be shared

Thank you for the continued support for the KYC with 8 new members joining recently. I'm hoping to arrange another evening visit to the climbing wall at Water Lane as well as a daytime visit with maybe a picnic to Redwings to visit Esther the donkey we've helped adopt – more information to follow regarding these.

We hope to see you all after the half term holiday.

Chris and the KYC team

KESSINGLAND YOUTH CAFÉ

JUNE 2025

Wednesday 4th, 11th, 18th & 25th:

Choice of Activities

"Pizza Night & Chocolate Bingo" on 18th, "Laser Tag" on 25th



6:30pm to 8:30pm

**Age Group:
10 to 16yrs**

**FREE
ACTIVITIES**

at the KSSC
Francis Road
Kessingland

**SNACK
SHOP**



Kessingland
Parish
Council

CENTENARY CELEBRATION OF THE KESSINGLAND BEACH SUNDAY SCHOOL BUILDING

[The Kessingland Bethel had its own Centenary in 1981]

8th and 9th August 2025

The Kessingland Men's Shed would like to give notice of the above event, celebrating the opening of the building in 1925.

We have some ideas on how to Celebrate the Centenary and stress that this is a celebration of the Kessingland Beach Sunday School Building, so we are asking you, the residents of the village, for photos or anecdotal memories that may not have been seen or heard for many years, which relate to your experience of the Sunday School. Please come along and share your memories with other residents of the village.

The event will take place on Friday 8th & Saturday 9th of August 2025.

Our intentions are:

- To have all photos displayed in a loop on a tv screen.
- Have a board with text & photos, showing the history and repair of the building.
- Provide a buffet and possibly some entertainment.
- Family Name Boards of Kessingland Families
- Dedication of the quiet room to Gerald Brown.
- A plaque made to recognise the Centenary.
- Blessing of the building.

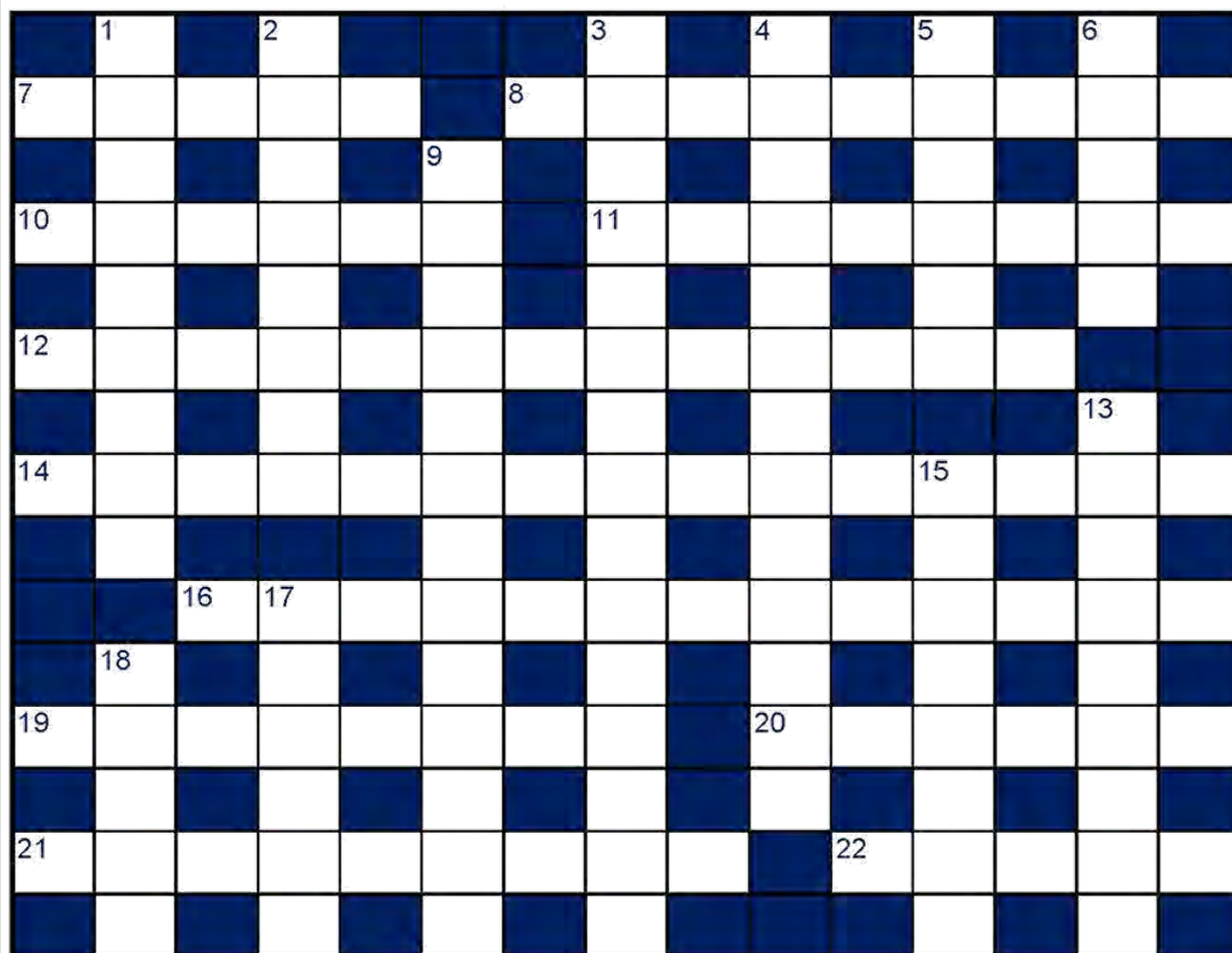
We have two questions to ask all the residents of Kessingland: to help us find the details of the "Green Family" who, in an article by Mr E. J. Hunter in 1981, met the entire cost of building the Bethel in 1881; and Mrs Clara Hann who helped to raise the funding for the Kessingland Beach Sunday School Building a few decades later.



