

The Village News



September 2023

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Community of the Year
2023



Photo Credit: Dave Boyle

PARISH COUNCIL MEETINGS

September 2023

Full Council:

- Wednesday 13th, 7pm

Planning & Highways:

- Wednesday 6th, 10am
- Wednesday 20th, 10am

Finance & Governance:

- Wednesday 20th, 11am

Climate, Culture, Community Development:

- Monday 11th, 2pm

Events & Communications:

- Tuesday 26th, 11am

Leisure & Amenities:

- Tuesday 26th, 10am

The dates & minutes of all committee meetings are listed on the 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



Ian Graham
Chair of Council

07985 462200

igraham@kessinglandparishcouncil.org.uk



David Boyle
Vice-Chair of Council

07707 201300

dboyle@kessinglandparishcouncil.org.uk



Christine Cook
Councillor

07592 555345

ccook@kessinglandparishcouncil.org.uk



Martin Dunne
Councillor

01502 741945

mdunne@kessinglandparishcouncil.org.uk



Alan Green
Councillor

07789 644645

agreen@kessinglandparishcouncil.org.uk



Stephen "Sid" James
Councillor

01502 740521

sjames@kessinglandparishcouncil.org.uk



Julie McLean
Councillor

07539 696904

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Lisa Truman
Councillor

01502 341720

ltruman@kessinglandparishcouncil.org.uk



Bob Saunders
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Councillor

07811 753930

ccarter@kessinglandparishcouncil.org.uk



Robin de Brea
Councillor

07812 601256

rdebrea@kessinglandparishcouncil.org.uk



Neil Glendinning
Councillor

07801 681136

nglendinning@kessinglandparishcouncil.org.uk



Position Vacant

Kessingland Parish Council

Committees/Groups/Representatives



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

Climate, Culture, Community & Development Committee

Councillors:

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

Events & Communications Committee

Councillors:

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

Emergency Planning Committee

Councillors:

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

Planning & Highways Committee

Councillors:

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

Leisure & Amenities Committee

Councillors:

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

Finance & Governance Committee

Councillors:

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

Personnel Committee

Councillors:

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

Kessingland Parish Council

Committees/Groups/Representatives



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

Beach Wardens

North – Cllr D. Boyle
South – Cllr S. James

Hidden Needs Forum

Cllr D. Boyle, Cllr C. Cook,
Cllr J. McLean, Cllr L. Truman

Community Speed Watch & SID Co-ordinator

Position Vacant

Marsh Warden

Cllr D. Boyle
David Fox (Deputy)

Youth Culture Board

Chair & Vice Chair of Council,
Cllr L. Truman, Cllr J. McLean

Kessingland in Need Trust

Cllr D. Boyle, Cllr L. Truman

East Suffolk Community Partnership

Cllr J. McLean, Parish Clerk

Kessingland Sports & Social Centre

Cllr C. Cook, Cllr J. McLean

Community Garden

Co-ordinator
Cllr J. McLean

Village & Beach Clean-Up

Co-ordinator
Cllr D. Boyle

Community Fridge

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

Kessingland Events Group

All of Events Committee

Benacre & Kessingland Flood Group

Cllr M. Dunne

Compass Suite Trust

Cllr M. Dunne

Suffolk Bus Passenger Interest Group

Cllr A. Green

Suffolk Police

Cllr L. Truman

Kessingland Parish Council Staff



Kessingland Parish Council

Office Hours:

Monday – Thursday, 10am – 4pm

Telephone:

01502 744367

Email:

admin@kessinglandparishcouncil.org.uk

Website:

www.kessinglandparishcouncil.co.uk



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



Deputy Clerk:
Shelley Hogg

Awaiting
Image

Admin / Committee Clerk:
Debbie Blowers

Awaiting
Image

Senior Youth Leader:
Ryan George

Position
Vacant

Youth Leader:



Cleansing Operative:
Ruth Hill



Cleansing Operative:
Niall McLean



General Factotum:
Paul Reed

District & County Councillors



County Councillor:
Michael Ladd

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

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

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

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

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

Telephone: 01502 741888 / 07818 563003
Email: alan.green@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



**1st Saturday of each month
from 10am until 12pm**

**Kittiwake Room
Marram Green (1st Floor)
Hall Road
Kessingland**

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

ALL WELCOME



Surgery Dates for 2023:

2nd September / 7th October / 4th November / 2nd December

Kessingland United Working Men's Club



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

Newsletter – September 2023

We have had some busy nights on Saturdays with our live music and Country Club with Kevin Barry, he was very popular. September's Saturday evening music (visitors £5, opens 7pm, music 8pm):

2nd - Best of Both (Duo)
9th - Steve and Greta (Duo)
16th - Andy York
23rd - Just Andy
30th - Memphis Index (Band)
Country Music on the 29th - Black Steel.
Club music night Sunday 10th, 7pm until 10pm, only £2.50

Unfortunately the Car Boot has had to be cancelled which was Saturday 2nd September.

Friday 29th September - **MACMILLAN COFFEE MORNING**, 10am until 1pm. PLEASE COME ALONG & SUPPORT US.

Thursday 16th November - Mary Newton talks about her life as a Forensic Scientist, "Blood, Sweat and Fears" at 7.30pm (not for the faint-hearted). Tickets £5, available to buy from Sandra 01502 742412 or the Club 01502 740218

The Darts Team came 3rd in the Summer League - WELL DONE ALL. They are looking for more members for Winter League.

Kessingland Bowls Club - With the outdoor bowls season coming to an end, our Bowls team had an excellent season winning the Benacre League Division 1 and gaining promotion to Bowls England Division 1 after comfortably winning Division 2. Kessingland are also in the final of the Marie Curie Plate which is being played at Kessingland alongside the Marie Curie Cup on the 10th September at 2pm. This season's competition will hopefully raise about £2,000 for Marie Curie - **SPECTATORS WELCOME**. Kessingland are looking for new members for next season so if you fancy giving it a go then come along, lessons can be given.

President: R A Hood
Society Registration No: 4343

Secretary: R Gasking
VAT Registration No: 105 2958

Pigeon Racing Kessingland Flying Club – an interesting fact (for those that didn't know), the numbers given represent the Velocity yards per minute – it's amazing how fast and how far these birds can go and find their way home.

Grantham - Nine members sent 124 birds.

Results: J.Spurdens 1279.628, 1278.991, 1271.071
P.Garnham 1245.303
L.Horne 1243.342
J.Spurdens 1223.058
F.Stuublla 1214.579
M.Fuller 1189.199
M & A Horn 1172.452, 1159,121.

Don't forget the Club is open Sunday lunch time with Bingo, Monday evening is over 60's Bingo, Bingo is also on a Tuesday and Wednesday evening, with Friday & Saturday evenings for live Music.

The Club is available to hire (01502 740218). There is Slimming World on Tuesday evenings and W I second Thursday in the month - this month's talk is about "Pumpkins" which I'm sure will be very interesting.

President: R A Hood
Society Registration No: 4343

Secretary: R Gasking
VAT Registration No: 105 2958

St Edmund's Church



Transformed
by Christ

Prophetic

Prayerful

Pastoral

From The Rectory, Revd Mandy writes: September 2023

For many of us, we will be returning to clubs, village committees and groups that have perhaps had a break for the Summer holidays. Perhaps we have children or grandchildren that we have spent extra time with during this time and now are preparing for them to start another school year. Perhaps we are students returning to adult education. For most of us then, September may be a time of anxiousness because we know that it is a new term or season, and that means reviewing what we did in the past and preparing for the future.

The village I grew up in was two miles away from the Church and Primary school I attended. There was transport, but only in the irregularity of buses, so in the daylight months, this meant getting up very early in the morning to walk with the few who lived around me. Along the way we often sang songs that we had learnt in school, it was pleasant. Later in life I would progress to secondary school, as my elder sister did. The journey for her to that secondary school was so much further, and I can remember she was concerned about moving up to a school where there would be new curriculum, new groups and more challenges. To ease the time spent walking, our local vicar had loaned her a bicycle, so that in the daylight months she could enjoy the countryside, although reducing walking time, still the thought of this challenge to cycle so far was a bit daunting to her at first.

But you see the cycling was not about getting to school quicker, or just an easier mode of transport to rely upon, it was all about embracing the joy of cycling, the progress she made each day by getting up that hill at the end of the road easier, and the perseverance she needed to stick at it when her legs got tired or her basket was heavier than normal with extra books. It was about believing in herself and taking on challenges.

