



# The Village News

April 2025

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

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Photo Credit: Tony Loughlin

## Parish Council Meetings April 2025

### Full Council:

- Wednesday 9<sup>th</sup>, 7:00pm

### Finance & Governance:

- No meetings scheduled.

### Planning & Highways:

- Wednesday 2<sup>nd</sup>, 10:00am
- Wednesday 16<sup>th</sup>, 10:00am

### Personnel:

- No meetings scheduled.

### Leisure & Community Engagement:

- No meetings scheduled.

The agendas & minutes of all the committee meetings are listed on the parish council website: [www.kessinglandparishcouncil.co.uk](http://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:  
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## Your Parish Councillors



**Stephen (Sid) James**  
Chair of Council

01502 740521

[sjames@kessinglandparishcouncil.gov.uk](mailto:sjames@kessinglandparishcouncil.gov.uk)



**Caroline Carter**  
Vice-Chair of Council

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**Christine Cook**  
Councillor

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**Alan Green**  
Councillor

07789 644645

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**Julie McLean**  
Councillor

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Councillor

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**Bob Saunders**  
Councillor

07901 530770

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**Neil Glendinning**  
Councillor

07801 681136

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**Lynda Hood**  
Councillor

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[lhood@kessinglandparishcouncil.gov.uk](mailto:lhood@kessinglandparishcouncil.gov.uk)



**David Boyle**  
Councillor

07707 201300

[dboyle@kessinglandparishcouncil.gov.uk](mailto:dboyle@kessinglandparishcouncil.gov.uk)

**Danielle Pope-Brannon**  
Councillor

07928 245822

[dpope-brannon@kessinglandparishcouncil.gov.uk](mailto:dpope-brannon@kessinglandparishcouncil.gov.uk)

**Jack Ollett**  
Councillor

07897 643233

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Vacancy



**NOTICE OF VACANCY  
IN OFFICE OF COUNCILLOR**

**KESSINGLAND PARISH COUNCIL**

**NOTICE IS HEREBY GIVEN**

that due to the resignation of Councillor Zarina Mohamdee, a vacancy has arisen in the Office of Councillor for the Parish Council.

1. A by-election to fill the vacancy will be held if ten electors for the parish give notice in writing claiming such an election to the Returning Officer not later than

**10 April 2025**

2. The Addresses of the Returning Officer are:

**Riverside  
4 Canning Road  
Lowestoft  
NR33 0EQ**

**Council Offices  
East Suffolk House  
Station Road  
Melton  
Woodbridge  
IP12 1RT**

3. If no such notice is given the Parish Council will fill the vacancy by co-option.

Dated: 21 March 2025

Signed:  .....  
Clerk

Ms Shelley Hogg  
Deputy Parish Clerk to Kessingland Parish Council  
Council Offices, First Floor  
Marram Green  
Kessingland  
Lowestoft  
NR33 7AH

# Kessingland Parish Council

## Committees / Groups / Representatives



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

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

### Finance & Governance Committee

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

### Personnel Committee

Councillors:  
Chair: N. Glendinning  
Vice-Chair: C. Carter  
C. Cook, I. Graham, A. Green

### Leisure & Community Engagement Committee

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

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

#### Beach Wardens

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

#### Benacre & Kessingland Flood Group

Cllr S. James

#### Village & Beach Clean-Up Co-ordinator

Cllr D. Boyle

#### Community Garden Co-ordinator

Cllr J. McLean

#### Kessingland Marsh

Cllr D. Boyle (Warden)  
D. FOX (Deputy Warden)

#### Kessingland in Need Trust

Cllr L. Hood, Cllr D. Boyle

#### Community Fridge

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

#### Hidden Needs Forum

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

#### ESC Community Partnership

Cllr J. McLean, Cllr I. Graham,  
Deputy Parish Clerk

#### Youth Culture Board

Chair & Vice Chair of Council,  
Cllr J. McLean, Cllr I. Graham

#### Kessingland Sports & Social Centre

Cllr C. Cook

#### SALC Climate Forum

Cllr A. Green  
& Parish Clerk

#### Suffolk Police

Cllr C. Carter, Cllr L. Hood

#### Suffolk Bus Passenger Interest Group

Cllr A. Green

#### Community Speed Watch & SID Co-ordinator

Cllr D. Pope-Brannon

#### Kessingland Events Group

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

# Kessingland Parish Council Staff



## Kessingland Parish Council

**Office Hours:**  
Monday – Wednesday & Friday, 10am – 3pm  
Closed on Thursday

**Telephone:**  
01502 744367

**Email:**  
[admin@kessinglandparishcouncil.gov.uk](mailto:admin@kessinglandparishcouncil.gov.uk)

**Website:**  
[www.kessinglandparishcouncil.co.uk](http://www.kessinglandparishcouncil.co.uk)



**Parish Clerk & RFO:**  
Neil Coleby



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



**Admin/Committee Clerk:**  
Debbie Blowers



**Senior Youth Leader:**  
Christine Smith



**Youth Leader:**  
Daniel Fisk



**Youth Leader:**  
Amanda Loud



**Cleansing Operative:**  
Ruth Hill



**Cleansing Operative:**  
Niall McLean

**General Maintenance:**  
Darren Haward

## District & County Councillors



**County Councillor:**  
Michael Ladd

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

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

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

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

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

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



**District Councillor:**  
Alan Green



## Councillor Surgery

with **Councillor Alan Green**

District Councillor for the ward of Kessingland

**Telephone:** 07818 563003 / **Email:** alan.green@eastsuffolk.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**

## Labour MP for Lowestoft joins new Labour group in parliament standing up for coastal communities

Lowestoft, 3rd March 2025

The MP for Lowestoft, Beccles, and the villages has joined a new group of Labour MPs representing coastal seats who are pushing the government to take strong action to support coastal communities. Jess Asato MP said she was joining the group to ensure the voices of coastal communities like Lowestoft are heard loud and clear in government.

The group is being chaired by Polly Billington MP, one of a large number of new Labour MPs who took coastal seats off the Conservatives at the 2024 general election. Labour now has 66 MPs representing coastal parts of the country, including many in the East of England, meaning the group will have a strong voice in parliament when it comes to championing coastal towns.

After fourteen years under the Conservatives, many coastal areas suffer from above-average levels of deprivation and poorer health and educational attainment. The group say struggling economies and the terrible state of public services in these areas were the biggest reasons voters turned away from the Conservatives at the 2024 general election, and that the new government needed to prove it could turn that situation around. They say the key to this is ensuring the government deliver on their commitments to end the crisis in the NHS, fix public transport, tackle crime and antisocial behaviour, and put more money in people's pockets. The MPs have also expressed concern about the impact on coastal areas of plans that have been suggested by the Reform UK leader Nigel Farage, such as making people pay for health insurance to access the NHS.

