



The Village News

March 2024

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Photo Credit: David Boyle

Parish Council Meetings March 2024

Full Council:

- Wednesday 13th at 7:00pm

Planning & Highways:

- Wednesday 20th at 10:00am

Finance & Governance:

- Wednesday 6th at 10:30am
- Wednesday 27th at 10:00am

Events & Communications:

- Monday 4th at 2:00pm
- Tuesday 26th at 11:00am

Leisure & Amenities:

- Tuesday 19th at 10:00am

Climate, Culture, Community Development:

- Monday 11th at 2:00pm

The dates & minutes of all the committee meetings are listed on the parish council website: www.kessinglandparishcouncil.co.uk. The public & press are all legally entitled to attend such meetings and submit any questions relevant to the agenda.

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



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Friends of Kessingland Parish Council

Your Parish Councillors



Ian Graham
Chair of Council

07985 462200

igraham@kessinglandparishcouncil.org.uk



Caroline Carter
Vice-Chair of Council

07811 753930

ccarter@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

jmclean@kessinglandparishcouncil.org.uk



Lisa Truman
Councillor

01502 341720

ltruman@kessinglandparishcouncil.org.uk



Bob Saunders
Councillor

07901 530770

bsaunders@kessinglandparishcouncil.org.uk



Neil Glendinning
Councillor

07801 681136

nglendinning@kessinglandparishcouncil.org.uk



Robin de Brea
Councillor

07812 601256

rdebrea@kessinglandparishcouncil.org.uk



Kessingland Parish Council

Committees / Groups / Representatives



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

Planning & Highways Committee

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

Personnel Committee

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

Finance & Governance Committee

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

Leisure & Amenities Committee

Councillors:
C. Cook, M. Dunne, J. McLean,
L. Truman, R. De Brea

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:
C. Cook, J. McLean, L. Truman,
C. Carter

Emergency Planning Committee

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

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

Beach Wardens

North – Position Vacant
South – Cllr S. James

Community Garden Co-ordinator

Cllr J. McLean

Kessingland Marsh Liaison

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

Village & Beach Clean-Up Co-ordinator

Cllr J. McLean

Community Speed Watch & SID Co-ordinator

Position Vacant

Community Fridge

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

Kessingland Events Group

All members of the Events Committee

Hidden Needs Forum

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

Youth Culture Board

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

Benacre & Kessingland Flood Group

Cllr M. Dunne

Compass Suite Trust

Cllr M. Dunne

Kessingland in Need Trust

Cllr L. Truman

Kessingland Sports & Social Centre

Cllr C. Cook

Suffolk Police

Cllr L. Truman

Suffolk Bus Passenger Interest Group

Cllr A. Green

East Suffolk Community Partnership

Cllr J. McLean, Parish Clerk

SALC East Suffolk Forum

Cllr R. De Brea

SALC Climate Forum

Cllr R. De Brea, Cllr A. Green,
Cllr J. McLean, Parish Clerk

NALC Climate Forum

Cllr R. De Brea, Cllr A. Green,
Cllr J. McLean, Parish Clerk

NALC Coastal Communities Forum

Cllr J. McLean, Parish Clerk

Kessingland Parish Council Staff



Kessingland Parish Council

Office Hours:
Monday – Thursday, 10am – 4pm

Telephone:
01502 744367

Email:
admin@kessinglandparishcouncil.org.uk

Website:
www.kessinglandparishcouncil.co.uk



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



Deputy Clerk:
Shelley Hogg



Admin/Committee Clerk:
Debbie Blowers

Awaiting
Image

Senior Youth Leader:
Ryan George



Youth Leader:
Daniel Fisk



Cleansing Operative:
Ruth Hill



Cleansing Operative:
Niall McLean



General Factotum:
Paul Reed

District & County Councillors



County Councillor:
Michael Ladd

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

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

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

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

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

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



District Councillor:
Alan Green



Councillor Surgery

with **Councillor Alan Green**

District Councillor for the ward of Kessingland

Telephone: 07818 563003

Email: alan.green@eastsoffolk.gov.uk



**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 2024:

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

St Edmund's Church



Transformed
by Christ

Prophetic

Prayerful

Pastoral

From The Rectory, Revd Mandy writes: March 2024

From the Rectory, Revd Mandy writes about **RAISE THE ROOF** Kessingland Church.

From August 2018 to March 2024, **Raise the Roof** was launched and completed. It was made possible because of the generosity of many church members and parishioners through, time, talents and fundraising and the response and engagement has been truly wonderful.

Raise the Roof project has brought into focus the wider role the church plays in the community, beyond Sunday worship, and opened the hearts and minds of so very many to discover the church is for everyone, everyone is welcome. This project has given an opportunity for all to be part of and learn about the heritage of the village, church building and people. It has given opportunity for all to learn more about the skill of thatching from Dominic Meek, via a village community meeting in 2023 and his visit to Kessingland Primary Academy.

This 5-year project has galvanised all areas of the community involving wildlife, conservation, the local Men's Shed, the local Public Houses, Village Fryer, the local Livery and Parish Council, Uniformed Groups, MP for Waveney and of course, all the local community that wanted to get involved. There is no greater message than this, that the church is truly valued in this village and continues to be a place of peace and welcome with pastoral support and outreach for everyone.

Thankyou Kessingland, **"TOGETHER WE DID IT"**

Come and celebrate all we have achieved together on Easter Sunday and BH Monday.
God love you; God bless you.

Revd Mandy
Rector: Kessingland Benefice



Kessingland Church Welcomes

The Rt Revd Ian BISHOP

The Bishop of Thetford to:

Bless our New Thatched Roof & Nave Ceiling
Celebrate the Resurrection on Easter Morning
Easter Sunday March 31 at 10.45am

BH Monday April 1st 11am – 3pm

- Exhibitions, Events, Crafts, Tours

COME and join us for this 2 Day Community Celebration

TOGETHER WE DID IT



Thanks be to God



Picture by Rob Howarth

Kessingland Women's Institute



Kessingland WI has around 36 Inspiring Women members. Meetings are held on the 2nd Thursday of each month at Kessingland Working Men's Club, starting at 7.30pm.

At our 8th February meeting we started by singing "Jerusalem". We then were treated to a talk by Georgette Vale on "Julian of Norwich" and "Margery Kemp" who are both visionaries regarding religion. This was entertaining and informative, Georgette really brings the characters to life.

For our February meeting the competition was a "Picture of Norfolk with a Historical Theme"; we had 5 entries for this month's competition. The results as were as follows:

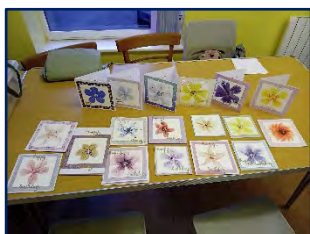
Third place: Margaret Parker
Second place: Jill Traynier
First place: Sandra Warner

For the "Bloom of the Month", we had 6 entries for this month. The results were as follows:

Third place: Pauline Shipley.
Second place: Connie Niblett
First place: Margaret Parker

Craft Club:

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



Walking Group:

The January walk was in Southwold in very cold temperatures.