So, if you are returning to a committee this month, Parish council or WI, or starting a new school year as a student or a governor, or organising a different schedule of events for your mid-week clubs, perhaps you might embrace new season, new beginning, new challenges, new achievements. Some of you perhaps might consider making a bold decision to grow your faith and return to church, after a much longer break than the 6 week holidays..... Go on, give it a try, our congregations are happy to welcome you and like the first day back at school, you will soon make new friends! Whatever September and new terms and seasons bring for you, remember that you are **not** alone. Come to Harvest of the Sea on October 1st or our Harvest Service on October 8th. See posters in this magazine.

Jesus was always on the move. He sometimes took a break to recharge, knowing he would have to start again in a new place with a new agenda and set new directives. To do this, Jesus gathered friends to share his journeys with him. He encouraged them on their way, and he promised to be with them till the end of time. And so it can be for us.

When we face a new beginning or new task, we can call on those around us, to join us, to help us, to share their ideas and expertise. Jesus sent his disciples out in pairs, do you have some-one you can invite to share your tasks with? Or can you assist some-one whose starting out on a new role within the village or church?

The Vicar gave my sister a bicycle, to this end, he was sharing his support with her, in developing within her the self-worth she would need for the next phase of her life, positivity to overcome challenges and confidence in her own ability. The bicycle was not a means to get to wherever she was going quicker, it was a tool to develop her stamina and self-worth of achieving, over the next few years.

Starting something new, can be scary but it develops us all.
Sharing something new, can feel a bit awkward, but it encourages us all.

Perhaps this September you might mark a new season with a mindset to share with each other, as Jesus disciples did to the world and God shares His loves for each of us with each one of us.

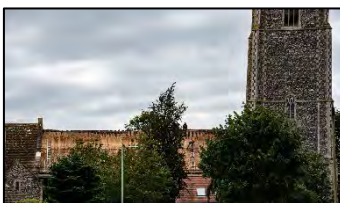
God be with you.

Rev'd Mandy
revdmandy@btinternet.com

UPDATE ON KESSINGLAND CHURCH ROOF PROJECT **THE THATCHING is ONGOING**

THANKYOU each and every one of you for your support, assistance with fundraising, which is still being received thankyou and much needed. **THANKYOU**

We look forward to a super time of celebration when we can return to our beautiful church building one more. It is **TOGETHER** with God beside us we are fruitful **THANKYOU**, God bless you all, Thankyou





This year we are unable to provide Fish n Chips after the service due to being in the Church Centre. There will be refreshments after the service.
PLEASE COME ALONG

FAMILY SERVICE

Children will be taking part
Rogues Shanty Chorus performing
Harvest of the Sea.

October 1st

10.45am

**Kessingland
Church Centre**



KESSINGLAND BENEFICE HARVEST FESTIVALS



Kessingland Church: Sunday October 8th 10.45am

Gisleham Church: Sunday October 8th 9.15am

Rushmere Church: Sunday October 31 10.30am

Please come...

Please bring Harvest gifts to the service

OR

You may drop them at The Rectory or the Churches anytime..

**All proceeds will be given
to support those struggling a little, locally**

THANKYOU



Kessingland Church
'SILENT HANDS'

FISH 
Food in School Holidays



Bact community transport seeking weekend volunteer drivers for growing transport demand

Bact community transport are receiving a growing number of requests for transport at the weekends. The organisation provides transport for people who cannot easily access public transport, whether that be due to a lack of provision or for accessible reasons.

Many of these requests are for medical and hospital appointments to local medical centres and both James Paget and Norfolk & Norwich University hospitals. Volunteer drivers are also needed to transport passengers to their surgeries/pharmacies for covid vaccinations and blood tests. Do you have spare time in your day to take someone to attend such appointments? Not all journeys are for medical purposes.

Maybe you could find time to take someone to visit their loved one in a nearby nursing home or hospice? Bact community transport also have young people who are keen to attend groups and sports clubs and partake in activities such as football and rugby training. Volunteer drivers are often extremely busy throughout the week. With the growing number of weekend requests, it is proving challenging to fulfil the demand with the current resources.

