



The Village News

July/August 2025

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

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Photo Credit: David Boyle

Parish Council Meetings July/August 2025

Full Council:

- Wednesday 9th July, 7:00pm
- Wednesday 13th August, 7:00pm

Finance & Governance:

- Tuesday 8th July, 1:30pm
- Tuesday 12th August, 1:30pm

Planning & Highways:

- Wednesday 9th & 23rd July, 10:00am
- Wednesday 6th & 20th August, 10:00am

Personnel:

- No meetings scheduled.

Leisure & Community Engagement:

- Monday 14th July, 11:00am.

PUBLIC MEETING (PLANNING)

23rd July 2025 at 6:30pm

at the KSSC, Francis Road, NR33 7PU

Application DC/25/1479/FUL Construction of care home (Use Class C2) Former Ashley Nurseries Site, London Road

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.



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



Alan Green
Councillor

07789 644645

agreen@kessinglandparishcouncil.gov.uk



Julie McLean
Councillor

07539 696904

jmclean@kessinglandparishcouncil.gov.uk



Ian Graham
Councillor

07985 462200

igraham@kessinglandparishcouncil.gov.uk



Bob Saunders
Councillor

01502 744367

bsaunders@kessinglandparishcouncil.gov.uk



Neil Glendinning
Councillor

07801 681136

nglendinning@kessinglandparishcouncil.gov.uk



Lynda Hood
Councillor

07954 412031

lhood@kessinglandparishcouncil.gov.uk



Caroline Carter
Councillor

07811 753930

ccarter@kessinglandparishcouncil.gov.uk



Danielle Pope-Brannon
Councillor

07928 245822

dpope-brannon@kessinglandparishcouncil.gov.uk



Billy Nicholls
Councillor

07584 168200

bnicholls@kessinglandparishcouncil.gov.uk



Jack Ollett
Councillor

07897 643233

jollett@kessinglandparishcouncil.gov.uk



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

Planning & Highways Committee

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

Finance & Governance Committee

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

Personnel Committee

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

Leisure & Community Engagement Committee

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

As well as sitting on its 4 Committees, some councillors take on designated responsibilities and others represent Kessingland on outside bodies. These are listed below:

Beach Wardens

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

Benacre & Kessingland Flood Group

Cllr S. James

Village & Beach Clean-Up Co-ordinators

Cllr D. Boyle, Cllr J. McLean

Community Kitchen & Wildlife Garden Co-ordinator

Cllr J. McLean

Kessingland Marsh

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

Kessingland Help in Need Trust

Cllr L. Hood, Cllr D. Boyle

Community Fridge

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

Hidden Needs Forum

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

CCKS Community Partnership

Cllr J. McLean, Parish Clerk

Suffolk Police Locality Board

Cllr C. Carter, Cllr L. Hood

Kessingland Sports & Social Centre

Cllr C. Cook

Community SID Co-ordinator

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

Safer Neighbourhood Team (Suffolk Police)

Cllr C. Carter, Cllr L. Hood

Kessingland Events Group

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

Kessingland Parish Council Staff



Kessingland Parish Council

Office Hours:

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

Telephone:

01502 744367

Email:

admin@kessinglandparishcouncil.gov.uk

Website:

www.kessinglandparishcouncil.gov.uk

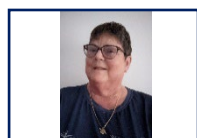
Parish Clerk & RFO:
Neil Coleby



Acting Parish Clerk & RFO:
Shelley Hogg



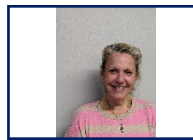
Admin/Committee Clerk:
Debbie Blowers



Senior Youth Leader:
Christine Smith



Youth Leader:
Daniel Fisk



Youth Leader:
Amanda Loud



Cleansing Operative:
Ruth Hill



Cleansing Operative:
Niall McLean



General Maintenance:
Darren Haward

District & County Councillors



County Councillor:
Michael Ladd

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

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

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

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

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

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



District Councillor:
Alan Green



Councillor Surgery

with **Councillor Alan Green**

District Councillor for the ward of Kessingland

Telephone: 07818 563003

Email: alan.green@eastsoffolk.gov.uk



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

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

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

ALL WELCOME



The search for Suffolk's most inspirational individuals, groups, councils and communities, has officially launched.