The new group is holding regular meetings with government ministers to raise issues of high concern to voters in their communities. In particular, the Coastal Labour group are united in pushing hard for investment to deliver well-managed public services and a stronger economy in the coastal towns they represent. Chair of the Labour Coastal Group, Polly Billington MP said: *"Voters in seats like mine rejected the Conservatives last year because Labour promised renewal, after fourteen years of Tory indifference to the unique challenges facing coastal towns. Now that we're in government we've got to prove to people that we can deliver on key issues like the NHS, tackling crime, and building a stronger economy. That is why I am pleased to be chairing this new coastal grouping of Labour MPs, who will make sure that the voices of coastal areas across the country have their voices heard in government."*

Jess Asato MP said: *"Coastal communities like Lowestoft, Beccles, and our surrounding villages have been neglected for far too long, leaving people struggling with failing public services, poor transport links, and an economy that doesn't work for them. That's why I'm proud to be part of this new Labour group in Parliament, standing up for coastal areas and pushing for the investment and attention we deserve. This government is actively taking on the huge job of rebuilding trust and delivering real change. I'll continue to work tirelessly to ensure our coastal communities are at the heart of that mission."*



## Kessingland Community Climate Action Group



The groups' aims are:

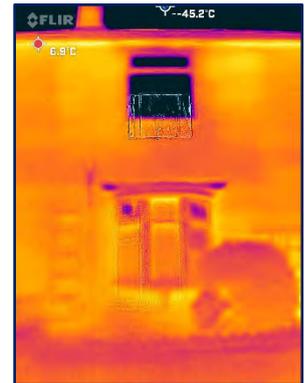
- To identify where we can reduce our contribution to global emissions, and make a difference towards becoming environmentally sustainable, both as individuals and as groups.
- To find practical ways for the local community to meet the challenges of climate change.

### Thermal Imaging Project:



The Thermal Imaging project to assist Kessingland residents in seeing where there is heat loss from their homes has now been completed and we would like to thank those who volunteered their time to carry out the surveys. We hope that all the residents that took part found it useful to see where there was heat loss from their homes and how that may be reduced and what grants and funding may be available.

If you are interested in joining the group or maybe you have idea's that you would like the group to look into then please do let us know.



Please contact us either on our facebook page: Kessingland Community Climate Action Group, or by email: [kccagroup@gmail.com](mailto:kccagroup@gmail.com).

## Loft Insulation for Suffolk Residents



### 50% off eco-friendly insulation for Suffolk residents

Anyone in Suffolk can receive a 50% discount off their purchase of 200mm or 370mm wide insulation rolls (up to £200) with free delivery, from High Loft, the UK's leading eco loft insulation brand.

Go to [www.bit.ly/suffolkloft](http://www.bit.ly/suffolkloft) and fill in the short form to receive your personalised link to order, or call High Loft's insulation experts on 01706 248203.

The offer is open to anyone in Suffolk and will close once the allocated funding has been spent.

According to The Energy Saving Trust, an uninsulated home loses a quarter of its heat through its roof. For the second year in a row, help to afford eco-friendly loft insulation is now available. The Suffolk Climate Change Partnership (Suffolk County Council, Babergh & Mid Suffolk District Councils, East Suffolk Council, Ipswich Borough Council and West Suffolk Council) has teamed up with High Loft to help Suffolk residents make their homes warmer and save money on their energy bills. High Loft also offers Klarna as a payment option, allowing you to spread the cost of your insulation purchase. To find out more visit [www.greensuffolk.org/at-home/funding](http://www.greensuffolk.org/at-home/funding).

# 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*

Our last quiz night was a fantastic evening with over 20 teams . Everyone enjoyed it we are now holding a quiz night on the first Thursday of every month. To register a team use the Email address on the new poster.

Tickets will soon be on sale for our third talk by Mary Newton a Retired Forensic Scientist. 22nd May 7pm for 7.30pm "WHEN THE DOGS DON'T BARK" (no dogs were injured). Including the Murder of Jill Dando and the Soham Murders . Tickets will be £8.

Coming soon!! We are holding a Darts Tournament for Under 16's which we hope will be quite popular. Good News!! Our darts team won their league in the Lowestoft Festival Darts League and will now be promoted to the second league. We are always looking for more Darts players, come & make yourself know on a Friday night if you are interested.

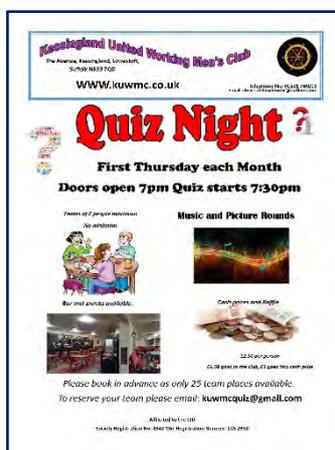
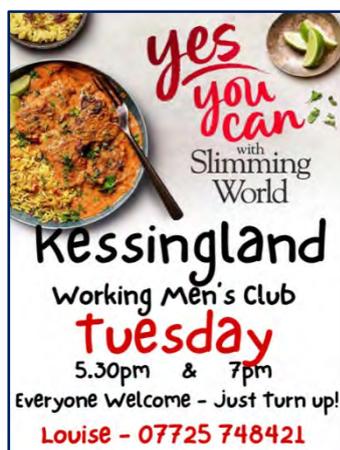
## MUSIC for APRIL:

Saturday 5<sup>th</sup> - Lowrider City Rockers  
Saturday 12<sup>th</sup> - Me Myself & I  
Saturday 19<sup>th</sup> - Rob Charles  
Saturday 26<sup>th</sup> - Steve & Greta

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

Slimming World every Tuesday with two sessions  
Line Dancing lessons on Wednesday evening everyone welcome. £5  
The W.I. meet every second Thursday of the month  
Bingo on Monday evenings. Wednesday evenings and Sunday Lunch times come and join us more people means bigger prizes.

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



President: R A Hood  
Society Registration No: 4343

Secretary: R Gasking  
VAT Registration No: 105 2958

# Kessingland Youth Café (KYC)



## Latest news from Kessingland Youth Café March 2025

I'm pleased to say that since we opened nearly every week at the beginning of the year our membership numbers have increased with an average of 35 young people enjoying what the KYC has to offer on a Wednesday evenings.

We've had different food items for our members to try such as Haggis, Scotch pies and Scottish sweets on Burns night, Cawl stew and Welsh cakes on St David's day, Colcannon and corned beef with green coloured cakes and drinks on St Patrick's Day and planning fish & chips on St George's day.

Some members are attending the beacon lighting for VE day on the evening of 8<sup>th</sup> May with a couple laying a wreath in memory of those who lost their lives in the Second World War.



Three of our leaders have qualified as level 3 first aiders and five are undertaking a level 2 youth work qualification which is quite an intense course however we all agreed that we wish to have the best knowledge we can for our members.



CAS with East Suffolk Rural Youth Project have been instrumental in delivering this training. Information regarding a booklet created to inform about youth provision in East Suffolk is included in the photos.

We have adopted Esther a donkey from Redwings and hope to arrange a visit with some of our members when the weather improves, please see attached photo along with some others of the activities that have been happening at the KYC.

The community garden have invited us to take an area to cultivate and this will be discussed further after the Easter break.



