



The Village News

October 2025

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Inside The Village News

- 1 – Parish Council Meetings
- 2 – Your Parish Councillors
- 3 – Parish Council Structure
- 4 – Parish Council Staff
- 5 – District & County Councillors
- 6 – District Councillor Surgeries
- 7 – Kessingland CofE Primary Academy
- 10 – The Manor Farm Diaries
- 12 – Kessingland Women's Institute
- 13 – Kessingland Library
- 14 – Crossword Corner
- 15 – Help & Support in the Community
- 17 – Community Noticeboards
- 27 – Employment/Volunteering Opportunities
- 29 – Community Recycling
- 30 – Kessingland Business Page
- 31 – Useful Contact Numbers
- 32 – Defibrillators in Kessingland



Parish Council Meetings October 2025

Full Council:

- Wednesday 8th, 7:00pm

Finance & Governance:

- Tuesday 14th, 1:30pm

Planning & Highways:

- Wednesday 1st, 10:00am
- Wednesday 15th, 10:00am
- Wednesday 29th, 10:00am

Personnel:

- No meeting scheduled.

Leisure & Community Engagement:

- No meeting scheduled.

The agendas & minutes of all the committee meetings are listed on the parish council website: www.kessinglandparishcouncil.co.uk.

The public & press are all legally entitled to attend such meetings and submit any questions relevant to the agenda.

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



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

07592 555345

ccook@kessinglandparishcouncil.gov.uk



Neil Glendinning
Councillor

07985 462200

nglendinning@kessinglandparishcouncil.gov.uk



Ian Graham
Councillor

07985 462200

igraham@kessinglandparishcouncil.gov.uk



Alan Green
Councillor

07789 644645

agreen@kessinglandparishcouncil.gov.uk



Julie McLean
Councillor

07539 696904

jmclean@kessinglandparishcouncil.gov.uk



Billy Nicholls
Councillor

07584 168200

bnicholls@kessinglandparishcouncil.gov.uk



Danielle Pope-Brannon
Councillor

07928 245822

dpope-brannon@kessinglandparishcouncil.gov.uk



Bob Saunders
Councillor

01502 744367

bsaunders@kessinglandparishcouncil.gov.uk

VACANCY

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

Finance & Governance Committee

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

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, A. Green,
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

Parish Clerk & RFO:
Neil Coleby



Acting Parish Clerk & RFO:
Shelley Hogg



Admin/Committee Clerk:
Debbie Blowers



Senior Youth Leader:
Christine Smith



Youth Leader:
Daniel Fisk



Youth Leader:
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 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@eastsuffolk.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





Lola's "Welcome Back" Message:



Hello everyone!

I'm so excited to come back to school after the holidays. I can't wait to sit by the gate, wagging my tail, ready to welcome you with a big doggy smile. I've missed hearing your chatter, your laughter, and of course, all the gentle pats and tummy rubs!

This term, I'll be keeping a close eye on you all, making sure you're working hard, being kind to one another, and enjoying your learning. I love seeing you try your best and show those brilliant everyday routines.

Remember, if you see me around school, give me a friendly wave (and if the adults say it's okay, a quick stroke too!). Let's make this term paws-itively amazing together! 🐾 ✨

Lots of wags,

Lola 🐾

Your School Dog

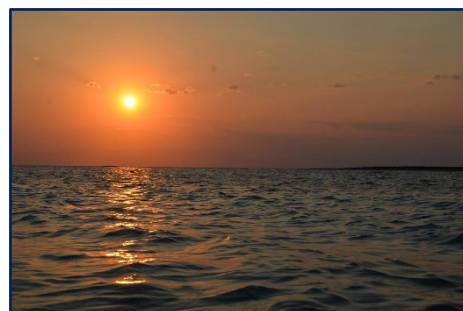
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## The First Light Federation:

Since September 2024, we have enjoyed working in close partnership with Hopton Church of England Primary, and in April this year the decision was taken to form a Federation of our two wonderful church schools. Over the past few months, we have been working together as a school community to find the perfect name.

We are delighted to announce that from now on we will be known as...

☀️ **The First Light Federation** ☀️



Each school will continue to be known by its own individual name and will retain its unique identity within the local community. Uniforms will also remain unchanged.

We chose the name because we feel it perfectly encapsulates our vision and ethos.