We are still welcoming new members, so pop down to the Shed, on Bethel Drive, for a coffee and a chat, where you can fill in a form if you want to join up or contact the Secretary on 07950 837083. Opening times are 9-1pm on Mondays, Wednesdays, Fridays, and Saturdays.



No: 101-33



Across:

- 7 Yokohama's country (5)
- 8 Percussion instrument (9)
- 10 Pour through a sieve (6)
- 11 Card game for one (8)
- 12 Winemaking expert (13)
- 14 1980s US police series (4,6,5)
- 16 Fond memories (13)
- 19 Long-running BBC current affairs programme (8)
- 20 In a smooth, uniform manner (6)
- 21 Orange-flowered Asian plant (5,4)
- 22 Bishop's high hat (5)

Down:

- 1 Stomach ailment (9)
- 2 Resembling a royal residence (8)
- 3 In a compassionate way (15)
- 4 Voucher for a prize draw (7,6)
- 5 Bottoms up! (6)
- 6 Specific skill, aptitude (5)
- 9 Impossible to be kept at the current level (13)
- 15 Store's underwear department (8)
- 17 Gradually ate away (6)
- 18 Desert watering place (5)

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@hotmail.com.

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.

**DANES will next be at
Marram Green on
25th June 2025**

9:30am – 12:30pm

Contact us for details

01502 511333

info@danesonline.co.uk

Help & Support in the Community



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 • Lelston
• Lowestoft • Woodbridge plus
outreach centres across the region

Can we help you access extra help to safely heat your home?

Centre for Warmth

In partnership with
Cadent

FREE* carbon monoxide alarms
Signing up to Priority service register
Gas Safety checks
Energy efficiency advice
Slow cooking sessions

ccfw@eastsuffolk.gov.uk

or Call 0333 016 2000

and ask for

Suffolk Centres for Warmth



**Subject to conditions*



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
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



Well Minds East Suffolk

There is a wide range of mental health support available in East Suffolk but sometimes it can be difficult, especially at a time of crisis, to know where to look for this information. East Suffolk Council's new 'Well Minds East Suffolk' booklets contain mental health advice, information, and details of local support services for people of all ages in need of help with their mental health. 10,000 booklets have been produced and are being delivered to community settings across the district, including libraries, community centres and the Council's network of Warm Welcomes. You can also view the booklet at <https://eastsuffolk.co/wellminds>. The booklets were funded by the Community Partnership Board and two local Community Partnership

Kessingland Photography Competition

Showcase your photographs of Kessingland by entering this year's competition.