The February walk was a trip to Gunton Woods, hunting Snowdrops.



Our next meeting is on Thursday 14th March and the speaker is "Harris and James Chocolatiers" with a talk called "From Bean to Bar". The competition will be to "Decorate a chocolate egg" - this can be purchased or made. Bloom of the month will be as usual.

For more information about joining or visiting Kessingland WI please contact our secretary Margaret Parker on 01502 740785.

Kessingland United Working Men's Club



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

The club is keeping busy with all its regular activities, darts, bingo Slimming World, WI. And Saturday Night Music. Due to a cancellation last Saturday, we had the singer Dave Anderson, and he was very popular. The club was very busy.

Music for March is:

Saturday 2 nd	-	The Riffits
Saturday 9 th	-	Steve Allen
Saturday 16 th	-	K C R
Saturday 23 rd	-	Kenny Lee and Hustler
Saturday 30 th	-	Tony Barker

Kessingland Bowls Club start the season on Sunday 14th at 2pm and there will be an open day on Sunday 21st April at 11.00 am. Kessingland Bowls Club is a mixed club, ladies and gentlemen will be welcome. We look forward to meeting new first-time bowlers and seasoned bowlers ... give it a try. All you will require is flat shoes and we have a selection of bowls you may use. All Kessingland Bowls Club members will automatically be members of KUWMC and entitled to use the Bar and Facilities, also Social Activities and car park.



Tickets are on sale now for the next talk by Mary Newton on Thursday 16th May (7pm for 7:30pm).

Tickets are selling fast so don't miss it.

Don't forget the Hall and Lounge can be hired for parties or other activities. For Wakes it is free. We have disabled entrances, disabled toilet, and a large car park with disabled parking.

President: R A Hood
Society Registration No: 4343

Secretary: R Gasking
VAT Registration No: 105 2958



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

We can provide:



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



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



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

Welcome to Kessingland Primary Academy Lottery

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

It's a fantastic way to bring Parents, Carers, Teachers, and the wider community together, in partnership with our school, and at the same time give something back.

We hope to raise funds that can support and enrich the education of our children - we aim to provide extra resources for the children, improve the school environment as well as run extra-curricular activities such as music, art, and sport.

SUPPORT OUR SCHOOL PLAY OUR LOTTERY



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



BUY TICKETS:
Go to: www.yourschoollottery.co.uk
And search for: Kessingland Primary



GambleAware 18+

Your support is greatly appreciated, and we wish you good luck!

SUPPORT OUR LOTTERY TODAY

£1 per week

Weekly cash prizes

£25,000 jackpot



Splitting the £1.00



How it works...

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

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

The easiest way to join our lottery is online at YourSchoolLottery.co.uk by direct debit or debit card.

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

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

The Maths... 100 tickets sold a week means

- = £30 weekly cash prize
- = £2,080 a year for our school




To start supporting, visit:
yourschoollottery.co.uk
and search for: Kessingland Primary

GambleAware 18+

Tips to avoid the side hustle scam



With many people experiencing job losses or reduced income, people are looking for remote working jobs to bring in extra money. As such, we want to highlight the common scams that job seekers may experience to ensure you don't get caught out.

Scammers may reach out offering a job that promises a large amount of income for a small amount of work. If you respond, they may request you to provide them with a small amount of money for training or special equipment. Or they may request your bank account information so they can directly deposit your funds.

In reality, there is no job, or the work provided has many hurdles to jump, that means you won't get paid. The work itself could involve filling envelopes, assembling products, or selling goods or services through your own website. In some cases, fraudsters may tell you there are faults with what you've done to avoid paying you. In other cases, the products you've bought or made are worthless. Many of these business opportunities only allow you to earn money if you introduce more people to it. These are known as pyramid schemes. In other cases, they will just take the money or the information you give them and use it to steal whatever money you have left. That's not to say there aren't legitimate work-from-home opportunities out there. You just have to do your research to make sure you're dealing with a real company. Do some research on the company and don't be afraid to contact it and ask questions before accepting a position, especially if it's asking for sensitive information. If you get a bad feeling, explore some other options instead.

Are you a victim of business opportunity fraud?

- You've received an email or letter, seen an advert, or landed on a website explaining how you can make easy money by working at home, or by setting up your own online business.
- You've paid money up front to register with the scheme, bought customer details, set up a new website, bought products to sell. However, the products are worthless.

What should you do if you've been a victim of business opportunity fraud?

- Report it to Action Fraud.
- Report any adverts for fraudulent business opportunities to the magazines, newspapers or web site operators that published them.
- If you are asked to involve other people in the scheme, don't.
- Keep any letters, emails or documents relating to the fraud as possible evidence.

Protect yourself against business opportunity fraud.

- Beware of adverts for business opportunities that state you can earn a specific or minimum amount of money.
- Any advert that tells you that you can sit back and let a business run itself is a good indication of fraudsters at work.
- Look out if the scheme operators give contact details that include mobile phone numbers beginning with 07 or web mail email addresses such as Yahoo or Outlook. Genuine businesses do not use them.
- Don't be tempted by seemingly easy offers for work. You might find your personal details sold on to other scammers and you'll become seen as an easy target.

If you spot a scam, call us via Citizens Advice Consumer Service on 0808 223 1133



REPORT ON BIRDS AT MARSH LANE 2023

Introduction

2023 was the 19th successive year of monitoring bird populations at Marsh Lane, Kessingland, Suffolk. Volunteer members from Kessingland Ringing Group have maintained records of birds ringed during visits to the site. The group has eight licensed members although one was absent for most of the year. Guest ringers are also welcome to visit and two individuals ringed with us on four separate occasions. This report details the work carried out at the site and the data collected during 2023.

Abbreviations Used

BTO- British Trust for Ornithology / NRS- Nest Recording Scheme / PC- Parish Council

The Study Area

There are three areas used for ringing purposes:

1. **Anglian Water Treatment Works-** these are a valuable source of insect life, especially for wagtails, pipits and hirundines. The site is bordered by robust hedges, which provide cover and nesting opportunities for passerine birds.
2. **Kessingland Parish Council land-** this area is designated as Suffolk Wildlife Site No. DM29. This is mixed scrub and provides food and cover for a wide range of species, especially migrant warblers as well as breeding opportunities for resident and migrant birds. There are 12 bird boxes with hole-fronts placed across the site.
3. **Private land owned by Mr John Briggs-** this constitutes a spinney and adjoining area of reed-bed. The latter is attractive for migrant warblers in the Spring and Summer.

The three areas are mutually supportive for birds and the proximity to the coast attracts migrants in Spring and Autumn. The public have unhindered access to the PC land but dogs are not allowed. There is no public access to Anglian Water's locked site or to John Briggs' land. From the highest point of the site there is a clear view of Kessingland village to the north, the church to the west, the sea to the east and the turbines and part of Beach Farm to the south. The coastline is between 400-800m away from the site.

