



The Village News

September 2025

Articles submitted are published as received & do not reflect the views of the Parish Council. All photographs reproduced with permission.

Inside The Village News

- 1 – Parish Council Meetings
- 2 – Your Parish Councillors
- 3 – Parish Council Structure
- 4 – Parish Council Staff
- 5 – District & County Councillors
- 6 – District Councillor Surgeries
- 7 – Roadworks Disruption in Kessingland
- 8 – Suffolk Community Policing Team
- 9 – Friends who Dance
- 10 – The Manor Farm Diaries
- 12 – Kessingland Youth Café
- 13 – Volunteer Groups Update
- 14 – Crossword Corner
- 15 – Help & Support in the Community
- 17 – Community Noticeboards
- 27 – Volunteering Opportunities
- 29 – Community Recycling
- 30 – Kessingland Business Page
- 31 – Useful Contact Numbers
- 32 – Defibrillators in Kessingland

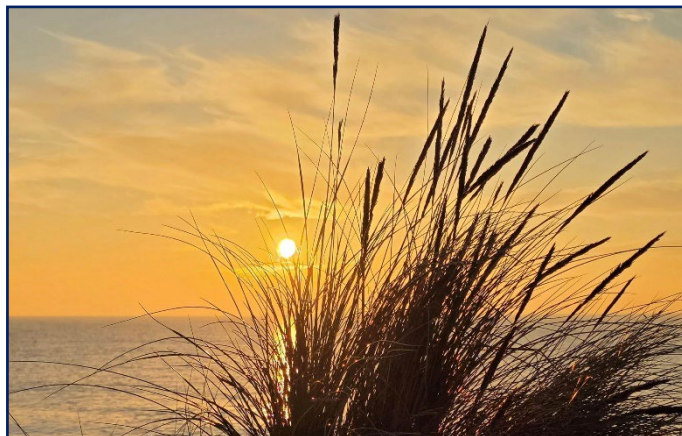


Photo Credit: Tony Loughlin

Parish Council Meetings September 2025

Full Council:

- Wednesday 10th, 7:00pm

Finance & Governance:

- Tuesday 9th, 1:30pm

Planning & Highways:

- Wednesday 3rd, 10:00am
- Wednesday 17th, 10:00am

Personnel:

- No meetings scheduled.

Leisure & Community Engagement:

- Monday 15th, 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>



Join us on Facebook
Friends of Kessingland Parish Council

Your Parish Councillors



Stephen (Sid) James
Chair of Council

01502 740521

sjames@kessinglandparishcouncil.gov.uk



David Boyle
Vice-Chair of Council

07707 201300

dboyle@kessinglandparishcouncil.gov.uk



Christine Cook
Councillor

07592 555345

ccook@kessinglandparishcouncil.gov.uk



Neil Glendinning
Councillor

07985 462200

nglendinning@kessinglandparishcouncil.gov.uk



Ian Graham
Councillor

07985 462200

igraham@kessinglandparishcouncil.gov.uk



Alan Green
Councillor

07789 644645

agreen@kessinglandparishcouncil.gov.uk



Julie McLean
Councillor

07539 696904

jmclean@kessinglandparishcouncil.gov.uk



Billy Nicholls
Councillor

07584 168200

bnicholls@kessinglandparishcouncil.gov.uk



Danielle Pope-Brannon
Councillor

07928 245822

dpope-brannon@kessinglandparishcouncil.gov.uk



Bob Saunders
Councillor

01502 744367

bsaunders@kessinglandparishcouncil.gov.uk

VACANCY

VACANCY

VACANCY



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

Planning & Highways Committee

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

Finance & Governance Committee

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

Personnel Committee

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

Leisure & Community Engagement Committee

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

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

Beach Wardens

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

Benacre & Kessingland Flood Group

Cllr S. James

Village & Beach Clean-Up Co-ordinators

Cllr D. Boyle, Cllr J. McLean

Community Kitchen & Wildlife Garden Co-ordinator

Cllr J. McLean

Kessingland Marsh

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

Kessingland Help in Need Trust

Cllr D. Boyle

Community Fridge

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

Hidden Needs Forum

Cllr C. Cook, Cllr J. McLean,

CCKS Community Partnership

Cllr J. McLean, Parish Clerk

Suffolk Police Locality Board

To be appointed

Kessingland Sports & Social Centre

Cllr C. Cook

Community SID Co-ordinator

Cllr D. Pope-Brannon,
Mr D. Haward

Safer Neighbourhood Team (Suffolk Police)

To be appointed

Kessingland Events Group

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

Kessingland Parish Council Staff



Kessingland Parish Council

Office Hours:

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

Telephone:

01502 744367

Email:

admin@kessinglandparishcouncil.gov.uk

Website:

www.kessinglandparishcouncil.gov.uk

Parish Clerk & RFO:
Neil Coleby

Acting Parish Clerk & RFO:
Shelley Hogg

Admin/Committee Clerk:
Debbie Blowers

Senior Youth Leader:
Christine Smith

Youth Leader:
Daniel Fisk

Youth Leader:
Lizzie Sibson

Youth Leader:
Irene Burns

Youth Leader:
Darren Haward

Cleansing Operative:
Ruth Hill

Cleansing Operative:
Niall McLean

General Maintenance:
Darren Haward

District & County Councillors



County Councillor:
Michael Ladd

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

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

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

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

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

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



District Councillor:
Alan Green



Councillor Surgery

with **Councillor Alan Green**

District Councillor for the ward of Kessingland

Telephone: 07818 563003

Email: alan.green@eastsoffolk.gov.uk



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

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

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

ALL WELCOME



Roadworks Disruption in Kessingland



To: All residents of Kessingland

From: Cllr Stephen (Sid) James, Chair of Kessingland Parish Council

Parishioners,

August has not been the best month for traffic management within Kessingland. Parishioners should be in no doubt the parish council had not sanctioned this work to take place, let alone in August. The population doubles in the summer months as we welcome tourists and visitors to the village. Consequently July and August are the worst months to commence work of this nature.