Theme: "Anything Kessingland"



PRIZES:

- 1st - £25 Gift Voucher + A4 Canvas
- 2nd - £15 Gift Voucher
- 3rd - £10 Gift Voucher

A canvas of the winning photo's will also be displayed in the council offices as part of the council's cultural heritage collection. For an entry form & copy of the rules, please email: admin@kessinglandparishcouncil.gov.uk or event@kessinglandparishcouncil.gov.uk

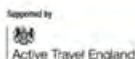
Closing date for entries
Tuesday 30th September 2025



Kessingland
Parish
Council

Community Noticeboard

Events, Competitions & Local Groups



Free walking activities in Lowestoft

📍 Dip Farm

Wednesdays | 10:00-12:00
Introductory Walking Group
Thursdays | 10:00-12:00
Moderate Walking Group

📍 Nicholas Everitt Park

Mondays | 10:00-12:00
Introductory Walking Group

📍 Carlton Marshes

Tuesdays | 10:00-12:00
Moderate Walking Group

📍 Various locations

Fridays | 10:00-12:00
Community group walks

Cuppa and a Stroll

📍 Sparrows Nest

Mondays | 13:00-14:30

📍 Cherry Lane Garden Centre

Tuesdays | 11:00-12:30

📍 Kensington Gardens

Wednesdays | 13:00-14:30

📍 Pathways Care Farm

Fridays | 13:00-14:30

Interested in finding out more?

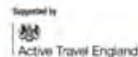
Visit our website walkingandcyclinginsuffolk.org.uk or scan the QR code

Email thewaytosuffolk@suffolk.gov.uk or call 01473 260060



Please note that all bookings must be made in advance.

If you need help to understand this information in another language or would like it in another format including audio or large print, please call 03456 066 067.



Free cycling activities in Lowestoft

📍 Dip Farm

Wednesdays | 10:00-12:00
Learn to Ride

Wednesdays | 10:00-12:00, 13:30-15:30 and 18:00-20:00
Cycling for Health/Moderate Cycling Group/Competent Cycling Group

Saturdays | 10:00-12:00

Cycling for Health

📍 Nicholas Everitt Park

Mondays | 10:00-12:00 and 13:30-15:30
Cycling for Health/Moderate Cycling Group/Competent Cycling Group

Interested in finding out more?

Visit our website walkingandcyclinginsuffolk.org.uk or scan the QR code

Email thewaytosuffolk@suffolk.gov.uk or call 01473 260060



Please note that all bookings must be made in advance.

If you need help to understand this information in another language or would like it in another format including audio or large print, please call 03456 066 067.

Centre for Warmth

in partnership with

Cadent

Join our FREE Slow cooker taster session

Share ideas to create healthy meals that can save time, energy and money at home

Friday 6 June, 3pm - 5.30pm
at Bloodmoor Hill Community Centre,
Dale End, Carlton Colville, NR33 8WA

BOOK NOW

ccfw@eastsuffolk.gov.uk

or call 0333 016 2000
and ask for Suffolk
Centres for Warmth



Dementia wellbeing walks

Join us for a gentle dementia-friendly walk

WHEN? Every Monday between 10am and 12pm

WHERE? Nicholas Everitt park (outside The Old Dairy cafe)

- ✓ Being physically active can help symptoms of dementia
- ✓ Easy terrain
- ✓ Slow to steady pace to suit everyone



Scan the QR code to contact us

Supported by
Active Travel England



Email: thewaytosuffolk@suffolk.gov.uk
www.thewaytosuffolk.org.uk

If you need help to understand this information in another language or would like it in another format including audio or large print, please call 03456 066 067.