We believe that every child is a unique light, created by God to shine brightly in the world. We are united in our commitment to nurturing every child in a loving, inclusive, and spiritually rich environment.

Inspired by the Parable of the Good Shepherd, we care for each individual with compassion—guiding, protecting, and ensuring every learner feels seen, heard, and safe. Rooted in the teachings of Jesus, and especially His promise in John 10:10, "I have come that they may have life, and have it to the full," we strive to help every child aspire to be the very best they can be: academically, socially, emotionally, and spiritually.

Our community is built on the values of respect, trust, love, aspiration, and compassion, fostering relationships where everyone feels safe, empowered, and celebrated.

We look forward to this exciting new chapter as **The First Light Federation of Church Schools**.

## Communication Guidance:



If you have a concern or issue relating to your child, please raise this with your child's class teacher in the first instance. Class teachers know the children best day to day and are usually able to resolve matters quickly. If you feel the matter needs to be taken further, please contact our Head of School, Miss Smith.

Should you require further discussion after this, the matter will be referred to Miss Egleton (Executive Headteacher). In exceptional circumstances, you may contact Miss Egleton directly by emailing [office@kessingland.dneat.org](mailto:office@kessingland.dneat.org) or by calling 01502 740223 to arrange an appointment.

If your concern relates to a family matter, please make Mrs. Cooper, our Pastoral Lead, aware. Mrs. Cooper is available on the school gate every morning and afternoon (Monday-Thursday) and is always happy to help.

Thank you for working with us to ensure that concerns are addressed in the most effective way.

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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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## Regular school attendance & parent's legal responsibilities:



At Kessingland Primary our aim is to collaborate with parents to ensure that all our pupils receive the most from their education and reach their full God-given potential.

This guidance is to remind all parents about the law that requires them to ensure that their child attends school regularly. The Government is clear that no child should miss school apart from in exceptional circumstances and schools must take steps to reduce absence to support children's attainment.

### The important legal information

The Government have introduced a single national threshold for when a penalty notice must be considered by all schools in England. This threshold is **10 sessions** (usually equivalent to 5 school days) of unauthorised absence within a rolling 10 school week period. These sessions do not have to be consecutive and can be made up of a combination of any type of unauthorised absence. The period of 10 school weeks can span different terms or school years.

In line with national guidance, the Local Authority (LA) retains the discretion to issue a penalty notice before the threshold is met. This might apply for example, where parents have taken several term time holidays below the national threshold. The LA also retains the discretion to consider going straight to prosecution where appropriate. A maximum of 2 penalty notices per parent, per child can be issued within a rolling 3-year period. This period will start from the issue of the 1st penalty notice.

Penalty notices will usually be issued to the parent/s with day-to-day responsibility for the child's attendance or the parent/s who have allowed the absence (regardless of which parent has applied for a leave of absence).

The first penalty notice issued to a parent for a child will be charged at £160 to be paid within 28 days. This will be reduced to £80 if paid within 21 days. Where it is deemed appropriate to issue a second penalty notice, the second penalty notice to the same parent for the same child within 3 years of the first offence, is charged at a flat rate of £160 and is payable within 28 days. There is no reduced sum available in this instance. Part payments or payment plans are not acceptable, and fines must be paid in full within 21 or 28 days, at the rate specified within the penalty notice. There is no right of appeal against a penalty notice.

| Do I need to keep my child off school?                        |                                                                                   |                                                                                |                                                                                    |                                                                                           |                                                                                                |  Public Health Agency |
|---------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>Chicken Pox</b><br>Until all spots have cleared one        | <b>Conjunctivitis</b><br>No need to stay off school or nursery should be informed | <b>Diarrhoea &amp; Vomiting</b><br>48 hours from last episode                  | <b>Glandular Fever</b><br>No need to stay off school or nursery should be informed | <b>Hand, foot &amp; mouth</b><br>No need to stay off school or nursery should be informed | <b>Impetigo</b><br>Until lesions are crusted & healed or 48 hours after commencing antibiotics |                                                                                                          |
| <b>Measles or German Measles</b><br>4 days from onset of rash | <b>Mumps</b><br>5 days from onset of swelling                                     | <b>Scabies</b><br>Until after first treatment                                  | <b>Scarlet Fever</b><br>24 hours after commencing antibiotics                      | <b>Strep Throat</b><br>No need to stay off school or nursery should be informed           | <b>Whooping Cough</b><br>48 hours after commencing antibiotics                                 |                                                                                                          |
| <b>Flu</b><br>Until recovered                                 | <b>Head Lice</b><br>No need to stay off school or nursery should be informed      | <b>Threadworms</b><br>No need to stay off school or nursery should be informed | <b>Tonsillitis</b><br>No need to stay off school or nursery should be informed     |                                                                                           |                                                                                                |                                                                                                          |

## Requests for leave of absence

The Government advises all schools that they should only grant a leave of absence during term time in exceptional circumstances, considering each request on a case-by-case basis. If a leave of absence is granted, it is for the head teacher to determine the length of time the pupil can be away from school.