The parish council have no jurisdiction over utility companies such as City Fibre and Cadent. We received a general style email from Suffolk Highways saying essential works are a priority so they have 'licence' to do what they like when they like. The Government has insisted that full fibre is a priority and they want 85% of the country ready by the end of 2025 and the whole country by 2030. They don't even have to ask Suffolk County Council, they just inform them when and where.

We also have the same issue with Cadent (Gas) with gas main replacements taking place. Whilst this is essential work, we and Suffolk County Council were not informed, and when we queried it, we were directed to a national website of planned work to be carried out. This showed Field Lane and the High Street closed from 21st July to 23rd August.

I'm sure you agree this is not ideal but this is how it is. We have tried everything in our power to get answers but as the lowest tier of local government we unfortunately don't carry much clout. Notwithstanding that reproduced below is a copy of an email sent to our Suffolk County Councillor, Michael Ladd from District Councillor Alan Green on 25th July 2025. They represent Kessingland at Suffolk County Council and East Suffolk Council respectively. Cllr Green is also a Parish Councillor.

We can only apologise for the disruption but maybe a timely reminder with the unitary authority debate just around the corner!



Stephen (Sid) James
Kessingland Parish Council - Chair

To: Cllr Michael Ladd, Suffolk County Council
Subject: Traffic chaos in Kessingland

Hi Michael,

As the ward member, I wish to lodge a formal complaint to SCC about the multiple roadworks in Kessingland if you would kindly pass to the relevant department, presumably whoever issues licences.

Due to the closure of Field Lane due to roadworks, the diversion signs sends traffic via Church Road, only to be confronted by three-way traffic lights at the junction of Church Road and Whites Lane. Border double decker buses are using Lloyds Ave where they encounter even further roadwork traffic lights. Lloyds Ave is also totally unsuitable for this type of traffic anyway. One Bus are running a shuttle bus from Wash Lane to Africa Alive to pick up the bus to Lowestoft, reversing into Fisherman's Way to turn round at one end and the entrance to Africa Alive at the other causing more chaos.

This is the first weekend of the holidays when Kessingland welcomes the first visitors of the season and it is disappointing and frankly quite madness to have all the roadworks allowed at same time. I lay no blame on the bus services, they are just trying to serve their customers as best they can amongst the chaos.



Regards,
Councillor Alan Green | Kessingland ward | East Suffolk Council

Community Policing Team – Kessingland & Carlton Colville



Hello, first let me introduce myself, my name is Andrew, and I am the new Community Policing Officer for Carlton Colville and Kessingland.

Community policing is all about building strong, trusting relationships between the police and the local community. Officers work closely with residents, businesses, schools, and local organisations to understand the unique needs of the area and tackle issues that matter most to the people who live there.

I aim to have a visible presence in your community, patrolling on foot and delivering inputs to the school and youth groups. I will be working with the Parish Councillors, local Council Officers and other community bodies.

I encourage every member of the community to report any concerns regarding crimes or anti-social behaviour to the police. Often the most convenient way to do this is through our on-line reporting tool, available at

<https://www.suffolk.police.uk/ro/report/>

Any report made this way will be sent to the same control room as telephone reports and allocated in the same manner, just without the wait on the phone.

My colleagues and I hold regular meet and greet events, called Street Meets, these are great opportunities to come and say hello and discuss any concerns that you may have with us. The upcoming date for this is:

19th September 11:00 at the Waterfront opposite Sailors Home

I hope to see many of you soon,

PC Andrew Hamp

About your Community Policing Team:

Our service is one that puts people and community at the heart of everything we do. It's one that keeps people safe, puts victims first, protects people from serious harm, strives to provide high quality investigations and prevents crime and anti-social behaviour.

We will work and problem solve with local partners.

We understand, to build trust and confidence, it is crucial for officers to be where they are needed and when people need them the most.

Our approach is shaped by our vision to make Suffolk a safer place to live, work, travel and invest. Our officers and staff will deliver this vision with courage, professionalism, compassion and a strong sense of community.

You can call 101 to report a crime that has already happened, seek crime prevention advice or make us aware of any policing issues in your area.