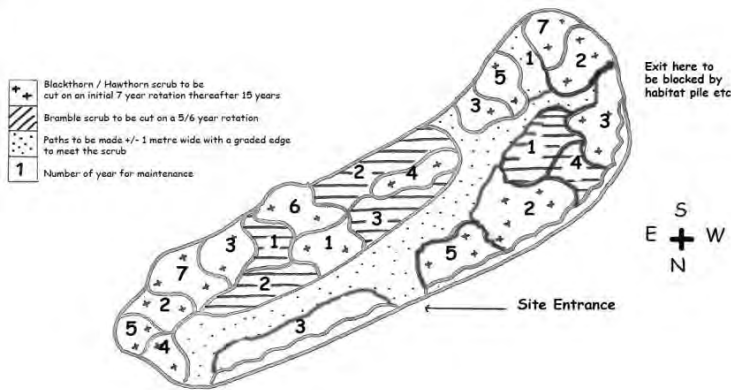
Methodology

Ringing activities are undertaken in each of these habitats according to the presence of birds, using mist-nets with occasional use of whoosh nets and conventional traps. Tape lures are used periodically under licence. Ringing records are lodged with the BTO to be stored centrally on their database. Unusual sightings or high numbers of birds processed are reported to the County Bird Recorder. The nest boxes are monitored under the BTO's Nest Recording Scheme with full records of nesting attempts sent to the BTO.

Site Management

The scrub growth on the PC land, consisting of blackthorn and brambles, has become overgrown and leggy in places. The 2015 management plan drawn up by David Borderick as Warden, with the advice of Suffolk Wildlife Trust and with some input from Kessingland Ringing Group, provided for the cutting back of the overgrown scrub in blocks, based on a 7-year cycle so that the whole site will have been cleared by the 7th year, each block being allowed to grow back in the meantime. The sequence of cutting by year is shown overlaid in Figure 1. Since the loss of David Borderick and the professional groundsman, this plan has been largely forgotten.

Figure 1-Scrub Management Plan



Management work is now being undertaken by a volunteer group led by David Boyle (Volunteer Marsh Warden) and David Fox (Volunteer Deputy Warden), using appropriate machinery with some advice from Kessingland Ringing Group. Some cut brush is burnt on site, some is used for brush piles. This year the area just inside the gate on the opposite side of the path has been cleared, as well as height cut away around the middle net lane, a clearing has been created in the small hawthorn spinney and some trees have been cut in the more mature spinney area.

The Records

Altogether, 39 recording visits were made in 2023. A total of 39 species were recorded, 5 less than the previous year. There were 1089 new birds ringed on the site compared to 796 in 2022.

It was a typical Spring in 2023 with average rainfall and expected daytime temperatures. There were, however, extremely cold overnight temperatures during late April and May. This had a negative impact on our resident early breeders, particularly tits, which had fewer successes and smaller broods. However, warmer, wetter weather in late Spring led to much higher productivity for migrants and second broods than the year before. In July 2023, 196 birds were ringed compared to just 87 in 2022 (2022 was notable for extreme heat and drought effect). Of the 196 birds ringed, 94% were juvenile birds hatched during the current calendar year. This resulted in good numbers of young birds on the wing in the Autumn at Marsh Lane. Winds in September and October were not favourable for migration from the Continent. However, movement of birds from the north of the UK was good, with 157 Meadow Pipit ringed between 14th September and 3rd October. 81 Lesser Redpolls were ringed between 30th September and 28th October with one control bird captured which was originally ringed in Northumberland (see Ringing Recoveries, below).

The financial cost incurred by the volunteer members of the group was £273.98 for rings and a cost of £330.00 (a third of their total value) for the use of 12 nets which have an average 3 year life span. The total cost of ringing at the site in 2023 was £603.98.

Ringing Records

Ringing is used to identify migration routes and summering or wintering areas. For instance it has helped to indicate that our Autumn Blackbirds mainly originate from Sweden and that our summering Blackcaps move south to Sussex before departing to the continent. Conversely it has shown that our wintering Blackcaps originate from central Europe, showing a change in migration strategy for these Continental birds. Bird ringing is also used as an important monitoring tool to demonstrate breeding populations and trends.

Annual ringing totals for 2023 are shown in Table 1, together with numbers for the previous 11 years. It should be noted that annual ringing totals are affected by weather, the structure of the ringing team, how many nets are set and their positions, and how many visits were attempted during the year.

Notable records for 2023 include our highest number of Blackcap ringed (175) since ringing began at the site in 2004. The table shows a steady increase in Blackcaps using this site as both a breeding and stop-over site during migration. We also had our highest ever total of Meadow Pipit ringed (157) with birds tape-lured on their Autumn migration southwards. We caught two juvenile Yellow Wagtails at the end of August, which was a first for the site. As Yellow Wagtails are farmland breeders, these two birds were definitely passing

through on their first migration. Sadly, we only caught one new Bullfinch in 2023. The area around Marsh Lane has always been a notable breeding site for these resident birds, particularly around the fishing lakes at the end of the lane. This indicates a drastic decline in these birds for reasons unknown. Greenfinch are also showing a serious decline with 91 new birds ringed in 2004, 56 in 2012 and just 11 in 2023. These resident birds have suffered a major decline nationally, partly due to the trichomonosis disease, but may also be in conjunction with other factors such as loss of habitat and lack of food sources.

Table 1 – 12-year Ringing Totals at Marsh Lane

SPECIES	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	Total
Bearded Tit				1									1
Blackbird	115	122	111	166	105	175	85	88	92	81	56	66	1262
Blackcap	94	86	121	122	119	146	63	85	111	61	114	175	1297
Black-headed Gull	13		4	1	1			2	1	1			23
Black Redstart											1		1
Blue Tit	43	48	115	101	41	51	62	67	74	30	76	96	804
Brambling	2	1										1	4
Bullfinch	6	6	2	9	10	13	8	7	8	2	4	1	76
Carrion Crow													0
Cetti's Warbler	6	3	3	15	14	13		12	5	3	11	10	95
Chaffinch	24	22	22	15	14	15	9	10	15	8	10	10	174
Chiffchaff	65	85	153	123	121	135	50	95	85	49	71	113	1145
Coal Tit	1			2	1	1		1		1			7
Collared Dove													0
Common Gull	3	1											4
Common Redpoll		8			1	1	2				2		14
Common Sandpiper													0
Cuckoo													0
Dunnock	49	62	82	47	55	42	30	36	38	20	37	30	528
Dusky Warbler													0
Firecrest			2	8	7	4	6	6	1		1	4	39
Garden Warbler	4	7	17	8	3	9	5	6	9	1	8	15	92
Goldcrest	47	14	29	662	116	38	57	56	44	7	23	25	1118
Goldfinch	22	9	18	18	20	34	10	10	17	10	9	15	192
Grasshopper Warbler	1								1			2	4
Gt Spotted Woodpecker			1	1		2			1	1	2		8
Great Tit	33	23	59	38	40	38	38	44	29	21	46	25	434
Green Woodpecker			3	1		1	1			2	1		9
Greenfinch	56	9	21	17	7	14	6	9	15	14	16	11	195
Grey Wagtail	8	3	5	1	3	2	2	1	2	2	1	1	31
Herring Gull	2												2
House Martin	8		11	73	5	1		1				15	114
House Sparrow	10	1	1			1					2		15
Jay	1		1		1			2					5
Kestrel					1		1						2
Kingfisher	1	1	1			2			1		2		8
Lesser Redpoll	108	17		112	45	60	10	4	105	10	62	81	614
Lesser Whitethroat	5	13	15	8	15	7	4	3	8	10	19	12	119
Linnet					4	1		1			6	1	13
Long-tailed Tit	14	22	42	26	25	25	27	20	39	11	14	7	272
Magpie	1	1	1			1							4