Although we recognise the value and benefits of family holidays, it is unlikely a leave of absence will be granted for a family holiday as the Government 'does not consider a need or desire for a holiday or other absence for the purpose of leisure and recreation to be an exceptional circumstance.'

Requests for leave must be made in advance, otherwise schools will be unable to consider your individual circumstances and the absence will be recorded as unauthorised. Head teachers are not obligated to reconsider authorising leave if an application was not made in advance.

## Support with ensuring regular school attendance

If you require any support with ensuring your child's attendance, please contact Mrs. Cooper, in the first instance. I hope we can count on your support in this matter.

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A few reminders:



Please do let us know of any updates to contact information

- We provide a healthy snack for all pupils in Nursery, Reception and Key Stage 1. Pupils wishing to bring in a snack for playtime should keep this separate to their packed lunch and put it in their class drawer. Snacks should be healthy - fruit/ veg/ oat bars. No sweets or chocolate should be brought into school.
- We are a **nut free school**. Please ensure packed lunches/ snacks do not contain nuts or nut products- this includes spreads such as Nutella and snack bars.

There are many helpful ideas on websites for healthy snacks and packed lunches:

- Lunchbox ideas and recipes – Healthier Families - NHS (www.nhs.uk) 40 Healthy Lunch Ideas for Kids to Take to School (eatingwell.com) Healthy student lunches
- BBC Food simple school lunch box ideas - Search (bing.com)

- Class teachers have shared PE days on their Dojo pages. Please send the children in to school ready for PE on these days. No jewellery should be worn at any time. If your child has pierced ears, please make sure earrings are removed for PE days.

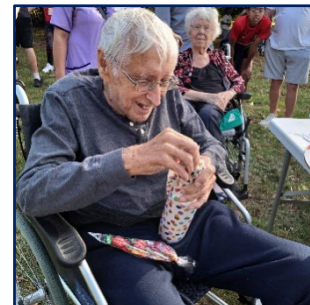
- We ask that hair that is longer than shoulder length is tied back every day. This is for health and safety reasons but also to ensure we prevent the spread of head lice.

8th September 2025 - Lound Hall Summer Fete:



A big thank you to everyone at **Lound Hall Nursing Home** for such a lovely warm welcome to their Summer Fete yesterday. The weather was lovely ☀️ and we sat outside to enjoy **"The Barry Tone Experience"** as Elvis 🎤.

There were plenty of games and stalls, and we had refreshments including some amazing homemade cakes 🍰.



A huge well done to everyone at Lound for such a lovely afternoon and we hope you raised lots of money 😊.



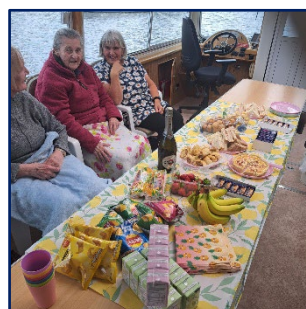
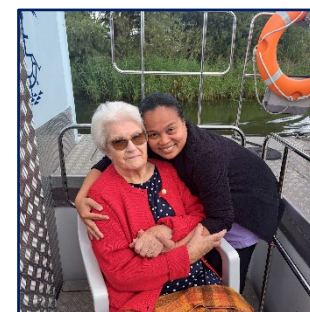
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## 12<sup>th</sup> September 2025 – Boat Trip:



We were blessed with wonderful weather this morning for our boat trip on The Waveney Stardust 🚢.

A lovely relaxing trip from Beccles along the river stopping for a fab picnic lunch 🍷🍰☕. A huge thank you to our Crew, Clive, Chris and Richard for looking after us all. We got home just before the storm started 🌧️ - perfect timing 😊



## 18<sup>th</sup> September 2025 – Macmillan Coffee Morning:



Thank you to everyone who came along to our coffee and cake afternoon in aid of Macmillan Cancer Support which is a cause close to many of our hearts. With your generosity, we raised just under £70.00 to help support people living with cancer.