You should always call 999 if:

- **you or someone else is in immediate danger**
- **if the crime is in progress**
- **you need police help immediately**

“Friends who Dance” Group

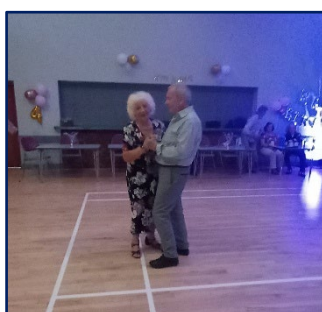
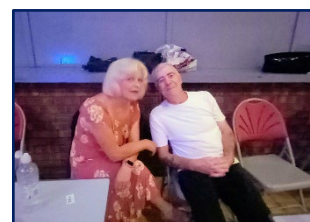
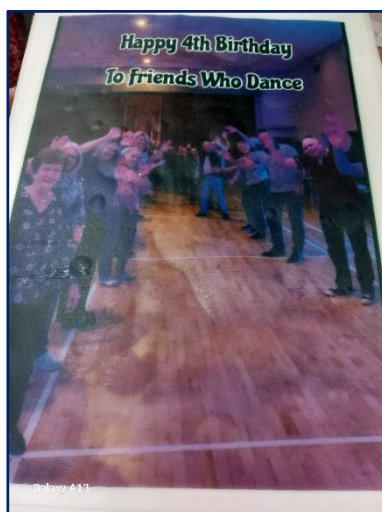


HAPPY BIRTHDAY

Friends who Dance held their 4th Birthday dance & free raffle on August 11th at KSSC, Francis Road. Kessingland. Our group had worked hard to decorate the hall to celebrate a fun evening with dancing & our free raffle.

The club was originally a Ceroc event but after covid did not return to Kessingland. Joint founder member, the late, great Les Allen, got together with Sue & with lots of help from other Ceroc dancers decided to try & run a dance club on Monday evenings. "Friends who Dance" evolved into what it is today. An evening of many types of dance. You don't need a partner, and it's great for keeping fit & socialising.

We meet every Monday evening from 7.30-10.30pm. (Except Bank Holidays). All welcome £5 entrance includes free tea, coffee & snacks.



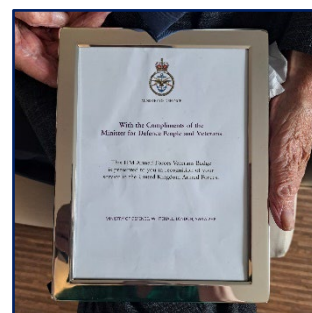
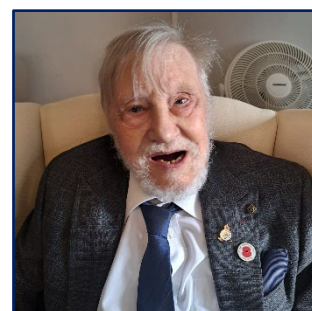
24th July 2025 – Veteran's Badge Presentation

We had the great pleasure of welcoming Kath Hutton, Armed Forces Support Officer who was joined by Phil Turner, Vice Chair of Royal British Legion Suffolk and Chair of Royal British Legion Suffolk & Royal British Legion Lowestoft Branch, along with Jim Ruff, Standard Bearer for Royal British Legion Beccles. They came to present David with his Veteran's Badge which was issued by The Ministry of Defence to acknowledge his service in the British Armed Forces.

David joined the Forces when he was 17 1/2 years old and, after 6 weeks of training in Kent, he went on to spend 7 years with the Medical Corp working within MRI units. David served in many locations including Catterick and Gibraltar.

After meeting Kath at our VE Day celebrations it came to light that David hadn't received his badge despite leaving the Medical Corp over 60 years ago. We applied to the Ministry of Defence and David finally received his Veterans Badge in a very moving presentation followed by scones and tea.

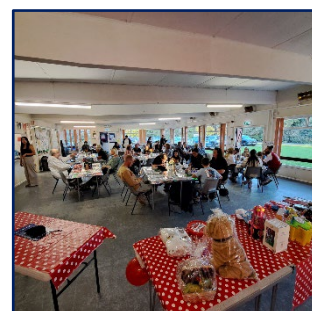
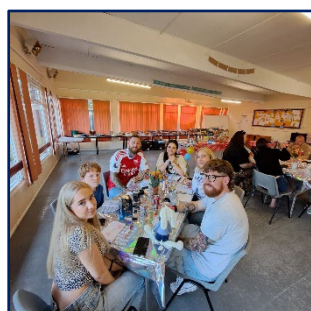
Congratulations David and Thank you for your service.



3rd August 2025 – Family Summer Bingo



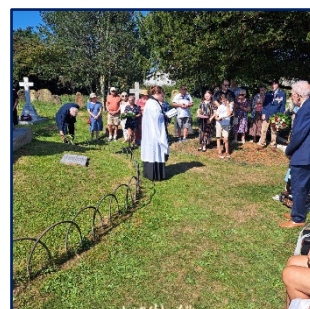
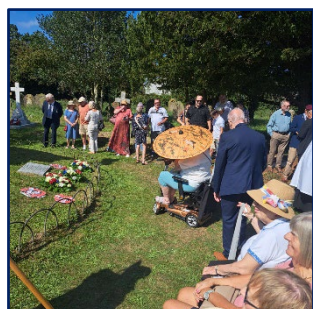
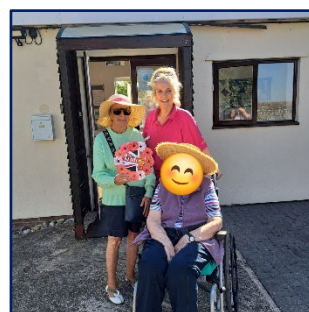
★ Last night we had an absolute blast at our Family Summer Bingo Fundraiser. We raised a whopping £400 for our Residents Fund. A huge thank you to everybody who came and made it such a success, everybody who donated raffle prizes including local businesses- Pip's Pampered Pooches, Sandy Paws, The Village Fryer and of course The Hatfield Hotel Lowestoft not to mention our residents' wonderful families and our fabulous staff 🍷. A special shout out to Christine's our kitchen queen for providing and serving the refreshments and Kate for being a general superstar. We hope everybody had a great time and we are already planning our autumn event' so hope to see you there 🤗



15th August 2025 – VJ Day Commemoration

This morning we went to St. Edmunds Church to join other Village Residents in commemorating VJ Day. 15th August 1945 was when Japan surrendered which marked the end of World War Two after nearly 6 years.

