



The Village News



**December 2025
& January 2026**

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Parish Council Meetings December 2025/January 2026

Full Council:

- Wednesday 14th January, 7:00pm

Finance & Governance:

- Tuesday 9th December, 1:30pm
- Tuesday 13th January, 1:30pm

Planning & Highways:

- Wednesday 10th December, 10:00am
- Wednesday 7th January, 10:00am
- Wednesday 21st January, 10:00am

Personnel:

- No meetings scheduled.

Leisure & Community Engagement:

- Monday 19th January, 11:00am

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

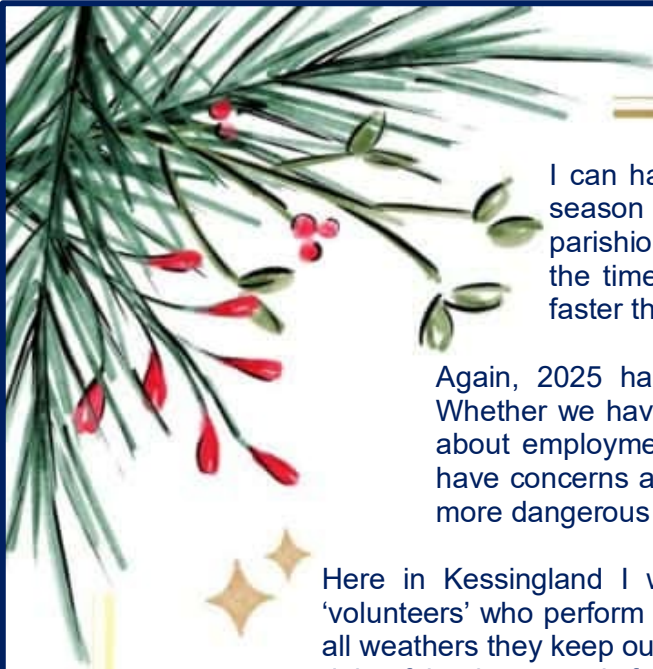
The public & press are all legally entitled to attend such meetings and submit any questions relevant to the agenda.

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




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A Festive Message from Kessingland Parish Council



I can hardly believe that a year has passed since the season of goodwill was last upon us and we invited parishioners' to celebrate the festive season. Where's the time gone? I've noticed as the years tick by, the faster the time seems to go!

Again, 2025 has been a challenging year for most people. Whether we have concern for our nearest and dearest, worries about employment, cost of living, rising cost of utilities, we all have concerns and on the international front the world seems a more dangerous place.



Here in Kessingland I would like to single out our brilliant team of 'volunteers' who perform tasks within the village throughout the year. In all weathers they keep our community clean & tidy. We owe them a huge debt of thanks, not only for the commitment they show but for the fact they give one of the most important commodities we all possess – their time!

We have all unfortunately been affected with the numerous road works and diversions in the village over the last few months. Contrary to popular belief, this is not the responsibility of the parish council. We knew little about it prior to the work starting. The Government has decided the work must go ahead as part of the national campaign to get as many households connected with fibre optics in the shortest time. Consequently they decreed usual procedure did not apply as they were considered time consuming. On the good side, most of the work is completed.


So, on behalf of the councillors, officers and volunteers of Kessingland Parish Council we wish you all a Happy Christmas and all the best for the New Year and 2026.

Councillor 'Sid' James

Chair – Kessingland Parish Council
December 2025

Parish Council office opening hours over Christmas & New Year:

Monday 22 nd December:	9:30am – 2:30pm
Tuesday 23 rd December until Friday 26 th December:	Closed
Monday 29 th December:	9:30am – 2:30pm
Tuesday 30 th December Until Friday 2 nd January:	Closed
Monday 5 th January:	10:00am – 3:00pm



Your Parish Councillors



Stephen (Sid) James
Chair of Council

01502 740521

sjames@kessinglandparishcouncil.gov.uk



David Boyle
Vice-Chair of Council

07707 201300

dboyle@kessinglandparishcouncil.gov.uk



Christine Cook
Councillor

07592 555345

ccook@kessinglandparishcouncil.gov.uk



Neil Glendinning
Councillor

07985 462200

nglendinning@kessinglandparishcouncil.gov.uk



Ian Graham
Councillor

07985 462200

igraham@kessinglandparishcouncil.gov.uk



Alan Green
Councillor

07789 644645

agreen@kessinglandparishcouncil.gov.uk



Julie McLean
Councillor

07539 696904

jmclean@kessinglandparishcouncil.gov.uk



Billy Nicholls
Councillor

07584 168200

bnicholls@kessinglandparishcouncil.gov.uk



Danielle Pope-Brannon
Councillor

07928 245822

dpope-brannon@kessinglandparishcouncil.gov.uk



Bob Saunders
Councillor

01502 744367

bsaunders@kessinglandparishcouncil.gov.uk

Paul Slezacek
Councillor

07500 351763

pslezacek@kessinglandparishcouncil.gov.uk

VACANCY

VACANCY



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

Planning & Highways Committee

Chair: To Be Appointed
Vice-Chair: I. Graham
Members: N. Glendinning, C. Cook,
D. Pope-Brannon, B. Saunders,
P. Slezacek

Finance & Governance Committee

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

Personnel Committee

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

Leisure & Community Engagement Committee

Chair: D. Boyle
Vice Chair: B. Nicholls
Members: J. McLean, C. Cook, I. Graham,
D. Pope-Brannon, P. Slezacek

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

Beach Wardens

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

Benacre & Kessingland Flood Group

Cllr S. James

Village & Beach Clean-Up Co-ordinators

Cllr D. Boyle, Cllr J. McLean

Community Kitchen & Wildlife Garden Co-ordinator

Cllr J. McLean

Kessingland Marsh

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

Kessingland Help in Need Trust

Cllr D. Boyle

Community Fridge

Cllr C. Cook, Cllr J. McLean,
Cllr D. Pope-Brannon

Hidden Needs Forum

Cllr C. Cook, Cllr J. McLean,

CCKS Community Partnership

Cllr J. McLean, Parish Clerk

Suffolk Police Locality Board

To be appointed

Kessingland Sports & Social Centre

Cllr C. Cook

Community SID Co-ordinator

Cllr D. Pope-Brannon,
Mr D. Haward

Safer Neighbourhood Team (Suffolk Police)

To be appointed

Kessingland Events Group

Cllr J. McLean, Cllr C. Cook, Cllr D. Boyle, Cllr D. Pope-Brannon

Kessingland Parish Council Staff



Kessingland Parish Council

Office Hours:

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

Telephone:

01502 744367

Email:

admin@kessinglandparishcouncil.gov.uk

Website:

www.kessinglandparishcouncil.gov.uk



**Acting Parish Clerk &
RFO:**
Shelley Hogg



Admin/Committee Clerk:
Debbie Blowers



Senior Youth Leader:
Christine Smith



Youth Leader:
Daniel Fisk



Youth Leader:
Irene Burns



Youth Leader:
Darren Haward

Youth Leader:
Sue Lewis



Cleansing Operative:
Ruth Hill



Cleansing Operative:
Niall McLean



Maintenance Supervisor:
Darren Haward

District & County Councillors



County Councillor:
Michael Ladd

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

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

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

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

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

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



District Councillor:
Alan Green



Councillor Surgery

with **Councillor Alan Green**

District Councillor for the ward of Kessingland

Telephone: 07818 563003

Email: alan.green@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

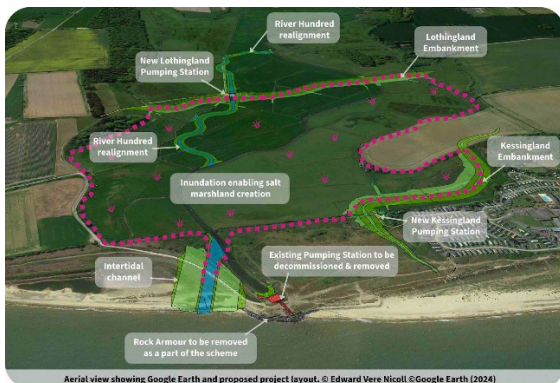


Benacre & Kessingland Flood Management Project



December 2025 Update: This is a Water Management Alliance and Waveney, Lower Yare and Lothingland IDB led collaborative project. The contractors Balfour Beatty started on site 3 March and completed the water vole mitigation and ecological works by 11 April. The board is now in full delivery contract with Balfour Beatty who are also in contract with their largest sub-contractor Mick George. Work has now moved onto compound construction, culverts and haul route crossing and UKPN diversion. We held a public consultation event on 24 July to support the planning variation that Mick George submitted regarding the quarry at Gisleham, which will supply all the material required for the embankments. The event was really well attended. The Info boards are now on display at public access point around the site. This year is mainly preparatory work for the piling, pumping station civils and embankment earthworks to start in 2026. Current programme Key Dates:

- Construction Start – April 2025
- 2025 - Veg clearance, water vole mitigation, ecology surveys, compounds, clay imports
- 2026 - UKPN Phase 1, Embankments lift 1, pumping station sheet piling and construction
- 2027 - Embankments lift 2, pumping station civils, building, Kessingland commissioning, river excavation
- 2028 - UKPN Phase 2, Lothingland commissioning, breach construction
- 2029 - Complete Demo of pumping station and recovery of rock, remove haul routes and compounds.
- Project Completion – Summer 2030



Aerial view showing Google Earth and proposed project layout. © Edward Vere Nicoll & Google Earth (2024)



Above: The movement of Benacre Ness, leaving the Kessingland Pumping Station precariously exposed.

Photo credits: Mike Page



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Advanced Warning – Roadworks (Beaconsfield Road) 5th to 15th January 2026



NOTIFICATION TO LEGAL TO MAKE A TEMPORARY TRAFFIC REGULATION ORDER – TEMPORARY CLOSURE ON PUBLIC RIGHT OF WAY

Public Right of Way to be closed:

Kessingland Byway 027: Full length

Reason for closure:

In the interests of public safety to enable 55m of new track to be laid for City Fibre network.

Start date for closure:

05/01/2026

Finish date for closure:

15/01/2026

Alternative route:

Green Lane – Church Road – Wash Lane – Beaconsfield Road and vice versa

Enquiries regarding this closure should be made to the following:

Applicant: OCU Opals

Contact name: Asta Prancute

Telephone no: 01733 788878

Email: asta.prancute@ocugroup.com

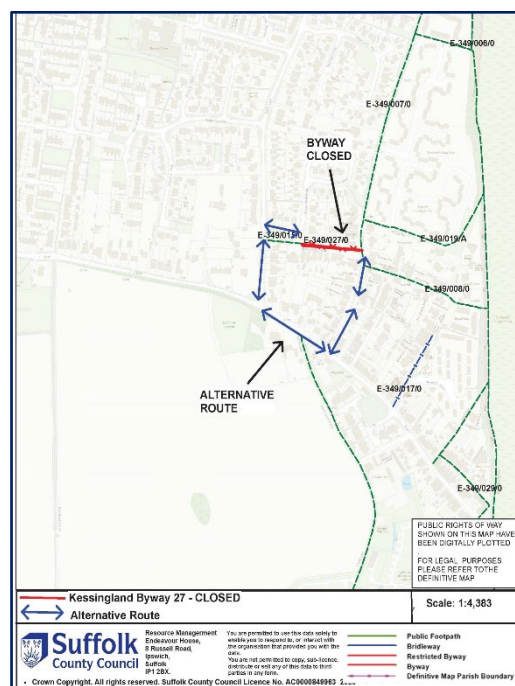
Address: 1 Morley Way, Woodston, Peterborough, PE2 7BW

Internal Use only

Date submitted: 18/11/2025

Internal contact: pro.w.east@suffolk.gov.uk

Cost code for advertising: KD 654 39204 0 0 S





Suffolk Neighbourhood Watch Association

WORKING IN YOUR COMMUNITY



WINTER CRIME PREVENTION

Winter is upon us and the festive season will soon be here. Take some simple steps to keep you, your family and your property safer.

- Deliveries - to deter thefts, consider a safe place to put them, rather than left at the front door.
- Whilst out and about be aware of your mobile, camera, keys, purse, wallet - all targets for thieves.
- Don't leave presents and other valuables in unattended cars. If you have to, then place them out of sight.
- Keyless fobs - think about keeping them in a 'faraday' pouch.
- If going out, leave a light on, or use timers so it looks like someone is home
- Fit sensors to lights in the garden to illuminate when movement is sensed.
- Deter heating oil thefts - fit a good quality locking device
- Shop Only at Secure Websites
- Don't discuss any holiday plans in public or on social media.
- Make sure boxes for refuse collection are broken down so not to reveal details of any expensive gifts you may have received.
- If you are away, especially over the festive period, ask neighbours to watch over your home and to ensure that any post is pushed completely through the letterbox.
- **Better still, set up a local Neighbourhood Watch scheme to build safer homes and communities. It's free to join!**



Make this a better place to live. Together.

JOIN



ourwatch.org.uk



**COMMUNITY
FUND**

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An Update from Kessingland - November 2025

Nursery Class - Kessingland Church of England Primary

A big focus for the first half term in Nursery class, has been our Personal, Social and Emotional area of learning. This includes settling in, making friends and following the routines. Our topic has been "I wonder what makes me, me?" and we have been talking about our families, our homes and what we were like as babies. We played a game where we had to match the different family members and then we talked about who is in our family. We also looked at photographs of different homes. We chose the one that looked most like ours and talked about the different rooms in our homes. Some of us live in houses, some of us live in flats and some of us live in trailers.



We have also been working on our attention and communication skills. We love 'Bucket Time' and can't wait to see what exciting surprises are in the bucket. We are looking forward to learning lots more as part of our new topic: "Celebrations", this half term.

Mrs. Back

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### Reception - Kessingland Church of England Primary

Our first half term in Reception has been an exciting start to our learning journey. Our focus topic was "I wonder what makes me, me?" which helped us to think about who we are and what makes each of us special. We began by talking about what makes a safe and special classroom and together we created a class agreement to make sure everyone feels happy, respected and ready to learn. We also spent lots of time getting to know one another through circle times where we shared our names, interests and talked about how we can be kind and helpful friends.

As part of our topic, we explored our families, homes, likes and dislikes and shared some of our favourite things such as colours, toys and activities. We enjoyed creating self-portraits and talking about what makes us similar to our friends and what makes us unique. This helped us to celebrate our individuality and understand that even though we are all different, we belong to one caring classroom community.

