



Puzzle Corner - Solutions

Crossword 101-14

Across:

- 6 - Ferry boat
- 8 - Flood
- 10 - Area
- 11 - Osteopathy
- 12 - Agricultural
- 15 - Follows
- 16 - Profane
- 18 - Dermot O'Leary
- 20 - Embroidery
- 22 - Nile
- 23 - Knelt
- 24 - Full quota

Down:

- 1 - Heart
- 2 - Triangular
- 3 - Tantrum
- 4 - Flea
- 5 - Potholing
- 7 - Boogie-woogie
- 9 - Doctor Jekyll
- 13 - Referendum
- 14 - *Good Omens*
- 17 - Sober up
- 19 - Flute
- 21 - Rely



The Village News



August 2023

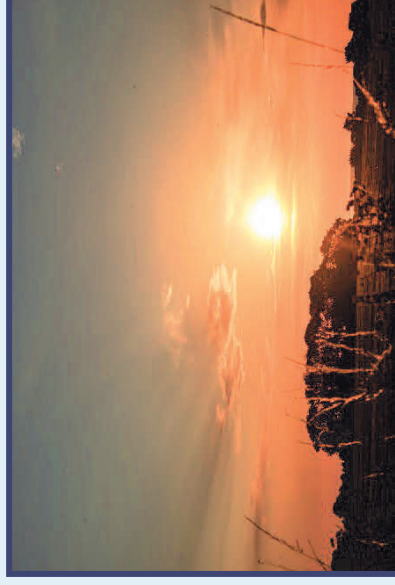


Photo Credit: David Boyle

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Community of the Year
2023

PARISH COUNCIL MEETINGS

The following meetings are scheduled for August 2023

Planning & Highways Committee:

- 10am, Wednesday 9th August
- 10am, Wednesday 23rd August

Events & Communications:

- 10am, Tuesday 22nd August

Finance & Governance:

- 11am, Wednesday 2nd August
- 11am, Wednesday 23rd August

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

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



Join us on Facebook
Friends of Kessingland Parish Council

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.



Your Parish Councillors



Ian Graham
Chair of Council
07985 462200
igraham@kessinglandparishcouncil.org.uk



Christine Cook
Councillor
07592 555345
ccook@kessinglandparishcouncil.org.uk



Alan Green
Councillor
07789 644645
agreen@kessinglandparishcouncil.org.uk



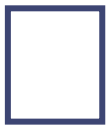
Julie McLean
Councillor
07539 696904
jmclean@kessinglandparishcouncil.org.uk



Bob Saunders
Councillor
07901 530770
bsaunders@kessinglandparishcouncil.org.uk



Robin de Brea
Councillor
07812 601256
rdebrea@kessinglandparishcouncil.org.uk



Position Vacant



David Boyle
Vice-Chair of Council
07707 201300
dboyle@kessinglandparishcouncil.org.uk



Martin Dunne
Councillor
01502 741945
mdunne@kessinglandparishcouncil.org.uk



Stephen "Sid" James
Councillor
01502 740521
sjames@kessinglandparishcouncil.org.uk



Lisa Truman
Councillor
01502 341720
ltruman@kessinglandparishcouncil.org.uk



Caroline Carter
Councillor
07811 753930
ccarter@kessinglandparishcouncil.org.uk



Neil Glendinning
Councillor
07801 681136
nglendinning@kessinglandparishcouncil.org.uk



Useful Contact Information

National Organisations and Helplines

Age Concern
Childline
NSPCC helpline
0800 6781602
0800 1111
0808 800 5000

Cruse Bereavement Support
Samaritans
Macmillan Cancer Support
0808 8081677
116 123
0808 8080000

Mind Infoline
Alcoholics Anonymous
Refuge National Domestic Abuse Helpline
0300 1233393
0800 9177650
0808 2000 247

RSPCA helpline
RSPCA (Mid Norfolk and North Suffolk branch)
0300 123499
0303 040 1565

Action Fraud (Fraud & Cyber Crimes)
Suffolk Trading Standards
0300 123 2040
0808 223 1133

If you are experiencing any antisocial use of vehicles racing along the dual carriageway in Kessingland during the

Late evenings especially over the weekend periods

Then please report this to Police online –

At www.suffolk.police.uk then click the report something tab

Followed by ASB, or Call 101 or 999 as appropriate.

Please use the QR code for further advice.



