



The Village News

November 2025

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Parish Council Meetings November 2025

Full Council:

- Wednesday 12th, 7:00pm

Finance & Governance:

- Tuesday 11th, 1:30pm

Planning & Highways:

- No meetings scheduled.

Personnel:

- No meetings scheduled.

Leisure & Community Engagement:

- Monday 17th, 11:00am

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>



Join us on Facebook
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



Neil Glendinning
Councillor

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nglendinning@kessinglandparishcouncil.gov.uk



Ian Graham
Councillor

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igraham@kessinglandparishcouncil.gov.uk



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Councillor

07789 644645

agreen@kessinglandparishcouncil.gov.uk



Julie McLean
Councillor

07539 696904

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Billy Nicholls
Councillor

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bnicholls@kessinglandparishcouncil.gov.uk



Danielle Pope-Brannon
Councillor

07928 245822

dpope-brannon@kessinglandparishcouncil.gov.uk



Bob Saunders
Councillor

01502 744367

bsaunders@kessinglandparishcouncil.gov.uk

Paul Slezacek
Councillor

07500 351763

pslezacek@kessinglandparishcouncil.gov.uk

VACANCY

VACANCY



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: To Be Appointed
Vice-Chair: I. Graham
Members: N. Glendinning, C. Cook,
D. Pope-Brannon, B. Saunders,
P. Slezacek

Finance & Governance Committee

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

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. Cook, I. Graham,
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 D. Boyle

Community Fridge

Cllr C. Cook, Cllr J. McLean,
Cllr D. Pope-Brannon

Hidden Needs Forum

Cllr C. Cook, Cllr J. McLean,

CCKS Community Partnership

Cllr J. McLean, Parish Clerk

Suffolk Police Locality Board

To be appointed

Kessingland Sports & Social Centre

Cllr C. Cook

Community SID Co-ordinator

Cllr D. Pope-Brannon,
Mr D. Haward

Safer Neighbourhood Team (Suffolk Police)

To be appointed

Kessingland Events Group

Cllr J. McLean, Cllr C. Cook, Cllr D. Boyle, 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.gov.uk



**Acting Parish Clerk &
RFO:**
Shelley Hogg



Admin/Committee Clerk:
Debbie Blowers



Senior Youth Leader:
Christine Smith



Youth Leader:
Daniel Fisk



Youth Leader:
Irene Burns



Youth Leader:
Darren Haward

**YOUTH LEADER
VACANCY**



Cleansing Operative:
Ruth Hill



Cleansing Operative:
Niall McLean



Maintenance Supervisor:
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 as 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



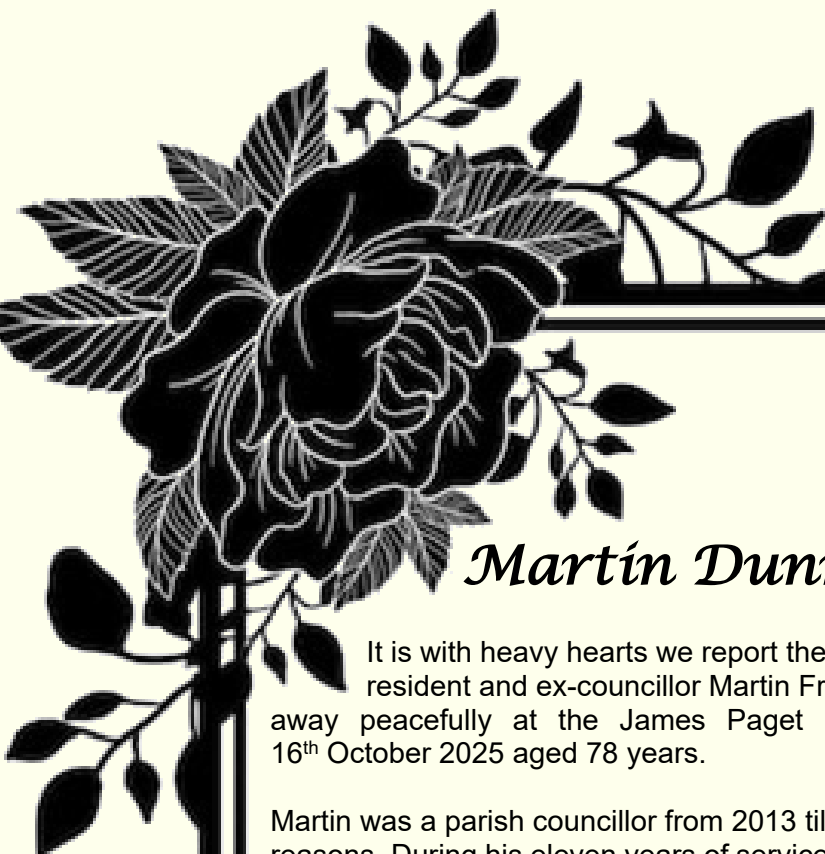
**Every Saturday
from 10am until 12pm**

**"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





Martin Dunne

It is with heavy hearts we report the sad passing of long-standing local resident and ex-councillor Martin Francis Gerard Dunne. He passed away peacefully at the James Paget University Hospital on Thursday 16th October 2025 aged 78 years.