The Suffolk Community Awards 2025 will recognise and celebrate all those who have improved the quality of life for a community in Suffolk. It is a partnership approach, delivered by Community Action Suffolk, Suffolk County Council, and Suffolk Association of Local Councils.

This year will be bigger than ever with 17 awards now up for grabs. Categories ranging from youth participation and young person of the year to community buildings, contribution to volunteering, most active communities and council, councillor, young councillor, climate response of the year and clerk of the year. Make your nomination NOW! Nomination deadline **13th July 2025**.

Visit www.suffolkcommunityawards.co.uk to view the awards and make your nomination. Winning entries will be invited to a presentation ceremony at the Museum of Food in Stowmarket on Tuesday 23rd September 2025.





*All photographs published with permission
Articles reproduced from "The Kessingland Chronicle"*

Diary of Lola School Dog

Dear Diary,

Tail wags and happy barks! I have some very exciting news... I've officially joined the Kessingland Primary School family!

I can hardly sit still — I'm that excited! I've been hearing the most wonderful things about Kessingland from my friends over at Hopton. They told me the children are kind, the grown-ups are lovely, and there are so many fun things to see, sniff, and do. I just know I'm going to love it here.

I can't wait to meet everyone — to listen to stories, share cuddles, join in learning adventures, and, of course, help anyone who needs a little tail wag or a friend. I might even show off a trick or two if there are biscuits involved...



Joining a new school is a big adventure, and I'm so proud to be part of this amazing community. Here's to making new friends, spreading joy, and lots of sunshine-filled days ahead at Kessingland!

However, I've been a bit sad this week because it's been far too hot for me to come in and meet you all, as planned. I've been resting at home in the shade, drinking lots of water, and dreaming about all the belly rubs and ear scratches I've been missing! Even though I have not been able to meet you all yet, it's really important that we all stay safe in this hot weather. Just like me, you need to keep cool - drink plenty of water, stay out of the sun when it's strongest, and wear a hat if you're outside.

I can't wait for the weather to cool down so I can trot into school, wagging my tail, ready for cuddles. Until then, stay cool, stay safe, and know that I'm thinking of you all!

Paw-sitively thrilled,

 **Lola** 

Your New School Dog, Hug Helper & Friend in Fur

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## Celebrating Excellence in Inclusion



We are absolutely delighted to announce that following a successful recent assessment, our school has once again been recognised as a Centre of Excellence for Inclusion — for the third consecutive year!

This achievement reflects our ongoing commitment to ensuring that every child feels valued, supported, and able to thrive in a fully inclusive environment. We are incredibly proud of our staff, pupils, and families who work together every day to make our school such a welcoming and inclusive place.

Thank you for your continued support in helping us uphold these important values. Together, we will continue to build an environment where everyone belongs and every voice is heard.

## My Choir Rocks!

On Thursday, 8th May, a number of our children joined pupils from various other schools to perform with My Choir Rocks at the VE Day celebrations which were held at Sparrows Nest. They sang & played beautifully together, and the audience thoroughly enjoyed their performance. It was a wonderful way to commemorate VE Day.



If your child would like to be involved with events like this, they are welcome to join our afterschool choir run by Mr Syed. He organises a whole host of collaborative performances throughout the year which all children are invited to take part in. They can attend as many or as little as they like, there's no pressure, and it's a lovely way for them to develop their confidence with performing, as well as make friends with other children from the area.

**Mrs. Lytton**  
**Performing Arts Lead**

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Staying Active At Kessingland Primary!



At Kessingland, we are proud to provide a vast range of inclusive physically active opportunities for our children.

Through active enrichment activities, interschool and external sporting events and physically active clubs, pupils are introduced to new ways to stay active alongside the opportunity to continue their favourite ways of getting their 60 minutes of physical activity a day.

The Department of Health states that at least 30 mins should be delivered in school every day through active break times, PE, extra- curricular clubs, active lessons, or other sport and physical activity events, with the remaining 30 minutes supported by parents and carers outside of school time. Kessingland Primary is committed to helping children achieve their 60 minutes of physical activity, beginning in the classroom. Physical activity, even just short spans of it, improves children's cognitive function, focus, and well-being. Through brain breaks, short and quick physical activity sessions within the classrooms, children are able to regain focus and attention and therefore make the most of their learning opportunities.