**Thank you
Lowestoft Police,**



Useful Contact Information

Useful Local Telephone Numbers

East Suffolk Council (Customer Services) 0333 0162000
East Suffolk Council (Out of Hours Emergency) 0800 440 2516
East Suffolk Council (Automated Payments) 0300 7900509

Kessingland Parish Council 01502 744367

Peter Aldous MP (Waveney) 01502 586568

Citizens Advice Bureau 01502 518510
Disability Advice North East Suffolk (DANES) 01502 511333

Suffolk County Council Highways 0345 6066171
(if immediate danger to life)
or online at www.highwaysreporting.suffolk.gov.uk

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



Kessingland Parish Council Committees/Groups/Representatives

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

Climate, Culture, Community & Development Committee

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

Events & Communications Committee

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

Emergency Planning Committee

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

Planning & Highways Committee

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

Leisure & Amenities Committee

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

Finance & Governance Committee

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

Personnel Committee

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



Kessingland Parish Council

Committees/Groups/Representatives

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

Beach Wardens

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

Hidden Needs Forum

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

Community Speed Watch & SID Co-ordinator

Position Vacant

Marsh Warden

Cllr D. Boyle
David Fox (Deputy)

Youth Culture Board

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

Kessingland in Need Trust

Cllr D. Boyle, Cllr L. Truman

East Suffolk Community Partnership

Cllr J. McLean, Parish Clerk

Kessingland Sports & Social Centre

Cllr C. Cook, Cllr J. McLean

Community Garden

Co-ordinator
Cllr J. McLean

Village & Beach Clean-Up

Co-ordinator
Cllr D. Boyle

Community Fridge

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

Kessingland Events Group

All members of the Events
Committee

Benacre & Kessingland Flood Group

Cllr M. Dunne

Compass Suite Trust

Cllr M. Dunne

Suffolk Bus Passenger Interest Group

Cllr A. Green

Suffolk Police

Cllr L. Truman



Community Recycling



Kessingland Church Centre Carpark

CLOTHES BANK

Serving our Community.
Serving those in need

GLASS & BOTTLE RECYCLING



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

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

UNWANTED / USED BATTERIES

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





Recruitment & Volunteer 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



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Kessingland Village Volunteers

Village Recorder

Community Gardener

Youth Club Volunteer

Warm Rooms Host

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

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

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

or pop into the council office

01502 744367

call

or pop into the council office

Accessibility Auditor

Community Fridge Champion

Village News Columnist

Climate Carer

Marsh Mate

Litter Picker

Tree Warden

COMMUNITY HERO?

Could you be a

Do you have a few spare hours each week?
We are looking for friendly & reliable volunteers around the county to join our dedicated team!

Roles include:

- Befriending
- Community Car Drivers
- Meet & Greet/Events
- Rickshaw Pilots (Stowmarket)
- Digital Champions

Scan for the registration form!

FOR MORE INFORMATION
CONTACT US ON 01449 707030 OR
EMAIL VOLUNTEERING@COMMUNITIESTOGETHER-EA.ORG

All volunteers must be 16+
Full training and DBS provided

www.communitiestogether-eastanglia.org Registered Charity - 1004109

Kessingland Parish Council Staff



Kessingland Parish Council

Office Hours:

Monday – Thursday, 10am – 4pm

Telephone:

01502 744367

Email:

admin@kessinglandparishcouncil.org.uk

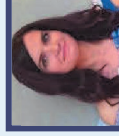
Website:

www.kessinglandparishcouncil.co.uk



Parish Clerk & R.F.O.:

Neil Coleby



Deputy Clerk:

Shelley Hogg

Awaiting Image

Admin / Committee Clerk:
Debbie Blowers

Awaiting Image

Senior Youth Leader:
Ryan George

Position Vacant

Youth Leader:



Cleansing Operative:
Ruth Hill



Cleansing Operative:
Niall McLean



General Factotum:
Paul Reed



District & County Councillors



County Councillor:
Michael Ladd

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

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

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

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

Alan's other key role is liaising with his constituents and also Kessingland Parish Council, helping with issues relating to his role as a district councillor and 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



Community Noticeboard

Events, Competitions & Local Groups

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 us!

For more information, please contact Helen Shiffeld on 01502 741424



Welcome!



Marram Green

Community Lounge
Hall Road
Kessingland
NR33 7AH

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

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



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

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.