Martin was a parish councillor from 2013 till he resigned in 2024 due to health reasons. During his eleven years of service he held a number of elected posts including most recently Chair of Planning, a post he had held on a number of occasions. Being an ex-Solicitor his conveyancing knowledge was invaluable. He was also Chair of the Benacre and Kessingland Flood Risk Management Project which will result in the sluice being replaced and moved back from the sea. Martin was a supporter of a number of local charities including 'Kessingland Help in Need' trust of which he had been a trustee.

Martin was a practicing Roman Catholic, attending Our Lady of Perpetual Succour in Gillingham which is part of St Benet's Minster in Beccles. Martin was heavily involved in transporting sick and disabled children from the local area to Lourdes, a Catholic Marian Shrine and place of pilgrimage in the Pyrenees south west France.

He was actively involved for over thirty years and his mantra was always to accept all - irrespective of faith, or indeed none.

Martin was a Gentleman and it was a pleasure and privilege to not only have worked with him but indeed to have known him.



Rest in Peace

Councillors and Officers of Kessingland Parish Council

A Mass of Thanksgiving will take place at St Benet's Minster Catholic Church, Beccles on Friday 21st November 2025, at 12 noon. Family flowers only.

Donations in memory of Martin, if so desired, for James Paget University Hospital (Ward 16) will be accepted via the online memorial site: www.rosedalefuneralhome.co.uk



Dear Families,

Autumn is here and with it comes the beauty of change all around us. The cooler days and the crunch of leaves underfoot remind us that October is a season of celebration, reflection and community. Just as the trees transform, our children also continue to grow in wonderful ways, discovering new skills, building friendships and embracing fresh opportunities to learn.

This month is always a special time in our school. Classrooms are buzzing with energy and our shared traditions help us feel connected to one another. Whether it's celebrating pupil accomplishments, preparing for seasonal events, or simply enjoying the rhythm of autumn days, October gives us many reasons to feel grateful for our school family.

As you read through, we hope you'll enjoy updates on classroom projects, upcoming events, and the many ways our children are shining. Thank you for being such an important part of our school family. Your support, encouragement and involvement are what make this community so strong.

We wish you a joyful autumn season filled with warmth, togetherness and plenty of cozy moments.

With appreciation,

Kellie Egleton
Executive Headteacher

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## Congratulations to Nursery and Reception Children!

I wish to extend my warmest thanks and congratulations to our new Nursery and Reception children and their families. The children have settled into their new classes with confidence and enthusiasm, looking so smart in their school uniforms. The happy, smiley faces we see around school are a clear sign of just how much they are enjoying their first steps into school life and the excitement of learning.

I would also like to take this opportunity to share a heartfelt thank you to our dedicated Early Years staff. Their compassion, encouragement and high aspirations have helped create such a positive and nurturing start for the children. They are truly a credit to our school family and we are grateful for all that they do.



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Class Welcome Meetings



The Kessingland staff team really enjoyed welcoming you and sharing more about our curriculum plans, expectations and routines for the year ahead. It was wonderful to see so many families joining us and we truly value these opportunities to connect and work together to support the children. If you weren't able to attend, please don't worry as the staff will be publishing the information on our school website very soon and will share a link so that everyone has the chance to access it. Thank you, as always, for your continued support. We are so excited for the year ahead and all that we will achieve together.

🌸🌸🌸🌸 We are Lowestoft in Bloom Champions! 🌸🌸🌸🌸

We are absolutely delighted to share that Kessingland Church of England Primary has been awarded no less than four awards for our school's entry for Lowestoft in Bloom 2025 and as such, has been recognised as the overall winner! 🌟



We won an incredible total of four awards:

- 🏆 Gold award for Team Leader
- 🌸 Silver for Best Vegetable Garden
- 🏆 Gold for Best Themed Garden
- 🌸 Outstanding credit for commitment by staff!



These fantastic achievements reflect the hard work, dedication, and positivity of our whole school community: staff, children, and families alike. A huge thank you to everyone who helped create our commemorative VE Day garden and contributed to making our school shine every day! 🌟 A special mention to Mrs. Greenacre who led this project so beautifully and successfully! 🌟

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## Timings for the school day:

The **gates open at 8.30am**. Parents and carers can walk their children to the classroom door where a member of the teaching team will be waiting to welcome them.

**Gates will be locked promptly at 8:45am. If you arrive after this time, you will be asked to register your child at the main school office and provide a reason for their late arrival.**



**School collection is at 3:15pm.** Parents and carers can collect their children from the classroom doors on the playground. We will open the gates at 3pm to avoid congestion.

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Universal Hygiene

We have been encouraging our pupils to continue with the excellent hygiene habits they have developed and we hope you continue to encourage your child/ren to do the same at home:

- Washing hands thoroughly with soap and water often.
- Using hand sanitiser.
- Washing hands on arrival to school, before eating, after coughing or sneezing, and after visiting the toilet.
- Reminding pupils to wash and sanitise hands when they get home at the end of the school day, as well as at other regular intervals throughout the day.
- Catch it, Kill it, Bin it - Covering their mouth and nose with a tissue or sleeve when sneezing and putting used tissues in the bin straight away. Always washing hands afterwards.
- Avoid touching the eyes, nose or mouth if they haven't washed their hands



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A reminder that the Office is staffed from 8:30am, if you need to contact the school, please telephone 01502 740223. You will appreciate that 8:30am - 9am is a very busy time in school, so we politely request that if you are ringing the school office to report a pupil absence, please leave a message, via the answering service, when prompted to do so. The office team check the messages frequently. All pupil absences should be reported by 9am at the latest.