Mallard	2										1		3
Marsh Tit	1							1					2
Marsh Warbler													0
Meadow Pipit	14	39	28	45	34	40	13	10	54	33	28	157	495
Moorhen	4	2	2	4					3	1			16
Mute Swan	1		1										2
Nightingale										1			1
Oystercatcher	1												1
Pallas' Warbler						1		1					2
Pied Flycatcher		1			1		1	1	2	4	1	3	14
Pied/White Wagtail	27	26	13	33	28	22	1	13	1		10	2	176
Radde's Warbler											1		1
Redshank	1												1
Redstart	1	1				1							3
Redwing	3	7	5	12	6	11	9	1	6	2	8	6	76
Reed Bunting	4	8	5	10	5	14	1	7	4	2	2	4	66
Reed Warbler	19	48	32	33	31	31	18	17	21	24	18	32	324
Ring Ouzel	1				1								2
Robin	57	53	52	59	101	35	29	29	28	32	28	37	540
Rock Pipit		1											1
Sand Martin					3	1		11					15
Sedge Warbler	19	34	40	21	27	16	4	16	8	10	19	34	248
Siskin					1							1	2
Song Thrush	21	21	23	21	26	19	15	17	10	11	20	15	219
Sparrowhawk	2	1	5	4	2	2		3	2		2		23
Spotted Flycatcher												1	1
Starling	12	1			2	1		2					18
Stock Dove	2												2
Swallow	17	1	20		6	3						18	65
Treecreeper	2	1	3	2	1	4	1	1	2	1	1	5	24
Tree Sparrow													0
Yellow Wagtail												2	2
Yellow-br'd Warbler	1			6	2		3	1	2		1		16
Whitethroat	11	26	30	17	23	21	7	16	14	9	13	17	204
Willow Warbler	7	10	9	5	10	9	5	6	10	1	23	13	108
Woodcock		2	1		1								4
Woodpigeon	3	3	4	1	4	1		2			1		19
Wren	34	43	50	51	37	29	26	25	29	20	25	26	395
TOTAL RINGED	1009	893	1163	1899	1126	1093	609	746	897	496	796	1089	11816

Ringling Recoveries

Table 2 shows recoveries of birds more than 20km from Kessingland, and the origin of birds already ringed when captured (Controls). Local recoveries and recaptures of our own ringed birds are not recorded here but are passed on to the BTO.

The greatest distance travelled by one of our ringed birds was a Garden Warbler which was recaptured 696km away in France. We also had a report of a Nightingale (pictured), which was recaptured 2 years and 29 days later at a reserve in Essex. This bird was the first Nightingale ringed at Kessingland since 2004 (when 3 were ringed). It was heard in sub-song on the PC land for one day only. It's recapture in Essex shows that it was looking for a suitable nesting site at Kessingland in 2021 and subsequently found one 87km away. Nightingale have been declining in both number and range and are now only found to breed in a small area of southern and eastern England. The reasons for this decline are thought to encompass the degradation and loss of scrubby woodland



habitat upon which Nightingales depend to breed, including by browsing deer (BTO BirdFacts). Nightingales winter in West Africa, showing that this bird has survived migration across the Sahara and Europe six times during its life.

Table 2 - Recoveries of birds ringed at Marsh Lane and origin of birds ringed elsewhere (Key below).

Species and ring number	Age/ Sex	Method	Date	Location	Distance & direction	Duration
Nightingale ATP5097	5	Ringed	14/04/21	Kessingland		
	4M	Recaptured	13/05/23	Abberton Reservoir, Essex, UK	87km, SW	2yrs 29 days
Reed Warbler BFA2558	3J	Ringed	28/07/23	Kessingland		
	3	Recaptured	04/08/23	Icklesham, East Sussex, UK	182km, SSW	7 days
Sedge Warbler BFA2638	3J	Ringed	01/07/23	Kessingland		
	3	Recaptured	10/08/23	Donges, Loire-Atlantique, France	627km, SSW	40 days
Garden Warbler BFA2645	3J	Ringed	01/07/23	Kessingland		
	3	Recaptured	21/08/23	La Trimouille, Sainte-Soline, Deux-Sèvres, France	696km, SSW	51 days
Blackcap BFA2661	3J	Ringed	09/07/23	Kessingland		
	3M	Recaptured	06/09/23	Clopton Medieval Village, Cambridgeshire, UK	128km, WSW	59 days
Cetti's Warbler ANX6161	2F	Ringed	25/08/22	Nagden Marsh, Faversham, Kent, UK		
	4F	Recaptured	30/09/23	Kessingland	132km, NNE	247 days
Lesser Redpoll AVZ3296	5	Ringed	02/04/23	Corbridge Common, Northumberland, UK		
	4F	Recaptured	30/09/23	Kessingland	376km, SE	181 days
Meadow Pipit BFA2926	3	Ringed	21/09/23	Kessingland		
	3	Recaptured	30/09/23	Shingle Street, Suffolk, UK	46km, SSW	7 days
Lesser Redpoll BPC6002	3	Ringed	10/10/23	Kessingland		
	3	Recaptured	30/10/23	Trimley Marsh Nature Reserve, Suffolk, UK	57km, SSW	20 days

Key to age/sex in Table 2:

- 2 Fully grown, year of hatching unknown, including current calendar year
- 3 Definitely hatched during the current calendar year
- 3J Definitely hatched during current calendar year, still in some/all juvenile plumage
- 4 Hatched before the previous calendar year- exact year unknown (used in Autumn)
- 5 Definitely hatched during the previous calendar year, still in partial juvenile plumage
- 6 Hatched before the last calendar year- exact year unknown (used in Spring)
- M Male
- F Female

Nest Recording

The 12 nest boxes are monitored from the end of April until breeding evidence is complete. Each box is checked with information recorded on every visit about nest-building, egg stage, young stage, adult activity and nest outcome, even if the box has not been used. All young are monitored and ringed under licence once an appropriate age has been reached. All data from each visit is submitted to the BTO for the NRS.

There were nine boxes occupied in 2023. Only three boxes successfully fledged: two boxes of Blue Tits with broods of three and nine respectively, and one box of six Great Tits- 15 fledglings in total. Of the six failed nesting attempts, five failed at the egg stage with two boxes predated (probably by a mustelid), one box found with eggs broken, and two boxes had eggs deserted. One box of Blue Tit hatched eight young but all were found dead at an early stage.

In contrast, 10 boxes were occupied in 2022 which produced 57 fledged birds and there was only two box failures containing dead young. It ought to be noted that the same two boxes (numbered 11 and 12) failed at the young stage in both years and we would recommend that they be either slightly repositioned, or work carried out to provide more sunlight to the areas.