Meet Up Mondays

Just Time 4 City

Meet Coffee Gardeners

Meet Coffee Gardeners is a registered charity, No. 1181962



We meet on the second Monday of every month at Kessingland Church Centre, Church Road Kessingland at 7.30pm.

The Centre is open from 7pm

We have member and guest speakers on various gardening and wildlife topics, we have a strawberry fair in June and a Christmas party in December as well as Summer outings.

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

Contact Tony or Anne 01502 740639

KESSINGLAND GARDENERS CLUB



Community Noticeboard

Events, Competitions & Local Groups



Craft Group

2pm onwards
EVERY FRIDAY!

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

£1 per person which includes refreshments.

At the Library



SCRABBLE

Every Friday
2:30pm

JOIN US FOR SCRABBLE ON A FRIDAY AFTERNOON

£1 PER PLAYER WITH HOT DRINK AND SWEET TREATS INCLUDED



BAKE GROUP

Fourth Tuesday of the Month
2pm

JOIN OUR LONG ESTABLISHED BAKE GROUP IN THE LIBRARY ONCE A MONTH

EACH MONTH WE SET A THEME THEN MEET TO ENJOY OUR CREATIONS



BINGO!

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

Refreshments included

£1

2:45pm Wednesdays

Meet new people or bring a friend!



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.

Our 13th July Meeting was held, and we sang Jerusalem. And we heard about the "Annual conference" which was held in Cardiff and what happened there. Our Guest Speaker was Brian Heard who gave a talk about East end gangs and terrorists. Brian Heard was a very excellent speaker and we'll be asking him back soon.

The reading group are currently 'Midnight house' by Amanda Geard.

The Craft Club are making their own projects.

Members of the walking group went around Beccles for their recent walk. On 20th July they went walking in Walberswick and in August they will be going to Sotterley to take a view round the 'Maize Maze' and will be exploring more places weather dependent.

The competition was 'A limerick about crime'.

- First place was awarded to Sue Goulden
- Second place was awarded to Sandra Warner
- Third place was awarded to Jennifer Jagger

The Bloom of the month competition was awarded the places as below.

- First place was awarded to Connie Niblett
- Second place was awarded to Sandra Warner
- Third place was awarded to Pauline Shipley

Again, we would like to say thank you to Brian Heard.

Next month's meeting is being held on 14th September and the guest speaker is Trevor Oram talking to us about 'Pumpkins'. The competition for this meeting is 'A Vegetable Animal'. We also will be holding an information morning promoting the WI on Saturday 16th September (weather dependent) outside Kessingland Co-op on Field Lane, Kessingland from 10am till 1pm.

For more information, please contact Margaret Parker – Secretary on 01502 740785



Kessingland Men's Shed

As a member of the Shed, you will have paid your subscription of £15, so what does this give you, you may ask. Our shed in Bethel Drive is divided into 2 areas. 1 being the workshop with work benches, power tools a couple of bench saws, pedestal drill, a powerful planer dust extractor as well as many hand tools for the typical DIY person or skilled person to use.

Being a member offers you to make or repair your own things or take part in assisting with repairing, restoring or the many projects for other groups in the Village. As a member you don't have to make anything but come down for coffee and a chat with like-minded people of a given age. The second area is a quiet area where quiet hobbies or works and painting works of art. Come and share your skills in a friendly and non-pressurised manner.

The craic and the friendly banter is a good substitute for being at work, or getting out from under your partners feet. The Kessingland Mens Shed is open to men and women of all ages so come down and meet the Shedders.

With the summer comes the opportunity for us to open our doors each Saturday for anyone to pop in and peruse our wide range of books and jigsaws, yours for a small donation. These items are available to view in our communal area, which is soon to be given a proper name in honour of our late patron, Gerald Brown. Please look out for updates on our Facebook page for a date on which a small naming ceremony will take place.

If you want to support Kessingland Men's Shed but don't have the time to come to the Shed itself, there are two other ways you can help us:



We are listed as a 'Local Cause' at the Co-op, so every time you visit the shop and use your Membership card, you'll earn membership points for the Shed as well as yourself.



Similarly, we are signed up to Easyfundraising.org.uk, who have negotiated deals with thousands of online retailers, whereby a small donation comes to the Shed each time you shop online. Retailers include Aldi, Asda Groceries, B&Q, Homebase, Screwfix and many others.

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.



Community Noticeboard

Events, Competitions & Local Groups





Toddler Time

Pop along after nursery for toddler time in the library. Simply read some books together or take part in a free activity including craft.