## Update for October & November

I can't quite believe its October half term already where has summer gone? The KYC will be open every Wednesday in November, please see poster on our Facebook page and on notice board outside KSSC.

Hopefully you saw my post on Facebook about providing bike locks and lights should your son/daughter travel to the KYC by bike over these dark evenings. It is a legal requirement for cycles to have both a front and rear light after dark.



Our new team members have settled in well and brought some great ideas which we will try out over the next few weeks. Members have already planted out spider plants donated by Lyn, painted/printed autumnal leaves, made bracelets, the large jenga blocks became a knock down domino type game in the hall, connect 4 and pool with dodge ball and football being firm favourites.



Food in October was either pizza or curry with pizza winning the vote however Darren made some curry for members to taste and it was all eaten. Some photos attached.

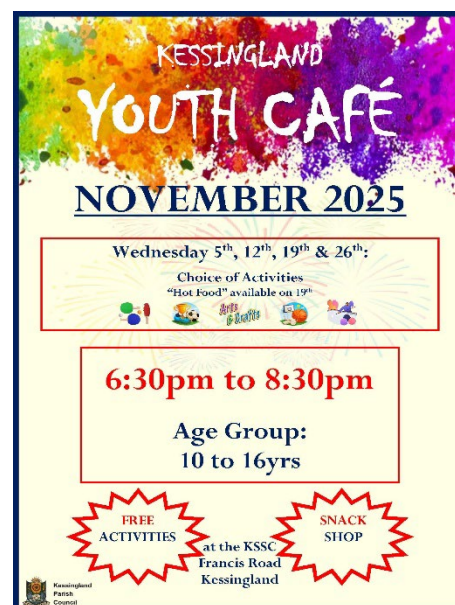
We had a trip to Waterlane for our 3<sup>rd</sup> climbing wall session on 27<sup>th</sup> October, sorry to anyone who didn't get their consent form back to me in time, there should be another trip arranged in the New Year. A big thanks to Gemma Fraser from East Suffolk who was instrumental in accessing and getting funding for these trips and to Sam and Louis the instructors for encouraging our members to reach the top of the wall. A great time was had by all.



Hope all our members have a good half term.  
We will see you on 5<sup>th</sup> November.

As always, thank you for your continued support of the KYC.

Chris and the KYC team



**KESSINGLAND**  
**YOUTH CAFÉ**  
**NOVEMBER 2025**

Wednesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>;  
Choice of Activities  
"Hot Food" available on 19<sup>th</sup>

**6:30pm to 8:30pm**  
Age Group:  
10 to 16yrs

**FREE** ACTIVITIES **SNACK** SHOP  
at the KSSC  
Francis Road  
Kessingland

Kessingland Parish Council



### Men's Shed Update for November 2025

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The Kessingland Men's Shed have successfully applied for a grant of £9569.64 from the Sizewell C Community Fund.

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This grant will allow the Kessingland Men's Shed to bring in a licenced contractor to remove all the internal panelling up to the eaves, as it contains low grade asbestos. They will then fill the void with insulation before relining with ply and re-decorating.

In its present state, the panelling is not being disturbed so it poses no risk but, other than the bits we can attach to the existing wooden battens, we are restricted to having free-standing furniture, benches and shelving.

This renovation work (along with the insulation that came with the new roof) will make the Shed more energy efficient; nearly as green inside as it is outside. The removal of the potentially harmful asbestos will also allow us to keep the environment within the existing building warmer and healthier with the asbestos removed. The building still retains asbestos in the ceiling lining but with this not being disturbed we only need to have this tested annually.

This grant shows the professionalism of the members who have collectively put together successful grant applications for a new roof, new windows, dust extractors, pillar drill, and now relining, at total of some £30,000 in the last 18 months.

The Kessingland Parish Council and our ESC and SCC Councillors have supported our applications and continue to show their support for the Kessingland Men's Shed, for which we are so grateful.

These grants allow us to support the members and help out other village groups where we can.

The provision of a fully insulated building means we can support our members and visitors with warmth and friendship in a healthy working environment.

We are pleased to open our doors to members and visitors to offering a tea or coffee a chat and a yarn. We are open from 9-1pm on Mondays, Wednesdays and Saturdays.

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 and Saturdays.



Kessingland WI has around 36 inspiring Women members. Meetings are held on the 2<sup>nd</sup> Thursday of each month at Kessingland Working Men's club, starting at 7:30pm

Members and guests enjoyed a ploughman's supper and beetle drive which took place at the church centre as our summer social in August.