We met up with Imogen and Theodore of the Village Youth Cafe making this group the youngest and some of the oldest in attendance. Maureen laid Manor Farm's wreath, which our residents help to make and we observed the 2 minute silence led by Reverend Natalie. Afterwards we were invited to join at the Church Hall for a lovely cuppa and a wonderful buffet.



28th August 2025 – Congratulations!



★ Please join us in congratulating Shona, Anthea & Ellie for their hard work in gaining their Diplomas in Adult Social Care!

Very well deserved! ★



Manor Farm Care Home, 82 Church Road, Kessingland
T: 01502 740161 E: info@krghealthcare.com W: www.krghealthcare.com

Update for July & August



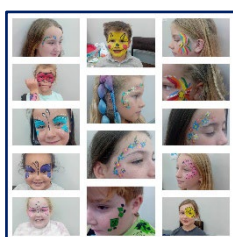
It's been a busy couple of months at the Kessingland Youth Café. Laser Tag arranged and run by Daniel was enjoyed by our members and some of the leaders at the end of June with a trip to the climbing wall at Waterlane in July where 10 members and Daniel took on the challenge of climbing as high as they could, photos were shared on our FB page. I am trying to arrange another trip in October for



members that haven't been before, details, list for names etc will be posted when date arranged.



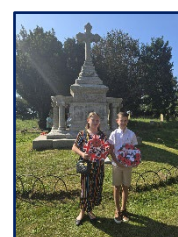
Although we were only open twice during August it was a rather busy month. 9 new members registered with us which shows we are spreading the word of the KYC among the young people of Kessingland and surrounding area. The other good news is that in view of our increased numbers there have been 3 new team members employed, Darren will be starting in October with Lizzie and Irene starting in a couple of weeks. Our team will compose of 7 volunteers and 5 employed leaders. Welcome to all our newcomers.



The fun day at the KSSC was a great success with Lyn and Chloe kept very busy face painting, we are hoping for more artists next year if anyone is interested please get in touch.



Theo & Imogen did us proud by laying a wreath for the VJ Day commemoration at the church war memorial.



The KYC will open every Wednesday in September with the same hours of 6/30 to 8/30. As the nights are starting to draw in we will be asking members **NOT to go out to the play area from the hall** - the KYC is only open for 2 hours and we would hope the members are enjoying the activities provided. We do ask members what activities they would like for future weeks, giving them some ownership in what is planned.

Due to rising costs tuck shop items which have not seen a price rise in last couple of years will increase from September. Ideas for fundraising are always welcome.

Thanks as always for your continuing support.

Chris and the KYC team



TUCK SHOP

DRINKS
ALL CANS - 80p each
FLAVOURED WATER / FRUIT SHOOT - 50p each
HOT DRINKS (Tea, Coffee, Hot Chocolate) - 50p per cup
FRUIT SQUASH - FREE

CHOCOLATE
ALL BARS - 50p each

CRISPS / SNACKS
ALL CRISPS - 30p each
CEREAL / FRUIT BARS - 50p each
HOT TOAST (2 Slices with Butter/Jam) - 50p per serving

ALL THE MONEY RAISED FROM THE TUCK SHOP IS USED TO RE-STOCK THE SHOP AND ANY PROFIT IS USED TO PURCHASE EQUIPMENT / ACTIVITIES FOR THE CLUB

Please put rubbish in the bins provided



Volunteer Groups Update



Apologies for the lack of updates, we have mainly been concentrating on maintenance of the Garden keeping the pathways as clear as possible and the wild grass areas more manageable. We're also working on improving the new pond area and will start on clearing a space for our new Garden bench. The Men's Shed have also kindly offered to repair the main picnic bench and we've also had some new fruit trees kindly donated by residents...a big "Thank You" to everyone. If you do visit the Garden there is plenty of fruit and vegetables ready to pick including tomatoes, lots of varieties of apples (eating & cooking varieties), plums, beans, rhubarb and carrots.

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

Our volunteers will be on site on Tuesday & Saturday mornings (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. Thank you for your support.



Join us on Facebook:
Kessingland Community Kitchen & Wildlife Garden

The Village clean-up teams are out & about again on various days during the week – the organized litter picking groups go around the Village on a Friday morning (meet up at Marram Green at 9am if you want to join them). Alternatively, you can help out on a day/time that suits you.

All of our volunteers are doing a great job keeping the Village nice and tidy whether as part of the organized groups or on days to suit them.