FREE session



TEXT TO GIVE
07794 800000



Ready, Set, Read!

Sign up for the Summer Reading Challenge, Ready, Set, Read!, on Saturday 15th July.

The Challenge OFFICIALLY begins from Saturday 22nd July!



We look forward to seeing you.

summerreadingchallenge.org.uk



Reading for just 10 minutes a day is enough to make a difference.



GET SUFFOLK READING

Get Suffolk Reading



LEGO CLUB

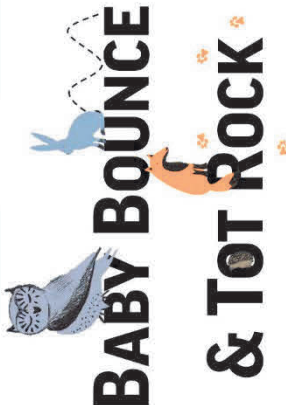
JOIN US AT THE LIBRARY EVERY SUNDAY 1:00 - 2:30PM FOR ALL AGES NOW FREE! REFRESHMENTS INCLUDED

LEGO AND DUPLO DONATIONS WELCOME!



Community Noticeboard

Events, Competitions & Local Groups



BABY BOUNCE & TOT ROCK

FREE ACTIVITY

UNDER FOURS

Tuesdays & Fridays

10am

Followed by a cuppa & biscuits



STAY & PLAY

A group specially for under 5's

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

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

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

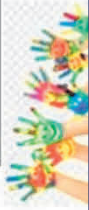
Friday From 9.30am onwards

SMALL WONDERS



For children from 0 years to School-age

FREE OF CHARGE



KESSINGLAND CHURCH CENTRE

Come and make
friends ...everyone is
welcome

Singing, Dancing,
Crafts.

Fun for everyone

Village Clean-Up Teams & Marsh Update



The Village clean-up teams continue to go out & about on a Thursday (verge & promenade clearing) and have recently cleared the alleyways between Wash Lane & Chipperfield Road plus the Church Road car park area; and also on a Friday (around the village) and are doing a great job keeping everything neat & tidy. The Monday Beach Cleans are also taking place. If you wish to join us, meet up at Marram Green at 9am.

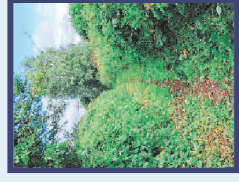
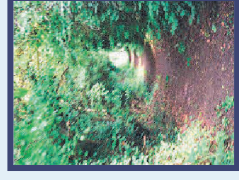
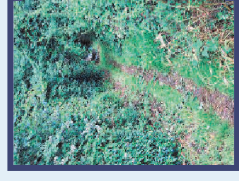
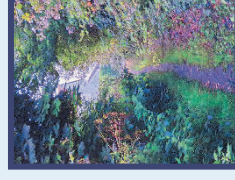
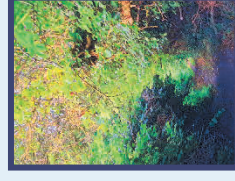
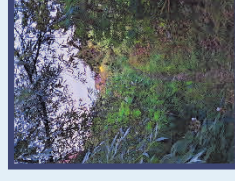
As it is bird nesting season, minimal work is being done at the Marsh with the main maintenance being to trim the paths to keep them clear.

More volunteers are always needed, so if you have an hour to spare, please contact Cllr David Boyle

Email: dboyle@kessinglandparishcouncil.org.uk
Telephone: 07707 201300

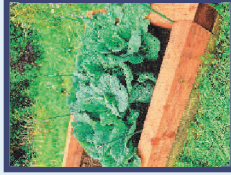
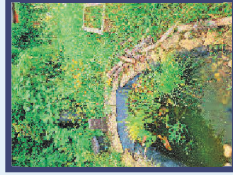
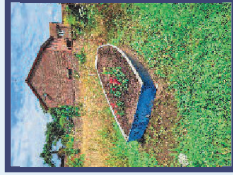
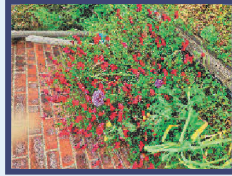
Come and join our friendly Team

**Community
Litter Pickers**





Community Wildlife Garden



Another month has gone by & our volunteers are still hard at work in the Garden with plenty of maintenance & tidying being done. Following a large delivery of compost & topsoil, we've been able to finish off filling up the boat which is now planted up with Snapdragons & Michaelmas Daisies which were kindly donated to us. One of the new accessible raised beds has also been filled & is ready for vegetable planting. The other raised bed will be filled soon too.