Wishing you all a happy and peaceful Easter.  
Chris  
Senior Youth Leader KYC



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## The Kessingland Chronicle Curriculum Special Edition, Spring 2025

Kelly Egleton (#HeadLearner): “Our priority at Kessingland is to ensure that children feel safe, happy and achieve well. As you will see from this following articles, the staff wanted to bring together some of the wonderful learning which has been taking place over this term. Designing a creative and ambitious curriculum and planning exciting and challenging lessons are our greatest passions and when we get these right, children love school. At Kessingland, it is our belief that **what our children learn through pleasure, they never forget**. We hope that you will enjoy reading about the exciting experiences being enjoyed by your children.”

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### Nursery - Zebras

At the beginning of February, the whole school took part in Children’s Mental Health Week. The Zebra Class (Nursery) also joined in many activities to help the children develop an understanding of what mental health is and how to look after ourselves.

Throughout the week the children were taught what the term “Mental Health” means. We used the book “The Colour Monster” by Anna Llenas as the main focus to discuss emotions. This is a book we share a lot with the children in Early Years as it links different colours to various emotions and introduces the children to the vocabulary associated with feelings.



The Nursery children enjoyed exploring “The Colour Monster” and we shared it together as a whole class. We talked about different times when we have felt certain emotions and then talked about things that make us feel happy. We drew pictures of these things and shared our ideas. We used the emotions mat to continue discussions around feelings and used the loose part resources to make different faces.

As part of Children’s Mental Health Week, the Nursery children were also encouraged to think about things that make them feel angry or cross. Adults taught the children that it is OK to feel cross sometimes and together we talked about what makes us feel this way. The children were then supported to create a “Breathing Buddy” using paper cups and craft resources. They were taught that if they feel angry or cross, they can use their “Breathing Buddy” to take some deep breaths and this will help them to feel calmer.

The Nursery children are developing a number of strategies to help them to cope with big emotions! The adults were incredibly pleased with how hard the children worked throughout the week and are enormously proud of how much awareness they are developing about feelings and emotions. These skills will help all the children to become resilient and confident learners! **Miss Merrett**

### Reception Class – Owls

During the last half term our topic was ‘I wonder what is out there?’ The children loved learning all about Space. Children enjoy investigating and exploring through play, so learning took place both inside the classroom, as well as outside. We began the topic reading the book ‘Whatever Next’. The children used their imaginations re-enact the story using props. They designed and created their own rockets. Outside, we had a competition to see who could use the stomp rockets to launch their rocket furthest. One even went over the fence! This combined having fun with Maths and measuring distance. Some of the children enjoyed the challenge of making their own rockets and launching them at home!

There were rockets powered by throwing, blowing through straws and a homemade stomp rocket. We learnt the names and some facts about the planets. We sang a song to help us remember the order of the planets. We then used inflatable planets to place them in order from distance from the sun. We decided we quite like living on Earth!



Whilst thinking about planets, we also talked about aliens. We designed our own planets and aliens which could live there. We used masks to act out our stories outside on the stage. To conclude the topic, we learnt more about what life would be like to be an astronaut. We learnt about the food which they eat and how they have to drink through straws. We watched clips of astronauts washing their hair and how they need to strap themselves in to sleep standing up. It led to us questioning what else would be tricky to do with in zero gravity, for example, how to go to the toilet! Finally, we enjoyed learning about Neil Armstrong, and watched the first moon landing. We have gained much more knowledge about Space during this topic in a fun and engaging way. **Mrs. Ward**

## Year 1 – Flamingos

In Year 1, the children have been exploring balancing and jumping sequences during their PE lessons. These activities are designed to enhance their coordination, strength and body awareness, laying the foundation for more complex movements as they progress through school.

The lessons begin with a warm-up, where the children engage in dynamic stretches to prepare their muscles and joints for movement. They then move on to the core activities: balancing and jumping. The balancing exercises involve the children practicing standing on one foot in a range of different poses, carefully walking along a bench, and holding their position for 5 seconds. As the children advance to jumping, they are introduced to simple sequences that combine multiple movements.



They practice how to safely take off and land by bending their arms and knees and in a variety of different styles; one foot to two feet, two feet to two feet, two feet to one foot. The children are challenged to perform short jumping patterns, such as jumping off the bench, while maintaining control and precision in their landings.

Throughout these activities, the children are encouraged to use their imagination to create a short sequence involving two balances and a jump using benches and mats to support them. The activities not only strengthen their physical skills but also help develop their confidence and teamwork as they cheer each other on and learn to give each other constructive feedback.

By the end of the unit the children felt a great sense of accomplishment, having mastered some basic balance and jumping techniques. These skills are vital for their overall development, contributing to their growing physical literacy and readiness for more advanced movement patterns in the future. **Miss Macias**

## Year 2 – Giraffes

In Year 2, the children have been learning about the Great Fire of London, an event that took place in 1666 and devastated much of the city. As part of their writing lessons, the children were asked to write a diary entry imagining that they were living through the fire. This activity helped them to understand the emotional and historical significance of the event and it encouraged them to think creatively about what it might have felt like during such a terrifying time.



The children used their imaginations and the information they had learned about the fire to write diary entries. They used their quills to describe the chaos of the flames, the thick smoke and the fear that would have gripped people as the fire spread rapidly through London. Many children wrote about how the fire started in a bakery on Pudding Lane and quickly consumed the wooden buildings in its path. Some of the children wrote about the efforts to escape, with families trying to save their belongings or simply running for safety. The diary entries also reflected a sense of helplessness and disbelief.

The children described the sense of community as people came together to try to save their homes, though it was clear that the fire was too strong to stop. The children's writing shared the emotions of loss, fear and confusion as the fire raged for several days.

The children not only deepened their understanding of the Great Fire of London but also learned how to use their writing skills to express emotions and historical events in a personal way. **Miss Drake**

### Year 3 – Meerkats

The Meerkats, Year 3 class demonstrated incredible dedication and enthusiasm during their final writing lesson of the half-term.

Despite it being the last day before a well-earned break, the children showed impressive focus as they carefully edited and refined their letters to Duncan (from 'The Day the Crayons Quit'), persuading him to choose their favourite colours.

They took great pride in improving their work and making thoughtful choices to strengthen their persuasive arguments. It was wonderful to see them fully engaged with the resources on their tables, using word mats, sentence starters and their own brilliant ideas to construct new and improved sentences. Their ability to recall key persuasive writing techniques, such as emotive language and rhetorical questions, was truly impressive.



We had really enjoyed this writing unit, focussing on the book and learning new techniques we can use to improve the quality of our written work. We had great fun learning and experimenting with new language to try and persuade others in our class through discussions about important issues such as climate change, recycling and food choices! We had also been focusing on keeping our handwriting neat and correctly formed and considering it was the last day, every child in the room enjoyed taking their time to craft some amazing sentences, with some beautifully written words!

The effort and creativity they poured into their writing resulted in some fantastic, convincing letters that would surely persuade Duncan to select their chosen colours! Well done, Meerkats – your hard work, perseverance and enthusiasm for learning were a joy to see! We all went home that afternoon feeling proud of the writing we had edited, polished and produced. A super end to the half term! **Mr. Griggs**

### Year 4 – Lemurs

Year 4 had a great time during their computing unit on programming! Over the course of the unit, they explored coding in a fun and interactive way, learning how to create shapes and patterns.