Manager, Debbie Blowers said...*"We are mindful of people being forced to cancel and postpone vital appointments due to a lack of transport. We have wonderful volunteers who volunteer a lot during the week, so we can't expect them to give up more of their time at weekends. Just doing one transport run in a weekend can help us enormously without intruding too much on a person's weekend."*

Bact volunteer drivers all receive training and receive a mileage allowance. They require an enhanced DBS certification which is managed through bact. Drivers can opt to use their own vehicles or those belonging to bact.

New volunteer driver, Mike Orves said...*"My time with bact has really given me a great deal of satisfaction. One of my first passengers was a lady who I took to the hairdressers. When I picked her up, she looked so happy to see me and to show me her new hairdo. The smile on her face will stay with me for a long while. It gave me a real sense of satisfaction that I had played a part in making that person so happy."*

Richard Bassett, volunteer driver added...*"I have enjoyed the whole experience. From walking in to the bact office followed by basic formalities and liaising with amazing office staff to starting to drive a few months ago. Not once have I regretted my decision. I recognise every aspect is as good as can be from advising bact of the hours I am available for on a weekly basis to the kindly consideration and organisation of the office"*

staff. Above all, I am enjoying the getting about and stimulation of company I wouldn't have otherwise met. Passengers, who are not strangers for long, often remark on how very, very useful community transport is. So, I never regret a moment, quite the opposite!"

If you feel you would like to find out more, please call bact on 01986 896896 or visit our website www.bactcommunitytransport.org.uk



*Volunteer Driver Richard Bassett
Photo credit: BACT*

Village Clean-Up Teams & Marsh Update



The Village clean-up teams continue to go out & about on a Thursday for verge & promenade clearing, with organized litter picking groups going around the Village on a Friday morning and are doing a great job keeping the Village nice and tidy.

The Monday beach cleans are also taking place until October. If you wish to join us, meet up at Marram Green at 9am.

At the Marsh, conservation work has now started, with an area of overpopulated and dead trees being cleared to allow in more light to create a wildlife glade.

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

Telephone: 07707 201300

Email: dboyle@kessinglandparishcouncil.org.uk

Come and join our friendly Team





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 either the:

the Council Office: 01502 744367

admin@kessinglandparishcouncil.org.uk

or Cllr David Boyle: 07707 201300

dboyle@kessinglandparishcouncil.org.uk



Kessingland Parish Council

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

Telephone: 01502 744367

Email: admin@kessinglandparishcouncil.org.uk

Web: www.kessinglandparishcouncil.co.uk

Community Wildlife Garden



Another busy month has flown by, where does the time go !! Our lovely volunteers are hard at work as always and this month has seen a major cut of all the grass, the mound behind the storytelling chair will be cut in the next few weeks. Apart from the pathways, the grass shouldn't need cutting until the Spring but it may get one more cut in the Autumn. All the raised beds have been cleared and topped up with new compost/soil and are ready for winter veg planting and the remaining flower beds are gradually being weeded and tidied ready for planting of some spring bulbs.

With the harvest, the carrots, tomatoes and apples are ready to pick, unfortunately the cabbages got completely demolished by caterpillars despite being covered in netting.. a bit of a disaster but we'll just be a bit more cautious next time. The pond plants have really taken well & hiding in amongst them is a new "lodger", a little frog has made the pond his home which is great news, hopefully more will follow his lead & move in too.

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

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



*We look forward to
seeing you !*



Join us on Facebook:

Kessingland Community Kitchen & Wildlife Garden

Kessingland Men's Shed



This summer, such as it has been, the guys at the Kessingland Men's Shed have focused on repairs to the building. The windows delivered by Dream Installations were installed by our members before being inspected to maintain the guarantees by Dream last year. This year it was about sealing the roof with the fascia boards and guttering. We have completed on the East side and are in the process of the south facing gable end. We are hopeful that the west and north faces can be completed by November. Painting of the East and North has been completed and the building is looking quite presentable. The double doors on the East side should be installed before November. For security we have installed CCTV which provides good quality video to meet the standards required by Suffolk police.

Internally, we have a quiet room which is going to be the Gerald Brown Room and we are looking at a number of features in memory of Gerald. A big wall clock seems to be the favourite. We shall have a formal naming of the room where we will invite Sharon and Richard and their family and those who would like to attend would be welcomed.