More harvests of fruit & vegetables will soon be ready, including tomatoes, carrots, cabbages & (lots of) apples. We're also pleased to say that the Garden will soon be connected to a mains water supply which will be a very welcome improvement.

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

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

We look forward to seeing you !

 Join us on Facebook:
Kessingland Community Kitchen & Wildlife Garden

Community Noticeboard

Events, Competitions & Local Groups



Transformed by Christ

Pragmatic

Prayerful

Pastoral

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

Pastoral Care and Support



We are here to serve

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

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

Transformed by Christ

Pragmatic

Prayerful

Pastoral

Kessingland Benefice is a group of three villages:
GISLEHAM * KESSINGLAND * RUSHMERE
Whoever you are, Wherever you come from, whatever your background,
faith or no faith, different faith,
you are very welcome in our churches and groups
Visit: Face Book Kessingland Benefice

Kessingland St Edmunds
(The Welcoming Church)
Every Sunday 10.45am

Gisleham Holy Trinity
(The Friendly Church)
2nd & 4th Sundays 9.15am

Rushmere St Michael & All Angels
(The Rural Church)
5th Sundays 10.30am



THE CHURCH
OF ENGLAND
A CHRISTIAN PRESENCE IN EVERY COMMUNITY

Transformed by Christ

Pragmatic

Prayerful

Pastoral

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



Book through Margaret 740748
or Anne 742012





Community Noticeboard

Events, Competitions & Local Groups



Every Saturday 10am – 12noon
Kessingland Church Centre

Saturday Coffee at St Ed's



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



Craft for children



St Edmund Church KESSINGLAND

Singing is good for you and FUN



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

Interested???
Please Contact Helena Lord on Facebook

OR

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

TOGETHER WE CAN DO IT



**1st Kessingland
Brownies & Guides**

Brownies 7-10yrs, Guides 10ys+

Thursdays 5.30pm at Kessingland
Church Centre

Contact Tawny Owl 07773 960 747

Snowy Owl 07891 607540

Kessingland United Working Men's Club



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

Newsletter – August 2023

The Club has been quite busy as usual with Live Music every Saturday evening and more. Coming this month, Country club" KEVIN BARRY" Sunday 13th August 8pm to 11pm £6; Club music Sunday evening 20th August 7pm to 10pm only £2.50; Bingo Monday evening "Over 60", Wednesday evening and Sunday lunch time.

August Live Music (£5 for visitors):

- Saturday 5th August - Terry Batt
- Saturday 12th August - Class Act (Band)
- Saturday 19th August - KCR
- Saturday 26th August - Bobby Graham

"CAR BOOT" - Saturday 2nd September. Open 10pm to 2am, £5 per car. Pay on the day but please book a spot with Sandra 01502 742412 or the Club 01502 740218. Car booters can arrive after 8am (It will be cancelled if raining).

MACMILLAN COFFEE MORNING - Friday 29th September 10am to 1pm. PLEASE SUPPORT US.

COMING SOON - Talk from "Mary Newton", Retired Forensic Scientist, About her life and "Murder, Blood Sweat and Fears" (not for the faint hearted).

The Darts team has been successful, not many more summer games to go and looking forward to starting the Winter League. Anyone interested, please speak to the club. We're open Sunday Lunch times, Monday for Bingo, Tuesday, Wednesday Friday and Saturday evenings.

Kessingland Bowls Club has been a hive of activity with the Suffolk Ladies Area Finals and Men's Finals which was held over two days. Then on the 29th July holding the Senior and Junior Country Cup County Finals. 10th September The Marie Curie Charity event Cup and Plate Finals. Come and support them.

President: R A Hood
Society Registration No: 4343

Secretary: R Gasking
VAT Registration No: 105 2958



St Edmund's Church



From The Rectory Revd Mandy writes: August 2023

Summer can be a time of busy activity within the benefice for a Rector covering three parishes. There is much to engage in, activities to coordinate; like fitting in the three mid-week groups, 2 x Community Lunches, Summer social events and fetes and quizzes; it seems once the sun comes out to play, so our villages come alive with social and fun engagements. Summer is the season of Baptism and Weddings (all taking place at Gisleham & Rushmere whilst our beautiful Kessingland Church is being restored).