KESSINGLAND UNITED WORKING MEN'S CLUB

THE AVENUE, KESSINGLAND, LOWESTOFT, SUFFOLK, NR33 7QD



LIVE MUSIC • CRAFT STALLS • CAR COMPETITION
BOTTLE TOMBOLA • BOWLS ON THE LAWN • BAKING COMPETITION
BAR & REFRESHMENTS AVAILABLE

VISIT OUR WEBSITE TO FIND OUT MORE OR TO ENQUIRE ABOUT EXHIBITING

SATURDAY 28TH JUNE
DOORS OPEN AT: 11 A.M - 4 P.M



EMAIL: CLUBSECRETARYKUWMC@OUTLOOK.COM

WWW.KUWMC.CO.UK | TELEPHONE: 01502 740218

Affiliated to the CIU

Society Registration No: 4343 VAT Registration Number: 105 2958



Fancy a game?

We have a wide selection to choose from totalling over 100 games so there should be something for everyone so why not join us at the next meet up of the Kessingland Board Game Group

Livingstone's Freehouse
Kessingland
Every Monday 6pm-9pm

Newcomers to board games welcome so why not come along & take a look.

You never know, you might find a new hobby!

Find us on Facebook or call Lyn on 07733278281 for more info

Green Man FESTIVAL

Reydon, Suffolk

family friendly festival of music, magic & myth

A RELAXED FAMILY FRIENDLY FESTIVAL WITH A HOST OF ATTRACTIONS & ACTIVITIES FOR THE WHOLE FAMILY TO ENJOY

A CELEBRATION OF NATURE, CRAFTS, MUSIC & DANCE -
FANTASY, STEAMPUNK, MAGIC & MYTH

"LET YOUR CREATIVITY FREE, AND YOUR IMAGINATION EXPLORE"

SATURDAY 6 SEPTEMBER • 12-5

£5 ADULT ENTRY • FREE KIDS ENTRY
FREE PARKING

PAY-ON-GATE • CASH ONLY ENTRY

REYDON SPORTS & COMMUNITY CENTRE
& SPORTS FIELD IP18 6PA

greenmanfestivalsuffolk.com

LOWESTOFT CARNIVAL

GET INVOLVED



Make a FLOAT for the Procession

Volunteer as a Marshal



Lend us your vehicle

Walk or Dance in the Procession



Sign up via the link below
www.theseagull.co.uk/carnival

17th August 2025

THE BIG DAY OUT

27TH JULY 2025
10 AM - 4 PM
Corton Playing Field, Pavilion,
Mills Drive, Corton NR32 5JB
FREE ENTRY • FREE PARKING

RAFFLE • TOMBOLA
CRAFT STALLS • REFRESHMENTS
FOOD VENDORS • DOG AGILITY
DANCE GROUPS • FUN FAIR
CHILDREN'S ENTERTAINERS • LIVE MUSIC

Brainwave
INDEPENDENCE GROUP
BRAINWAVE-GROUP.ORG
Charity No. 1162959

Community Noticeboard

Events, Competitions & Local Groups



the WI
Kessingland
Kessingland Working Men's Club
NR33 7QD
Thursday 12th June
7.30pm



**Louise from
Fritton Owl
Sanctuary**

Competition – An Owl ornament or
jewellery item

Visitors welcome- £5.00
contact Christine for more information 01502 744255

INSPIRING WOMEN

Welcome to an open afternoon on behalf
of Kessingland Gardeners, Wildlife and
Social club at St Edmunds Church Hall

Saturday
5th July
2pm – 4pm

There will be stalls for plant sales by various
growers, a cake stall with all homemade
produce, a WI stall and various competition
stalls for both adults and youngsters
Tea coffee and refreshments will also be
available with ample seating

*There will be a Tombola for everyone with lucky dips for
the youngsters*

Competitions for adults in 2
categories
Plants in one category
Flower arrangement in
separate category
All entries in by 1.30pm

Competitions for youngsters
3-5 animals from a
vegetable
6-8 a garden on a dinner
plate

All competitions will be judged by 3.30pm with prizes for the winners

Kessingland Gardeners, wildlife and Social club meet on the
2nd Monday of each month at St Edmunds Church Hall,
Kessingland at 7.30pm

New members are always welcome

Contact Tony on 01502 349068

Mobile 07776433307

Do come along and meet our members, enjoy a
cake and tea or coffee over a chat and enjoy the
afternoon, there will be fun for all

Kessingland Parish Council Allotment Gardens



Allotments Available for Rent

A few allotment plots in St Edmunds (East) have become available for rent to residents in the Parish of Kessingland.