At our September meeting Marta Stec from Dogs Trust with a black Goldendoodle named Bruce, told us about the many services available through the trust, such as fostering, free treatment for homeless people's dogs, free advice on dog's behavioural issues, care for dogs in sudden urgent need of care through bereavement or other reasons. Pauline Shipley's poem about a dog took first place in the competition, with Karelyn Smithson's and Linda Walker's coming second and third. The best bloom this month belonged to Bridget Higgins, with Margaret Parker's in second and Sue Goulden's in third position.

In October we celebrated two of our members special birthdays and were treated to beautiful butterfly decorated cup-cakes. Our speaker, Kat Reay gave a fascinating talk with illustrations on the River Waveney and how it is being managed, in particular the importance of keeping or reinstating wriggles. Some terrific artwork was displayed on pebbles, painted for the competition with the first place earned by Linda Walker with a very detailed mouse, Gaynor Barnett's Autumnal scene second, and Autumn leaves by Karelyn Smithson in third place. The best bloom this month was grown by Pauline Shipley, with Sharon Thompson in 2nd place and Karelyn Smithson third.

### theWI Kessingland

Kessingland Working Men's Club  
NR33 7QD

7.30pm

Thursday 13<sup>th</sup> November  
**Annual Meeting**

**Craft & Cookery competitions**

contact Christine for more information 01502 744255

INSPIRING WOMEN

*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 group, Cinema group and outings  
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

# 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 with parties and a few other bookings. Our Classic Car Show was a great success even though it was so hot.

The Club hosted a Macmillan Coffee Morning with the Parish Council and we raised £710.00 which was amazing.. **THANK YOU TO EVERYONE THAT SUPPORTED IT.**

The Bowls Club has finished for the season and are now busy getting the greens ready through the winter, which is constant hard work.

The quiz nights are still proving a success, being held on the first Thursday of the month. £2.50.



|                        |                           |                         |
|------------------------|---------------------------|-------------------------|
| <b>Sunday Music:</b>   | 16 <sup>th</sup> November | - Kevin Barry (£7.00)   |
|                        | 23 <sup>rd</sup> November | - Sunday Social (£2.50) |
| <b>Saturday Music:</b> | 1 <sup>st</sup> November  | - Lowrider              |
|                        | 8 <sup>th</sup> November  | - Karla Beare           |
|                        | 15 <sup>th</sup> November | - Best of Both          |
|                        | 22 <sup>nd</sup> November | - Just Andy             |
|                        | 29 <sup>th</sup> November | - Terry Batt            |

The Hall is well used with Parties and other activities:

- Slimming World every Tuesday evening with two sessions.
- Line Dancing lessons Wednesday evenings (£5.00).
- The W I meet every second Thursday of the month with some interesting Speakers (£5.00 for Visitors ).
- Bingo on Monday and Wednesday evenings and Sunday lunch times. Come and join us as more people means bigger prizes.

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 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.

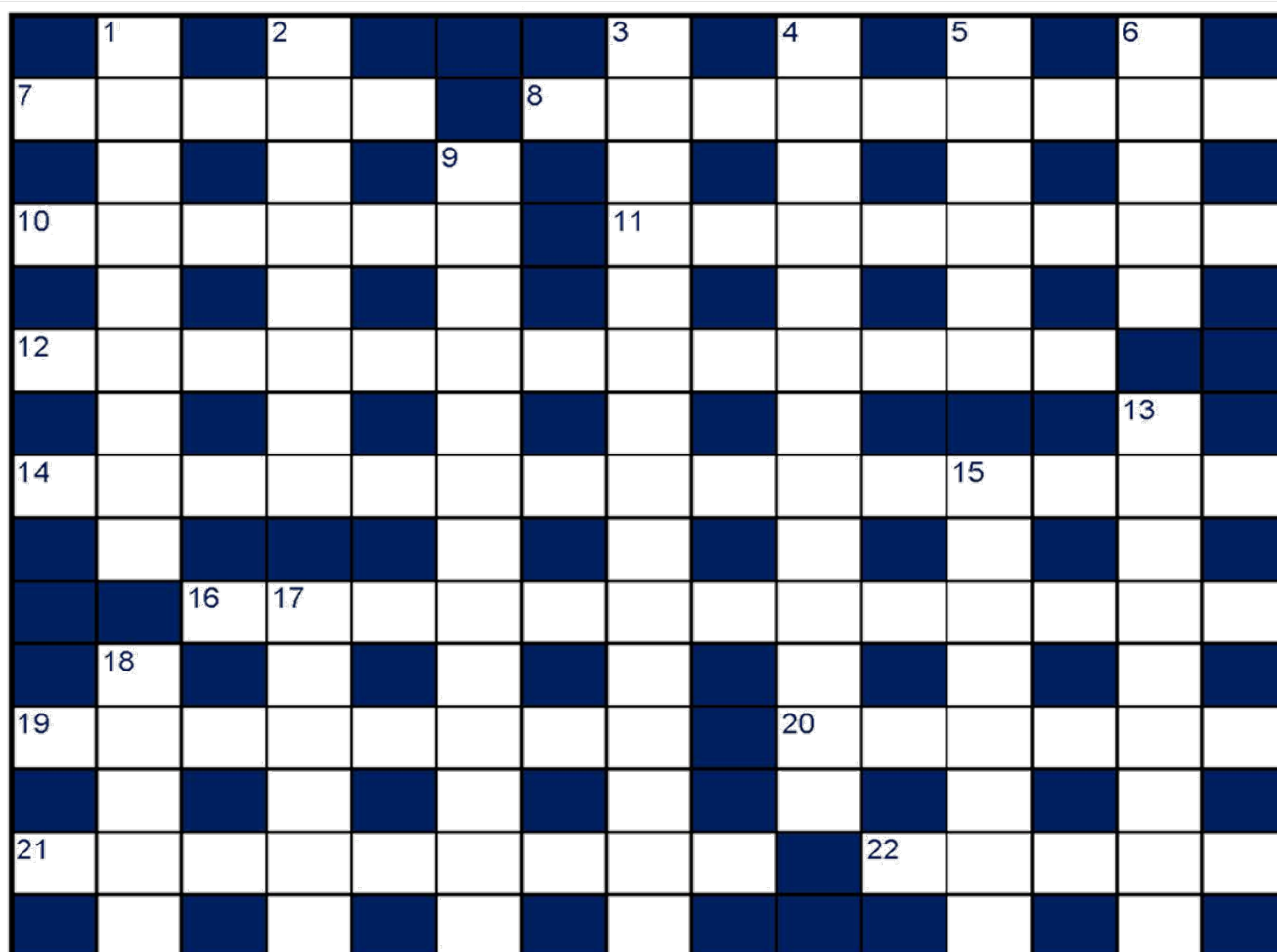
*President: R A Hood*  
*Society Registration No: 4343*