We also learned more about our bodies and how they work. We investigated our five senses and discussed what we use them for. The children learnt new and interesting words to describe different parts of the body, such as elbow, shin and spine, and enjoyed using these words in their play and conversations. We have also spent a lot of time exploring and learning about our feelings and emotions. We talked about what makes us happy, sad, or angry and discussed the importance of talking to others when we feel emotions. The children shared who they could go to for help and learned that it is always good to express how we feel. We joined in with the whole school and took part in "World Mental Health Awareness Day!"



Some of us wore yellow and we made sparkly and creative yellow crowns to show how amazing we all are! It has been a wonderful first half term at "big school!" It has been full of learning, friendships and fun and all of the children have settled in beautifully! The progress so far has been remarkable and we cannot wait to see how much further the children develop as they move forward through the year.

**Miss Merrett**



## Year 1 - Kessingland Church of England Primary

### Super Smoothie Makers!



In Design and Technology this term, Year 1 have been learning all about how to make delicious smoothies! The children explored the differences between fruits and vegetables and discovered where different types of produce grow. They enjoyed tasting a variety of fruits, rating their favourites and using this information to design their very own smoothie recipes. In our final lesson, the children had the chance to bring their creations to life! They practised



important skills such as safely chopping fruit, preparing ingredients and working cooperatively in teams. The highlight of the unit was, of course, tasting their homemade smoothies – they were very proud (and rightly so!) of their delicious creations.

**Mrs. Lytton**

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Year 2 - Kessingland Church of England Primary

During the first half term, Year 2 have been busy in Design and Technology learning all about healthy eating and what makes a balanced diet. The children explored the different food groups and learnt how these fit together to form a healthy balance wheel. Their practical challenge was to design and make their own healthy wrap, which meant first developing their food preparation skills by grating, cutting and chopping a range of ingredients.

They had the chance to taste a variety of healthy foods, including avocado, cucumber, spring onion, parsley, hummus, egg, cream cheese and grated cheddar cheese. As a class, they discussed the different textures, smells and flavours, and even created a tally chart to record their favourites.

The project was a great success!

The children showed real enthusiasm, tried lots of new foods and thoroughly enjoyed making (and eating!) their delicious wraps.

Miss Macias



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## Year 3 - Kessingland Church of England Primary



This term, Year 3 have been developing their teamwork and ball-handling skills through *Matball*, an exciting game similar to Benchball but played with mats instead of benches. The children have been learning how to work effectively as a team, focusing on accurate passing, spatial awareness and effective communication on the court. Each lesson has encouraged pupils to apply key PE skills such as coordination, control, and strategy, while also promoting fair play and mutual encouragement.

The children have thoroughly enjoyed the competitive yet supportive atmosphere of the game, showing great enthusiasm and growing confidence with every session. It has been wonderful to see Year 3 demonstrate such positive attitudes towards physical activity — celebrating successes, reflecting on areas for improvement, and, most importantly, having fun while staying active. Well done, Year 3!

**Mrs. Riseborough**

## Year 4 - Kessingland Church of England Primary

This term in Science, Year 4 have been exploring *States of Matter* and have been fascinated by how materials can change between solids, liquids, and gases. The class carried out a hands-on experiment where we melted different materials and carefully recorded how long each took to melt. This allowed the children to compare and group substances based on their state and observe how some materials change when heated or cooled. They have also been learning about evaporation and condensation, discovering how these processes play a key part in the water cycle and how the rate of evaporation can change with temperature. It has been wonderful to see the children so engaged, asking thoughtful questions, making predictions, and enjoying the chance to investigate science in action.



**Mr. Griggs**

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Year 5 - Kessingland Church of England Primary



During Black History Month, Year 5 explored the vibrant and uplifting work of contemporary artist **Lakwena MacIver**. Lakwena is a British-Ugandan artist known for her bold, colourful murals and positive messages that celebrate culture, identity, and hope. The children learned how she uses striking patterns, strong words, and vivid colours to spread joy and empowerment through her art. Inspired by her unique style, the pupils designed their own eye-catching artworks that expressed personal messages of strength & unity.

Their finished pieces brought the classroom to life with colour and creativity, reflecting the joyful energy of Lakwena's work. The children really embraced the learning and found the whole experience incredibly enjoyable and inspiring.



Miss Drake

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## Year 6 - Kessingland Church of England Primary



This half term, our Year 6 pupils have been developing their basketball skills — and having lots of fun along the way! They've been learning how to **dribble** the ball with control using both hands, keeping their eyes up to spot opportunities on the court. We've practised different types of **passes**, including chest, bounce, and overhead passes, helping the children work together as a team to move the ball effectively.



In **defence**, they've learned how to mark opponents, anticipate movement, and use good positioning to protect their basket. When it comes to **shooting**, pupils have been focusing on accuracy and technique, and have even started mastering **lay-ups** — a great skill for scoring on the move! It's been fantastic to see their teamwork, communication, and confidence grow with each lesson.

**Mrs. Everett and Mrs. Davis**





## Friends Who Dance Group

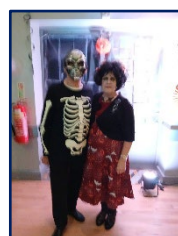
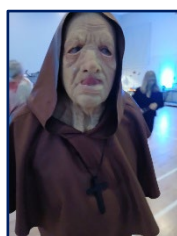


Friends who Dance held their "Halloween Spooktacular" on Monday October 27th.

The costumes this year were the best yet! **SPOOKTACULAR!**

Eddie won a bottle of champagne for the best fancy dress as voted for by the other dancers, narrowly beating his rivals.

Thanks to everyone who helped decorate the hall & to those that attended.



## Kessingland Men's Shed



### Update for December 2025

Firstly, this is the last chance we'll have to wish all our supporters a **Merry Christmas & Happy New Year**.

Following on from last month's update regarding the Sizewell C Community Grant, we have now closed the Shed and expect to be closed until the New Year. In preparation for the start of this project, we have stacked all the benches and tools in the middle of each room, allowing the contractor access to the walls, and we have dismantled the kitchen and toilet ready for the coming improvements. Next, we'll be getting the plywood boards and painting them, so they'll be ready to go up, and we'll be removing all the electrical wiring. The asbestos guys will then come in and remove the asbestos, put in the insulation and put up the painted boards. Then a couple of our chaps will crack on with the tricky task of rewiring the electrics and connecting the cctv. Please check out our facebook page for news of the building works and our intended opening date.



Once again, a big thank you to James Brewer at the Suffolk Community Foundation for his invaluable help in getting this grant approved.

Quite separately, our thanks also go out to Persimmon Homes Anglia, who have gifted us £500 under their Community Champions scheme. Thank you to Remi Clark for enabling this grant.

Finally, we look forward to seeing you again in the New Year. 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 and Saturdays.

Hello from the KYC for the last newsletter of 2025, where has the last year gone?

December opening dates as per our Facebook profile photo and poster in notice board outside KSSC are 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> and closed Christmas and New Year weeks. We expect to open on 7<sup>th</sup> January however the hall is having some electrical repairs carried out and if they run over we will need to close that evening. Please check on our FB page for info at the time.

Other important information, we have over 100 members registered with an average of 40 attending each week. There are some registered members who have not attended in the last term or longer and to comply with data protection issues we should not hold personal information unless necessary. In view of that and after discussion with team leaders and the Parish Council, anyone who has not attended in the last term or longer will be removed from our register. They can re-join at a future date should they wish to do so with a new signed consent being required prior to attending any session.

Now for the fun part....