If you wish to take out a tenancy agreement,
please contact the Parish Council Office:

Telephone: 01502 744367

Email: clerk@kessinglandparishcouncil.gov.uk

Community Noticeboard

Activities & Groups: Kessingland Sports & Social Centre



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!

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 BSA Instructor

Family Class Age 7+

For more information please contact: 07557 030442

KESSINGLAND Short Mat Bowls CLUB

WE ARE A FRIENDLY CLUB LOOKING FOR NEW MEMBERS

WE LOOK FORWARD TO SEEING YOU THERE!

KESSINGLAND COMMUNITY CENTRE
FRANCIS ROAD
KESSINGLAND

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

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
AND SEARCH FOR: Kessingland Sports

one lottery

KESSINGLAND YOUTH CAFÉ

JUNE 2025

Wednesday 4th, 11th, 18th & 25th:

Choice of Activities
"Pizza Night & Chocolate Bingo" on 18th, "Laser Tag" on 25th

6:30pm to 8:30pm

Age Group:
10 to 16yrs

FREE ACTIVITIES at the KSSC Francis Road Kessingland

SNACK SHOP

FRIENDS WHO DANCE

Every Monday Evening 7.30-10.30pm
Kessingland Sports & Social Centre
Francis Road, Kessingland
NR33 7PU

If you just enjoy dancing come and have your own bit of Strictly

All types of dancing: Modern Jive, Rock & Roll, Line Dancing & Ballroom
£5 per person

For more information please contact Sue: 07731300691

Groups at Kessingland Sports & Social Centre

MONDAYS
7:30 – 10:30pm: Friends who Dance

TUESDAYS
10:00 – 12:00pm: Waveney Table Tennis
2:00 – 4:00pm: Short Mat Bowls
7:00 – 9:00pm: Badminton

WEDNESDAYS
9:30 – 11:30am: Knit & Natter
6:30 – 8:30pm: Youth Café
(Every Wednesday unless otherwise informed)

THURSDAYS
9:30 – 10:30am: Chair Based Exercise (Alternate Thursdays)
1:30 – 3:30pm: Singing Sensations
Friendship Club
Pilates
Model Flying Club

6:00 – 7:00pm:
7:30 – 10:00pm:

FRIDAYS
2:00 – 4:00pm: Short Mat Bowls
6:00 – 7:30pm: Shotokan Karate

SATURDAYS/SUNDAYS: Available for Private Hire / Events

For Bookings: Telephone/Message 07729 384705 of Email ksscbookings@hotmail.com

Community Noticeboard

Activities & Groups: Kessingland United Working Men's Club



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



WWW.kuwmc.co.uk

Telephone No: 01502 740218
Email: clubsecretarykuwmc@outlook.com

Quiz Night ?

First Thursday each Month

Doors open 7pm Quiz starts 7:30pm

Teams of 6 people maximum
No minimum



Bar and snacks available.

Music and Picture Rounds



Cash prizes and Raffle



£2.50 per person

£1.50 goes to the club, £1 goes into cash prize

Please book in advance as only 25 team places available.

To reserve your team please email: kuwmcquiz@gmail.com

Affiliated to the CIU

Society Registration No: 4343 VAT Registration Number: 105 2958

LINE DANCING

**NEW LINE DANCING CLASS STARTING WEEK
COMMENCING 21ST AUGUST 2024**

ALL WELCOME
PARKING & BAR

WITH
ALISON
WEDNESDAYS
7PM TILL 9.30PM
FROM 21ST AUGUST

£5 ENTRANCE

**WORKING MANS CLUB, KESSINGLAND
FOR MORE INFO CONTACT ALISON
TEL: 07901871133**

West Western Dance Academy
Trained Teacher

Slimming World

feel
real
good

Tuesdays
5.30 & 7pm
Kessingland Working
Men's club

With Louise
07725748421

Come along to meet us
Or get in touch for more info
real food, real support, real results

KESSINGLAND UNITED WORKING MEN'S CLUB
THE AVENUE, KESSINGLAND, LOWESTOFT, SUFFOLK, NR33 7QD

LIVE MUSIC

DON'T MISS...