But there is also, a leisure about summer. The school year has drawn to a close, our Small Wonders is in Summer Recess and other young people's groups and clubs take a rest. We were made to *enjoy* the natural world, walking in peace and friendship with God (Genesis 3:8). *And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the LORD God amongst the trees of the garden.*

God models for us, in the first creation story in Genesis, the rhythms of work and rest. In God's good creation, we humans are given everything we need before we ever put our hands to the plough, or our feet on the treadmill of daily work. Such fullness of creation beckons in the summertime. Days are long. Grass is green. The sun is high and hot. Trees are in full leaf for shade. Warm nights invite us to socialise and gaze at the stars. Yes, our summer encounters with creation can serve to enrich our own relationship with God our Creator, as well as each other.

So, I encourage you,

Look for God in the **big** things around you

Do you live within the farming community? Are you near a farm where you can observe livestock, chickens roaming freely, or see the abundance of crops growing? Or do you live nearer the beach where you can hear the gulls and the swish of the water on a summer night? Are you privileged to see the sun rise across the horizon and set in the evening?

Wherever you are, look at the sky and it's vastness. The sky looks blue in the day, but beyond the blue is the blackness of space. The sun that keeps us alive is almost 93 million miles away—the perfect distance to sustain life on Earth. The night sky reveals stars whose light when we see it, is centuries old. The heavens indeed declare the glory and greatness of God. (Psalm 19:2).

Community Noticeboard

Events, Competitions & Local Groups





DO YOU LIKE TO DANCE?

COME AND JOIN OUR GROUP DANCING FRIENDS

EVERY MONDAY EVENING
7.30pm
KESSINGLAND SPORTS & SOCIAL CENTRE
MARION ROAD, KESSINGLAND, NORFOLK



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

ENTRANCE: £5.00 per person
FOR MORE INFORMATION, PLEASE SEE OVER 0731 380551

YOGA

CHAIR

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 Spinaker Room
Marham Green (Ground Floor), Hall Road, Kessingland

KESSINGLAND CLUB



WE ARE A FRIENDLY CLUB LOOKING FOR NEW MEMBERS

WE LOOK FORWARD TO SEEING YOU THERE!

WE MEET EVERY TUESDAY & FRIDAY AFTERNOONS
1.45 PM FOR START AT 2PM UNTIL 4PM
£2.50 PER SESSION
INCLUDING TEA/COFFEE & BISCUITS

FIRST TIME? COME AND TRY FOR FREE.

FOR FURTHER INFORMATION PLEASE CONTACT:
STAN & CHRIS RAMSAY
01502 740704



Health and Wellbeing Group

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

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

RELAX

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

Week 2 - Exercise | Relaxation | Falls awareness | Refreshments

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

Week 4 - Exercise | Relaxation | Nutrition | Refreshments

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

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

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

CONTACT US FOR INFORMATION & TO BOOK YOUR PLACE
07598 678 505
spotwellbeing@gmail.com





Community Noticeboard

Events, Competitions & Local Groups



SPARROWS NEST PICNIC IN THE PARK

Summer Holiday Thursday Disco Fun

THURSDAYS 12.00-3.00pm

27/7 Dress like a Pirate/Princess

3/8 Be Seen! Dress Bright, Neon, DayGlow

10/8 Double Trouble / Dress like twins

17/8 Dress like a Pirate/Princess

24/8 Colours of the Rainbow

**FREE
ENTRY**

All the usual fun, games and party dances with Andy the Clown. Arrive early, bring a picnic, a blanket, friends and family. Food, drinks and ice creams available from the cafe/restaurant. (Weather pending)

When you are enjoying the warmth of the sun on your face, pause for a moment and meditate on the vastness of God's creation. What do the big things speak to you about the nature and character of the One who has created them? What do you notice about yourself as you spend time in this quietness?

Look for God in the **small** around you.

Look around you, a single flower, a pea in a pod, a grain of sand. What are the smallest created things you can think of and explore? However small, each one is made up of atoms—as are we. These atoms themselves are comprised of particles so mysterious that we are only beginning to learn how to think about them. Then remind yourself of this, the God who numbers the hairs on our heads, (Luke 12:7) made it all.

Meditate on the intricacy of God's creation. Who is this God who made and set in motion a self-renewing universe of matter for God's Spirit and our souls to inhabit?