The unit began by learning how to programme simple instructions using code blocks to make a turtle draw basic shapes like squares, triangles and hexagons.

As their confidence grew, they experimented with loops and colour changes, creating stunning, intricate patterns and eagerly testing different commands to see what designs they could produce.



As the unit progressed, they learned about debugging—fixing mistakes in their code. Instead of feeling frustrated, they became problem-solvers, excited to find and correct errors. By the end of the unit, each pupil had created their own digital artwork using code and they proudly showcased their work to each other.

The children loved seeing how programming could be both creative and logical. Many said they wanted to keep coding at home, inspired by the endless possibilities.

The Year 4 computing unit was not just about learning to code—it was about thinking, experimenting and having fun! **Mrs. Lytton**

## Year 5 – Rhinos

A group of enthusiastic Year 5 pupils have been taking part in an inspiring intergenerational project run by Suffolk ArtLink, bringing history, creativity and community together. The project focuses on the grassroots history of Lowestoft, allowing the children to explore their town's rich heritage while engaging in creative activities.

Throughout the project, the pupils have dived into stories of local football, learning about the role the sport has played in the community over the years. Using their newfound knowledge, they have written poems, designed their own fictional football players and even built table football games - each one reflecting their unique perspective on the town's sporting legacy.



But the project isn't just about history and creativity; it's also about connection. The pupils recently visited a local care home, where they had the opportunity to share their work with the residents. The visit was a heartwarming experience, as the children read their poems aloud, presented their football-themed creations and played their handmade table football games with the residents. The room was filled with laughter, conversation and shared memories, bridging the generational gap in a truly meaningful way.

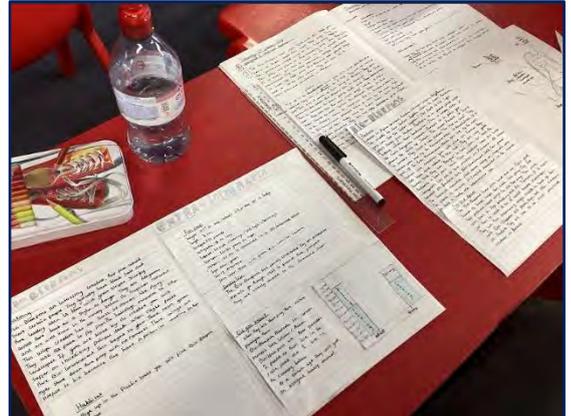
For many of the older residents, the children's work sparked nostalgic conversations about their own experiences with football in Lowestoft - whether as players, spectators, or supporters. In turn, the pupils gained a deeper appreciation of their town's history, learning firsthand from those who lived it. This intergenerational project has not only strengthened community ties but also encouraged creative expression and historical curiosity. Through art, storytelling and play, the pupils and residents have discovered that they have far more in common than they might have first imagined! **Miss Owen**

## Year 6 – Lions

The Year 6 children have produced an impressive collection of non-chronological reports about their invented hexapods from the planet Pandora.

Each report showcases a carefully structured layout, including clear headings and subheadings, informative paragraphs, and detailed descriptions of their unique six-legged creatures.

The children have demonstrated their understanding of the key features of a non-chronological report by using formal and technical language, subject-specific vocabulary, and a range of sentence structures to engage the reader.



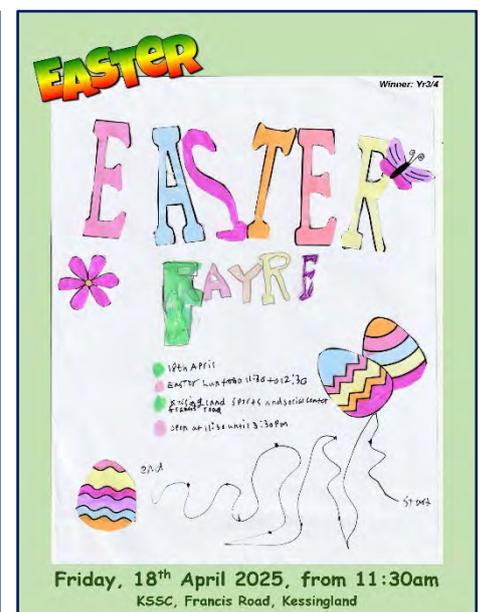
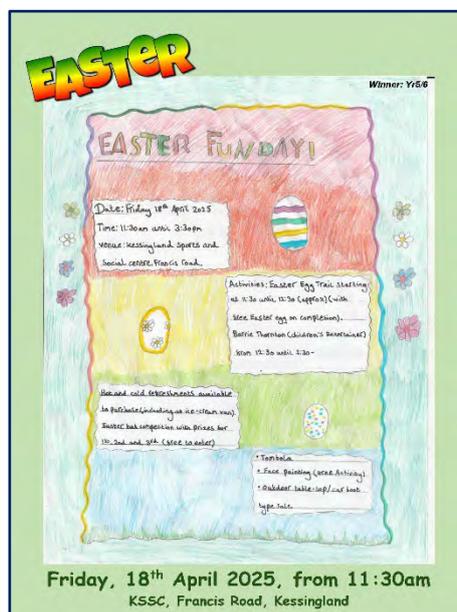
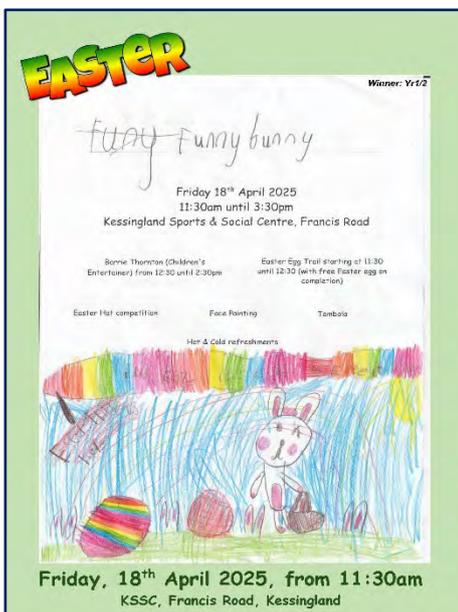
Their writing includes well-organised information, covering aspects such as habitat, diet, adaptations and behaviours, with some reports featuring labelled diagrams to enhance their explanations. They have also ensured grammatical accuracy, using a variety of cohesive devices, fronted adverbials, and relative clauses to add depth to their writing.

Punctuation has been used effectively, with commas, brackets, and dashes correctly applied to add extra detail, and spelling has been carefully checked to ensure precision.

Overall, the Year 6 reports reflect their creativity and strong grasp of non-chronological writing, showcasing both their imaginative ideas and their ability to apply their brilliant literacy skills. **Mrs. Everett**

# EASTER FUN DAY

For this year's Easter event, the school children entered a competition sponsored by the Parish Council to design the posters. The winning designs are below and will be used to create the clues for the Egg Trail and will also be displayed on noticeboards around the Village. Congratulations to our winners, we hope to see you all at the KSSC on Friday 18<sup>th</sup> April.