Mr. Baillie
PE Lead

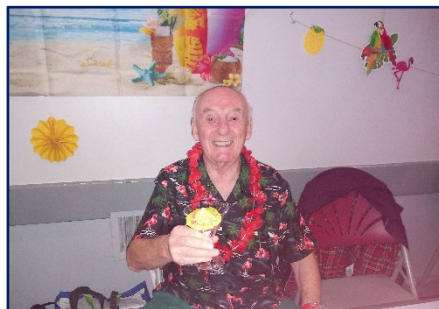
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## Suffolk Libraries Summer Reading Quest

Suffolk Community Libraries is hosting Reading Quest across all 45 libraries and mobile libraries this summer. This summer reading programme aims to promote a love of reading and exploration of local libraries across six visits during the summer. From the 19th of July, children aged 2-12 can collect their Reading Passports and head out to discover 'Where will reading take you?'. Each time you visit a library in Suffolk you can borrow some brilliant books, take part in exciting activities and collect rewards. Don't forget to stamp your passport on each visit! We hope you will find adventure this summer in your local library!

**Suffolk**  
**Community Libraries**

## Friends Who Dance Group



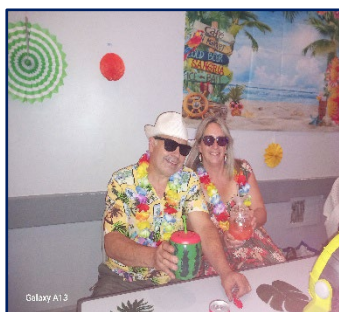
Friends Who Dance held a truly tropical event with their Caribbean/Hawaiian night on Monday June 16th at KSSC.

The club members had worked hard to decorate the hall turning it into a tropical paradise. Cocktails and Mocktails were available alongside an enormous fruit platter & the usual buffet food. All for the £5 entry fee. Everyone made a huge effort in dressing up for the occasion.



I would just like to thank everyone for all their help in making the event a great success.

We are open every Monday evening, except Bank Holidays, from 7.30 -10.30pm. You don't need a partner & we welcome anyone who enjoys dancing, whatever type of dancing you enjoy.



## Kessingland United Working Men's Club



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

The Quiz nights are still very popular and July is still going ahead now, see separate poster for more information. The fabulous weather ensured a good turnout for the Classic Car Show, lots of vehicles on display along with indoor stalls & refreshments. Thank you to Cllr Lynda Hood for presenting the winning rosettes.



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

### Music in July:

|                             |               |
|-----------------------------|---------------|
| Saturday 5 <sup>th</sup> :  | Steve & Greta |
| Saturday 12 <sup>th</sup> : | Andy York     |
| Saturday 19 <sup>th</sup> : | Hi Definition |
| Saturday 26 <sup>th</sup> : | Rob Charles   |

### Music in August:

|                             |                       |
|-----------------------------|-----------------------|
| Saturday 2 <sup>nd</sup> :  | Lowrider City Rockers |
| Saturday 9 <sup>th</sup> :  | Kevin Solo            |
| Sunday 10 <sup>th</sup> :   | Kevin Barry (£7.00)   |
| Saturday 16 <sup>th</sup> : | Just Andy             |
| Saturday 23 <sup>rd</sup> : | Class Act             |
| Saturday 30 <sup>th</sup> : | John "Bully" Bullard  |

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

Slimming World every Tuesday with two sessions

Line Dancing lessons on Wednesday evening, everyone welcome. £5

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

Bingo on Monday evenings. Wednesday evenings and Sunday Lunch times come and join us.

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

President: R A Hood  
Society Registration No: 4343

Secretary: T Gasking  
VAT Registration No: 105 2958



Kessingland WI has around 36 inspiring Women members. Meetings are held on the 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



### CENTENARY CELEBRATION OF THE KESSINGLAND BEACH SUNDAY SCHOOL BUILDING BETHEL DRIVE NR33 7RY 8<sup>th</sup>-9<sup>th</sup> August 2025, 10am – 4pm

We continue to make arrangements for the up-coming celebration. Among several lines of investigation, we are still looking for information on the following:-

- The '**Green Family**', who apparently met the entire cost of building the Bethel in 1881;
- **Mrs Clara Hann**, who helped raise funds for the building of the Kessingland Beach Sunday School some decades later. This is the green hut you now see, which was built in the style of the 'Tin Tabernacle', a low-cost, temporary building.