What does God have to say to you this summer? If you would like to chat about this; why not come along and stay for tea or coffee after one of our services on a Sunday at the Church Centre at 10.45am. Kessingland Church belongs to the community. It is God's house of sanctity, peace, joy and welcome, more than a building....The Church is God's people and yours to encounter God's presence.

WHOEVER you are. WHATEVER your background WHEREVER you are on life's journey FAITH, no faith, different faith, YOU are very welcome at Kessingland Church

You could also stop me for a chat at any time you see me around the Village, in or outside the schools, or in the residential homes. I would welcome a chat with you.

God be with you.

Rev'd Mandy.

revdmandy@btinternet.com

UPDATE ON KESSINGLAND CHURCH ROOF PROJECT

THE THATCHING STARTS IN AUGUST

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

We look forward to a super time of celebration when we can return to our beautiful church building one more.

It is **TOGETHER** with God beside us we are fruitful **THANKYOU**, God bless you all,

Thankyou

A big THANK YOU to everyone who came along to our recent Coffee Morning to celebrate the 75th Birthday of the NHS. You helped to raise an amazing £520.00 !!

Look out for details of our next Coffee Morning in September.



NHS
BIGTEA

Happy 75th Birthday NHS

CHEERS MA'DEARS!



Thank you for joining our NHS Big Tea party and helping to raise:

£520.00

 Snap & share #NHSBigTea
nhsbigtea.co.uk
 **REGULATOR**
 **Morrisons**



The Sunflower Challenge

How TALL is yours?

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

Register your details by Email:
event@kessinglandparishcouncil.org.uk

Prizes include Gift Vouchers
and delicious Sunflower Cupcakes made by Alison Jones

Entries to be submitted by
Friday, 25th August 2023.
The Winner will be announced on
Monday, 28th August 2023

Good Luck!

Kessingland Parish Council

SCARECROW Competition 2023

Place Scarecrows in your front garden for bidding (or email us a photo) by Friday, 18th August 2023.
Winners to be announced on Monday, 28th August 2023.
Register your details by Friday, 18th August 2023.
Email: event@kessinglandparishcouncil.org.uk

1st prize Winner's Voucher £20 Voucher
2nd prize Winner's Voucher £10 Voucher
3rd prize Winner's Voucher £10 Voucher
4th prize Winner's Voucher £10 Voucher

GET CREATIVE

Kessingland Parish Council

Kessingland Photography Competition

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

THEMES:

#1: Kessingland Celebrations
#2: Kessingland Wildlife/Environment
You can submit up to 5 entries.

PRIZES:

1st - £25 Gift Voucher + A4 Canvas
2nd - £15 Gift Voucher + A4 Canvas
3rd - £10 Gift Voucher + A4 Canvas
A canvas of the winning photos will also be displayed in the council offices as part of the council's cultural heritage collection
Plus an opportunity for pictures to be used in the 2024 Kessingland Calendar

Closing date for entries is 5pm, Friday 23rd September 2023
For an entry form & a copy of the rules, please email: admin@kessinglandparishcouncil.org.uk

Kessingland Parish Council



Community Noticeboard

Events, Competitions & Local Groups



Marram Green Summer Fete

26th August, 2023
11am - 3pm

Marram Green, Hall Road,
Kessingland, NR337AH.

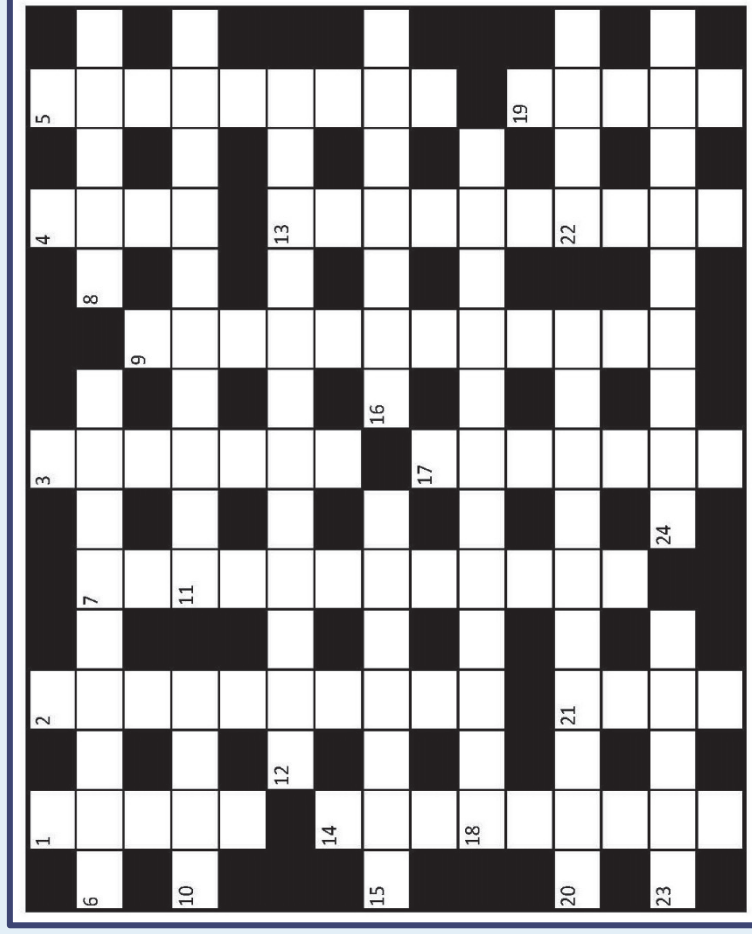
LIVE ENTERTAINMENT!!