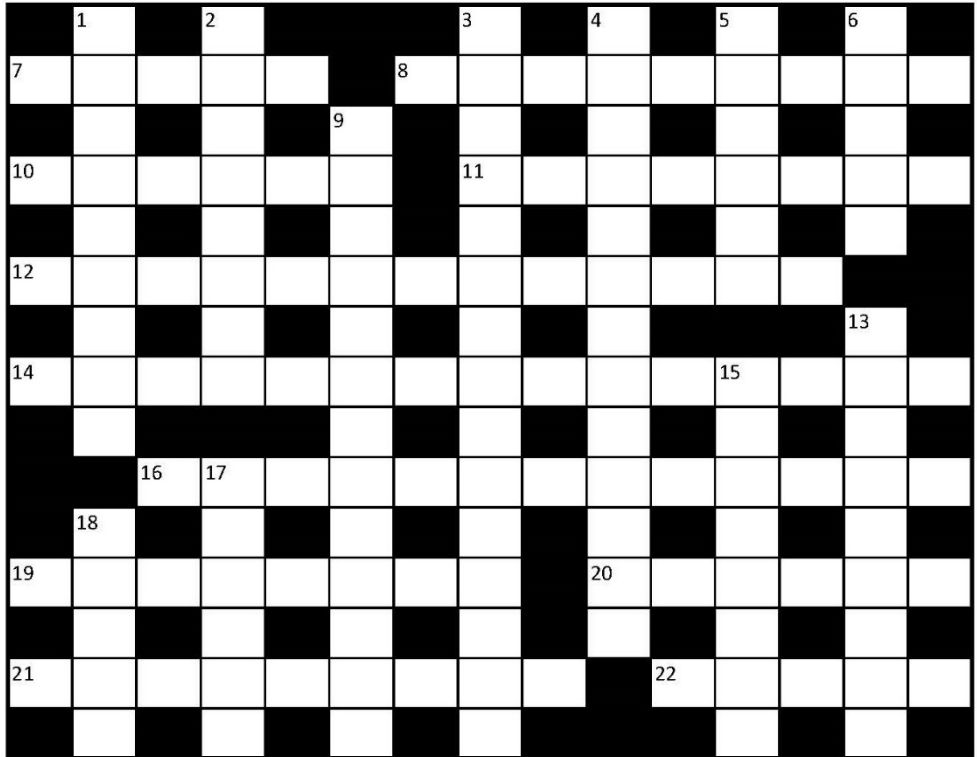
The members continue to carry out repairs to broken items for other members and their friends and family as well as making suitable objects to raise funds. The Kessingland Men's Shed provides other groups in the village the offer to make or repair items that the groups require, and we look forward to increasing the number of groups we can support. In the true Gerald Brown tradition, we continue to open a bazaar for people to browse and if they like to take away books etc and leave a donation, equally we look forward to those of you in the village who have not been to visit to come along and have a chat and a coffee.



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.



Crossword 101-15 (solutions on back page)



ACROSS

- 7 – Very harmful, poisonous (5)
- 8 – By way of heat (9)
- 10 – Male relative (6)
- 11 – Creator (of a new gadget) (8)
- 12 – Liable to cause quarrels (13)
- 14 – Doctor's vow (11,4)
- 16 – The removal of obstacles to Understanding (13)
- 19 – Mexican flat round pancake (8)
- 20 – Team's collective confidence (6)
- 21 – People confined militarily (9)
- 22 – Pass out, swoon (5)

DOWN

- 1 – (Heated?) bathroom device (5,4)
- 2 – Athletics field event (4,4)
- 3 – Male BBC World News presenter (9,6)
- 4 – Independent means (7,6)
- 5 – Vehicle's GPS system (6)
- 6 – Come into flower (5)
- 9 – Neil Diamond song often heard at sports events (5,8)
- 13 – Walking leisurely (9)
- 15 – Sudden appearance (of a disease) (8)
- 17 – Idris Elba detective series (6)
- 18 – Heaped pile of earth (5)