There is still time for you, as residents of the village, to bring us any photos from the early times of the Sunday School (which we can scan and return to you) or share anecdotal memories that may not have been heard for many years, which relate to your experience of the Sunday School.

The 2-day celebration will consist of a series of displays which will hopefully give a snapshot of Kessingland at the time, and refreshments will be available while you look around.



We wish to express our gratitude to the UK Men's Shed Association (UKMSA) and their partner Ronseal, who donate products from their range such as stains and paints to UKMSA members.

# RONSEAL®

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

### Update for June

As many of you are aware we heard of the sudden and unexpected death of Vicky one of our valued volunteers on 19th June so it is with a heavy heart and great sadness that I write this update for June news at the KYC.

Vicky was dedicated to supporting children and young people and had hoped to make it her career by studying at University as well as volunteering at the KYC. She was often to be found in her car at the KSSC car park with her daughter Evie and friends overseeing the skatepark area, giving the young people a safe place to go should any issues arise that they were concerned about or just "being there" for a chat. The latter has been reflected in some of our members comments in the condolence book and "memories of Vicky" pages we had available for them to write down their feelings on Wednesday 25th. We also invited parents/carers to visit and pay their respects should they wish to do so with some taking up the opportunity and leaving flowers.

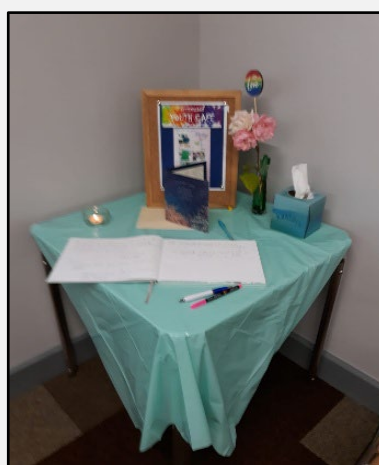
The photos show our memory corner at the KSSC and the area that we've made ready for a rose to be planted at a later date. In the meantime, some purple poppy seedlings have been planted and the flowers that were handed in have been laid out for anyone to visit. The condolence book will be available at KYC on 2nd July should anyone wish to add their respects and after it will be available at the Parish Council office area.

We were not sure how the session on 25th would go however 44 members attended with 2 new members and it turned out to be a busy, emotional and fun evening and our thanks go out to each and every one who came along and continues to support the KYC.

I will include other photos from June in next month's update.