**MACMILLAN**  
CANCER SUPPORT

*Thank You*

## Our next Bingo night:

Come & join us for our Halloween Bingo Night 🎃 on Thursday 30<sup>th</sup> October at St Edmund's Church Hall.

Tickets are £6.00 per person, buy in advance by calling Manor Farm on 01502 740161.

We look forward to seeing you in your spooky attire 🧛🧛.



**MANOR FARM**  
CARE HOME

Manor Farm Care Home, 82 Church Road, Kessingland  
T: 01502 740161 E: [info@krghealthcare.com](mailto:info@krghealthcare.com) W: [www.krghealthcare.com](http://www.krghealthcare.com)



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

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

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

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

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

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

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

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

*P.S. Very few of us make jam!*

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

With Autumn upon us, you may find that your mood shifts as you begin to adapt to the cooler weather and the changes to your surroundings. Getting out and about may become more difficult as the nights draw in and the temperature drops.

If you need a place to go, the library is a warm safe space and has some fantastic free resources available to you. If you can't get out and about, how about join our Home Library Service? We can choose, deliver and collect books for you all free of charge. We also have audiobooks both in CD format and online – take a look at our website for more information - [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk)

### NHS App Support

From 3<sup>rd</sup> October, we will be offering free support and guidance on how to use the NHS App.

This is a brilliant resource which can probably do more than you realise – from ordering prescriptions to contacting your GP, it really is a fantastic tool.

We will be offering drop-in sessions on Friday afternoons 12am-2pm in the Library.



Do more with the NHS App!

**Do you need help with the NHS app?**

**Come along to drop in sessions at Kessingland Library**

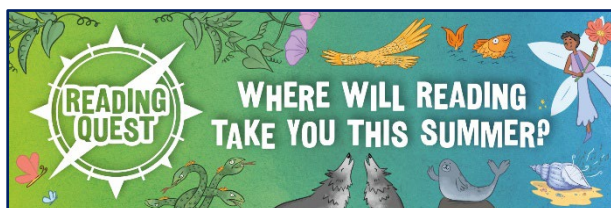
Fridays 12am - 2pm  
Throughout October & November

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

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

**Suffolk** Community Libraries | **Suffolk** County Council





### Reading Quest

A huge congratulations to all those who completed the Reading Quest over the summer! You all did brilliantly and we look forward to seeing how you have progressed next summer!