BULLY

LOCAL SINGER
John Bullard

FRIDAY 6TH JUNE 2025

START TIME: 7 P.M | FREE ENTRY FOR ALL

VISIT OUR WEBSITE TO FIND OUT MORE

EMAIL: CLUBSECRETARYKUWMC@OUTLOOK.COM
WWW.KUWMC.CO.UK | TELEPHONE: 01502 740218
Affiliated to the CIU
Society Registration No: 4343 VAT Registration Number: 105 2958

Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



SUFFOLK LIBRARIES **WHERE I BELONG**

Library Opening Times

MONDAY	Closed
TUESDAY	10am – 4pm
WEDNESDAY	10am – 4pm
THURSDAY	Closed
FRIDAY	10am – 4pm
SATURDAY	10am – 3pm
SUNDAY	10am – 3pm

Take a look at our website for up to date info on all our event and activities.
Find us at: Marram Green, Hall Road, NR33 7NY
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

SUFFOLK LIBRARIES **WHERE I BELONG**

Regular Library Activities

TUESDAY	10am - Baby Bounce
WEDNESDAY	10:30am-12pm - Stay & Play
WEDNESDAY	2pm - Bingo (Waiting List)
FRIDAY	10am - Baby Bounce
FRIDAY	2pm - BYO craft club
FRIDAY	2:30pm - Scrabble
SATURDAY	10:30-12 - Children's Craft
SUNDAY	10:30-12 - Children's Craft

Find us at: Marram Green, Hall Road, NR33 7NY
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

SUFFOLK LIBRARIES **WHERE I BELONG**

BABY BOUNCE & TOT ROCK

FREE ACTIVITY UNDER FOURS

Tuesdays & Fridays
10am

Followed by a cuppa & biscuits

SCRABBLE

Every Friday
2:30pm

JOIN US FOR SCRABBLE ON A FRIDAY AFTERNOON

£1 PER PLAYER WITH HOT DRINK AND SWEET TREATS INCLUDED

FOR STITCH DROPPERS

Craft Club
2pm Friday

at Kessingland Library
£1.00 including refreshments

SUFFOLK LIBRARIES

SUFFOLK LIBRARIES **WHERE I BELONG**

CHILDREN'S CRAFT

Saturdays & Sundays 10:30-12:00

FUELLED BY IMAGINATION

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

JOIN OUR FOLK:

50 Club

THE FRIENDS OF KESSINGLAND LIBRARY INVITE YOU TO JOIN THE 50 CLUB.

TO RAISE FUNDS TO SUPPORT OUR VILLAGE LIBRARY.

Bi-monthly draw with 3 prizes of 25%, 15% and 10% for first, second and third places respectively

Other Groups at Marram Green:

Tuesdays:

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

Wednesdays:

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

Thursdays:

- Yoga with Aleya (Spinnaker Room) 4pm – 5pm

Marram Green
coffee and friends events
Supported by Kessingland Parish Council
Formerly MeetupMonday

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

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

Community Noticeboard

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



THE CHURCH OF ENGLAND
Diocese of Norwich

Transformed by Christ
Provisional
Pastoral
Prophetic

Every Saturday 10am—12noon
Kessingland Church Centre

Saturday Coffee at St Ed's

CAKES

COFFEE is served...
SATURDAYS 10-12
BOOKS, JIGSAWS, BECAUSE A BEACON & CAKE!

FRIENDLY, WARM, SPACIOUS
FUN and LAUGHTER

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

TOGETHER WE CAN MOTIVATE

Craft for Children

'We play loads of fun games, do activities and challenges and sometimes get badges'
Matilda

Rainbows

Girls play, learn and have tons of fun
for ages 4 to 7

At Rainbows, we welcome all girls to play, learn and have fun in a creative, safe space for all abilities.