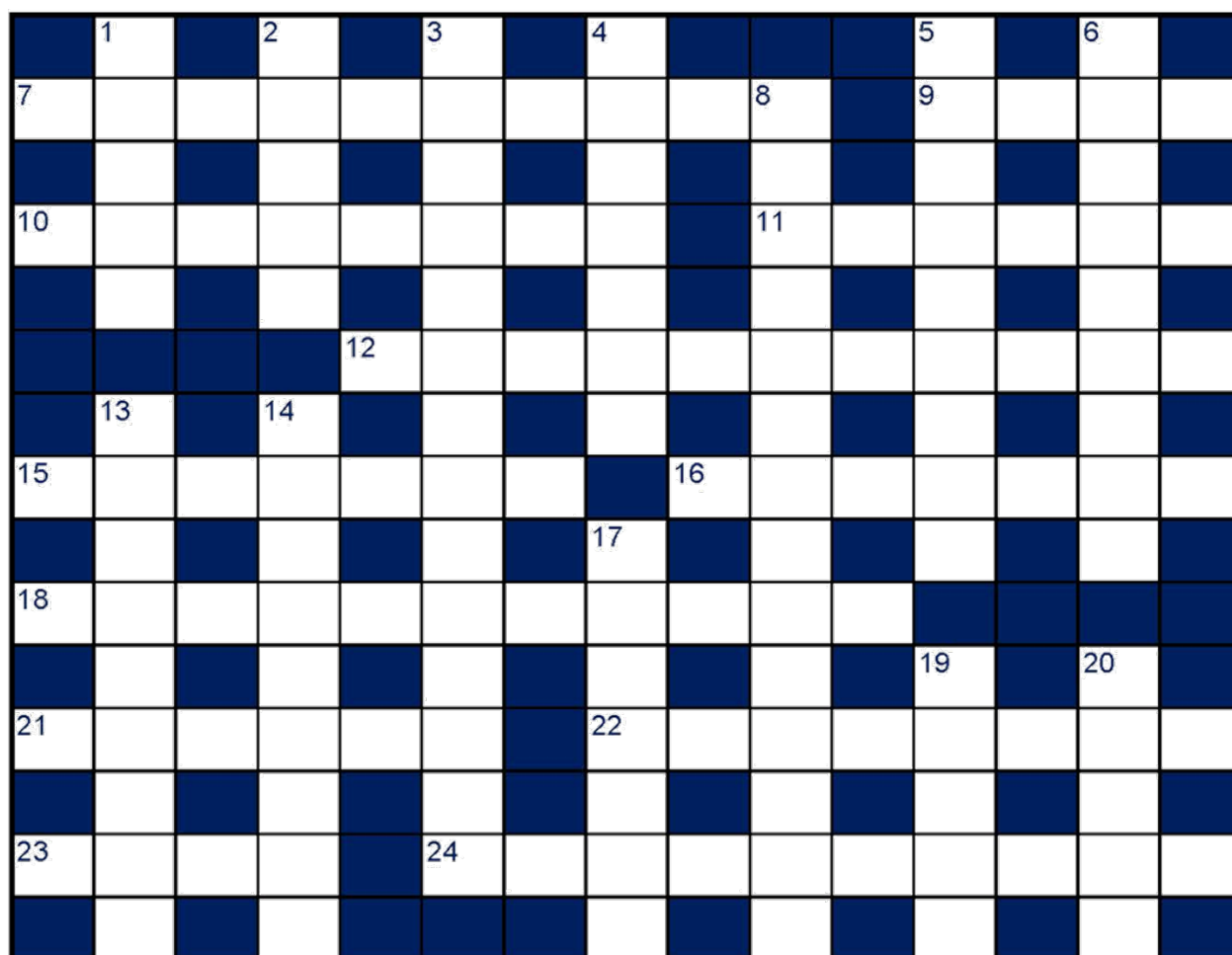
With deep sadness

Chris and the KYC team





No: 101-34



## Across:

- 7 Momentarily struck dumb (10)
- 9 Fairy-tale giant (4)
- 10 Aircraft's steep plunge (8)
- 11 Bite quickly like a mouse (6)
- 12 Market town west of Monmouth (11)
- 15 Phoebe Waller-Bridge comedy drama (7)
- 16 Memo book, jotter (7)
- 18 Camper's waterproof flooring (11)
- 21 Rough drawing (6)
- 22 Watching passer-by (8)
- 23 Prepare to remove (4)
- 24 Wild West transport convoy (5,5)

## Down:

- 1 Cook's pinafore (5)
- 2 Soft French cap (5)
- 3 Male panelist on Radio 4's *Gardeners' Question Time* (5,9)
- 4 Boisterous merrymaking (7)
- 5 Couple's item of furniture (6,3)
- 6 From Toronto or Kandy (3,6)
- 8 Gin-based cocktail (9,5)
- 13 Superman's everyday name (5,4)
- 14 Assessment of a property (9)
- 17 From end to end (7)
- 19 Squash playing area (5)
- 20 Make a start (5)

## KESSINGLAND HELP IN NEED TRUST

### CHARITY NUMBER: 242755

The Kessingland Help In Need Trust was initially established in 1965 and its objective is to help those in need within the village. The kind of things we are able to help with are:-

- Essential Household items e.g. cooker, washing machine, fridge, beds etc.
- Appropriate Garden Services and Household/Building Repairs
- Help Towards Funeral Costs
- Help with costs of Hospital Visiting
- Essential clothing, e.g. Children's winter coats
- Veterinary bills
- Signposting to other expert organisations

For further information or for an electronic application form, please contact the Clerk to the Trust at [clerk.khint@hotmail.com](mailto:clerk.khint@hotmail.com).