Acknowledgements

Kessingland Ringing Group would like to thank Kessingland PC, Anglian Water and Mr. John Briggs for access and permission to ring. Additional thanks are given to Anglian Water for the use of a pump- house as a ringing hut. We would also like to thank the volunteers who carry out the land management in the scrub.

February 2024

Julie Martin (Kessingland Ringing Group)

joolz.is.me@gmail.com

07793318552

Village Clean-Up Teams



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

The Monday beach cleans will be starting again at the beginning of March (weather dependent). Thank you in advance to all our volunteers who help to keep it clean & tidy.

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

Telephone: 01502 744367

Email: admin@kessinglandparishcouncil.org.uk

Come and join our friendly Team.

(all equipment provided)



VOLUNTEERS WANTED

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

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

For more information, please contact the Council office:

Telephone: 01502 744367
Email: admin@kessinglandparishcouncil.org.uk



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 Kitchen & Wildlife Garden

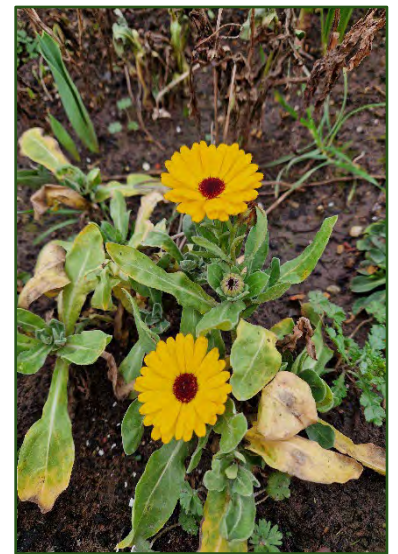
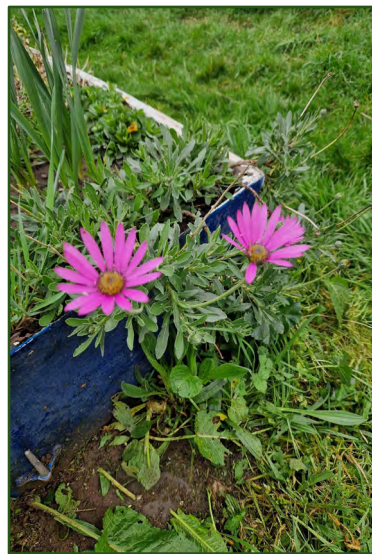


Weather-wise, it's been a rotten start to the year !! Our lovely volunteers have been dodging the torrential downpours, hail, snow & blustery winds to get the garden ready for some Spring planting.

One of the first main tasks will be to complete the new wildlife pond which will look fantastic when finished, just waiting for the new pond-liner to arrive and work can continue.

There's a lot of tidying up and weeding to be done but a good start has been made, plus (when it was dry-ish) some strimming of the alexander & weeds has been done too and the fruit trees have been pruned. Once the weather improves the weeding can continue and some new wildflower areas prepared. The raised beds will also need to be cleared and made ready for new fruit/vegetable planting – this year the plan is to get some trailing fruit for the tall beds with tomatoes, carrots, peas, beans and potatoes in the lower beds (plus anything else we can fit in !!). There are already plenty of herbs to be picked so please do help yourselves.

Some of the bulbs and flower seeds planted in the Autumn are starting to show and hopefully it won't be long before the Garden is full of vibrant colour.... roll on Spring and (slightly) warmer days....



Please remember that anything that is grown & harvested in the garden is for the Community so please do help yourself to anything that is ready. Any surplus will be given to the Community Fridge based in the library. Also, don't forget our Seed Swap box is available for donations of unwanted/surplus seeds, you're more than welcome to take any seeds in the box if you need them.



Our volunteers will be on site from 9am every Tuesday morning (weather permitting of course) so come along and see for yourself the progress being made in your Community Garden. If you have some spare time on your hands, come along and join the Volunteer Group, everybody is welcome. Dogs are also welcome into the Garden, but please remember to keep them on leads & clear up after them.

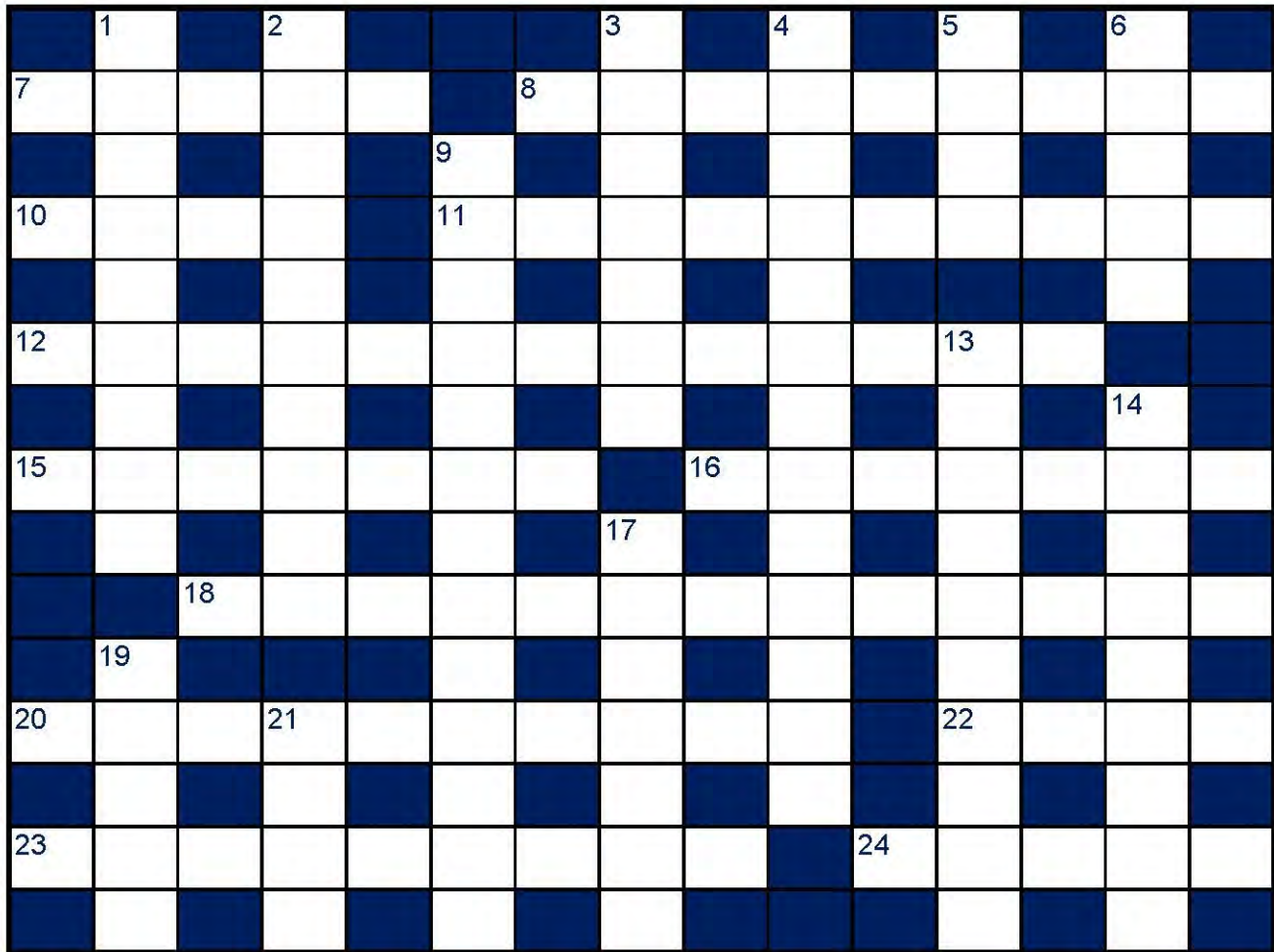


Join us on Facebook:

Kessingland Community Kitchen & Wildlife Garden



No: 101-19



Across:

- 7 Dribble, salivate (5)
- 8 Cheekily bold (9)
- 10 Towards (the wind) (4)
- 11 Continuously unvaried (10)
- 12 Pancake festival (6,7)
- 15 This evening (7)
- 16 Tourist guide (7)
- 18 Old detective series starring David Jason (1,5,2,5)
- 20 West Sussex cathedral city (10)
- 22 Laundry appliance (4)
- 23 *The Repair Shop* host (3,6)
- 24 Thick piece of bread (5)

Down:

- 1 Police officer's cosh (9)
- 2 Person who makes clocks (10)
- 3 More than required (7)
- 4 Difficult first experience (7,2,4)
- 5 Scottish tartan garment (4)
- 6 Big and shapely (5)
- 9 Environmentally harmful emission (10,3)
- 13 Goods carried by plane (3,7)
- 14 Small cutlery items (9)
- 17 Break like glass (7)
- 19 Large group of fish (5)
- 21 Small block of ice (4)



Kessingland Parish Council



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



For help with Local Welfare Assistance Scheme & Household Support
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

Disability Advice

North East Suffolk

Free, Impartial & Confidential



#IAmConfident I am a Mental Health First Aider

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

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

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

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

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

Help & Support in the Community



PET FOOD PANTRY

Helping Pet Owners in Need

FOOD PROVISIONS

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



WHO CAN APPLY?



Pet owners who live within the parish of Kessingland

HOW TO APPLY

Contact the Parish Council for help by telephone or email:

Tel: 01502 744367

Email: admin@kessinglandparishcouncil.org.uk

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

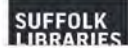


Kessingland Library
Marram Green
Hall Road
Kessingland NR33 7AH

OUR OPENING TIMES ARE CHANGING from 18th March 2024

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

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



Helping you live your life

Norfolk and Waveney
Talking Therapies

CARLTON MARSHES

4th Monday of the month,
12pm

Open to everyone 16+

Meeting at the Visitor Centre, NR33 8HU

SOCIALS@WELLBEING.NANDW.CO.UK

SUFFOLK LIBRARIES

FREE PRIDE AND PERIODS MENSTRUAL PRODUCTS HERE

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



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

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

THE CHURCH OF THE SACRAMENT OF THE EUCHARIST

Transformed by Christ Prophetic Prayerful Pastoral

Kessingland Church: SUPPORTS



WHERE CAN I DONATE FOOD?

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

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

The Co-op Field Lane have a designated Basket

The SPAR in the High Street have a designated Basket

HOW DOES IT WORK?

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

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

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

DO LOCAL PEOPLE BENEFIT?

YES, Care professionals such as health visitors, staff at schools and social workers identify people in crisis and either issue them with a food bank voucher or direct them to: **The Lowestoft Food Bank is located at 5-6 Bevan Street, Lowestoft NR32 2AA** **The food bank is open on Mondays, Wednesdays, and Fridays from 10:00 AM to 12:00 PM. If you are in struggling and cannot get to Lowestoft You can contact them at 07307 866146**. This means people can receive a food bank parcel of three days' **nutritionally balanced**, food from their local food bank.

**THANKYOU, THANKYOU LOVELY DONORS
THANKYOU FOR YOUR SUPPORT**

Kessingland Help in Need Trust (KHINT)

Supporting the community of Kessingland

Charity number 242755

- Advice, signposting and assistance with:-
- Essential household items
 - Appropriate garden services and household/building repairs
 - Help towards funeral costs
 - Help with the cost of hospital visiting

For further information
please contact clerk.khint@btinternet.com

KESSINGLAND PARISH COUNCIL



ANNUAL MEETING OF THE PARISH

facilitated by Kessingland Parish Council

Friday, 5th April 2024 at 7pm
Marram Green Community Lounge
Marram Green (Ground Floor), Hall Road, Kessingland NR33 7AH

Guest Speaker: Peter Aldous, MP for Waveney

This is YOUR meeting

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

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



The Sunflower Challenge
2024

How TALL is yours?

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

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

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

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

Good Luck



Community Noticeboard
Events, Competitions & Local Groups



PARENT CONNECT

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

MEET EACH WEEK WITH AN EXPERIENCED PRACTITIONER

A SAFE SPACE TO SHARE FRUSTRATIONS AND TALK ABOUT SUPPORT

FREE TO ATTEND
SATURDAY MORNINGS 11.00AM - 12.00PM
SEAGULL THEATRE
TO BOOK PLEASE EMAIL
BOOKINGS@WELL-CHILD.CO.UK

EMAIL : BOOKINGS@WELL-CHILD.CO.UK

The Screamin' Seagulls Choir

Do You Love To Sing?

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

Find Us On Facebook @TheScreamin'Seagulls
Email us on: screaming.seagulls.lowestoft@gmail.com
Phone: 07748671336
We Rehearse Every Monday Evening In Lowestoft 7-9pm

April – Sep Tues Evening Sessions

Family Memberships Available

Trips all year round

Age 10 +

Lots of fun!

COME JOIN IN... LOWESTOFT & DISTRICT CANOE CLUB

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

www.membermojo.co.uk/lcdcwaitinglist

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

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

lowestoft.canoe@gmail.com
www.facebook.com/LowestoftCanoeClub/

Version 1.0/2024

SUNDAY CLASSICS FILM CLUB

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

A DEMENTIA ACCESSIBLE EVENT

Cafe Opens : 1.30pm
Film Starts : 2.30pm

01502 589726
info@theseagull.co.uk
MORTON ROAD, LOWESTOFT, NR33 0JH

Community Noticeboard

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



Heritage Fund

Kessingland Church Welcomes

The Rt Revd Ian BISHOP

The Bishop of Thetford to:

Bless our New Thatched Roof & Nave Ceiling
Celebrate the Resurrection on Easter Morning

Easter Sunday March 31 at 10.45am

BH Monday April 1st 11am – 3pm

- Exhibitions, Events, Crafts, Tours

COME and join us for this 2 Day Community Celebration

TOGETHER WE DID IT



Thanks be to God

Picture by Rob Howarth

Everyone is
Welcome to
Join us



Kessingland Church Centre
March 10th 10.45am

*Come...Bring the Family and Celebrate Mothering Sunday
The Mother Church Mary, Mother of Jesus Those who Mother us*

Community Lunch

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



Book through Margaret 740748
or Anne 742012



Community Noticeboard

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



Kessingland Gardeners Club

Programme 2024



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

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

Meeting at
Kessingland Church Centre
Second Monday Monthly
7.30pm

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

Why not come along and give it a try?