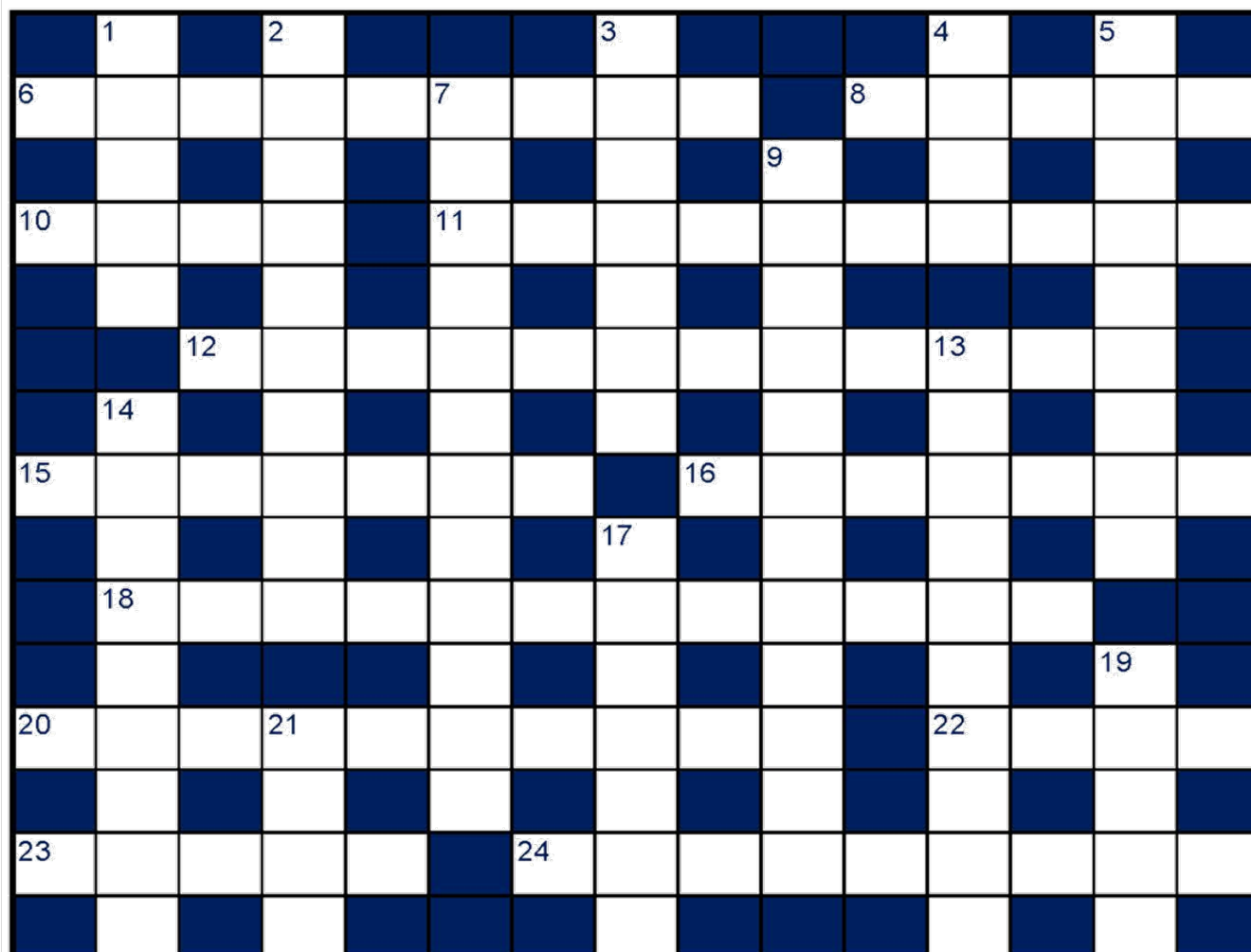
The Monday beach cleans are also in full swing & the group either meets at approx. 10am at Marram Green or 12pm after litterpicking at the Sailor's Home for a cuppa & a cake. Towards the end of September when the beach cleans finish for the season, the group will start clearing various overgrown areas around the village.

Thank you in advance to all our volunteers who help to keep it clean & tidy. More volunteers, for litter picking & work at the Marsh, are always needed. So, if you have an hour or two to spare, please contact the Parish Council Office or Cllr David Boyle for more details (all equipment will be provided).

Other volunteering opportunities are also listed in this Newsletter



No: 101-35



Across:

- 6 Piece of land that is almost an island (9)
- 8 Blue-green gem (5)
- 10 Espy, suddenly see (4)
- 11 Make too many demands on (10)
- 12 From Johannesburg? (5,7)
- 15 Small country north-west of Greece (7)
- 16 Bouquet seller (7)
- 18 Mind therapist or shrink (12)
- 20 Injecting needle (10)
- 22 Bar on which a wheel turns (4)
- 23 Christmas cracker saying (5)
- 24 Channel 4 soap set in Chester (9)

Down:

- 1 Entice, lure (5)
- 2 Book of words (10)
- 3 Against the law (7)
- 4 Large hibernating mammal (4)
- 5 Dental health specialist (9)
- 7 Can't see faraway objects (5-7)
- 9 Concerning star signs (12)
- 13 Current BBC political editor (5,5)
- 14 Loose-fitting sweater (6,3)
- 17 Baffle, perplex (7)
- 19 Particle of snow (5)
- 21 Courtroom promise (4)

KESSINGLAND HELP IN NEED TRUST

CHARITY NUMBER: 242755

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

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

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

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, 24th September 2025**

9:30am – 12:30pm

Contact us for details
01502 511333

info@danesonline.co.uk

Drop in at Kessingland



citizens
advice East Suffolk



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



Marram Green Cafe,
Kessingland, NR33 7AH

Centre for
Warmth

in partnership with
Cadent

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

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

ccfw@eastsuffolk.gov.uk

or Call 0333 016 2000

and ask for

Suffolk Centres for Warmth



**Subject to
conditions*



**Kessingland
Parish
Council**



**HELP
for
HOUSEHOLDS**

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



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



For help with Finances/Food &
Essentials/Fuel & Energy/Housing
www.eastsuffolk.gov.uk/community/squeeze
0333 016 2000



For general enquiries
www.kessinglandparishcouncil.co.uk
01502 744367
admin@kessinglandparishcouncil.org.uk

Where you can get information & advice about
what help & services are available to you.