*Secretary: T Gasking*  
*VAT Registration No: 105 2958*





No: 101-37



## Across:

- 7 Electric cable support tower (5)
- 8 Illicit boat passengers? (9)
- 10 Hunt high and low (6)
- 11 Poisonous evergreen shrub (8)
- 12 Huge sea surrounding Antarctica (8,5)
- 14 Gervais's *Office* co-writer (7,8)
- 16 Anxiety-reducing drug (13)
- 19 Eye problem which gradually reduces the vision (8)
- 20 Original inhabitant (6)
- 21 Hiker's back pack (9)
- 22 Pig's nose (5)

## Down:

- 1 North-East resort, just south of Whitley Bay (9)
- 2 Threshold of a house (8)
- 3 First Aid charity (2,4,9)
- 4 Neil Diamond song often heard at sports events (5,8)
- 5 Small country bordering Burundi (6)
- 6 Car parts with a tread (5)
- 9 Popular bread-based snack (6,2,5)
- 13 *Inspector Morse* TV prequel (9)
- 15 Lifting with heavy tackle (8)
- 17 Woke up (6)
- 18 Ceremonial church table (5)



## Help & Support in the Community



### 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. cookers, washing machines, fridges, 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 applications.khint@gmail.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 26<sup>th</sup> November 2025**

**9:30am – 12:30pm**

Contact us for details  
01502 511333  
info@danesonline.co.uk

## Drop in at Kessingland



Every first Monday of the month.  
(Excluding bank holidays)  
10am - 12pm

Marram Green Cafe,  
Kessingland, NR33 7AH

citizens advice East Suffolk



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](http://www.suffolk.gov.uk/costofliving)  
0345 606 6067



For help with Finances/Food & Essentials/Fuel & Energy/Housing  
[www.eastsuffolk.gov.uk/community/squeeze](http://www.eastsuffolk.gov.uk/community/squeeze)  
0333 016 2000



For general enquiries  
[www.kessinglandparishcouncil.co.uk](http://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.uk/wellminds>. The booklets were funded by the Community Partnership Board and two local Community Partnership

Do more with the NHS App!



## Do you need help with the NHS app?

Come along to drop in sessions at Kessingland Library

Fridays 12am - 2pm  
Throughout October & November

First Session: 3<sup>rd</sup> October 2025



[suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk)



## Have you recently fallen or do you feel unsteady on your feet?

If you are aged 65 or over, you may benefit from our Strength & Balance programme.

- ✓ 12 free Strength & Balance sessions
- ✓ OTAGO specialist qualified instructors
- ✓ Exercises to improve flexibility, gait, coordination, strength and confidence

To refer, you can:

- ➔ Call 0333 016 2000 to speak to our Customer Services team
- ➔ Speak to a health professional to submit a referral on your behalf
- ➔ Submit a self-referral via: [www.activesuffolk.org/strength-and-balance](http://www.activesuffolk.org/strength-and-balance)



Scan this QR code to submit a self-referral

There are currently classes held in Woodbridge, Kesgrave, Felixstowe, Leiston, Saxmundham, Framlingham, Aldeburgh and Online



KRIS FEELS GOOD!

In fact, Kris feels **GREAT** since he stopped smoking with Feel Good Suffolk!

When you're ready to quit smoking, we're ready to help. With free support, including 12-week programmes and nicotine replacement, you're 8 times\* more likely to stop smoking with Feel Good Suffolk.

Start your smoke-free life today!



Pop online to find out more and register

[feelgoodsuffolk.co.uk/stop-smoking](http://feelgoodsuffolk.co.uk/stop-smoking)



# Thank you for making our Coffee Morning special

Whether you joined us for the cause,  
the chatter or the tasty treats,  
your generosity helped raise a fabulous

# £710.00

to help support people living  
with cancer.