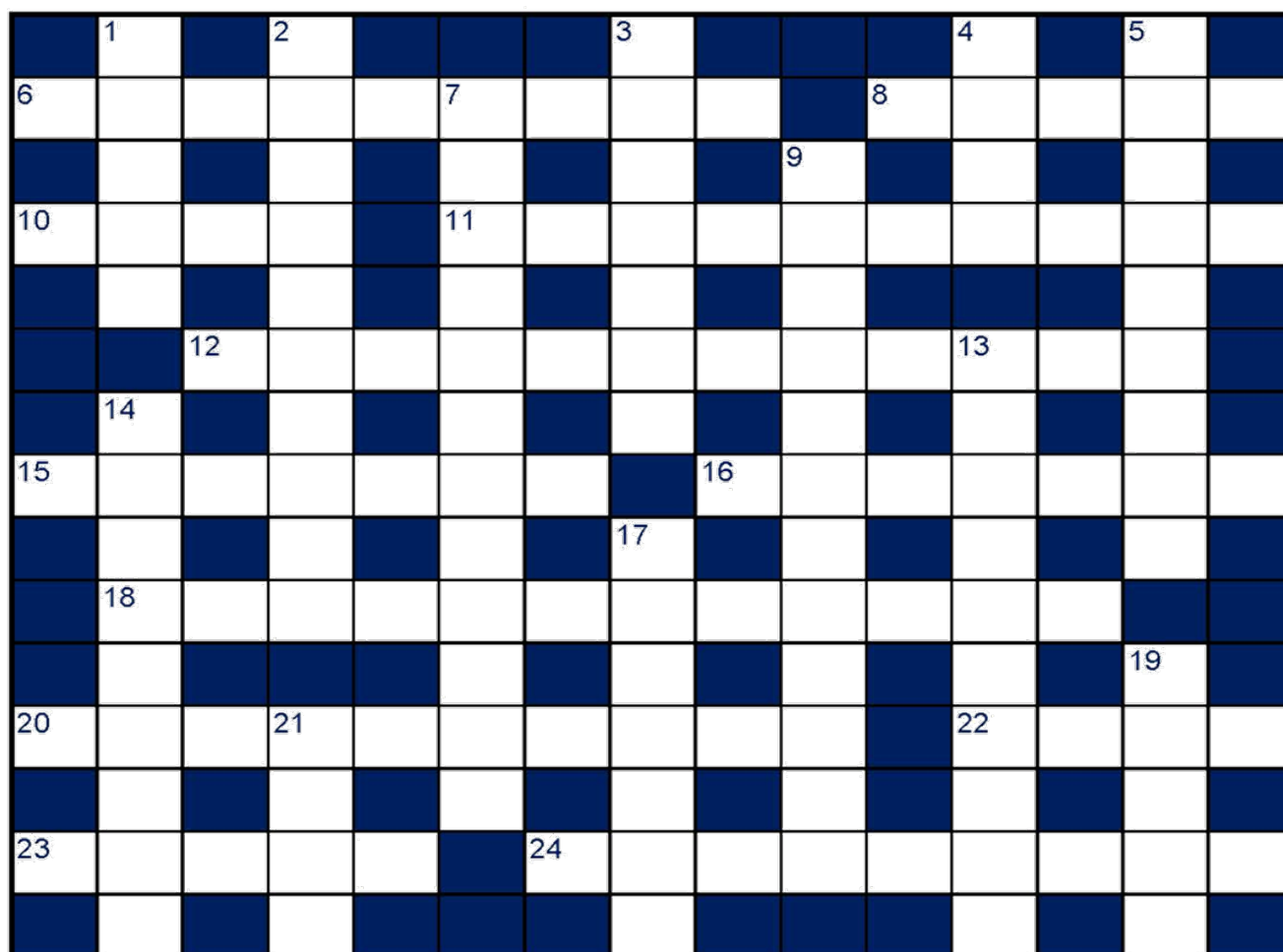
### Improvements

I think you'll all agree that the new doors between the library and Marram Green are a great improvement; they give our customers access to the facilities in the community space and give better access to the library for residents. We have another exciting project on the horizon so keep an eye out over the next few months...

Thank you for continuing to support your local library, it is a resource that we are privileged to have in our village.



No: 101-36



## Across:

- 6 Bushy-tailed rodents (9)
- 8 Overnight vision? (5)
- 10 After-bath powder (4)
- 11 Coolly detached, casual (10)
- 12 US November holiday (12)
- 15 Brochure, pamphlet (7)
- 16 Temporary substitute (7)
- 18 Layer of air above Earth (12)
- 20 30 minutes (4,2,4)
- 22 UK farmland unit (4)
- 23 ITV2 sitcom set in ancient Rome (5)
- 24 Not verified (9)

## Down:

- 1 Of the same value (5)
- 2 Person thumbing a lift (5-5)
- 3 Furtive behaviour (7)
- 4 By mouth (4)
- 5 Female farm animal (5-4)
- 7 Irish singer & occasional host of *The One Show* (5,7)
- 9 Dorset town adjoining Bournemouth (12)
- 13 Significance, value (10)
- 14 English landscape painter (9)
- 17 Greatly surprise (7)
- 19 Meet and welcome (5)
- 21 White lies (4)

## 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](mailto: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  
Wednesday, 29<sup>th</sup> October 2025**

**9:30am – 12:30pm**

Contact us for details  
01502 511333

[info@danesonline.co.uk](mailto:info@danesonline.co.uk)

# Drop in at Kessingland



citizens  
advice East Suffolk



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



Marram Green Cafe,  
Kessingland, NR33 7AH

Centre for  
Warmth

in partnership with  
Cadent

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

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

[ccfw@eastsuffolk.gov.uk](mailto:ccfw@eastsuffolk.gov.uk)

or Call 0333 016 2000

and ask for

Suffolk Centres for Warmth



*\*Subject to  
conditions*



**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:



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](mailto: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.gov.uk/wellminds>. The booklets were funded by the Community Partnership Board and two local Community Partnership

A Halloween-themed poster for a 'Sweetie Trail' event. The background is dark with a greenish glow. In the center is a white sheet ghost with a large, open mouth. Behind the ghost is a full moon and silhouettes of trees and a graveyard. The text 'HALLOWEEN' is at the top and 'SWEETIE TRAIL' is at the bottom, both in a large, orange, dripping font. The year '2025' is in the bottom right. The event details are at the bottom in a smaller orange font. A small crest logo is in the bottom right corner.