Choir Master: Colin Jobson
colinlinda108@icloud.com
 Or

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

EVERYONE is welcome at Kessingland Church

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

KESSINGLAND CHURCH CHOIR

Singing is good for you and FUN



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

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



Cinema Outings



Fun & Laughter

FREE of charge



Tea, cake and friendship



Speakers

ALL ARE WELCOME:
2nd Tuesday each month

PS...Men are also welcome

Speak to Anne 01502 7424654

ALL are very welcome to this very friendly Group

Community Noticeboard

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



Kessingland's GOT TALENT

Star Performer

Can you sing, dance, play an instrument? Enroll now to:
Alan Green 07789 644645.
Category 1: 0-16yrs
Category 2: 16+ years

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

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

Available to Hire. Contacts Pat Briggs 01502 740478

Parking, Disable Access & Toilets, Kitchen and Tables

Meetings, Children's Parties, Events.

Kessingland Church Presents

Small Wonders

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

Arts & Crafts,
Singing,
Stories, Games

EVERYONE IS WELCOME

THE CHURCH OF ENGLAND Diocese of Norwich

Transformed by Christ Prayerful Pastoral Prophetic

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

CAKES

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

Craft for Children

EASTER FUN DAY

Friday, 29th March 2024
11:30am - 3:30pm

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

Hot & Cold Refreshments
Tombola

11:30am
FREE
Egg Hunt

1pm
FREE
Fun, Games & Entertainment with Barrie

FREE
Easter Hat Comp.

FREE
Face Painting



Sponsored by:



All donations received will go to
Kessingland Sports & Social Centre
Registered Charity No: 275441



KESSINGLAND
YOUTH CAFÉ
MARCH 2024

Wednesday 6th Mother's Day Crafting (Optional)	Wednesday 27th Choice of Activities Pizza Night
Session 1 6:45pm 7:45pm Age Group: 10yrs to 13yrs	Session 2 8:00pm 9:00pm Age Group: 13yrs to 16yrs
	

at the KSSC
Francis Road
Kessingland



Kessingland


Friendship Club

The Kessingland Friendship Club meets at the KSSC on alternate Thursdays from 2.00pm until 4.00pm

Come and join in with us and make new friends, enjoy a cup of tea and a biscuit in convivial surroundings, join in the bingo and try and win the raffle!

The Friendship Club also organises and runs outings, social events and long weekend breaks for members and friends, so don't be left out – come along to one of our meetings and join in!

For more information, please contact
Helen Sinfield on 01502 741424



Welcome!



DO YOU LIKE TO DANCE?

COME AND JOIN OUR GROUP **DANCING FRIENDS**

EVERY MONDAY EVENING
7.30pm
KESSINGLAND SPORTS & SOCIAL CENTRE
 FRANCIS ROAD, KESSINGLAND, NR33 7PU




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

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

KESSINGLAND



WE ARE A FRIENDLY CLUB
 LOOKING FOR NEW MEMBERS

WE LOOK FORWARD TO SEEING YOU
 THERE!

KESSINGLAND COMMUNITY CENTRE
 FRANCIS ROAD
 KESSINGLAND

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

BOOST FUNDS FOR OUR CAUSE

JOIN OUR LOTTERY!



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

PLAY NOW:
 SCAN THE QR CODE OR GO TO
www.onelottery.co.uk
 AND SEARCH FOR: Kessingland Sports





GambleAware 18+

Enter our Super Draw

Win a £1,000 Luxury Getaway

OR £1,000 CASH PRIZE



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






PLAY NOW:
 Go to
www.onelottery.co.uk
 Search for: Kessingland Sports



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

Shotokan Karate Classes


First Two lessons free



Kessingland Sports & Social Centre
 Francis Rd, Kessingland

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

Sensei Mark Owers
 3rd Dan ESA Instructor



Family Class
 age 7+

Email: kesskarate@btinternet.com

Other Groups at the KSSC:

Tuesdays:

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

Wednesdays:

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

Thursdays:

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

Fridays:

- Shotokan Karate
6pm – 7:30pm

For Bookings:

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

Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



SUFFOLK LIBRARIES WHERE I BELONG

Our Opening Times are Changing!

From 18th March 2024



TUESDAY	10am - 4pm
WEDNESDAY	10am - 4pm
FRIDAY	10am - 4pm
SATURDAY	10am - 3pm
SUNDAY	10am - 3pm

Kessingland Library, Marram Green, NR33 7AH

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

SUFFOLK LIBRARIES WHERE I BELONG

Regular Library Activities

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

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

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

SUFFOLK LIBRARIES

KESSINGLAND LIBRARY

CROSSWORD COMPETITION

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



Monthly crossword competition created specially for Kessingland Library



SCRABBLE

Every Friday

2:30pm

JOIN US FOR SCRABBLE ON A FRIDAY AFTERNOON

£1 PER PLAYER WITH HOT DRINK AND SWEET TREATS INCLUDED

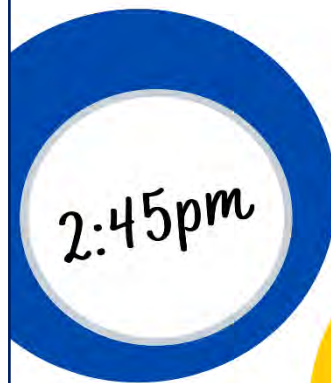


SUFFOLK LIBRARIES

BINGO!

Every Wednesday in Marram Green Cafe

Hot drink and biscuits included plus prizes for every round.



SUFFOLK LIBRARIES

wordplay

BABY BOUNCE & TOT ROCK

FREE ACTIVITY UNDER FOURS

Tuesdays & Fridays
 10am

Followed by a cuppa & biscuits

SUFFOLK LIBRARIES

WHERE I BELONG

CHILDREN'S

craft

Every Saturday & Sunday

FREE ACTIVITY

10:30 - 12:00

Including snacks!

Kessingland Library, Marram Green



By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolklibraries.co.uk/donate HMRC charity number: XT34475

Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



FREE! **DRAMA & DISCOVERY**

FREE DRAMA WORKSHOPS FOR HOME EDUCATED CHILDREN 7-13 YEARS OLD

WEDNESDAYS 10.00AM-11.30AM
FEBRUARY 7, 14, 28
MARCH 6, 13, 20, 27
More dates to follow!