**SUPPORT OUR SCHOOL PLAY OUR LOTTERY**

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

**BUY TICKETS:**  
Go to: [www.yourschoollottery.co.uk](http://www.yourschoollottery.co.uk)  
And search for: Kessingland Primary

## Kessingland Primary Academy Lottery

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

We hope to raise funds that can support and enrich the education of our children - we aim to provide extra resources for the children, improve the school environment as well as run extra-curricular. Your support is greatly appreciated, and we wish you good luck!

**SUPPORT OUR LOTTERY TODAY**

£1 per week  
Weekly cash prizes  
£25,000 jackpot

**How it works...**

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

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

The easiest way to join our lottery is online at [Yourschoollottery.co.uk](http://Yourschoollottery.co.uk) by direct debit or debit card.

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

**Splitting the £1.00**

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

**The Maths...** 100 tickets sold a week means  
= £30 weekly cash prize  
= £2,080 a year for our school

To start supporting, visit [yourschoollottery.co.uk](http://yourschoollottery.co.uk) and search for: Kessingland Primary



## Happy Springtime to All,

This year is turning out to be quite a big one for the Shed.

We have managed to secure enough funding to replace the existing roof thanks to pledges from Lowestoft Lions, Adnams Community Trust, Kessingland Parish Council, East Suffolk Community Partnership and Suffolk County Council, and work is due to start right after Easter. Once the roof is done, we hope to hold a little gathering to thank our sponsors.

2025 also sees the 100<sup>th</sup> anniversary of the completion of the Shed, which was originally built as a Sunday School for the children of the village. A lot of people in the village might remember attending the Sunday School here. If you do, and if you have any pictures from those days you don't mind sharing, we would like to set up a little gallery here at the Shed, maybe even have a few Open Days, like Gerald used to organise and host.

Meanwhile, the members continue to carry out repairs, including sharpening shears etc, as well as making things like bird boxes to raise funds.

Another way to raise funds, which everyone can do at zero cost to themselves, is to sign up to [easyfundraising.com](https://www.easyfundraising.com) and support the Shed.

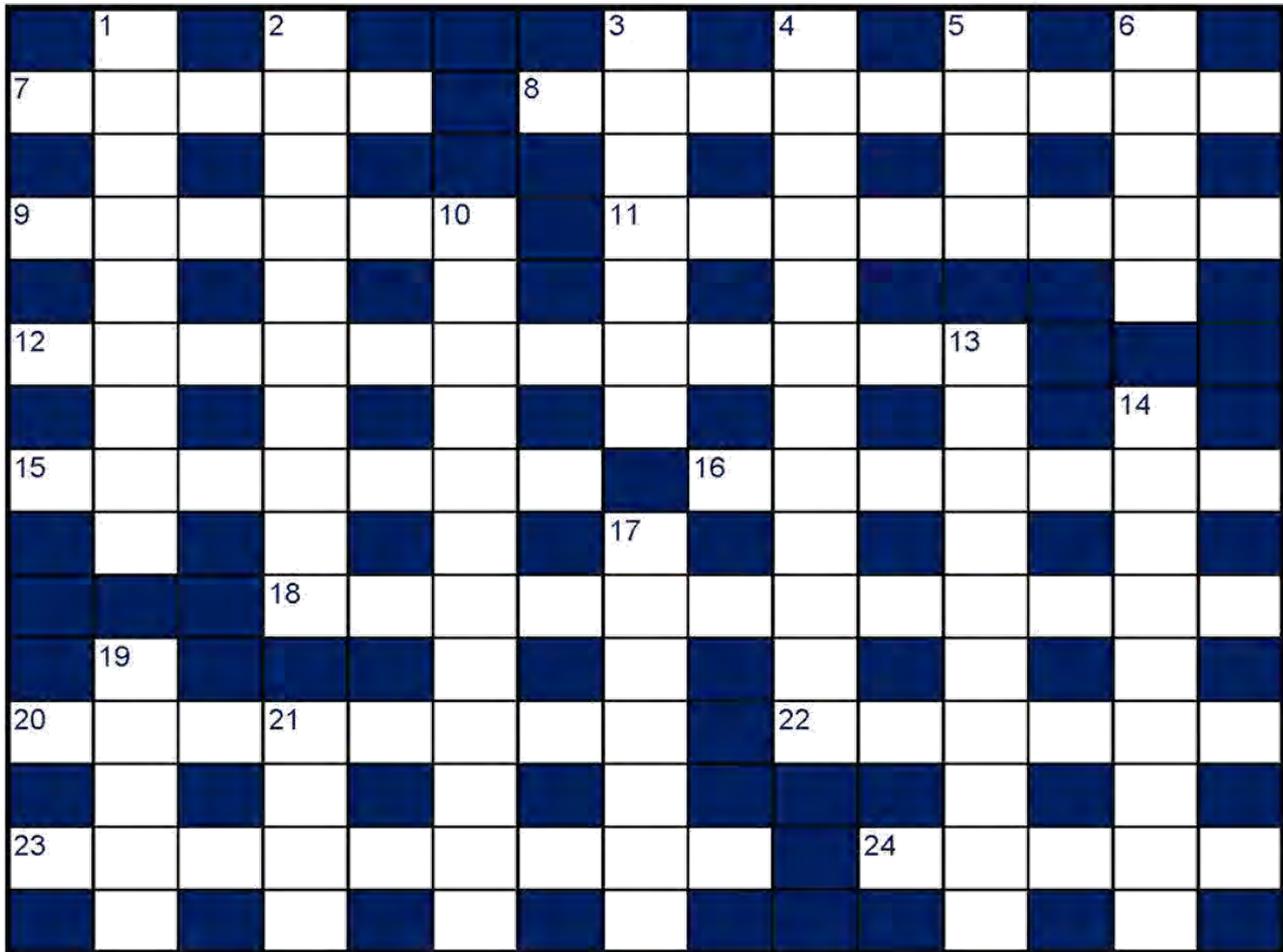
Easyfundraising have connections with thousands of businesses, who will make a small donation to us every time you shop online. For example, Argos will give us up to 5%, Dunelm up to 3% and, if you're planning a trip this year, TUI, Travelodge and Booking.com are on the list.

Come along and see us, have a coffee and a chat (Bacon rolls on Saturdays), we look forward to welcoming you.