It's been a busy month for our members who took part in craft with sparkly firework designs, making wreaths for laying at the war memorial on Remembrance Sunday, white wool pom-poms which were used like snow balls for a game, Christmas cards and decorations for our pink tree which is going to be at St Edmunds Church tree festival from 27<sup>th</sup> November, the name of our tree is "The Youth Tree" which was suggested by one of our members as was the snowball game.

It was lovely to see how much they and others took pride in their achievements to come up with suggestions and decorations for the tree. Football and dodgeball continue to be firm favourite activities in the hall with less active games on the 3<sup>rd</sup> eve of the month when we provide hot food... pizza and hotdogs were on the menu in November, the menu for December will (of course) have a festive theme.

We also welcomed Sue as a new team member, and have team leaders with a variety of skills to encourage, support, and help our young people to grow in this ever changing world.

I hope you and yours have enjoyed the photos from this month and time with the KYC over the last year. We all at the KYC wish you a Merry Christmas and Happy New Year when it arrives. As always thank you for your continued support of the KYC.

Chris, Senior Youth Leader, and all the KYC team.



**KESSINGLAND  
YOUTH CAFÉ**

**DECEMBER 2025**

Wednesday 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup>;  
Choice of Activities  
"Hot Food" available on 17<sup>th</sup>

**6:30pm to 8:30pm**  
Age Group: 10 to 16yrs

at the KSSC  
Francis Road  
Kessingland

**FREE  
ACTIVITIES**

**SNACK  
SHOP**

Follow us on Facebook  
for updates & more information

Kessingland  
Parish  
Council

Kessingland Youth Café - KYC

## 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*

Wow! Nearly Christmas already where has the time gone this year? Our free Halloween Disco went very well with a lot of children attending which was great. There was a lot of people in fancy dress. there were prizes given. Hopefully our free Christmas Disco on the 12<sup>th</sup> December will be well attended. There will be a prize for best outfit.

Our Quiz nights are still well attended with about 15 to 20 regular teams but new teams are always welcome (up to six people per team, £2-50 per person). Christmas Quiz night is 4<sup>th</sup> December. There is no Quiz night in January but it will be back again for Thursday 5<sup>th</sup> February.

We also have a free Valentine's Disco on 13<sup>th</sup> February, please come along and support it.

### December Calendar:

|                              |                                |
|------------------------------|--------------------------------|
| Thursday 4 <sup>th</sup> :   | Quiz Night                     |
| Saturday 6 <sup>th</sup> :   | Steve Alan                     |
| Friday 12 <sup>th</sup> :    | Free Christmas Disco           |
| Saturday 13 <sup>th</sup> :  | Rob Charles                    |
| Wednesday 24 <sup>th</sup> : | (Xmas Eve) Me, Myself & I      |
| Saturday 27 <sup>th</sup> :  | The Tykes                      |
| Wednesday 31 <sup>st</sup> : | (New Year's Eve) Hi Definition |

### January Calendar:

|                             |                       |
|-----------------------------|-----------------------|
| Saturday 3 <sup>rd</sup> :  | Steve Lake            |
| Saturday 10 <sup>th</sup> : | Three Steps to Heaven |
| Saturday 17 <sup>th</sup> : | Terry Batt            |
| Saturday 24 <sup>th</sup> : | TBA                   |
| Saturday 31 <sup>st</sup> : | Julie Bunn            |

Saturday nights: Entrance £4 for Members £6 for non-members.  
New Year's Eve: Members £12 Seated / £5 Standing.  
Guest with Members £18 Seated / £10 Standing.  
Non-members £20 Seated / £12 Standing.  
Children 5 to 17yrs £8.  
Bring your own nibbles.

Don't forget we are in the village you can walk home or plenty of room to leave your car and pick it up in the morning.

The Hall is well used with Parties and other activities with Slimming World every Tuesday with two sessions; Line Dancing Wednesday evening £5 and The W.I. every second Thursday evening of the month with some interesting Speakers (visitors £5); Bingo on Monday and Wednesday evening and Sunday Lunch times. Come and join us, more people means bigger prizes.

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 and plenty of disabled parking. Plus disabled entrances and Toilet facilities.

We are always looking for new members £25 (less than 50p a week) with very cheap bar prices. We have a Darts team that is doing very well and a full size pool table. The Bowls Club is well worth joining if you like bowls, they have one of the best greens in Suffolk and they are used by Suffolk Bowls often.

Please support our ONE LOTTERY.

*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

Kessingland WI's Annual meeting took place on Thursday 13<sup>th</sup> November with Christine Mabb being re-elected as President and the current committee remaining. Federation Advisor, Kate Bradly oversaw the business part of the meeting and told us about proposed Resolutions that the National Federation may act upon for the forthcoming year.

The Winnie Welsh Cup for Craft was presented to Bridget Higgins who entered beautiful examples of a hand embroidered sea themed picture and decorated, knitted bunting; the cookery cup was awarded to Jennifer Jagger for excellent cheese straws and a lemon tart.

Pauline Shipley was awarded The President's Cup for her constant willingness to enthusiastically take part in all WI activities and contact for members who are unwell as well as leading Keep Fit classes and providing beautiful floral arrangements.

Members enjoyed viewing a display of craft work completed in the past year, then Karelyn Smithson gave a short talk on her visit to the birthplace of the WI; Stoney Creek in Canada.

Karelyn's Smithson's flower was chosen as Bloom of the month, with Margaret Brooke's second and Pam Newell's in third place.

We meet again at the Working Men's club, in December for our Christmas celebration.

Our first meeting next year will be on Thursday 8<sup>th</sup> January, with a talk on Old Furniture Given a New Life.

For more information contact Christine on 01502 744255

*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 group, Cinema group and outings  
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