Help & Support in the Community

 **HELP**
for
HOUSEHOLDS



**Kessingland
Parish
Council**

 **HELP**
for
HOUSEHOLDS

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

 **Suffolk**
County Council

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

Help & Support in the Community



SUFFOLK LIBRARIES

FREE PRIDE AND PERIODS
MENSTRUAL PRODUCTS HERE

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



East of England COOP
READY WHEN YOU'RE READY
SUFFOLK LIBRARIES

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

SUFFOLK LIBRARIES

Free Warm Clothes

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



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



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

f t @ y

Help & Support in the Community



Kessingland Library
Marram Green
Hall Road
Kessingland NR33 7AH

OPENING ON WEDNESDAY 7th DECEMBER

OPENING TIMES

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

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

BRING IT TO THE FRIDGE

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



Transformed by Christ, Prophetic, Prayerful, Pastoral

Kessingland Church: SUPPORTS

WHERE CAN I DONATE FOOD?

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

The Rectory 1 Wash Lane ANYTIME
We also take perishable food at The Rectory & hygiene products.

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

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

HOW DOES IT WORK?

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

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

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

DO LOCAL PEOPLE BENEFIT?

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

THANKYOU, THANKYOU LOVELY DONORS
THANKYOU FOR YOUR SUPPORT

We're here to help

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



Call us on 0808 278 7866

Lines are open 10am to 2 pm Monday to Friday

or email us from our website caes.org.uk

**citizens
advice** East
Suffolk

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



BEACH WHEELCHAIR

Accessible Beach Days!

East Suffolk Council have Beach Wheelchairs available for hire all year round. Come and feel the sand and get close to the waves. Beach wheelchair hire is available in 2023 in Lowestoft, Southwold and Felixstowe.

There is no charge for hire. Booking in advance required and conditions of use apply. Seasonal hire available in Southwold and Felixstowe. All year round hire is available in Lowestoft.

Information can also be found on www.hirebeachhuts.co.uk/faqs

To book or to request further details, contact

beach.wheelchairs@eastsuffolk.gov.uk

or Telephone: 01502 586167




EASTSUFFOLK
COUNCIL

lowestoft
BEACH HUT HIRE

DANES will next be at Marram Green on 27th September, 9:30am – 12:30pm

Disability Advice

North East Suffolk

Free, Impartial & Confidential



#IAMConfident



I am a Mental Health First Aider +

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

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

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

Contact us for details
01502 511333

info@danesonline.co.uk



YOU'RE
INVITED



Join us for Coffee & Cake
at The Kessingland United Working Men's Club
The Avenue, Kessingland NR33 7QD

Help to raise funds for

MACMILLAN
CANCER SUPPORT



Kessingland
Parish
Council

The poster background is a vibrant blue sky with white clouds. It is decorated with colorful balloons in shades of red, yellow, blue, and green, along with strings of triangular bunting flags and red and yellow streamers. The text is centered and uses a mix of white, red, and yellow colors for emphasis.

JOIN US FOR THE ANNUAL

SUMMER FETE

SATURDAY 9TH SEPTEMBER
2023

FREE ENTRY
2PM - 4PM

STALLS | RAFFLE | GAMES & LIVE MUSIC

MANOR FARM CARE HOME

82 CHURCH RD, KESSINGLAND, NR33 7SJ

The logo for KRG Healthcare, featuring the letters 'KRG' in a bold, orange font above the word 'HEALTHCARE' in a smaller, blue font, with a colorful starburst graphic to the right.

Made with PosterMyWall.com



Kessingland Photography Competition

Showcase your photography skills by entering this competition with prizes for 1st / 2nd / 3rd to be won.

THEMES:

#1: Kessingland Celebrations

#2: Kessingland Wildlife/Environment

You can submit up to 5 entries.



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

Plus an opportunity for pictures to be used in the 2024 Kessingland Calendar

Closing date for entries is 5pm, Friday 29th September 2023

For an entry form & a copy of the rules, please email:
admin@kessinglandparishcouncil.org.uk



Kessingland
Parish
Council

Community Noticeboard

Activities & Groups: Kessingland Sports & Social Centre



DO YOU LIKE TO DANCE?