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



No: 101-31



**Across:**

- 7 Bend down to pray (5)
- 8 Long-bodied family vehicle (6,3)
- 9 Glasgow football team (6)
- 11 Winter month (8)
- 12 Get the wrong meaning of (12)
- 15 Female aristocrat (7)
- 16 Hurts the feelings of (7)
- 18 Pork-belly product (7,5)
- 20 Almond paste used on cakes (8)
- 22 Spice used in cookery (6)
- 23 Colleague, fellow worker (9)
- 24 Thin mortar between tiles (5)

**Down:**

- 1 Cleverly original (9)
- 2 Common ending of a letter (4,6)
- 3 Kent town 15 miles north-west of Folkstone
- 4 Actress who plays Anne Lloyd in *Beyond Paradise* (7,5)
- 5 Restaurant list (4)
- 6 Milk processing depot (5)
- 10 Absolutely disastrous (12)
- 13 Holliday Grainger thriller (3,7)
- 14 Isolated person or thing (3,3,3)
- 17 Powerful tycoon (7)
- 19 Stop briefly (5)
- 21 Move or travel very quickly (4)

# Help & Support in the Community



## Drop in at Kessingland

Whatever the problem, we're here for free, impartial and confidential advice



Face to face drop in KESSINGLAND

First Monday every month 10.00am to 12.00pm

Marram Green Kessingland NR33 7AH

Call us on 0808 278 7866 or email us via [caes.org.uk](mailto:caes.org.uk)



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

## KESSINGLAND HELP IN NEED TRUST CHARITY NUMBER: 242755

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

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

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



Kessingland Parish Council



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



For help with Local Welfare Assistance Scheme & Household Support  
[www.suffolk.gov.uk/costofliving](http://www.suffolk.gov.uk/costofliving)  
0345 606 6067



For help with Finances/Food & Essentials/Fuel & Energy/Housing  
[www.eastsuffolk.gov.uk/community/squeeze](http://www.eastsuffolk.gov.uk/community/squeeze)  
0333 016 2000



For general enquiries  
[www.kessinglandparishcouncil.co.uk](http://www.kessinglandparishcouncil.co.uk)  
01502 744367  
[admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)

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

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

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 Partnerships.

## 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 30th April 2025 9:30am – 12:30pm**

Contact us for details

01502 511333

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

SUFFOLK LIBRARIES WHERE I BELONG

## Giving you a Warm Welcome

Free hot drinks and refreshments are available in the library on Wednesday mornings. Come in and warm up!

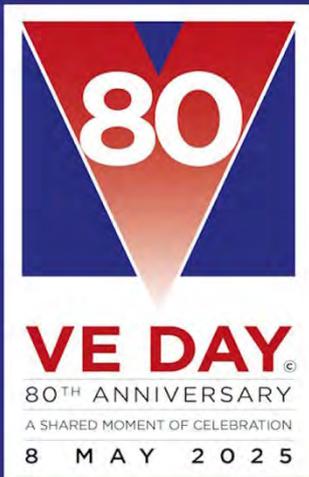


Take what you need, give what you can at:

[www.suffolklibraries.co.uk/be-kind](http://www.suffolklibraries.co.uk/be-kind)



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



**LIGHTING OF THE KESSINGLAND BEACON**  
commemorating the 80<sup>th</sup> Anniversary of VE Day

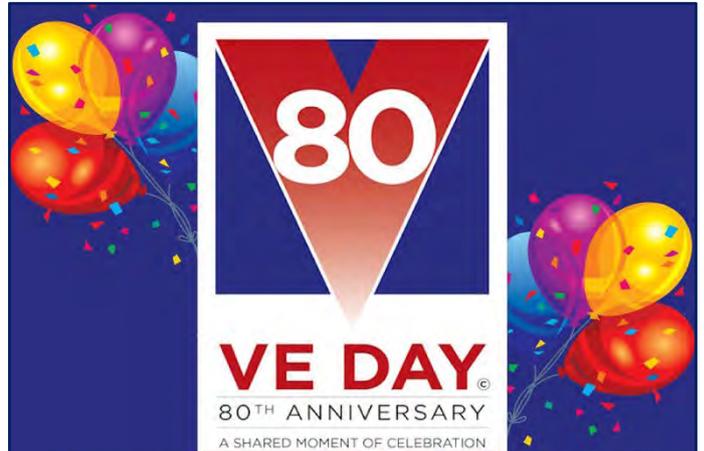
**Event Programme**

6:30pm: St Edmund's Church Bells will ring out

**From 9:00pm:**

Reading of the Proclamation  
Laying of Commemorative Wreaths  
*accompanied by St Edmund's Church Choir "I Vow to Thee my Country"*  
Bugle Calls & Lighting of the Beacon

At Roy Brown's Memorial Gardens,  
Church Road, Kessingland



**Saturday, 10<sup>th</sup> May 2025**

**Celebration PARTY**

Music & Entertainment  
with Barrie Thornton  
Licensed bar  
Wine Raffle  
Competition Prizes

**7pm – 11pm**

with  
Fish 'n' Chip Supper  
and  
1940's Fancy Dress  
Competition



Kessingland  
Parish  
Council

**£10.00 per person**

Tickets on sale from 18<sup>th</sup> April at KSSC & other retail outlets (TBA)



**Presenting the Official Women's Institute VE Day 2025  
Orange and Ginger Cake recipe**



"I am delighted to provide a recipe for the official Women's Institute cake in recognition of Britain's women's incredible effort during WWII, for VE Day 80. I have a strong affection for the WI, whose members were integral to the war effort at home. My recipe was used by my own

grandmother who lived through two world wars. Her recipe doesn't require mixers or whisks, and the batter will not curdle. This is my tribute to the women preserving food, and working tirelessly using simple methods and ingredients in those times. I hope you enjoy making and eating my Ginger and Orange cake!"

Nancy Birtwhistle



**About the baker**

Nancy Birtwhistle is a Sunday Times bestselling author, lifelong gardener and Hull-born baker who won the fifth series of The Great British Bake Off in 2014. Motivated by protecting the planet for her ten grandchildren, Nancy decided to change how she used plastic, single use products and chemicals in her home. Sharing her tips online, she amassed an engaged international following of devoted fans interested not only in her delicious recipes, but also her innovative ideas and timesaving swaps that rethink everyday house and garden tasks to make as little an impact on the environment as possible. Nancy worked as a GP practice manager in the NHS for thirty-six years until she retired in 2007. She lives in Lincolnshire with her husband, dogs and rescue hens.

**Orange and Ginger Cake**

This is a simple and classic bake and is made using The Rubbing In Method – not often seen these days.

It's a recipe used by my grandmother who had lived through two world wars, and requires no specialist mixer or whisk and the batter will not curdle – a handy recipe if you have little or no equipment.

You will need: a mixing bowl and a 7 inch round cake tin greased and base-lined with paper or reusable baking parchment.

Preheat the oven to 180 degrees (fan) – 350F – gas mark 4.

**Ingredients**

- 200g self-raising flour
- pinch salt
- 40g butter at room temperature
- 40g lard at room temperature (or use all butter if preferred)
- 100g caster sugar
- 1 heaped tablespoon marmalade
- Finely grated zest of 1 large orange plus the juice
- 1 tsp ground ginger
- 100ml milk
- 1 egg
- 80g stem ginger (from a jar of stem ginger in syrup)

1 tbsp demerara sugar or sugar nibs to sprinkle over. Alternatively add 3 tbsp icing sugar to a bowl, add 1-2 tsp orange or lemon juice, stir until smooth and runny then drizzle over using a spoon or piping nozzle.