Further information will be published in future issues of
The Village News



Well Minds East Suffolk

There is a wide range of mental health support available in East Suffolk but sometimes it can be difficult, especially at a time of crisis, to know where to look for this information. East Suffolk Council's new 'Well Minds East Suffolk' booklets contain mental health advice, information, and details of local support services for people of all ages in need of help with their mental health. 10,000 booklets have been produced and are being delivered to community settings across the district, including libraries, community centres and the Council's network of Warm Welcomes. You can also view the booklet at <https://eastsuffolk.gov.uk/wellminds>. The booklets were funded by the Community Partnership Board and two local Community Partnership

You're invited

to
the



FRIDAY, 26th SEPTEMBER

10am – 1pm

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

Help to raise funds for



Kessingland
Parish
Council

MACMILLAN
CANCER SUPPORT





Friends of the Library in Kessingland

Fish and Chip Quiz Night

7 for 7.30 pm

Friday September 12th

Marram Green

£8 with fish and chips, £4 quiz only

Up to 6 people per team

Tickets available at the library

from Wednesday 7th May



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

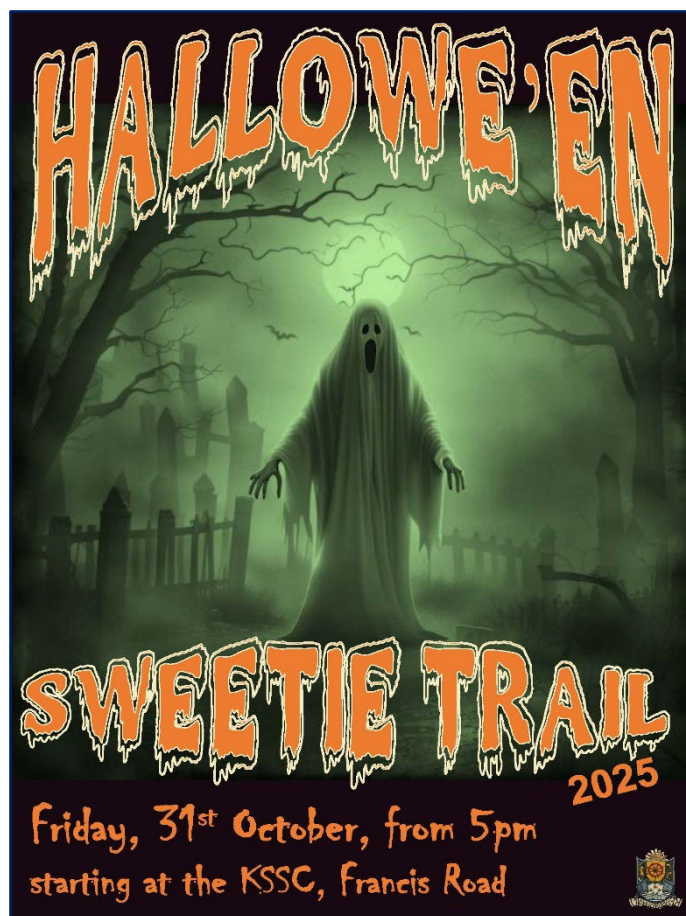
SAMARITANS
Lowestoft & Waveney District

It's Quiz Time!

Come and join the Fun!

See if your team can win our quiz! 10 rounds of quiz fun covering music, history, general knowledge, movie trivia and much, much more. Enter our raffle for a chance to win a prize all helping to raise needed funds for the Samaritans.

WHEN?: Wednesday 10th September
TIME?: Arrive from 6.15pm for the Quiz to start at 7pm
TEAMS?: Between 4 & 6 people per team, entry donation of £3 per team member (collected on the night)
WHERE?: The Hotel Victoria, Kirley Cliff Road, Lowestoft, NR33 0BX
WHY?: To help raise funds for the Lowestoft & Waveney Branch of the Samaritans
CONTACT: Contact Chris on 07927636417 or chrissmithers6@gmail.com for more details



COUNTRY & WESTERN NIGHT

Saturday, 22nd November 2025
7pm – 11pm

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

Licensed bar
Tea / Coffee Available

Drinks Raffle

Best Dressed
Cowboy & Cowgirl Competition

Music & Entertainment
with Barrie Thornton

Fish 'n' Chip Supper

Tickets:
£12.00 (with food) / £6.00 (without food)

For more information & to book your ticket,
please contact Christine:
Tel: 07850 153121



Community Noticeboard

Events, Competitions & Local Groups



Free walking activities in Lowestoft

📍 Dip Farm

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

📍 Nicholas Everitt Park

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

📍 Carlton Marshes

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

📍 Various locations

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

Cuppa and a Stroll

📍 Sparrows Nest

Mondays | 13:00-14:30

📍 Cherry Lane Garden Centre

Tuesdays | 11:00-12:30

📍 Kensington Gardens

Wednesdays | 13:00-14:30

📍 Pathways Care Farm

Fridays | 13:00-14:30

Interested in finding out more?