## Disability Advice

North East Suffolk

*Free, Impartial & Confidential*



#IAMConfident



I am a Mental Health First Aider +

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

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

**DANES will next be at  
Marram Green on  
30<sup>th</sup> July 2025**

**9:30am – 12:30pm**

Contact us for details

01502 511333

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

## Help & Support in the Community



# 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



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



# Summer Ceilidh

*hosted by*  
**St Edmund's Church**

**Saturday, 19<sup>th</sup> July 2025, 7pm**

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

**£6.50** (in advance) **£7.50** (on the door)

**Tickets available from**  
**St Edmund's Church Centre (Saturdays 10am-12pm)**  
**or call David Reid on 07885 020068**

**Bar / Refreshments / Raffle**



**Kessingland  
Parish  
Council**



**THE CHURCH  
OF ENGLAND**  
**Diocese of Norwich**



# Community Noticeboard

## Events, Competitions & Local Groups



## Free walking activities in Lowestoft

### 📍 Dip Farm

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

### 📍 Nicholas Everitt Park

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

### 📍 Carlton Marshes

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

### 📍 Various locations

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

### Cuppa and a Stroll

#### 📍 Sparrows Nest

Mondays | 13:00-14:30

#### 📍 Cherry Lane Garden Centre

Tuesdays | 11:00-12:30

#### 📍 Kensington Gardens

Wednesdays | 13:00-14:30

#### 📍 Pathways Care Farm

Fridays | 13:00-14:30

### Interested in finding out more?

Visit our website [walkingandcyclinginsuffolk.org.uk](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.



## Free cycling activities in Lowestoft

### 📍 Dip Farm

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

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

Saturdays | 10:00-12:00

Cycling for Health

### 📍 Nicholas Everitt Park

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



### Interested in finding out more?

Visit our website [walkingandcyclinginsuffolk.org.uk](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.

**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
- Coffee morning
- Music Appreciation
- Mixed Crafts
- Country Dancing
- Reading Groups
- Art Groups
- 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



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.



## **“Your Voice Matters: New Care Home Plans”**

**DC/25/1479/FUL Construction of care home (use Class 2)**

### **Public Consultation**

#### **Proposed 66-Bed Care Home Development**

**Wednesday 23<sup>rd</sup> July 2025 at 6:30pm**  
**Kessingland Sports & Social Centre, Francis Road, Kessingland NR33 7PU**

A planning application has been submitted for the development of a 66-bed care home. This consultation provides an opportunity for residents and stakeholders to learn more, ask questions and share feedback before the application progresses.

For additional information, please contact the Parish Council office:  
**T:** 01502 744367 **E:** [admin@kessinglandparishcouncil.gov.uk](mailto:admin@kessinglandparishcouncil.gov.uk) **W:** [kessinglandparishcouncil.gov.uk](http://kessinglandparishcouncil.gov.uk)

#### **Additional Events** *(details to follow)*

25<sup>th</sup> – 27<sup>th</sup> July: St Edmund's Flower Festival  
15<sup>th</sup> August: VJ Day Commemoration  
23<sup>rd</sup> August: St Edmund's Tower Open Day



**Lifeboats** **RNLI Sunday Fun Day** **Lifeboats**  
**13th July 2025**  
**11 till 4**  
**FREE ADMISSION**  
**Entertainment, Stalls, BBQ, Bouncy**  
**Castle, Ice Cream van,**  
**Refreshments/Bar and more...**  
**Waveney Bowls Club**  
**Camps Heath**  
**Oulton Broad**  
**NR33 5DP**  
**On site parking**  
Royal National Lifeboat Institution (RNLI), a charity registered in England and Wales (2091475), Scotland (SC007786), in the Republic of Ireland (20003326) and the Bailiwick of Jersey (16)



**ZOO NIGHTS**  
**AFRICA ALIVE**  
**Saturday 26th & Sunday 27th July**  
**Summer Holidays**  
**5:00PM – 9:00PM**  
**Food Trucks Live Music Late Night Opening**  
**Safari Train Funfair Rides Wild Entertainment**  
**TICKET Adult £15 Child £10**

# Kessingland Photography Competition

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

Theme: "Anything Kessingland"



**PRIZES:**

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

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

Closing date for entries  
Tuesday 30<sup>th</sup> September 2025



**BANK HOLIDAY MONDAY**  
25<sup>th</sup> August 2025, 11am – 4pm

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

Activities include: Ice-Cream Van, Bar, BBQ & Refreshments, Free Inflatables Fun, Free Activities, Photo Boards, Free Face Painting.