COME AND JOIN OUR GROUP **DANCING FRIENDS**

EVERY MONDAY EVENING
7.30pm

KESSINGLAND SPORTS & SOCIAL CENTRE
FRANCIS ROAD, KESSINGLAND, NR33 7PU



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

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

KESSINGLAND



CLUB

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

**£2.50 PER SESSION
INCLUDING TEA/COFFEE & BISCUITS**
FIRST TIME? COME AND TRY FOR
FREE.

FOR FURTHER INFORMATION PLEASE
CONTACT:-

STAN & CHRIS RAMSAY
01502 740704

WE ARE A
FRIENDLY CLUB
LOOKING FOR
NEW MEMBERS

WE LOOK
FORWARD TO
SEEING YOU
THERE!

KESSINGLAND
COMMUNITY
CENTRE
FRANCIS ROAD
KESSINGLAND

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!

Other Groups at the KSSC:

Tuesdays:

- Waveney Table Tennis
10am – 12pm
- Badminton
7pm – 9pm

Wednesdays:

- Knit and Natter
9:45am – 11:45am
- Kessingland Dance Academy
5pm – 6:30pm

Thursdays:

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

For Bookings:

- Telephone: 07729 384705
- Email: ksscbooking@hotmail.com

Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



CHAIR

Y

Gentle exercise designed for people with mobility issues

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



Every Thursday
11:00 until 12:00

£5.00 per session

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

O

G

A



Supported by Kessingland Parish Council

Formerly MeetupMonday
We're Back!



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: Kessingland Library & Marram Green



SUFFOLK LIBRARIES

STAY & PLAY




A group specially for under 5's

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

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

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

SUFFOLK LIBRARIES wordplay



BABY BOUNCE & TOT ROCK

FREE ACTIVITY **UNDER FOURS**

Tuesdays & Fridays
10am
Followed by a cuppa & biscuits

Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



SUFFOLK LIBRARIES WHERE I BELONG

LEGO CLUB

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

FOR ALL AGES

NOW FREE!
REFRESHMENTS INCLUDED

**LEGO AND DUPLO
DONATIONS WELCOME!**



SUFFOLK LIBRARIES

BINGO!

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

£1

*2:45pm
Wednesdays*

*Meet new
people or bring
a friend!*

Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



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



SCRABBLE

Every Friday

2:30pm

**JOIN US FOR SCRABBLE ON A FRIDAY
AFTERNOON**

**£1 PER PLAYER WITH HOT DRINK AND
SWEET TREATS INCLUDED**



Community Noticeboard

Activities & Groups: Kessingland Church Centre



Health and Wellbeing Group

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



RELAX



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

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

Week 2 - Exercise | Relaxation | Falls awareness | Refreshments

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

Week 4 - Exercise | Relaxation | Nutrition | Refreshments

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

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

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

**CONTACT US FOR INFORMATION &
TO BOOK YOUR PLACE**

07598 678 505

spotwellbeing@gmail.com



Every Saturday 10am—12noon

Kessingland Church Centre

Saturday Coffee at St Ed's

CAKES



FRIENDLY, WARM, SPACIOUS

FUN and LAUGHTER

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



Craft for Children



Community Noticeboard

Activities & Groups: Kessingland Church Centre



THE CHURCH OF ENGLAND
Diocese of Norwich
Mission Strategy 2021

Listen Imagine Empower Celebrate

St Edmund Church KESSINGLAND

Singing is good for you and FUN



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

Interested???

Please Contact Helena Lord on Facebook

OR

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



TOGETHER WE CAN DO IT

THE CHURCH OF ENGLAND
Diocese of Norwich

Transformed by Christ Prophetic Prayerful PASTORAL

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

Pastoral Care and Support



We are here to serve

- Confidentiality.
- A Listening Ear.
revdmandy@btinternet.com

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

Community Noticeboard

Activities & Groups: Kessingland Church Centre



Community Lunch

4th Wednesday monthly.
£6 for 2 courses + drink

Kessingland Church Centre



**Book through Margaret 740748
or Anne 742012**



Community Noticeboard

Activities & Groups: Kessingland Church Centre



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

The Centre is open from 7pm

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

Christmas party in December as well as Summer outings.

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

Contact Tony or Anne 01502 740639

KESSINGLAND GARDENERS CLUB



KESSINGLAND YOUTH CAFÉ

ARE YOU SEEKING A NEW CHALLENGE BY WORKING IN A
GROWING YOUTH ORGANISATION?