Visit our website walkingandcyclinginsuffolk.org.uk or scan the QR code

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



Please note that all bookings must be made in advance.

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



Free cycling activities in Lowestoft

📍 Dip Farm

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

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

Saturdays | 10:00-12:00

Cycling for Health

📍 Nicholas Everitt Park

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



Interested in finding out more?

Visit our website walkingandcyclinginsuffolk.org.uk or scan the QR code

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



Please note that all bookings must be made in advance.

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

Join our u3a Community

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

We'd love to meet you!

We have over 20 groups including

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

Free Entry Free Tea or Coffee

THURSDAY 3rd JULY 2025
Drop in between 10.00-13:00 at Avenue Hall 101 The Avenue Lowestoft NR33 7LJ

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



Dementia wellbeing walks

Join us for a gentle dementia-friendly walk

WHEN? Every Monday between 10am and 12pm

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

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



Scan the QR code to contact us



Email: thewaytogosuffolk@suffolk.gov.uk
www.thewaytogosuffolk.org.uk

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

Community Noticeboard

Activities & Groups: Kessingland Sports & Social Centre



Kessingland

Friendship Club

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

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

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

For more information, please contact Helen Sinfield on 01502 741424

Welcome!

Shotokan Karate Classes

First Two lessons free

Kessingland Sports & Social Centre
Francis Rd, Kessingland

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

Sensei Mark Owers
3rd Dan BSA Instructor

Family Class
Age 7+

Email: kesskarate@btinternet.com

KESSINGLAND

Short Mat Bowls CLUB

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

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

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

WE ARE A FRIENDLY CLUB LOOKING FOR NEW MEMBERS

WE LOOK FORWARD TO SEEING YOU THERE!

KESSINGLAND COMMUNITY CENTRE
FRANCIS ROAD
KESSINGLAND

BOOST FUNDS FOR OUR CAUSE

JOIN OUR LOTTERY!

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

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

one lottery

KESSINGLAND YOUTH CAFÉ

SEPTEMBER 2025

Wednesday 3rd, 10th, 17th, 24th:
Choice of Activities
"Hot Food" available on 24th

6:30pm to 8:30pm

Age Group:
10 to 16yrs

FREE ACTIVITIES at the KSSC Francis Road Kessingland

SNACK SHOP

FRIENDS WHO DANCE

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

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

For more information please contact Sue: 07731380691

Groups at Kessingland Sports & Social Centre

MONDAYS

7:30 – 10:30pm: Friends who Dance

TUESDAYS

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

WEDNESDAYS

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

THURSDAYS

9:30 – 10:30am: Chair Based Exercise (Alternate Thursdays)
1:30 – 3:30pm: Singing Sensations
Friendship Club
6:00 – 7:00pm: Pilates
7:30 – 10:00pm: Model Flying Club

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

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

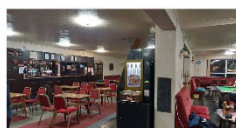


Cash prizes and Raffle



£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

Affiliated to the CIU

Society Registration No: 4343 VAT Registration Number: 105 2958

KESSINGLAND UNITED WORKING MEN'S CLUB

THE AVENUE, KESSINGLAND, LOWESTOFT, SUFFOLK, NR33 7QD

**FRIDAY
31ST
OCTOBER**

HALLOWEEN

PARTY

R.I.P.

'THRILLING' DISCO

BEST COSTUME PRIZES

DOORS OPEN 7PM

FAMILIES AND CHILDREN WELCOME

FREE ENTRY FOR MEMBERS & NON MEMBERS



Email: CLUBSECRETARYKUWMC@OUTLOOK.com

WWW.KUWMC.CO.UK | telephone: 01502 740218

Affiliated to the CIU

Society Registration No: 4343 VAT Registration Number: 105 2958

Slimming World

feel
real
good



With Louise

07725748421

Tuesdays
5.30 & 7pm

Kessingland Working

Men's club

Come along to meet us

Or get in touch for more info

real food, real support, real results



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

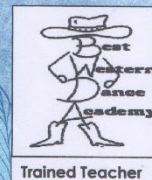
ALL WELCOME
PARKING & BAR

WITH
ALISON

WEDNESDAYS
7PM TILL 9.30PM
FROM 21ST AUGUST

£5 ENTRANCE

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



Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



SUFFOLK LIBRARIES **WHERE I BELONG**

Library Opening Times

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

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

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

SUFFOLK LIBRARIES **WHERE I BELONG**

Regular Library Activities

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

Find us at: Marram Green, Hall Road, NR33 7NY
suffolklibraries.co.uk/kessinglandlibrary

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

SUFFOLK LIBRARIES **WHERE I BELONG**

BABY BOUNCE & TOT ROCK

FREE ACTIVITY UNDER FOURS

Tuesdays & Fridays
10am

Followed by a cuppa & biscuits

SCRABBLE

Every Friday
2:30pm

JOIN US FOR SCRABBLE ON A FRIDAY AFTERNOON

£1 PER PLAYER WITH HOT DRINK AND SWEET TREATS INCLUDED

FOR STITCH DROPPERS

Craft Club

2pm Friday

at Kessingland Library
£1.00 including refreshments

SUFFOLK LIBRARIES

SUFFOLK LIBRARIES **WHERE I BELONG**

CHILDREN'S CRAFT

Saturdays & Sundays 10:30-12:00

FUELLED BY IMAGINATION

JOIN OUR FOLK:

50 Club

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

TO RAISE FUNDS TO SUPPORT OUR VILLAGE LIBRARY.