*Thank You*



**SUNDAY**  
**2ND NOVEMBER**  
**4PM**

## ALL SOULS'DAY SERVICE



**St Edmund's Church**  
**Kessingland**

You are warmly invited to join us for this gentle service as we remember and give thanks for those we love but who no longer journey through life alongside us. There will be an opportunity to light candles in remembrance.

If you would like more information please do make contact:  
Revd Natalie 07530099549.

Made with PosterMyWall.com

*Lest We Forget*

**9 NOVEMBER**

# REMEMBRANCE SUNDAY Services

**9.15  
AM**

**Holy Trinity Church**  
Gisleham  
Church Service

**10.45  
AM**

**St. Edmund's Church**  
Kessingland  
Starting at the War Memorial  
Followed by Church Service

Made with PosterMyWall.com



# MUSIC & SINGING

**AT THE SEAGULL THEATRE**  
*The Seagull Theatre, Morton Road, NR33 0JH*

Weekly classes for those who have a love or interest in music and singing.

**SINGING | CHOIRS**  
**INSTRUMENTS | WELLBEING**  
**CREATING SOUNDS**



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



For more information, email  
[community@theseagull.co.uk](mailto:community@theseagull.co.uk)



YOU ARE INVITED TO

# Christmas OPEN EVENT

**SATURDAY 2-4 PM**  
**8<sup>TH</sup> NOVEMBER**

THE NAIL BAR & BEAUTY  
ROOM  
16 LONDON ROAD  
KESSINGLAND

Made with PosterMyWall.com



# COUNTRY & WESTERN NIGHT

**Saturday, 22<sup>nd</sup> November 2025**  
**7pm – 11pm**

**Kessingland Sports & Social Centre**  
**Francis Road, Kessingland NR33 7PU**

**Licensed bar**  
**Tea / Coffee Available**

**Drinks Raffle**

**Best Dressed**  
**Cowboy & Cowgirl Competition**

**Music & Entertainment**  
**with Barrie Thornton**

**Fish 'n' Chip Supper**

**Tickets:**  
**£12.00 (with food) / £6.00 (without food)**

**For more information & to book your ticket,**  
**please contact Christine:**  
**Tel: 07850 153121**







**Friends of the Library in Kessingland**

**Fish and Chip Quiz Night**

**7 for 7.30 pm**

**Friday November 14th**

**Marram Green**

**£8.50 with fish and chips, £4 quiz only**

**Up to 6 people per team**

**Tickets available at the library  
from Wednesday 5th November**

**Christmas Tree Festival 2025**  
FRI 28TH - SUN 30TH NOVEMBER  
FRI & SAT 10AM - 5PM  
SUN 12 - 4PM

**@ St Edmund's Church Kessingland**

**Christmas Bazaar**  
SATURDAY 29TH NOVEMBER  
10AM - 2PM

**@ Church Centre**

**FREE ENTRY**

For more info see our facebook page or call Revd Natalie on 07530099549



**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 6:30pm-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

Scouts  
1st Oulton Broad Sea Scout Group

Come and Join Us at our

**CHRISTMAS**

**CRAFT FAYRE**

FOOD - GAMES - GIFTS

NOVEMBER **23** FREE ENTRY

OPEN FROM  
**10AM TO 2PM**  
AT  
**UPLANDS COMMUNITY CENTRE  
ASHBURNHAM WAY, NR33 8LJ**



# Community Noticeboard

## Events, Competitions & Local Groups



Supported by  
Active Travel England

### Free walking activities in Lowestoft

#### Introductory walking group

From couch to 2 miles

📍 Dip Farm  
Thursdays | 10:00

#### Moderate walking group

Up to 4 miles

📍 Dip Farm  
Thursdays | 10:00

#### Memory loss and dementia walks

📍 Nicholas Everitt Park  
Mondays | 10:00

#### Wildlife walks

A moderate walk led by a local ecologist

📍 Carlton Marshes  
Tuesdays | 10:00

#### Parent & baby/toddler walks

Led walk for parents and carers with children in pushchairs or slings

📍 East Point Pavilion  
Tuesdays | 10:00

#### Community group walks

📍 Nicholas Everitt Park  
Tuesdays | 13:30

📍 Dip Farm  
Thursdays | 13:30

#### Cuppa and a stroll

A slow and steady pace

📍 Sparrows Nest  
Tuesdays | 13:30



#### Interested in finding out more?

Visit our website [walkingandcyclinginsuffolk.org.uk](http://walkingandcyclinginsuffolk.org.uk) or scan the QR code

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



Please note that all bookings must be made in advance.



Supported by  
Active Travel England

### Free cycling activities in Lowestoft

#### Learn to ride

Beginners' sessions in an off-road area

📍 Dip Farm  
Mondays | 10:00 and 11:00

#### Moderate cycling group

Routes up to 6 miles

📍 Riverside  
Wednesdays | 10:00 and 13:30

#### Competent cycling group

Routes 6+ miles

📍 Riverside  
Wednesdays | 10:00 and 13:30

#### Cycling for health

An 8-week course covering national cycling standards up to 2 miles

📍 Nicholas Everitt Park  
Mondays | 10:00

#### Riverside

Wednesdays | 10:00 and 13:30

📍 James Paget Hospital  
Wednesdays | 18:00

#### Friday cycling challenge

A weekly led ride covering 15-20 miles into the Suffolk countryside

📍 Riverside  
Fridays | 10:00

#### Interested in finding out more?

Visit our website [walkingandcyclinginsuffolk.org.uk](http://walkingandcyclinginsuffolk.org.uk) or scan the QR code

Email [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@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.