## Fancy a game?

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

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

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

You never know, you might find a new hobby!

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

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

**Saturday  
5<sup>th</sup> July  
2pm – 4pm**

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

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

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

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

**All competitions will be judged by 3-30pm with prizes for the winners**

Kessingland Gardeners, wildlife and Social club meet on the 2<sup>nd</sup> Monday of each month at St Edmunds Church Hall, Kessingland at 7-30pm

New members are always welcome  
Contact Tony on 01502 349068  
Mobile 07776433307

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

# Community Noticeboard

Activities & Groups: Kessingland Sports & Social Centre



Kessingland

## Friendship Club

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

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

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

For more information, please contact Helen Sinfield on 01502 741424

Welcome!

## Shotokan Karate Classes

**First Two lessons free**

**Kessingland Sports & Social Centre**  
Francis Rd, Kessingland

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

**Sensei Mark Owers**  
3rd Dan BSA Instructor

Family Class age 7+

Email: kesskarate@btinternet.com

## KESSINGLAND

### Short Mat Bowls CLUB

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

**PAY & PLAY, NO MEMBERSHIP FEE**  
**£3.00 PER SESSION**  
INCLUDING REFRESHMENTS  
FIRST TIME? PLAY FOR FREE

FOR FURTHER INFORMATION PLEASE CONTACT:-  
WAYNE THOMPSON ON 07557 030442

WE ARE A FRIENDLY CLUB LOOKING FOR NEW MEMBERS

WE LOOK FORWARD TO SEEING YOU THERE!

KESSINGLAND COMMUNITY CENTRE  
FRANCIS ROAD  
KESSINGLAND

## BOOST FUNDS FOR OUR CAUSE

### JOIN OUR LOTTERY!

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

**PLAY NOW:-**  
SCAN THE QR CODE OR GO TO [www.onelottery.co.uk](http://www.onelottery.co.uk)  
AND SEARCH FOR: Kessingland Sports

## KESSINGLAND YOUTH CAFÉ

### JULY 2025

**Wednesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 30<sup>th</sup>:**

Choice of Activities  
"Hot Food" available on 30<sup>th</sup>

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

**Age Group:**  
**10 to 16yrs**

**FREE ACTIVITIES**

**SNACK SHOP**

at the KSSC Francis Road Kessingland

## FRIENDS WHO DANCE

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

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

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

For more information please contact Sue: 07731380691

## Groups at Kessingland Sports & Social Centre

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

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

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

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

**6:00 – 7:00pm:**  
**7:30 – 10:00pm:**

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

**SATURDAYS/SUNDAYS: Available for Private Hire / Events**

**For Bookings: Telephone/Message 07729 384705 of Email [ksscbookings@hotmail.com](mailto:ksscbookings@hotmail.com)**

## Community Noticeboard

Activities & Groups: Kessingland 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 CUI

Society Registration No: 4343 VAT Registration Number: 105 2958

**You're invited**



**FRIDAY, 26<sup>th</sup> SEPTEMBER**

**10am – 1pm**

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

Help to raise funds for

**MACMILLAN  
CANCER SUPPORT**



Macmillan Cancer Support, registered charity in England and Wales (26107), Scotland (SC03907) and the Isle of Man (664). Also operating in Northern Ireland.