Join a local Rainbows group girlguiding.org.uk/joinus

Kessingland St Edmunds Church presents...

SMALL WONDERS
FRIDAYS 9:30AM - 11AM
Newborn - School Age
Everybody welcome!

AT THE CHURCH CENTRE

Free of charge

ACTIVITIES, CRAFTS AND SINGING
A RANGE OF TOYS FOR ALL AGES

SNACKS AND REFRESHMENTS

'St Edmunds Ladies Group'

Come...Bring a friend.
Tuesdays Monthly
Kessingland Church Centre
2-4pm
ALL WELCOME

Fun & Laughter

FREE of charge

Tea, cake and friendship

Speakers

ALL ARE WELCOME:
2nd Tuesday each month

PS...Men are also welcome

Speak to Anne 01502 7424654

ALL are very welcome to this very friendly Group

Why not come along and give it a try?

Choir Master: Colin Jobson
colinlinda1082@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)

Available to Hire.
Contacts Pat Briggs
01502 740478

Parking, Disable Access & Toilets,
Kitchen and Tables

Meetings, Children's Parties, Events.

Community Noticeboard

Activities & Groups: Kessingland Methodist Church



SUNDAY SERVICES at 10:30am



COFFEE MORNING

**Every Tuesday
10am – 12pm**

ALL WELCOME

Come along for a cuppa, bacon roll and a chat

Kessingland Methodist Church

Church Road, Kessingland NR33 7TQ



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 every Wednesday
of each month from 6:30pm until
8:30pm.

Duties include:

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

DBS check & full training given.



Kessingland
Parish
Council

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

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

Volunteering Opportunities



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 or call 01473 260060



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



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



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.gov.uk



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

Telephone: 01502 744367
Email: admin@kessinglandparishcouncil.gov.uk
Web: www.kessinglandparishcouncil.gov.uk

Community Recycling



CLOTHES BANKS

Kessingland Church Centre
Carpark
Church Lane
Kessingland

Livingstones Freehouse
Carpark
Whites Lane
Kessingland



BOOKS / USED PRINTER CARTRIDGES

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



TETRAPAK CARTONS

Lowestoft Recycling Centre
Haddenham Road
Lowestoft NR33 7NF



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



Welcome to the

Kessingland Business Page

To advertise on this page:

Your business must be based in Kessingland

For details of how to submit your advert and the subscription rates, please contact the Parish Council office:

Telephone: 01502 744367

Email: admin@kessinglandparishcouncil.gov.uk

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
Jess Asato MP (Lowestoft)	jess.asato.mp@parliament.uk
Citizens Advice Bureau	01502 518510
Disability Advice North East Suffolk (DANES)	01502 511333
Suffolk County Council Highways	0345 6066171
- What's happening in my area?	www.one.network
- Report a fault	www.highwaysreporting.suffolk.gov.uk
- Email	www.suffolk.gov.uk/about/contact-us
- Telephone	0345 606 6171
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 www.suffolk.police.uk/contact-us/report-something	
Coastline Vets (Carlton Colville)	01502 531999
Three Rivers Vets (Kessingland)	01502 741988
Pakefield Veterinary Clinic	01502 664656
Wangford Veterinary Clinic	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



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.gov.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 a subscription form. Rates are £10.00 for 1 issue or £100.00 for 12 issues. Adverts may be up to A6 (quarter page) Portrait and supplied preferably as a PDF or JPEG file.



Large Village of the Year
2023



Community of the Year
2023

Crossword Solution 101-33

ACROSS: 7 Japan 8 Xylophone 10 Strain 11 Patience 12 Viniculturist 14 *Hill Street Blues* 16 Reminiscences 19 *Panorama* 20 Evenly 21 Tiger lily 22 Mitre

DOWN: 1 Gastritis 2 Palatial 3 Sympathetically 4 Lottery ticket 5 Cheers 6 Knack 9 Unsustainable 13 Jewellery 15 Lingerie 17 Eroded 18 Oasis