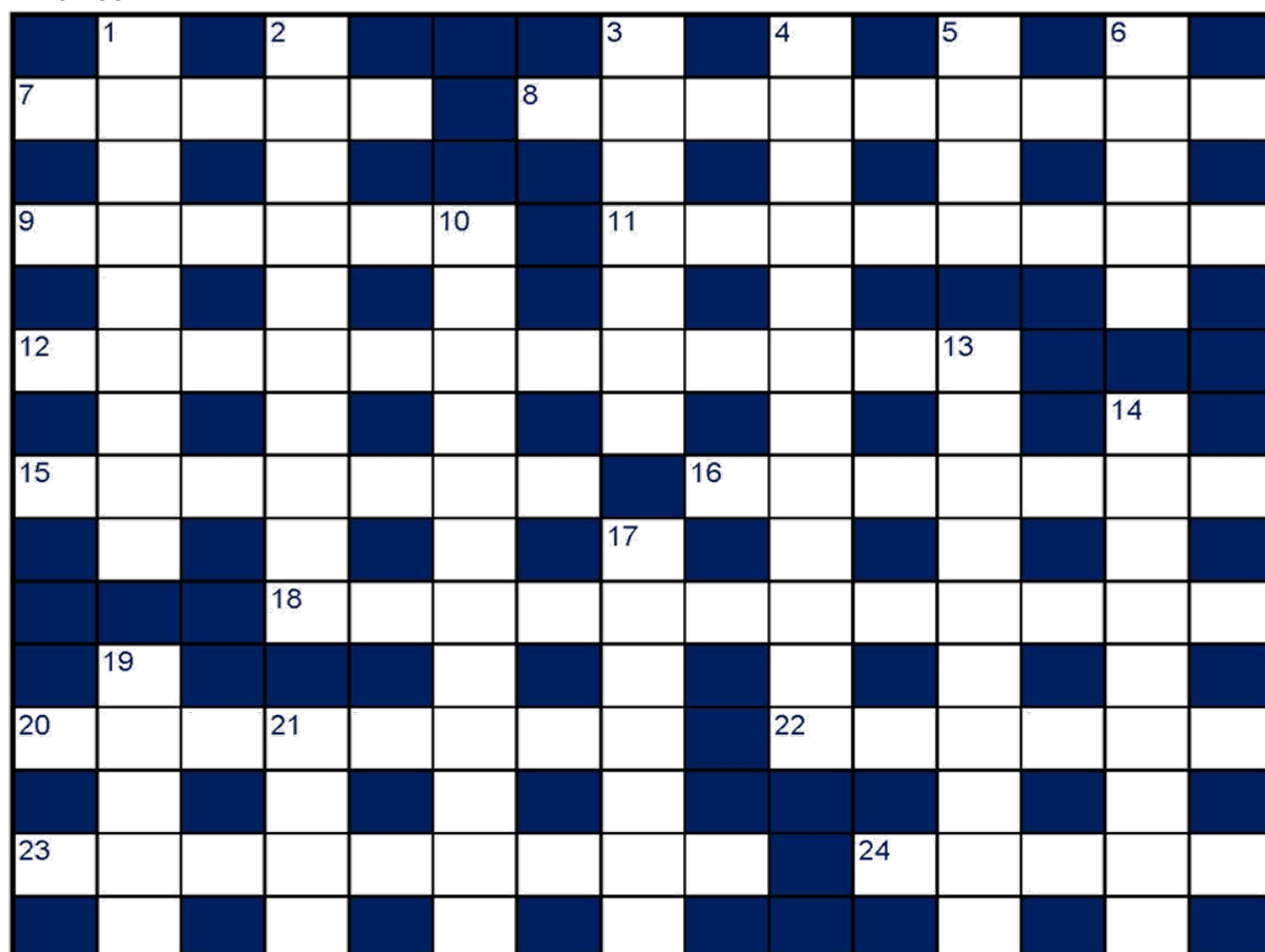
*P.S. Very few of us make jam*

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





No: 101-38



## Across:

- 7 Express gratitude to (5)
- 8 Of the south polar region (9)
- 9 Preliminary test (3-3)
- 11 Put a name to (8)
- 12 Common working sheepdog (6,6)
- 15 Conveys news to (7)
- 16 Male *Countryfile* presenter (3,4)
- 18 Made in large quantities (4-8)
- 20 Very hot curry (8)
- 22 Alternative longer route (6)
- 23 Of great significance (9)
- 24 Shaper for blancmange (5)

## Down:

- 1 Dorset town (9)
- 2 Chirpy & performing well (2,4,4)
- 3 Sharp human tooth (7)
- 4 Long-running school drama series (8,4)
- 5 Person from Ayr or Dundee (4)
- 6 Trice, instant (5)
- 10 Pink Greek dip (12)
- 13 Extreme tiredness (10)
- 14 In a painstaking way (9)
- 17 Select for a job (7)
- 19 Fred Flinstone's cartoon wife (5)
- 21 Let fall to the ground (4)

## Help & Support in the Community



### KESSINGLAND HELP IN NEED TRUST CHARITY NUMBER: 242755

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

- Essential household items e.g. cookers, washing machines, fridges, beds etc
- Appropriate Garden Services and Household/Building repairs
- Help towards Funeral costs
- Help with costs of Hospital visiting
- Essential clothing e.g. children's winter coats
- Veterinary bills
- Signposting to other expert organisations

For further information or for an electronic application form, please contact the Clerk to the Trust at applications.khint@gmail.com

### Disability Advice

North East Suffolk

Free, Impartial & Confidential



#IAMConfident  
I am a Mental Health First Aider

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

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

**DANES will next be at Marram Green on Wednesday 28<sup>th</sup> January**

**9:30am – 12:30pm**

Contact us for details

01502 511333

info@danesonline.co.uk

## Drop in at Kessingland



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

Marram Green Cafe,  
Kessingland, NR33 7AH

citizens advice East Suffolk



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.gov.uk](http://www.kessinglandparishcouncil.gov.uk)  
01502 744367  
[admin@kessinglandparishcouncil.gov.uk](mailto:admin@kessinglandparishcouncil.gov.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.co.uk/wellminds>. The booklets were funded by the Community Partnership Board and two local Community Partnership

Do more  
with the  
NHS App!



## Do you need help with the NHS app?

Come along to drop in sessions at  
Kessingland Library

Fridays 12am - 2pm  
Throughout October & November

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



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



## Have you recently fallen or do you feel unsteady on your feet?

If you are aged 65 or over, you may benefit from our Strength & Balance programme.

- ✓ 12 free Strength & Balance sessions
- ✓ OTAGO specialist qualified instructors
- ✓ Exercises to improve flexibility, gait, coordination, strength and confidence

To refer, you can:

- ➔ Call 0333 016 2000 to speak to our Customer Services team
- ➔ Speak to a health professional to submit a referral on your behalf
- ➔ Submit a self-referral via:

[www.activesuffolk.org/strength-and-balance](http://www.activesuffolk.org/strength-and-balance)



Scan this QR code to submit a self-referral

There are currently classes held in Woodbridge, Kesgrave, Felixstowe, Leiston, Saxmundham, Framlingham, Aldeburgh and Online



feel good  
SUFFOLK

KRIS  
FEELS  
GOOD!

In fact, Kris feels **GREAT** since he stopped smoking with Feel Good Suffolk!

When you're ready to quit smoking, we're ready to help.  
With free support, including 12-week programmes and nicotine replacement, you're 3 times\* more likely to stop smoking with Feel Good Suffolk.

Start your smoke-free life today!



Pop online to find out more and register

[feelgoodsuffolk.co.uk/stop-smoking](http://feelgoodsuffolk.co.uk/stop-smoking)



# Christmas Tree Lighting 2025

Sunday, 7<sup>th</sup> December  
at 4pm, St Edmund's Crescent  
*lights to be switched on by*  
*Rev'd Natalie Rees*

Join us afterwards at the KSSC  
for  
Mulled Wine

Mince Pies & Snacks

Santa's Postbox

Music and Carols  
in the Hall

with  
St Edmund's Church Choir  
and  
Waveney Valley Brass Ensemble



Kessingland  
Parish  
Council

Any donations received will go to  
Kessingland Sports & Social Centre, Registered Charity No. 275441





# Letters to Santa 2025

Write your letter to Santa  
Don't forget to include your name & address.  
If you attend Kessingland Primary Academy,  
please also include your class/year as replies  
may be delivered to the School.

You'll find the Post-boxes in

**Field Lane** (opposite the Surgery)  
8<sup>th</sup> to 14<sup>th</sup> December, 8am-4pm

**Kessingland Library**, Marram Green  
8<sup>th</sup> to 14<sup>th</sup> December  
during Library opening hours  
and

**KSSC**, Francis Road  
7<sup>th</sup> December only  
(after the Tree Lighting)  
4:30pm until 6pm



# Santa's Sweetie Trail 2025



**Saturday 20<sup>th</sup> December 2025**  
(weather dependent)  
Updates will be given via community Facebook pages

**Starting from the KSSC, Francis Road at 4.30pm**

Kessingland  
North Pole

All donations received will go towards equipment  
and activities for the Kessingland Youth Café




# 1ST KESSINGLAND BROWNIES AND GUIDES Christmas Bazaar

**THURSDAY 11TH DECEMBER**  
**6PM - 8PM**

**ST EDMUNDS CHURCH HALL**  
**CHURCH ROAD**  
**KESSINGLAND**






**Saturday December 6<sup>th</sup> 1.30 - 3.30**  
**The Church Hall - FREE**

You are invited to join us as we play games, sing  
and make Nativity decorations.  
Hear about the first Christmas.  
Celebrate that God Loves You.  
Share a meal of pasta, garlic bread  
and swiss roll.