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

Other Groups at Marram Green:

Mondays:

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

Wednesdays:

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

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

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

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

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

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

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

Rural Coffee Caravan is a registered charity. No. 1187423

Community Noticeboard

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



Every Saturday 10am—12noon
Kessingland Church Centre

Saturday Coffee at St Ed's

CAKES

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

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

TOGETHER WE CAN DO IT

Craft for Children

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

Rainbows

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

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

girlguiding
Registered charity number: 304016

Join a local Rainbows group 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

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

Fun & Laughter

FREE of charge

ALL are very welcome to this very friendly Group

Cinema Outings

Tea, cake and friendship

Speakers

Why not come along and give it a try?

Choir Master: Colin Jobson
colinlinda108@icloud.com
Or
Come along on a Sunday morning at 10.45am and speak with Colin in person

EVERYONE is welcome at Kessingland Church

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

KESSINGLAND CHURCH CHOIR

Singing is good for you and FUN

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

Available to Hire.
Contacts Pat Briggs
01502 740478

Parking, Disable Access & Toilets,
Kitchen and Tables

Meetings, Children's Parties, Events.

QUIZ

Saturday 6th September

6.30pm St. Edmund's Church Centre

£5 tickets on the door

inc. light refreshments

Teams of up to 6 people

Tombola

Info: Tel Ian and Pat 742185

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

Kessingland Parish Council
First Floor, Marram Green, Hall Road, Kessingland NR33 7AH

Telephone: 01502 744367 / Email: admin@kessinglandparishcouncil.gov.uk
Web: www.kessinglandparishcouncil.gov.uk

Volunteering Opportunities



Supported by
Active Travel England

Volunteers needed to support our walking and cycling groups

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

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



Interested in finding out more?

Email thewaytosuffolk@suffolk.gov.uk 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



Pakefield Coastwatch

Can you spare 3-4 hours per week?

VOLUNTEERS NEEDED

to assist us in safeguarding our seas and coast.

Full training given.

Contact our Station Manager on
07788 377501

Pakefield Coastwatch is a registered charity. No. 1178259

VOLUNTEERS WANTED

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

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

For more information, please contact the Council office:

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

Kessingland Parish Council
Parish Council Office, First Floor, Marram Green, Hall Road, Kessingland NR33 7AH

Telephone: 01502 744367
Email: admin@kessinglandparishcouncil.gov.uk
Web: www.kessinglandparishcouncil.gov.uk

Community Recycling



CLOTHES BANKS

Kessingland Church Centre
Carpark
Church Lane
Kessingland

Livingstones Freehouse
Carpark
Whites Lane
Kessingland



BOOKS / USED PRINTER CARTRIDGES

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



TETRAPAK CARTONS

Lowestoft Recycling Centre
Haddenham Road
Lowestoft NR33 7NF



UNWANTED / USED BATTERIES

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

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

GLASS & BOTTLE RECYCLING

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

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



Welcome to the

Kessingland Business Page

To advertise on this page:

Your business must be based in Kessingland

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

Telephone: 01502 744367

Email: admin@kessinglandparishcouncil.gov.uk

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 www.suffolk.police.uk/contact-us/	
Coastline Vets (Carlton Colville)	01502 531999
Three Rivers Vets (Kessingland)	01502 741988
Pakefield Veterinary Clinic	01502 664656
Wangford Veterinary Clinic	01502 578999
Kessingland Library	01502 741212
St Edmund's Church	07530 099549
Kessingland Primary Academy	01502 740223
Kessingland Sports & Social Centre	07729 384705
Kessingland United Working Men's Club	01502 740218
Kessingland Women's Institute	01502 740785

National Organisations and Helplines

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

Defibrillators in Kessingland



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

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

Additional defibrillators (maintained by site owners):

- The Hollies (24hrs)
- Livingstones Freehouse (24hrs)
- Kessingland Camping & Caravanning Club (not 24hrs)
- Heathland Beach Holiday Park (not 24hrs)
- Parkdean Resorts (not 24hrs)
- White House Beach Camping Caravans (not 24hrs)

Crossword Corner - Solutions



Crossword Solution 101-35

ACROSS: 6 Peninsula 8 Beryl 10 Spot 11 Overstrain 12 South African 15 Albania
16 Florist 18 Psychologist 20 Hypodermic 22 Axle 23 Motto 24 *Hollyoaks*

DOWN: 1 Tempt 2 Dictionary 3 Illegal 4 Bear 5 Hygienist 7 Short-sighted
9 Astrological 13 Chris Mason 14 Sloppy Joe 17 Flummox 19 Flake 21 Oath

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 20th of each month. Please send submissions to the Editor – jmclean@kessinglandparishcouncil.gov.uk

Articles can be half or full page. If you would like to advertise in the Village News (Kessingland businesses only), please contact the Parish Council on 01502 744367 for a subscription form.



Large Village of the Year
2023



Community of the Year
2023