**Slimming World**  
feel  
real  
good



**Tuesdays**  
5.30 & 7pm

Kessingland Working

Men's club



With Louise

07725748421

Come along to meet us

Or get in touch for more info

real food, real support, real results



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

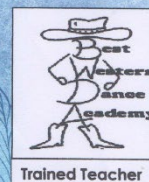
ALL WELCOME  
PARKING & BAR

WITH  
**ALISON**

£5 ENTRANCE

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

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



# Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



**SUFFOLK LIBRARIES** **WHERE I BELONG**

## Library Opening Times

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

Take a look at our website for up to date info on all our event and activities.  
Find us at: Marram Green, Hall Road, NR33 7NY  
[suffolklibraries.co.uk/kessinglandlibrary](http://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](http://www.suffolklibraries.co.uk/donate)

**SUFFOLK LIBRARIES** **WHERE I BELONG**

## Regular Library Activities

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

Find us at: Marram Green, Hall Road, NR33 7NY  
[suffolklibraries.co.uk/kessinglandlibrary](http://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](http://www.suffolklibraries.co.uk/donate)

**SUFFOLK LIBRARIES** **WHERE I BELONG**

## BABY BOUNCE & TOT ROCK

FREE ACTIVITY UNDER FOURS

Tuesdays & Fridays  
10am

Followed by a cuppa & biscuits

**SCRABBLE**

Every Friday  
2:30pm

JOIN US FOR SCRABBLE ON A FRIDAY AFTERNOON

£1 PER PLAYER WITH HOT DRINK AND SWEET TREATS INCLUDED

**FOR STITCH DROPPERS**

Craft Club

2pm Friday

at Kessingland Library  
£1.00 including refreshments

**SUFFOLK LIBRARIES**

**SUFFOLK LIBRARIES** **WHERE I BELONG**

## CHILDREN'S CRAFT

Saturdays & Sundays 10:30-12:00

FUELLED BY IMAGINATION

**JOIN OUR FOLK:**

50 Club

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

TO RAISE FUNDS TO SUPPORT OUR VILLAGE LIBRARY.

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

## Other Groups at Marram Green:

**Mondays:**

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

**Wednesdays:**

- Kessingland Art Group (Spinnaker Room) 1pm – 3pm
- Yoga with Aleyana (Spinnaker Room) 4pm – 5pm

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

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

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

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

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

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

Rural Coffee Caravan is a registered charity. No. 1187423

# Community Noticeboard

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



Every Saturday 10am—12noon  
Kessingland Church Centre

## Saturday Coffee at St Ed's

CAKES

**COFFEE** is served...  
SATURDAYS 10-12  
BOOKS, JIGSAWS, BEAN BAGS & CAKE!

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

TOGETHER WE CAN DO IT

**Craft for Children**

'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: 200028

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

Cinema Outings

Tea, cake and friendship

Speakers

FREE of charge

ALL ARE WELCOME:  
2<sup>nd</sup> Tuesday each month

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

ALL are very welcome to this very friendly Group

## KESSINGLAND CHURCH CHOIR

Singing is good for you and FUN

Why not come along and give it a try?

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

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

EVERYONE is welcome at Kessingland Church

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

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

Available to Hire.  
Contacts Pat Briggs  
01502 740478

Parking, Disable Access & Toilets,  
Kitchen and Tables

Meetings, Children's Parties, Events.

## Community Noticeboard

Activities & Groups: Kessingland Methodist Church



**SUNDAY SERVICES at 10:30am**



**COFFEE MORNING**

**Every Tuesday  
10am – 12pm**

**ALL WELCOME**

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

**Kessingland Methodist Church**

**Church Road, Kessingland NR33 7TQ**



# 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 25<sup>th</sup> July 2025.  
*(interviews will take place on 11<sup>th</sup> August 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)



### Pakefield Coastwatch

Can you spare 3-4 hours per week?

### VOLUNTEERS NEEDED

to assist us in safeguarding our seas and coast.

Full training given.

Contact our Station Manager on  
**07788 377501**

Pakefield Coastwatch is a registered charity. No. 1178259

## VOLUNTEERS WANTED

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

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

For more information, please contact the Council office:

Telephone: 01502 744367  
Email: [admin@kessinglandparishcouncil.gov.uk](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/report-something">www.suffolk.police.uk/contact-us/report-something</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 101-34

**ACROSS:** 7 Speechless 9 Ogre 10 Nosedive 11 Nibble 12 Abergavenny 14 *Fleabag*  
16 Notepad 18 Groundsheet 21 Sketch 22 Onlooker 23 Undo 24 Wagon train

**DOWN:** 1 Apron 2 Beret 3 Chris Beardshaw 4 Revelry 5 Double bed 6 Sri Lankan  
8 Singapore sling 13 Clark Kent 14 Valuation 17 Through 19 Court 20 Begin

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