**Method**

1. Start by prepping the stem ginger – wash under the cold tap, dry on kitchen paper then cut into small dice and place into a bowl.
2. Take then 1 tbsp of the recipe's weighed self-raising flour, add to the ginger and stir around to coat thoroughly. Set aside.
3. In a medium sized bowl place the self-raising flour, salt, butter and lard then rub in together just as you would for pastry. The mixture needs to be looking like fine breadcrumb crumbs.
4. Add the ground ginger, sugar, zest, juice and marmalade and give a stir. Add then the egg followed by the milk which should be added a little at a time until you achieve a soft dropping consistency. You will probably need all of the milk but add it gradually just in case. If the batter is too thin the ginger will drop to the bottom of the cake whilst baking.
5. Finally fold in the chopped ginger.
6. Transfer to the prepared tin then sprinkle over either the demerara sugar or the sugar nibs or once completely cool drizzle over a simple icing.
7. Bake for 35-40 minutes until the cake is golden, risen and springy to the touch.
8. Leave to cool in the tin for at least 20 minutes before turning out onto a wire tray to cool completely.
9. Wrap in foil and store in a tin for a couple of days but if you just cannot wait to eat it – enjoy!



# Community Noticeboard

Events, Competitions & Local Groups



## Love Changes Everything

*A performance featuring favourites of both fans and myself, from the extensive repertoire of Michael Ball*

St Edmunds Church Kessingland.

Saturday April 26th

6:30 pm to 7:45 pm

Raising money for the renovations to St Edmunds. And the churches projects in the community

No ticket needed. donations on the door if you're able. but all are welcome regardless.

a selection of refreshments will be served after



## Fancy a game?

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

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

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

You never know, you might find a new hobby!

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

theWI

## Kessingland

Kessingland Working Men's Club

NR33 7QD

Thursday 10<sup>th</sup> April

7.30pm

## Modern Slavery & Human Trafficking



Jan Meades- Salvation Army

Competition – An item for the food bank

Visitors welcome- £5.00

contact Christine for more information 01502 744255

INSPIRING WOMEN

*Are you looking to try something new and make new friends?*

*Kessingland Women's Institute*

meets monthly and you are very welcome to join us.

We meet at Kessingland Working Men's Club

NR33 7QD

at 7.30pm

On the second Thursday of the month

(different venue in August)

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 our secretary 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!*

# Community Noticeboard

## Events, Competitions & Local Groups



Supported by  
Active Travel England

## Free walking activities in Lowestoft

### Dip Farm

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

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

### Nicholas Everitt Park

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

### Carlton Marshes

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

### Various locations

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

### Cuppa and a Stroll

#### Sparrows Nest

Mondays | 13:00-14:30

#### Cherry Lane Garden Centre

Tuesdays | 11:00-12:30

#### Kensington Gardens

Wednesdays | 13:00-14:30

#### Pathways Care Farm

Fridays | 13:00-14:30

### Interested in finding out more?

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

Email [thewaytosuffolk@suffolk.gov.uk](mailto:thewaytosuffolk@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

## Free cycling activities in Lowestoft

### Dip Farm

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

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

Saturdays | 10:00-12:00  
Cycling for Health

### Nicholas Everitt Park

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



### Interested in finding out more?

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

Email [thewaytosuffolk@suffolk.gov.uk](mailto:thewaytosuffolk@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.

# THE BIG DAY OUT

**27TH JULY 2025**  
**10AM - 4PM**

Corton Playing Field, Pavilion,  
Mills Drive, Corton NR32 5JB  
**FREE ENTRY • FREE PARKING**

RAFFLE • **TOMBOLA**  
CRAFT STALLS • REFRESHMENTS  
FOOD VENDORS • **DOG AGILITY**  
DANCE GROUPS • FUN FAIR  
CHILDREN'S ENTERTAINERS • **LIVE MUSIC**

**Brainwave** INDEPENDENCE GROUP  
**BRAINWAVE-GROUP.ORG**  
Charity No. 1162939



**Friends of the Library in Kessingland**

**Fish and Chip Quiz Night**

**7 for 7.30 pm**

**Friday May 16<sup>th</sup>**

**Marram Green**

**£8 with fish and chips, £4 quiz only**

**Up to 6 people per team**

**Tickets available at the library**

**from Wednesday 7<sup>th</sup> May**

# 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 bingo and try and win the raffle!

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

For more information, please contact Helen Sinfield on 01502 741424

**Welcome!**

## 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 ISSA Instructor

Small: [mark@kessingland.sportscentre.com](mailto:mark@kessingland.sportscentre.com)

## KESSINGLAND Short Mat Bowls CLUB

WE ARE A FRIENDLY CLUB LOOKING FOR NEW MEMBERS

WE LOOK FORWARD TO SEEING YOU THERE!

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

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

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 CAFÉ

### APRIL 2025

Wednesday 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>:

Choice of Activities  
"Hot Food Night" on 23<sup>rd</sup>

**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: 07731300691

## Groups at Kessingland Sports & Social Centre

|                                                                         |                                                                            |
|-------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <b>MONDAYS</b><br>7:30 – 10:30pm:                                       | Friends who Dance                                                          |
| <b>TUESDAYS</b><br>10:00 – 12:00pm:<br>2:00 – 4:00pm:<br>7:00 – 9:00pm: | Waveney Table Tennis<br>Short Mat Bowls<br>Badminton                       |
| <b>WEDNESDAYS</b><br>9:30 – 11:30am:<br>6:30 – 8:30pm:                  | Knit & Natter<br>Youth Café<br>(Every Wednesday unless otherwise informed) |

|                                                                                            |                                                                                                                        |
|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <b>THURSDAYS</b><br>9:30 – 10:30am:<br>6:00 – 7:00pm:<br>6:00 – 7:00pm:<br>7:30 – 10:00pm: | Chair Based Exercise<br>(Alternate Thursdays)<br>Singing Sensations<br>Friendship Club<br>Pilates<br>Model Flying Club |
| <b>FRIDAYS</b><br>2:00 – 4:00pm:<br>6:00 – 7:30pm:                                         | Short Mat Bowls<br>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

## 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

# 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

**KESSINGLAND UNITED WORKING MEN'S CLUB**  
presents

the 3<sup>rd</sup> Talk by  
**Mary Newton**  
retired forensic scientist

**"When the Dogs don't Bark"**  
including the murder of Jill Dando  
and the Soham murders

Thursday, 22<sup>nd</sup> May 2025  
7:00pm for 7:30pm

Tickets: £8.00

To purchase tickets, please contact Sandra:  
01502 742412 / 07746 038361  
or see the Club Secretary

The Avenue, Kessingland, Suffolk NR33 7QD  
Telephone: 01502 740218 / Email: clubsecretarykuwmc@outlook.com / Website: [www.kuwmc.co.uk](http://www.kuwmc.co.uk)

# Community Noticeboard

## Activities & Groups: Kessingland Library & Marram Green



**SUFFOLK LIBRARIES** WHERE I BELONG

### Library Opening Times

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

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

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

**SUFFOLK LIBRARIES** WHERE I BELONG

### Regular Library Activities

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

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

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**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

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**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:

Tuesdays:

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

Wednesdays:

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

Thursdays:

- Yoga with Aleyna (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



THE CHURCH OF ENGLAND  
Diocese of Norwich

Transformed by Christ, Prayerful, Faithful, Hopeful

Every Saturday 10am—12noon  
Kessingland Church Centre

## Saturday Coffee at St Ed's

CAKES

**FRIENDLY, WARM, SPACIOUS  
FUN and LAUGHTER**

QUALITY PRE-LOVED ITEMS  
LOTS OF EASY PARKING  
DISABLED ACCESS  
WONDERFUL WELCOME  
COME.....