# HALLOWEEN

## SWEETIE TRAIL

2025

Friday, 31<sup>st</sup> October, from 5pm  
starting at the KSSC, Francis Road





**Friends of the Library in Kessingland**

**Fish and Chip Quiz Night**

**7 for 7.30 pm**

**Friday October 17th**

**Marram Green**

**£8 with fish and chips, £4 quiz only**

**Up to 6 people per team**

**Tickets available at the library  
from Wednesday 8<sup>th</sup> October**

**PUMPKIN  
CARVING**  
Competition 2025

**SATURDAY, 1<sup>st</sup> November**

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

**FREE  
To Enter**

**PRIZES  
To Be Won**



Bring your carved Pumpkin to the KSSC Main Hall  
between 11am & 12pm  
Competition results announced at the Hallowe'en Party



**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**

# HALLOWEEN PARTY

**Saturday, 1<sup>st</sup> November 2025**

**4pm – 6pm**

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

**Ages 3-11yrs**

**£3.00 per Child**

*maximum 2 adults per family*



**Music & Games with *Barrie Thornton***

**Fancy Dress Contest / Tombola**

**Snacks & Drinks available to purchase**



**To Book Your Place:**

**Text - 07729 384705 or Email - [ksscbooking@hotmail.com](mailto:ksscbooking@hotmail.com)**

*when booking, please make sure to include your child's/children's details*

# 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**



# 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.



**u3a**  
learn, laugh, live  
Lowestoft

## Join our u3a Community

Are you retired or no longer in full time employment?  
Why not come along for a free tea or coffee and find out about the activities you can get involved with.

We'd love to meet you!

We have over 20 groups including

- Walking/Rambling
- Country Dancing
- Coffee morning
- Reading Groups
- Music Appreciation
- Art Groups
- Mixed Crafts
- Computer Clinic

**Free Entry  
Free Tea  
or Coffee**

**THURSDAY  
3rd JULY 2025  
Drop in between  
10.00-13.00  
at Avenue Hall  
101 The Avenue  
Lowestoft  
NR33 7LJ**

Contact Us: <https://lowestoft.u3asite.uk>  
Telephone : 07767 431565



## 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.

# 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

**one lottery**

## KESSINGLAND YOUTH CAFÉ

### OCTOBER 2025

Wednesday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>:  
Choice of Activities  
"Hot Food" available on 15<sup>th</sup>

**6:30pm to 8:30pm**

Age Group:  
10 to 16yrs

FREE ACTIVITIES at the KSSC Francis Road Kessingland

SNACK SHOP

## FRIENDS WHO DANCE

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

If you just enjoy dancing come and have your own bit of Strictly  
All types of dancing: Modern Jive, Rock & Roll, Line Dancing & Ballroom  
£5 per person

For more information please contact Sue: 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 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**

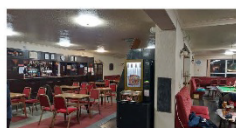


Cash prizes and Raffle



£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

**FRIDAY  
31ST  
OCTOBER**

**HALLOWEEN**

**PARTY**

**R.I.P.**

**'THRILLING' DISCO**

**BEST COSTUME PRIZES**

**DOORS OPEN 7PM**

**FAMILIES AND CHILDREN WELCOME**

**FREE ENTRY FOR MEMBERS & NON MEMBERS**



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



## LINE DANCING

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

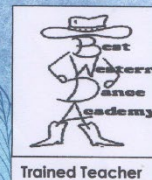
ALL WELCOME  
PARKING & BAR

WITH  
**ALISON**

**WEDNESDAYS**  
7PM TILL 9.30PM  
FROM 21<sup>ST</sup> AUGUST

£5 ENTRANCE

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



Trained Teacher

# 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:



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



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

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



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

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

### COVID SAFETY

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



Rural Coffee Caravan is a registered charity. No. 1187423

# Community Noticeboard

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



Every Saturday 10am—12noon  
Kessingland Church Centre

**Saturday Coffee at St Ed's**

CAKES

**COFFEE** is served...  
SATURDAYS 10-12  
BOOKS, JIGSAWS, BEIC'A BEAC & CAKE!

FRIENDLY, WARM, SPACIOUS  
FUN and LAUGHTER  
QUALITY PRE-LOVED ITEMS  
LOTS of EASY PARKING  
DISABLED ACCESS  
WONDERFUL WELCOME  
COME.....