Messy Church is a Family Church  
We invite you and your family  
if you have a strong faith, a little faith or have no  
faith but are curious

RSVP: [rev.natalie.rees@gmail.com](mailto:rev.natalie.rees@gmail.com)




You are welcome.



# AFRICA ALIVE

# WINTER VALUE TICKETS



**Adult £12.00**

**Child £10.50**

# AFRICA ALIVE



Scan for More Info!

**Visit the Zoo – Only £7pp**

We believe that everyone should be able to visit their local zoo. That's why we've made reduced-price tickets available online for those on Universal Credit or other benefit schemes, so everyone can experience the wonder of wildlife, even when times are tough.

**Available to**  
Families receiving Universal Credit, Employment and Support Allowance, Personal Independence Payment, Housing Benefit, Pension Credit, Jobseeker's Allowance, Child Tax Credit Disability Living Allowance, or Working Tax Credit.

**Proof of Eligibility**  
You'll just need to provide a form of photo ID and proof of benefit. This could be a recent letter or statement, a screenshot from your Universal Credit app, or a bank statement showing the payment.



**Family Story Telling**

9.30am - 11.00am  
Kirkley Family Hub  
14th November  
21st November  
28th November  
12th December

Music, story telling and craft activities for young families under five



All Welcome

**FREE**

MANOR FARM PRESENTS



# Christmas FAMILY BINGO

FRIDAY 12TH DECEMBER 7PM, AT KESSINGLAND CHURCH HALL

**REFRESHMENTS & RAFFLE**

LIMITED TICKETS AVAILABLE £6PP, PLEASE BUY IN ADVANCE BY PHONING MANOR FARM ON 01502 740161.

Made with PosterMyWall.com

Lowestoft Town Council



# LOWESTOFT SANTA DASH

## 21 DECEMBER 2025

**Denes Oval**

**Family Fun**

**Fancy Dress**

**Scan to Book!**



Sponsored by: **Minors & Brady**

Supported by: 

All proceeds to: **Lowestoft & District Foodbank**  
Together with Trussell



# Community Noticeboard

## Events, Competitions & Local Groups



Supported by  
Active Travel England

### Free walking activities in Lowestoft

#### Introductory walking group

From couch to 2 miles

📍 Dip Farm  
Thursdays | 10:00

#### Moderate walking group

Up to 4 miles

📍 Dip Farm  
Thursdays | 10:00

#### Memory loss and dementia walks

📍 Nicholas Everitt Park  
Mondays | 10:00

#### Wildlife walks

A moderate walk led by a local ecologist

📍 Carlton Marshes  
Tuesdays | 10:00

#### Parent & baby/toddler walks

Led walk for parents and carers with children in pushchairs or slings

📍 East Point Pavilion  
Tuesdays | 10:00

#### Community group walks

📍 Nicholas Everitt Park  
Tuesdays | 13:30

📍 Dip Farm  
Thursdays | 13:30

#### Cuppa and a stroll

A slow and steady pace

📍 Sparrows Nest  
Tuesdays | 13:30



#### Interested in finding out more?

Visit our website [walkingandcyclinginsuffolk.org.uk](http://walkingandcyclinginsuffolk.org.uk) or scan the QR code

Email [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@suffolk.gov.uk) or call 01473 260060



Please note that all bookings must be made in advance.



Supported by  
Active Travel England

### Free cycling activities in Lowestoft

#### Learn to ride

Beginners' sessions in an off-road area

📍 Dip Farm  
Mondays | 10:00 and 11:00

#### Moderate cycling group

Routes up to 6 miles

📍 Riverside  
Wednesdays | 10:00 and 13:30

#### Competent cycling group

Routes 6+ miles

📍 Riverside  
Wednesdays | 10:00 and 13:30

#### Cycling for health

An 8-week course covering national cycling standards up to 2 miles

📍 Nicholas Everitt Park  
Mondays | 10:00

📍 Riverside  
Wednesdays | 10:00 and 13:30

📍 James Paget Hospital  
Wednesdays | 18:00

#### Friday cycling challenge

A weekly led ride covering 15-20 miles into the Suffolk countryside

📍 Riverside  
Fridays | 10:00

#### Interested in finding out more?

Visit our website [walkingandcyclinginsuffolk.org.uk](http://walkingandcyclinginsuffolk.org.uk) or scan the QR code

Email [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@suffolk.gov.uk) or call 01473 260060

Please note that all bookings must be made in advance.



If you need help to understand this information in another language or would like it in another format including audio or large print, please call 03456 066 067.



Supported by  
Active Travel England

## Dementia wellbeing walks

Join us for a gentle dementia-friendly walk

**WHEN?** Every Monday between 10am and 12pm

**WHERE?** Nicholas Everitt park (outside The Old Dairy cafe)

- ✓ Being physically active can help symptoms of dementia
- ✓ Easy terrain
- ✓ Slow to steady pace to suit everyone



Scan the QR code to contact us

Supported by  
Active Travel England



Email: [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@suffolk.gov.uk)  
[www.thewaytogosuffolk.org.uk](http://www.thewaytogosuffolk.org.uk)

If you need help to understand this information in another language or would like it in another format including audio or large print, please call 03456 066 067.



Supported by  
Active Travel England

## Discover the wild side of Lowestoft

Step into nature and explore Carlton Marshes with a friendly group and local guide by your side.

Join us for a moderate-level walk through one of Suffolk's most beautiful nature reserves. Led by a knowledgeable local guide, these walks are a brilliant way to experience the outdoors and learn more about the plants, birds, and wildlife right on your doorstep – and they're FREE!

#### Where and when?

📍 Meet at Carlton Marshes Visitor Centre every Tuesday at 10:00 (transport can be provided)



#### 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.





## Community Noticeboard

Events, Competitions & Local Groups



**Save money and cook better than the takeaway**

### JOIN OUR **FREE** FUN COOKING COURSES

...all you need is a kitchen and a phone!

**FREE** fun cooking courses **AT HOME**  
Cook great food in just two weeks!  
Impress friends and family

Exciting meals can be quick, fun, easy and cheap to cook with our **FREE** (ingredients included), flexible, home-based short courses



CHANA MASALA



ITALIAN PASTA SAUCE



MIDDLE EASTERN PILAF



#### To register

Phone or text/Whatsapp on 07751 890 912  
or email: [lowestoft@bagssoftaste.org](mailto:lowestoft@bagssoftaste.org)  
or sign up online:  
<https://bagssoftaste.org/students>



**Are you worried about the rising cost of food and how to eat healthily on a tight budget?**

Then join one of our free, fun cooking courses. Learn how to make delicious, healthy meals from all over the world whilst saving money.

**All you need is a kitchen and a phone!**



#### About the course

- **FREE**, ingredients included\*
- Cook tasty, healthy meals, cheaply
- Get tips on how to budget and save money when you're shopping
- Learn how to waste less

#### How does it work?

- We deliver three step-by-step recipes and all the ingredients you need, straight to your door
- Your personal mentor will support you by phone or WhatsApp with lots of tips and advice along the way
- At the end you'll get a free gift of wallet-friendly recipes

#### What do I need to do?

- All we ask is that you cook the three recipes and send us photos of your lovely food!