WE ARE RECRUITING

**YOUTH
LEADER**

3hrs on alternate Wednesdays
6pm-9pm.

Reporting to the Senior Youth
Leader.

Assist with organising & preparing
Youth Club activities.

Help to develop the Youth Club,
potentially leading to more hours.

DBS check & full training given.

Salary dependent on experience
(linked to NJC scales).

Closing date for applications Tuesday 12th September 2023

Kessingland Parish Council is an equal opportunities and quality focused employer.



**Kessingland
Parish
Council**

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

T: 01502 744367

E: admin@kessinglandparishcouncil.org.uk



Kessingland Village Volunteers



**Village
Recorder**

**Community
Gardener**

**Youth Club
Volunteer**

**Warm
Rooms
Host**

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

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

**Marsh
Mate**

**Skills
Sharer**

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

**Litter
Picker**

**Tree
Warden**

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

**Climate
Carer**

**Accessibility
Auditor**

**Community
Fridge
Champion**

**Village News
Columnist**

Community Recycling



Kessingland Church Centre Carpark

CLOTHES BANK

**Serving our Community.
Serving those in need**



UNWANTED / USED BATTERIES

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

GLASS & BOTTLE RECYCLING

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

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



Useful Contact Information



Useful Local Telephone Numbers

East Suffolk Council (Customer Services)	0333 0162000
East Suffolk Council (Out of Hours Emergency)	0800 440 2516
East Suffolk Council (Automated Payments)	0300 7900509
Kessingland Parish Council	01502 744367
Peter Aldous MP (Waveney)	01502 586568
Citizens Advice Bureau	01502 518510
Disability Advice North East Suffolk (DANES)	01502 511333
Suffolk County Council Highways (if immediate danger to life) or online at www.highwaysreporting.suffolk.gov.uk	0345 6066171
Kessingland Doctors (Longshore Surgery)	01502 740203
Kessingland Pharmacy	01502 740251
James Paget Hospital A and E	01493 452200
NHS Helpline	111
Police - Emergency Only	999
Police - Non-Emergency	101
or online at www.suffolk.police.uk/contact-us/report-something	
Coastline Vets (Carlton Colville)	01502 531999
Three Rivers Vets (Kessingland)	01502 741988
Pakefield Vets (Pakefield)	01502 664656
Wangford Vets (Wangford)	01502 578999
Kessingland Library	01502 741212
St Edmund's Church	01502 743154
Kessingland Primary Academy	01502 740223
Kessingland Sports & Social Centre	07729 384705
Kessingland United Working Men's Club	01502 740218
Kessingland Women's Institute	01502 740785

Useful Contact Information



National Organisations and Helplines

Age Concern	0800 6781602
Childline	0800 1111
NSPCC helpline	0808 800 5000
Cruse Bereavement Support	0808 8081677
Samaritans	116 123
Macmillan Cancer Support	0808 8080000
Mind Infoline	0300 1233393
Alcoholics Anonymous	0800 9177650
Refuse National Domestic Abuse Helpline	0808 2000 247
RSPCA helpline	0300 123499
RSPCA (Mid Norfolk and North Suffolk branch)	0303 040 1565
Action Fraud (Fraud & Cyber Crimes)	0300 123 2040
Suffolk Trading Standards	0808 223 1133

If you are experiencing any antisocial use of vehicles racing along the dual carriageway in Kessingland during the late evenings especially over the weekend periods
Then please report this to Police online –
At www.suffolk.police.uk then click the report something tab
Followed by ASB, or Call 101 or 999 as appropriate.
Please use the QR code for further advice.



**Thank you
Lowestoft Police,**



Puzzle Corner - Solutions



Crossword 101-15

Across:

- 7 - Toxic
- 8 - Thermally
- 10 - Nephew
- 11 - Inventor
- 12 - Argumentative
- 14 - Hippocratic oath
- 16 - Clarification
- 19 - Tortilla
- 20 - Morale
- 21 - Internees
- 22 - Faint

Down:

- 1 - Towel rail
- 2 - High jump
- 3 - Christian Fraser
- 4 - Private income
- 5 - Satnav
- 6 - Bloom
- 9 - *Sweet Caroline*
- 13 - Strolling
- 15 - Outbreak
- 17 - *Luther*
- 18 - Mound

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

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



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

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

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