Supported by  
Active Travel England

## 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: [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@suffolk.gov.uk)  
[www.thewaytogosuffolk.org.uk](http://www.thewaytogosuffolk.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.



Supported by  
Active Travel England

## Discover the wild side of Lowestoft

Step into nature and explore Carlton Marshes with a friendly group and local guide by your side.

Join us for a moderate-level walk through one of Suffolk's most beautiful nature reserves. Led by a knowledgeable local guide, these walks are a brilliant way to experience the outdoors and learn more about the plants, birds, and wildlife right on your doorstep – and they're FREE!

#### Where and when?

📍 Meet at Carlton Marshes Visitor Centre every Tuesday at 10:00 (transport can be provided)



#### Interested in finding out more?

Visit our website [walkingandcyclinginsuffolk.org.uk](http://walkingandcyclinginsuffolk.org.uk) or scan the QR code

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

Please note that all bookings must be made in advance.





## 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](mailto:kuwmcquiz@gmail.com)

Affiliated to the CIU

Society Registration No: 4343 VAT Registration Number: 105 2958

## KESSINGLAND UNITED WORKING MEN'S CLUB

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

JOIN NOW

**BECOME A MEMBER TODAY**

**CHEAPER DRINK PRICES • DART BOARDS • POOL TABLE**  
**QUIET LOUNGE AREA • FRUIT MACHINES • DISABLED ACCESS**  
**LARGE FREE CAR PARK WITH DISABLED SPACES**

### WHAT'S ON

League Darts Team  
Bowls Club  
Pigeon Club  
Live Music  
Slimming World  
Kessingland WI  
Quiz Night  
Bingo



**£25**

1st year membership  
£23 renewal  
per year

Holidaymaker  
Membership  
£1 p/p per  
week

\*Small additional fees may apply  
for some events

### VENUE HIRE AVAILABLE

Large Dance Floor & Bar

Weddings | Parties | Wakes (No charge) | Group Events | Clubs

**VISIT OUR WEBSITE TO FIND OUT MORE**



EMAIL: [CLUBSECRETARYKUWMC@OUTLOOK.COM](mailto:CLUBSECRETARYKUWMC@OUTLOOK.COM)

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

Affiliated to the CIU

Society Registration No: 4343 VAT Registration Number: 105 2958

# Slimming World

feel  
real  
good



With Louise  
07725748421

**Tuesdays**  
5.30 & 7pm

Kessingland Working

Men's club

Come along to meet us

Or get in touch for more info  
real food, real support, real results



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

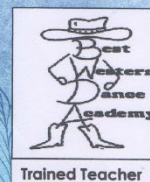
ALL WELCOME  
PARKING & BAR

WITH  
**ALISON**

**WEDNESDAYS**  
**7PM TILL 9.30PM**  
**FROM 21ST AUGUST**

£5 ENTRANCE

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





## 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 bingos 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+

Email: kesskarate@btinternet.com

### 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

## KESSINGLAND YOUTH CAFÉ

### NOVEMBER 2025

Wednesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>:

Choice of Activities  
"Hot Food" available on 19<sup>th</sup>

6:30pm to 8:30pm

Age Group:  
10 to 16yrs

**FREE**  
ACTIVITIES

**SNACK**  
SHOP

at the KSSC Francis Road Kessingland

### 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: 07731380691

## 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](mailto:ksscbookings@hotmail.com)

# Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



## Kessingland Library

### Opening Times

|           |            |
|-----------|------------|
| Sunday    | 10am – 3pm |
| Monday    | Closed     |
| Tuesday   | 10am – 4pm |
| Wednesday | 10am – 4pm |
| Thursday  | Closed     |
| Friday    | 10am – 4pm |
| Saturday  | 10am – 3pm |

Our library opening hours vary from library to library, you can find all details here: [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk)



## Regular Library Activities

|          |                             |
|----------|-----------------------------|
| TUESDAY  | 10am - Baby Bounce          |
| TUESDAY  | 4pm - Book Group (monthly)  |
| FRIDAY   | 2pm - BYO Craft Club        |
| FRIDAY   | 10am - Baby Bounce          |
| FRIDAY   | 2:30pm - Scrabble           |
| SATURDAY | 10:30-12 - Children's Craft |
| SUNDAY   | 10:30-12 - Children's Craft |

[suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk)



## Baby Bounce & Tot Rock

Tuesdays & Fridays at 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



## Craft Group

2pm onwards

EVERY FRIDAY!

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

£1 per person which includes refreshments.