#### How long does it take?

- About two weeks but you can work at your own pace

#### How do I join?

- Register online: <https://bagssoftaste.org/students>
- Call/WhatsApp 07751 890 912
- Email: [lowestoft@bagssoftaste.org](mailto:lowestoft@bagssoftaste.org)

Once we've confirmed your registration we'll contact you to arrange your delivery



LEARN TO COOK



EAT LESS TAKEAWAYS



SAVE MONEY



IMPROVE HEALTH



HAVE FUN

\*For qualifying participants only



# MUSIC & SINGING

**AT THE SEAGULL THEATRE**  
The Seagull Theatre, Morton Road, NR33 0JH

Weekly classes for those who have a love or interest in music and singing.

**SINGING | CHOIRS**  
**INSTRUMENTS | WELLBEING**  
**CREATING SOUNDS**



Supported using public funding by  
**ARTS COUNCIL ENGLAND**

For more information, email  
[community@theseagull.co.uk](mailto:community@theseagull.co.uk)



## Fancy a game?

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

**Livingstone's Freehouse**  
**Kessingland**

**Every Monday 6:30pm-9pm**

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

You never know, you might find a new hobby!

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





# Well Minds Event

 17<sup>th</sup> February 2026 | 9am - 2pm

 Lowestoft Sixth Form College

Welcoming statutory and voluntary organisations  
to discuss a range of mental health and wellbeing  
topics supported by key speakers

Sign-up Today!



Guest Form



Stall Form

Guest Link: <https://forms.office.com/e/vUjPrtRcsD>

Stall Link: <https://forms.office.com/e/gznfjbA91x>

# Community Noticeboard

Activities & Groups: Kessingland Sports & Social Centre



## Kessingland

### Friendship Club

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

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

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

For more information, please contact Helen Sinfield on 01502 741424

**Welcome!**

## Shotokan Karate Classes

First Two lessons free

Kessingland Sports & Social Centre  
Francis Rd, Kessingland

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

Sensei Mark Owers  
3rd Dan BSA Instructor

Family Class  
Age 7+

Email: kesskarate@btinternet.com

## KESSINGLAND

### Short Mat Bowls CLUB

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

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

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

WE ARE A FRIENDLY CLUB LOOKING FOR NEW MEMBERS

WE LOOK FORWARD TO SEEING YOU THERE!

KESSINGLAND COMMUNITY CENTRE  
FRANCIS ROAD  
KESSINGLAND

## BOOST FUNDS FOR OUR CAUSE

### JOIN OUR LOTTERY!

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

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

**one lottery**

## KESSINGLAND YOUTH CAFE

### DECEMBER 2025

Wednesday 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup>:  
Choice of Activities  
"Hot Food" available on 17<sup>th</sup>

**6:30pm to 8:30pm**  
Age Group: 10 to 16yrs

at the KSSC  
Francis Road  
Kessingland

**FREE ACTIVITIES** **SNACK SHOP**

Follow us on Facebook for updates & more information

Kessingland Youth Cafe - NYC

## 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  
1:30 – 3:30pm: (Alternate Thursdays)  
Singing Sensations  
Friendship Club  
Pilates  
Model Flying Club

6:00 – 7:00pm:  
7:30 – 10:00pm:

### FRIDAYS

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

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

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



## Community Noticeboard

Activities & Groups: Kessingland United Working Men's Club



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

**WWW.kuwmc.co.uk**

Telephone No: 01502 740218  
Email: clubsecretarykuwmc@outlook.com

# Quiz Night ?

**First Thursday each Month**  
**Doors open 7pm Quiz starts 7:30pm**

Teams of 6 people maximum  
No minimum



Bar and snacks available.

**Music and Picture Rounds**

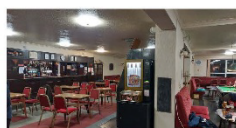


Cash prizes and Raffle



£2.50 per person

£1.50 goes to the club, £1 goes into cash prize



Please book in advance as only 25 team places available.

To reserve your team please email: [kuwmcquiz@gmail.com](mailto:kuwmcquiz@gmail.com)

Affiliated to the CIU  
Society Registration No: 4343 VAT Registration Number: 105 2958

**KESSINGLAND UNITED WORKING MEN'S CLUB**  
THE AVENUE, KESSINGLAND, LOWESTOFT, SUFFOLK, NR33 7QD

# Christmas DISCO

**FREE ENTRY FOR ALL**

**7:30PM - 11:30PM**  
(BAR CLOSES 11PM)

**MUSIC BY DJ NIGEL**  
**PRIZE FOR BEST CHRISTMAS OUTFIT**  
(UNDER 18'S MUST BE ACCOMPANIED BY AN ADULT)

## FRIDAY 12<sup>TH</sup> DECEMBER

EMAIL: [clubsecretarykuwmc@outlook.com](mailto:clubsecretarykuwmc@outlook.com)



[WWW.KUWMC.CO.UK](http://WWW.KUWMC.CO.UK) | TELEPHONE: 01502 740218

Affiliated to the CIU

Society Registration No: 4343 VAT Registration Number: 105 2958

# Slimming World

feel real good

**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

**Slimming WORLD**

# LINE DANCING

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

ALL WELCOME  
PARKING & BAR

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

£5 ENTRANCE

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

**West Western Dance Academy**  
Trained Teacher



# Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



## Kessingland Library

### Opening Times

|           |            |
|-----------|------------|
| Sunday    | 10am – 3pm |
| Monday    | Closed     |
| Tuesday   | 10am – 4pm |
| Wednesday | 10am – 4pm |
| Thursday  | Closed     |
| Friday    | 10am – 4pm |
| Saturday  | 10am – 3pm |

Our library opening hours vary from library to library, you can find all details here: [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk)



## Regular Library Activities

|          |                             |
|----------|-----------------------------|
| TUESDAY  | 10am - Baby Bounce          |
| TUESDAY  | 4pm - Book Group (monthly)  |
| FRIDAY   | 2pm - BYO Craft Club        |
| FRIDAY   | 10am - Baby Bounce          |
| FRIDAY   | 2:30pm - Scrabble           |
| SATURDAY | 10:30-12 - Children's Craft |
| SUNDAY   | 10:30-12 - Children's Craft |

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



## Baby Bounce & Tot Rock

Tuesdays & Fridays at 10am

Followed by a cuppa & biscuits!



## SCRABBLE

Every Friday

2:30pm

JOIN US FOR SCRABBLE ON A FRIDAY AFTERNOON

£1 PER PLAYER WITH HOT DRINK AND SWEET TREATS INCLUDED



## Craft Group

2pm onwards

EVERY FRIDAY!

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

£1 per person which includes refreshments.

At the Library



## KID'S CRAFT

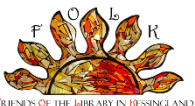


Saturday & Sunday 10:30-12

Free Activity



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



JOIN OUR FOLK:

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 Aleyna (Spinnaker Room) 4pm – 5pm

Wednesdays:

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

Thursdays:

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



Supported by Kessingland Parish Council  
Formerly MeetupMonday



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

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

### COVID SAFETY

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



Rural Coffee Caravan is a registered charity. No. 1187423

# Community Noticeboard

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



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

CAKES

**COFFEE** is served...  
 SATURDAYS 10-12  
 BOOKS, JIGSAWS, BEIC-A-BRA'S 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.