Cake stalls, Craft stalls, Bric-a-Brac stall,
tombola, raffle, Emergency Services and
much, much more

Puzzle Corner



Crossword 101-14



ACROSS:

- 6 - Small ship providing a shuttle service (5,4)
- 8 - Result of excessive rain? (5)
- 10 - Neighbourhood, quarter (4)
- 11 - Bone & muscle manipulation (10)
- 12 - Concerning land cultivation (12)
- 15 - Happens next (7)
- 16 - Blasphemous, irreverent (7)
- 18 - Main host of *The X Factor* (6,6)
- 20 - Fancy needlework (10)
- 22 - Africa's longest river (4)
- 23 - Bent down ready to pray (5)
- 24 - Maximum amount allowed (4,5)

DOWN:

- 1 - Red playing-card (5)
- 2 - Three-sided (10)
- 3 - Childish fit of temper (7)
- 4 - Jumping insect (4)
- 5 - Underground pastime (9)
- 7 - Fast piano blues (6-6)
- 9 - Mr Hyde's other half! (6,6)
- 13 - National vote (10)
- 14 - Michael Sheen TV fantasy (4,5)
- 17 - Recover after a drinking bout (5,2)
- 19 - Small wind instrument (5)
- 21 - Depend (on) (4)

Help & Support in the Community



East Suffolk Council are co-ordinating a comprehensive programme of support to help people in East Suffolk with the rising cost of living. Whether you are worried about the cost of living, or you want to help those who are, their website provides information on the services and support available as well as helpful tips and advice.

If you, or someone you know, need immediate support with the cost of living, please complete the [online cost of living referral form](#) available at:



W: www.eastsuffolk.gov.uk/community/squeeze
E: col@eastsuffolk.gov.uk
T: 0333 016 2000



Help for households through the ongoing
cost of living pressures

The Government website has lots of resources and links to support you and your family at this time.

www.helpforhouseholds.campaign.gov.uk

Suffolk Infolink details all the support in your community which is local to you and through various national charities and organisations.

www.infolink.suffolk.gov.uk



Community Noticeboard

Events, Competitions & Local Groups





Community Noticeboard

Events, Competitions & Local Groups

YOU'RE INVITED

TO THE

WORLD'S BIGGEST COFFEE MORNING

FRIDAY 29TH SEPTEMBER 2017

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

Help & Support in the Community



SUFFOLK LIBRARIES

FREE MENSTRUAL PRODUCTS HERE

PRIDE AND PERIODS

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

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

East of England COOP

SUFFOLK LIBRARIES

Free Warm Clothes

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

For more information visit suffolklibraries.co.uk/7272727

kind be kind

Suffolk Libraries

Kessingland Parish Council

HELP for HOUSEHOLDS

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

For help with Local Welfare Assistance Scheme & Household Support
www.suffolk.gov.uk/costofliving
0345 606 6067

For help with Financial/Food & Essentials/Fuel & Energy/Housing
www.eastsuffolk.gov.uk/communitysqueeze
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

Kessingland Library
Marram Green
Hall Road
Kessingland NR33 7AH

COMMUNITY FRIDGE
By the Sea

OPENING ON WEDNESDAY 7TH DECEMBER

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

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

BRING IT TO THE FRIDGE

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

Suffolk Libraries
Kessingland Parish Council