At the Library



## KID'S CRAFT

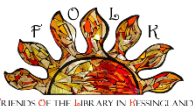


Saturday & Sunday 10:30-12

Free Activity



[suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk)



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:

Mondays:

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

Wednesdays:

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

Thursdays:

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



Supported by Kessingland Parish Council  
Formerly MeetupMonday



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

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

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



**Every Saturday 10am—12noon**  
**Kessingland Church Centre**  
**Saturday Coffee at St Ed's**

CAKES

**COFFEE** is served...  
 SATURDAYS 10-12  
 BOOKS, JIGSAWS, BEIC-A-BRA'S 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**

**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](http://girlguiding.org.uk/joinus)

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

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:  
 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

**KESSINGLAND CHURCH CHOIR**

*Singing is good for you and FUN*

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

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**





# MAKE A CHANGE BECOME A COUNCILLOR

Could you be a voice for your community?

Do you want to help make Kessingland a better place to live?

Are you interested in making a difference to your community?

Do you want to represent the views of local residents?

Do you know what the Parish Council can do?

### **Kessingland Parish Council has vacancies for new Councillors**

If you're over 18 years of age and live in 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! 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 office. You'll be invited to attend a Parish Council meeting (generally the second Wednesday of 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. More information about what parish councillors & councils do is available at [www.nalc.gov.uk/our-work/local-elections#what-do-local-councils-and-councillors-do](http://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.gov.uk](mailto:admin@kessinglandparishcouncil.gov.uk)  
Web: [www.kessinglandparishcouncil.gov.uk](http://www.kessinglandparishcouncil.gov.uk)



## Volunteering Opportunities



**Give back to bact!**  
**We're looking for new**  
**volunteers**

Call bact on  
01986896896 or visit our  
website  
[www.bactcommunitytransport.org.uk](http://www.bactcommunitytransport.org.uk)  
To find out more.

# Volunteer with us!

Join our team as a volunteer and make a difference in your community.  
A range of roles are available

- Advisor
- Admin support
- Reception
- IT Support
- Fundraising
- Research
- Campaigns
- Social media

Interested? You can email us  
[volunteer@caes.org.uk](mailto:volunteer@caes.org.uk)  
Or for more information visit our website - [caes.org.uk](http://caes.org.uk)

**citizens advice East Suffolk**

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

## Are you looking to make a difference?

**Become a volunteer and help change lives**

At Home-Start Suffolk, we believe families should have the right support at the right time, giving children the best start in life.

As a volunteer you can help us ensure families and children are given the support they need to thrive. Your volunteering journey will offer a rewarding experience where you can learn new skills and meet new people, all while contributing to your local community. Your time and kindness could make a big difference to Suffolk families.

**FULL TRAINING PROVIDED**

**Contact us today to find out more**

[homestartinsuffolk.org](http://homestartinsuffolk.org)  
01473 621104  
[volunteer@homestartinsuffolk.org](mailto:volunteer@homestartinsuffolk.org)

**HOME START Suffolk**

## 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



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

## 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.

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

T: 01502 744367  
E: [admin@kessinglandparishcouncil.gov.uk](mailto:admin@kessinglandparishcouncil.gov.uk)

# 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**

We meet every Tuesday & Saturday from 9.30am  
We look forward to seeing you

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

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

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







**FOUR PAWS OUTDOORS**

Happy Walks. Happy Tails.

Fresh air, exercise, and love for your furry friend

**Our Services:**

- ✓ Daily dog walks
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- ✓ Puppy visits
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📞 07426 062134

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Welcome to the new 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 on 01502 744367, or email [admin@kessinglandparishcouncil.gov.uk](mailto: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 <a href="http://www.suffolk.police.uk/contact-us/">www.suffolk.police.uk/contact-us/</a> |                                      |
| 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                                                                                    | 07530 099549                         |
| 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 |



## Defibrillators in Kessingland



Kessingland has 10 defibrillators for use by the public at key locations throughout the village. The following are maintained by the Parish Council guardian on a weekly basis and "The Circuit" updated accordingly.

- Marram Green (24hrs)
- The Sailors Home Public House (24hrs)
- Kessingland Sports & Social Centre (not 24hrs)
- Kessingland United Working Men's Club (24hrs) – currently awaiting repair/replacement

Additional defibrillators (maintained by site owners):

- The Hollies (24hrs)
- Livingstones Freehouse (24hrs)
- Kessingland Camping & Caravanning Club (not 24hrs)
- Heathland Beach Holiday Park (not 24hrs)
- Parkdean Resorts (not 24hrs)
- White House Beach Camping Caravans (not 24hrs)

## Crossword Corner - Solutions



### Crossword Solution 101-37

**ACROSS:** 7 Pylon 8 Stowaways 10 Search 11 Oleander 12 Southern Ocean 14 Stephen Merchant 16 Tranquilliser 19 Glaucoma 20 Native 21 Haversack 22 Snout

**DOWN:** 1 Tynemouth 2 Doorstep 3 St John Ambulance 4 *Sweet Caroline* 5 Rwanda 6 Tyres 9 Cheese on toast 13 *Endeavour* 15 Hoisting 17 Roused 18 Altar

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 20<sup>th</sup> of each month. Please send submissions to the Editor – [jmclean@kessinglandparishcouncil.gov.uk](mailto: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.



Large Village of the Year  
2023



Community of the Year  
2023