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

Kessingland St Edmunds Church presents...

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

**AT THE CHURCH CENTRE**

Free of charge

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

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

**Fun & Laughter**

**FREE of charge**

Tea, cake and friendship

Speakers

**ALL ARE WELCOME:**  
 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**





# MAKE A CHANGE BECOME A COUNCILLOR

Could you be a voice for your community?

Do you want to help make Kessingland a better place to live?

Are you interested in making a difference to your community?

Do you want to represent the views of local residents?

Do you know what the Parish Council can do?

### **Kessingland Parish Council has vacancies for new Councillors**

If you're over 18 years of age and live in Kessingland (or within three miles of the Kessingland boundary) and do not have any of the disqualifying criteria, then we would like to hear from you! The key qualities for a councillor are to keep an open mind and to listen to, learn about, care for and represent your community to the best of your ability.

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

If you are interested or want to know more, please speak to one of the current councillors or contact the council office. More information about what parish councillors & councils do is available at [www.nalc.gov.uk/our-work/local-elections#what-do-local-councils-and-councillors-do](http://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.gov.uk](mailto:admin@kessinglandparishcouncil.gov.uk)  
Web: [www.kessinglandparishcouncil.gov.uk](http://www.kessinglandparishcouncil.gov.uk)



## Volunteering Opportunities




**Give back to bact!**  
**We're looking for new**  
**volunteers**

Call bact on  
01986896896 or visit our  
website  
[www.bactcommunitytransport.org.uk](http://www.bactcommunitytransport.org.uk)  
To find out more.

# Volunteer with us!

Join our team as a volunteer and make a difference in your community.  
A range of roles are available

- Advisor
- Admin support
- Reception
- IT Support
- Fundraising
- Research
- Campaigns
- Social media

Interested? You can email us  
[volunteer@caes.org.uk](mailto:volunteer@caes.org.uk)  
Or for more information visit our website - [caes.org.uk](http://caes.org.uk)

**citizens advice East Suffolk**

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



## Are you looking to make a difference?

**Become a volunteer and help change lives**

At Home-Start Suffolk, we believe families should have the right support at the right time, giving children the best start in life.

As a volunteer you can help us ensure families and children are given the support they need to thrive. Your volunteering journey will offer a rewarding experience where you can learn new skills and meet new people, all while contributing to your local community. Your time and kindness could make a big difference to Suffolk families.

**FULL TRAINING PROVIDED**

**Contact us today to find out more**

 [homestartinsuffolk.org](http://homestartinsuffolk.org)  
01473 621104  
[volunteer@homestartinsuffolk.org](mailto:volunteer@homestartinsuffolk.org)

**HOME START**  
Suffolk



## 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



## 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)

## VOLUNTEERS Needed !!

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

**Your Community Garden  
Rider Haggard Lane, Kessingland  
NEEDS YOU**

We meet every Tuesday & Saturday from 9.30am  
We look forward to seeing you

## 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





## MAMFS CLEANING

EVERY HOUSE NEEDS A MAMF

### OUR SERVICES

- Private cleans
- Commercial cleans

### CALL OR EMAIL

☎ 07426062134

✉ samlea74@live.com



## FOUR PAWS OUTDOORS

Happy Walks. Happy Tails.



Fresh air, exercise, and love  
for your furry friend

### Our Services:

- ✓ Daily dog walks
- ✓ Adventure walks & playtime
- ✓ Puppy visits
- ✓ Pet sitting (on request)

### Why Choose Us?

- 🐾 Caring, reliable, and experienced
- 🌳 Safe, fun, and enriching walks
- 📍 Local & trustworthy

☎ 07426 062134

✉ Samlea74@live.com

*Because every walk should be an adventure.*

Welcome to the new 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 on 01502 744367, or email [admin@kessinglandparishcouncil.gov.uk](mailto:admin@kessinglandparishcouncil.gov.uk)



## Useful Contact Information



### Local Telephone Numbers

|                                                                                                       |                                      |
|-------------------------------------------------------------------------------------------------------|--------------------------------------|
| East Suffolk Council (Customer Services)                                                              | 0333 0162000                         |
| East Suffolk Council (Out of Hours Emergency)                                                         | 0800 440 2516                        |
| East Suffolk Council (Automated Payments)                                                             | 0300 7900509                         |
| Kessingland Parish Council                                                                            | 01502 744367                         |
| Jess Asato MP (Lowestoft)                                                                             | jess.asato.mp@parliament.uk          |
| Citizens Advice Bureau                                                                                | 01502 518510                         |
| Disability Advice North East Suffolk (DANES)                                                          | 01502 511333                         |
| Suffolk County Council Highways                                                                       | 0345 6066171                         |
| - What's happening in my area?                                                                        | www.one.network                      |
| - Report a fault                                                                                      | www.highwaysreporting.suffolk.gov.uk |
| - Email                                                                                               | www.suffolk.gov.uk/about/contact-us  |
| - Telephone                                                                                           | 0345 606 6171                        |
| Kessingland Doctors (Longshore Surgery)                                                               | 01502 740203                         |
| Kessingland Pharmacy                                                                                  | 01502 740251                         |
| James Paget Hospital A and E                                                                          | 01493 452200                         |
| NHS Helpline                                                                                          | 111                                  |
| Police - Emergency Only                                                                               | 999                                  |
| Police - Non-Emergency                                                                                | 101                                  |
| or online at <a href="http://www.suffolk.police.uk/contact-us/">www.suffolk.police.uk/contact-us/</a> |                                      |
| Coastline Vets (Carlton Colville)                                                                     | 01502 531999                         |
| Three Rivers Vets (Kessingland)                                                                       | 01502 741988                         |
| Pakefield Veterinary Clinic                                                                           | 01502 664656                         |
| Wangford Veterinary Clinic                                                                            | 01502 578999                         |
| Kessingland Library                                                                                   | 01502 741212                         |
| St Edmund's Church                                                                                    | 07530 099549                         |
| Kessingland Primary Academy                                                                           | 01502 740223                         |
| Kessingland Sports & Social Centre                                                                    | 07729 384705                         |
| Kessingland United Working Men's Club                                                                 | 01502 740218                         |
| Kessingland Women's Institute                                                                         | 01502 740785                         |

### National Organisations and Helplines

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

## Defibrillators in Kessingland



Kessingland has 10 defibrillators for use by the public at key locations throughout the village. The following are maintained by the Parish Council guardian on a weekly basis and "The Circuit" updated accordingly.

- Marram Green (24hrs)
- The Sailors Home Public House (24hrs)
- Kessingland Sports & Social Centre (not 24hrs)
- Kessingland United Working Men's Club (24hrs) – currently awaiting repair/replacement

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)

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.

The next issue of the Village News will be **February 2026**.



Large Village of the Year  
2023



Community of the Year  
2023

## Crossword Corner - Solutions



### Crossword Solution 101-38

**ACROSS:** 7 Thank 8 Antarctic 9 Try-out 11 Identify 12 Border Collie 15 Informs 16 Tom Heap 18 Mass-produced 20 Vindaloo 22 Detour 23 Important 24 Mould

**DOWN:** 1 Sherbourne 2 On good form 3 Incisor 4 *Waterloo Road* 5 Scot 6 Jiffy 10 Taramasalata 13 Exhaustion 14 Carefully 17 Appoint 19 Wilma 21 Drop