Scan here for more information

FOR BOOKING EMAIL honey.rose.creativearts@gmail.com

The Spinnaker Room @ Kessingland Library NR33 7AH

www.honeyrosecreativearts.co.uk

CREATIVITY-CONFIDENCE-COMMUNITY

Marram Green coffee and friends events

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

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

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

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

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

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

Rural Coffee Caravan, The Queen's Award for Voluntary Service, Meet Up Mondays, More Than A Shop

Rural Coffee Caravan is a registered charity. No.1187423

CHAIR YOGA

Gentle exercise designed for people with mobility issues

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

Every Thursday 11:00 until 12:00

£5.00 per session

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

Other Groups at Marram Green:

Tuesdays:

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

Wednesdays:

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

Thursdays:

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

For Compass Suite Bookings:
Telephone: 01502 744367
Email: admin@kessinglandparishcouncil.org.uk



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

**YES
IT CAN!**

**LET'S GET REAL
ABOUT RECYCLING**

#RecycleWeek



 **Suffolk recycles**



Kessingland Church Centre Carpark
CLOTHES BANK

Serving our Community.
Serving those in need



Support Suffolk Libraries:
Donate to our fundraising
RECYCLING SCHEME

**WE'RE A
CHARITY**

suffolklibraries.co.uk/support-us

♻️ OLD AND FOREIGN CURRENCY

♻️ MOBILE PHONES

♻️ STAMPS

♻️ TABLETS AND GAMES CONSOLES

**BOOKS /
USED PRINTER CARTRIDGES**

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

UNWANTED / USED BATTERIES

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

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

GLASS & BOTTLE RECYCLING

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

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





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
6.30pm-9.30pm.

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 scale 11-18).

Closing date for applications Friday, 22nd March 2024
(previous applicants need not apply)

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

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

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



**Kessingland
Parish
Council**

Volunteering Opportunities



MAKE A CHANGE BECOME A COUNCILLOR

Could you be a voice for your community?

Do you think that you would represent a different group of people on the Parish Council?

Do you have strong views about what Kessingland Parish Council should be doing?

Do you know what the Parish Council can do?

Kessingland Parish Council has a vacancy for a new councillor

If you're over eighteen years of age and live or work within Kessingland (or within three miles of the Kessingland boundary) and do not have any of the disqualifying criteria, then we would like to hear from you! Especially if you are different than the people already on the council. Kessingland is a diverse community, and the council wants to recognise, celebrate, and represent that diversity. The key qualities for a councillor are to keep an open mind and to listen to, learn about, care for and represent your community to the best of your ability.

Applying is easy, there is a short form which you can collect from the parish council or download online. Just complete and either email or drop it off at the council. You'll be invited to attend a Parish Council meeting (generally the second Wednesday each month) and tell the council more about yourself, what you can bring to the council and what you would like to achieve for the community.



If you are interested or want to know more, please speak to one of the current councillors or contact the council office. There is more info as well as information on a range of different local councillors nationally at:
<https://www.nalc.gov.uk/our-work/local-elections#what-do-local-councils-and-councillors-do>



Kessingland Parish Council, First Floor, Marram Green, Hall Road, Kessingland NR33 7AH
Telephone: 01502 744367, Email: admin@kessinglandparishcouncil.org.uk, Web: www.kessinglandparishcouncil.co.uk

KESSINGLAND Community Kitchen & Wildlife Garden

VOLUNTEERS NEEDED !!

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

Your Community Garden
Rider Haggard Lane, Kessingland
NEEDS YOU

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

love live local Community Litter Pickers

VOLUNTEERS WANTED

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

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

For more information, please contact the Council office:

Telephone: 01502 744367
Email: admin@kessinglandparishcouncil.org.uk

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

Volunteering Opportunities



Kessingland Village Volunteers

Village
Recorder

Community
Gardener

Youth Club
Volunteer

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

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

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

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

Warm
Rooms
Host

Marsh
Mate

Skills
Sharer

Litter
Picker

Tree
Warden

Climate
Carer

Accessibility
Auditor

Community
Fridge
Champion

Village News
Columnist

KESSINGLAND YOUTH CAFÉ

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

Volunteers Needed

for our
YOUTH
CAFÉ

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

Duties include:

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

DBS check & full training given.

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

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

Kessingland Parish Council

Pakefield Coastwatch

Can you spare 3-4 hours per week?

VOLUNTEERS NEEDED

to assist us in safeguarding our seas and coast.

Full training given.

Contact our Station Manager on
07788 377501

Pakefield Coastwatch is a registered charity. No. 1178259

THE WAY TO GO

Suffolk
County Council

Supported by

Active Travel England

Volunteers needed to support our walking and cycling groups

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

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

Interested in finding out more?

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



BRITISH DIVERS MARINE LIFE RESCUE

Learn how to rescue seals, dolphins and whales!



Train with BDMLR and become a Marine Mammal Medic

BDMLR is a UK based marine animal rescue organisation. We have nearly 3,000 active Marine Mammal Medics around the UK and are the only such specialist organisation covering England, Scotland and Wales.

Our BDMLR Marine Mammal Medic Course has been developed to educate and train members of the public on how to rescue stranded whales, dolphins, porpoises and seals. You do not need to be a diver and the minimum age is 18 years old.

The course consists of online lectures to be viewed prior to the course date, followed by a day of practical training using our life-sized (and weight!) whale, dolphin and seal models.

This is a full day course and the fee is £115. For this you will receive the online lectures, the day's training, one year's third party medic insurance, cloth medic badge, car stickers, a Medic ID card, a certificate and a copy of our internationally accredited Marine Mammal Medic Handbook, as well as your first year's subscription to BDMLR.

Please note that this is a dry course so you will not need a wetsuit/drysuit. Refreshments are not included so please bring a packed lunch.

Arrival at 10am for the course to start at 10:30am, it will finish by 3pm.



WHEN:
Sunday 7 April 2024

WHERE:
Suffolk Wildlife Trust Visitor Centre,
Carlton Marshes, Burnt Hill Lane, Carlton
Colville, Lowestoft NR33 8HU



Please email suffolk@bdmlr.org.uk for enquiries

01825 765546

bdmlr.org.uk

England & Wales Reg. Charity No. 803438 Scotland Reg. Charity No. SC039304

Useful Contact Information



Local Telephone Numbers

East Suffolk Council (Customer Services)	0333 0162000
East Suffolk Council (Out of Hours Emergency)	0800 440 2516
East Suffolk Council (Automated Payments)	0300 7900509
Kessingland Parish Council	01502 744367
Peter Aldous MP (Waveney)	01502 586568
Citizens Advice Bureau	01502 518510
Disability Advice North East Suffolk (DANES)	01502 511333
Suffolk County Council Highways (if immediate danger to life) or online at 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

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



Welcome to the new
Kessingland Business Page

To advertise on this page:

Your business must be based in Kessingland

Your advert will also be placed in the Business Noticeboards
around the Village

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

Telephone: 01502 744367

Email: admin@kessinglandparishcouncil.org.uk

Crossword Corner - Solutions



No: 101-19

Across:

- 7 Drool
- 8 Audacious
- 10 Into
- 11 Repetitive
- 12 Shrove Tuesday
- 15 Tonight
- 16 Courier
- 18 *A Touch of Frost*
- 20 Chichester
- 22 Iron
- 23 Jay Blades
- 24 Chunk

Down:

- 1 Truncheon
- 2 Horologist
- 3 Surplus
- 4 Baptism of fire
- 5 Kilt
- 6 Curvy
- 9 Greenhouse gas
- 13 Air freight
- 14 Teaspoons
- 17 Shatter
- 19 Shoal
- 21 Cube

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.



Large Village of the Year
2023



Community of the Year
2023