TOGETHER WE CAN WRITE

**Craft for Children**

1000 x 1000

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

**Rainbows**

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

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

girlguiding  
Registered charity number: 104008

Join a local Rainbows group [girlguiding.org.uk/joinus](http://girlguiding.org.uk/joinus)

Kessingland St Edmunds Church presents...

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

AT THE CHURCH CENTRE

Free of charge

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

SNACKS AND REFRESHMENTS

**St Edmunds Ladies Group**

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

Fun & Laughter

FREE of charge

Tea, cake and friendship

Speakers

ALL ARE WELCOME:  
2nd Tuesday each month

PS...Men are also welcome  
Speak to Anne 01502 7424654

ALL are very welcome to this very friendly Group

Why not come along and give it a try?

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

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

EVERYONE is welcome at Kessingland Church

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

**KESSINGLAND CHURCH CHOIR**

*Singing is good for you and FUN*

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

**St Edmund's Church Kessingland**

Invite you to

**Harvest of the Sea**

Sunday 5th October @ 10.45 AM

with guests

**The Rogue Shanty Singers**

followed by optional

**Fish and Chips Lunch at the Church Centre**

Fish and Chips to be booked and paid in advance:  
Adults £10 Children £6.50 includes dessert, fizzy drink, tea coffee.  
Please let us know if Gluten Free option needed.  
Meal arrives at church hall for 12.30pm.  
Contact Liz on 07903 519012 to secure a place.  
We look forward to welcoming you.

COME ALONG TO OUR  
BEETLE DRIVE  
MONDAY  
27<sup>TH</sup> OCTOBER 2025  
2.30PM TO 4.30PM  
REFRESHMENT INCLUDED  
£5 EACH

Available to Hire.  
Contacts Pat Briggs  
01502 740478

Parking, Disable Access & Toilets,  
Kitchen and Tables

Meetings, Children's Parties, Events.

## Community Noticeboard

Activities & Groups: Kessingland Methodist Church



**SUNDAY SERVICES at 10:30am**



**COFFEE MORNING**

**Every Tuesday  
10am – 12pm**

**ALL WELCOME**

**Come along for a cuppa, bacon roll and a chat**

**Kessingland Methodist Church**

**Church Road, Kessingland NR33 7TQ**



# KESSINGLAND YOUTH CAFÉ

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

Kessingland Parish Council

▶ ARE RECRUITING

YOUTH  
LEADER

Applications from suitably qualified and/or experienced applicants or those wishing to start Youth Club work are welcomed.

- Assist with preparing and leading Youth Club activities.

- 3hrs every Wednesday from 6.00pm-9.00pm.

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

- Training and development opportunities will be available.

- Safeguarding and enhanced DBS check will be provided.

- Salary dependent on qualifications and experience.

Closing date for applications Friday, 31<sup>st</sup> October 2025

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

## Volunteering Opportunities



Supported by  
Active Travel England

### Volunteers needed to support our walking and cycling groups

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

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



**Interested in finding out more?**

Email [thewaytosuffolk@suffolk.gov.uk](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)

**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.naic.gov.uk/our-work/local-elections/what-do-local-councils-and-councillors-do](http://www.naic.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)

**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



Welcome to the

### **Kessingland Business Page**

To advertise on this page:

Your business must be based in Kessingland

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

Telephone: 01502 744367

Email: [admin@kessinglandparishcouncil.gov.uk](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)

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 101-36

**ACROSS:** 6 Squirrels 8 Dream 10 Talc 11 Nonchalant 12 Thanksgiving 15 Booklet  
16 Stopgap 18 Stratosphere 20 Half an hour 22 Acre 23 *Plebs* 24 Unchecked

**DOWN:** 1 Equal 2 Hitch-hiker 3 Slyness 4 Oral 5 Nanny-goat 7 Ronan Keating  
9 Christchurch 13 Importance 14 Constable 17 Astound 19 Greet 21 Fibs

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