TOGETHER WE CAN WAIT

**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

Cinema Outings

### 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**

Why not come along and give it a try?

Choir Master: Colin Jobson  
[colinlinda1087@icloud.com](mailto:colinlinda1087@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.

## 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

## Volunteering Opportunities



**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.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)



**KESSINGLAND  
Community  
Kitchen & Wildlife  
Garden**

**VOLUNTEERS  
NEEDED !!**

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

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

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



**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



**love  
live  
local** Community  
Litter Pickers

**VOLUNTEERS  
WANTED**

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

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

For more information, please contact the Council office:

Telephone: 01502 744367  
Email: [admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)



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

Telephone: 01502 744367  
Email: [admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)  
Web: [www.kessinglandparishcouncil.co.uk](http://www.kessinglandparishcouncil.co.uk)

# Volunteering Opportunities



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

**Call bact on  
01986896896 or visit our  
website  
www.bactcommunity  
transport.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

**THE WAY TO GO**

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

## Kessingland Village Volunteers

**Village Recorder**      **Community Gardener**      **Youth Club Volunteer**

**Warm Rooms Host**      **Marsh Mate**

**Skills Sharer**      **Litter Picker**

**Tree Warden**      **Climate Carer**

**Accessibility Auditor**      **Community Fridge Champion**      **Village News Columnist**

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

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

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

[www.kessinglandparishcouncil.co.uk](http://www.kessinglandparishcouncil.co.uk)  
email:  
[admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)  
call  
01502 744367  
or pop into the council office

# Community Recycling



## CLOTHES BANKS

Kessingland Church Centre  
Carpark  
Church Lane  
Kessingland

Livingstones Freehouse  
Carpark  
Whites Lane  
Kessingland



Support Suffolk Libraries:  
Donate to our fundraising  
**RECYCLING SCHEME**

**WE'RE A CHARITY**

[suffolklibraries.co.uk/support-us](http://suffolklibraries.co.uk/support-us)

- OLD AND FOREIGN CURRENCY
- MOBILE PHONES
- STAMPS
- TABLETS AND GAMES CONSOLES

## TETRAPAK CARTONS

Lowestoft Recycling Centre  
Haddenham Road  
Lowestoft NR33 7NF

## BOOKS / USED PRINTER CARTRIDGES

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

## UNWANTED / USED BATTERIES

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

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



## GLASS & BOTTLE RECYCLING

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

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





Free Parking

# Sandy Paws

## Kessingland's Dog Specialist Pet Shop

We provide a wide range of quality products for your furry friends and offer **local delivery** and **in-store pickup**.

**Wed – Sat**  
**9am – 6pm**

**Sun**  
**10am – 4pm**



07767 173 579  
www.thesandypaws.co.uk  
info@thesandypaws.co.uk  
198 Church Road, Kessingland, NR33 7SF

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.org.uk

## Useful Contact Information



### Local Telephone Numbers

|                                                                                                                                       |                                      |
|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| East Suffolk Council (Customer Services)                                                                                              | 0333 0162000                         |
| East Suffolk Council (Out of Hours Emergency)                                                                                         | 0800 440 2516                        |
| East Suffolk Council (Automated Payments)                                                                                             | 0300 7900509                         |
| Kessingland Parish Council                                                                                                            | 01502 744367                         |
| Jess Asato MP (Lowestoft)                                                                                                             | jess.asato.mp@parliament.uk          |
| Citizens Advice Bureau                                                                                                                | 01502 518510                         |
| Disability Advice North East Suffolk (DANES)                                                                                          | 01502 511333                         |
| Suffolk County Council Highways                                                                                                       | 0345 6066171                         |
| - What's happening in my area?                                                                                                        | www.one.network                      |
| - Report a fault                                                                                                                      | www.highwaysreporting.suffolk.gov.uk |
| - Email                                                                                                                               | www.suffolk.gov.uk/about/contact-us  |
| - Telephone                                                                                                                           | 0345 606 6171                        |
| Kessingland Doctors (Longshore Surgery)                                                                                               | 01502 740203                         |
| Kessingland Pharmacy                                                                                                                  | 01502 740251                         |
| James Paget Hospital A and E                                                                                                          | 01493 452200                         |
| NHS Helpline                                                                                                                          | 111                                  |
| Police - Emergency Only                                                                                                               | 999                                  |
| Police - Non-Emergency                                                                                                                | 101                                  |
| or online at <a href="http://www.suffolk.police.uk/contact-us/report-something">www.suffolk.police.uk/contact-us/report-something</a> |                                      |
| Coastline Vets (Carlton Colville)                                                                                                     | 01502 531999                         |
| Three Rivers Vets (Kessingland)                                                                                                       | 01502 741988                         |
| Pakefield Veterinary Clinic                                                                                                           | 01502 664656                         |
| Wangford Veterinary Clinic                                                                                                            | 01502 578999                         |
| Kessingland Library                                                                                                                   | 01502 741212                         |
| St Edmund's Church                                                                                                                    | 01502 743154                         |
| Kessingland Primary Academy                                                                                                           | 01502 740223                         |
| Kessingland Sports & Social Centre                                                                                                    | 07729 384705                         |
| Kessingland United Working Men's Club                                                                                                 | 01502 740218                         |
| Kessingland Women's Institute                                                                                                         | 01502 740785                         |

### National Organisations and Helplines

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

# Crossword Corner - Solutions



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 24<sup>th</sup> of each month.

Please send submissions to the Editor – [jmclean@kessinglandparishcouncil.org.uk](mailto:jmclean@kessinglandparishcouncil.org.uk)  
Articles can be half or full page.

If you would like to advertise in the Village News (Kessingland businesses only), please contact the Parish Council on 01502 744367 for a subscription form. Rates are £10.00 for 1 issue or £100.00 for 12 issues. Adverts may be up to A6 (quarter page) Portrait and supplied preferably as a PDF or JPEG file.



Large Village of the Year  
2023



Community of the Year  
2023



## Crossword Solution 101-31

**ACROSS:** 7 Kneel 8 Estate car 9 Celtic 11 February 12 Misinterpret 15 Duchess  
16 Offends 18 Streaky bacon 20 Marzipan 22 Nutmeg 23 Associate 24 Grout

**DOWN:** 1 Ingenious 2 Best wishes 3 Ashford 4 Barbara Flynn 5 Menu 6 Dairy  
10 Catastrophic 13 *The Capture* 14 Odd one out 17 Magnate 19 Pause 21 Zoom