



# The Village News

May 2024

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Photo Credit: David Boyle

## Parish Council Meetings May 2024

### Full Council:

- Thursday 9<sup>th</sup> at 7:00pm (AGM)

### Finance & Governance:

- Wednesday 1<sup>st</sup> at 10:00am

### Planning & Highways:

- Wednesday 15<sup>th</sup> at 10am
- Wednesday 29<sup>th</sup> at 10am

### Events & Communications:

- Monday 13<sup>th</sup> at 2pm (*to be confirmed*)

### Leisure & Amenities:

- No meetings scheduled

### Personnel:

- No meetings scheduled

### Climate, Culture, Community Development:

- No meetings scheduled

The dates & 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:  
<http://eepurl.com/hHHSZv>



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# Your Parish Councillors



**Ian Graham**  
Chair of Council

07985 462200

[igraham@kessinglandparishcouncil.org.uk](mailto:igraham@kessinglandparishcouncil.org.uk)



**Caroline Carter**  
Vice-Chair of Council

07811 753930

[ccarter@kessinglandparishcouncil.org.uk](mailto:ccarter@kessinglandparishcouncil.org.uk)



**Christine Cook**  
Councillor

07592 555345

[ccook@kessinglandparishcouncil.org.uk](mailto:ccook@kessinglandparishcouncil.org.uk)



**Alan Green**  
Councillor

07789 644645

[agreen@kessinglandparishcouncil.org.uk](mailto:agreen@kessinglandparishcouncil.org.uk)



**Julie McLean**  
Councillor

07539 696904

[jmclean@kessinglandparishcouncil.org.uk](mailto:jmclean@kessinglandparishcouncil.org.uk)



**Stephen "Sid" James**  
Councillor

01502 740521

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



**Bob Saunders**  
Councillor

07901 530770

[bsaunders@kessinglandparishcouncil.org.uk](mailto:bsaunders@kessinglandparishcouncil.org.uk)



**Neil Glendinning**  
Councillor

07801 681136

[nglendinning@kessinglandparishcouncil.org.uk](mailto:nglendinning@kessinglandparishcouncil.org.uk)



**Robin de Brea**  
Councillor

07812 601256

[rdebrea@kessinglandparishcouncil.org.uk](mailto:rdebrea@kessinglandparishcouncil.org.uk)



Position  
Vacant



Position  
Vacant



Position  
Vacant



Position  
Vacant

# Kessingland Parish Council

## Committees / Groups / Representatives



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

### Planning & Highways Committee

Councillors:  
I. Graham, A. Green,  
B. Saunders, C. Carter,  
N. Glendinning

### Personnel Committee

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

### Finance & Governance Committee

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

### Leisure & Amenities Committee

Councillors:  
C. Cook, J. McLean, R. De Brea

### Climate, Culture, Community & Development Committee

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

### Events & Communications Committee

Councillors:  
C. Cook, J. McLean, C. Carter

### Emergency Planning Committee

Councillors:  
A. Green, S. James, J. McLean,  
C. Carter

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

#### Beach Wardens

North – Position Vacant  
South – Cllr S. James

#### Community Garden Co-ordinator

Cllr J. McLean

#### Kessingland Marsh Liaison

Cllr J. McLean  
D. Boyle (Warden), D. Fox (Deputy)

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

Cllr J. McLean

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

Position Vacant

#### Community Fridge

Cllr C. Cook, Cllr J. McLean,

#### Kessingland Events Group

All members of the Events Committee

#### Hidden Needs Forum

Cllr C. Cook, Cllr J. McLean,

#### Youth Culture Board

Chair & Vice Chair of Council,  
Cllr J. McLean

#### Benacre & Kessingland Flood Group

Position Vacant

#### Compass Suite Trust

Position Vacant

#### Kessingland in Need Trust

Position Vacant

#### Kessingland Sports & Social Centre

Cllr C. Cook

#### Suffolk Police

Position Vacant

#### Suffolk Bus Passenger Interest Group

Cllr A. Green

#### East Suffolk Community Partnership

Cllr J. McLean, Parish Clerk

#### SALC East Suffolk Forum

Cllr R. De Brea

#### SALC Climate Forum

Cllr R. De Brea, Cllr A. Green,  
Cllr J. McLean, Parish Clerk

#### NALC Climate Forum

Cllr R. De Brea, Cllr A. Green,  
Cllr J. McLean, Parish Clerk

#### NALC Coastal Communities Forum

Cllr J. McLean, Parish Clerk

# Kessingland Parish Council Staff



## Kessingland Parish Council

**Office Hours:**  
Monday – Thursday, 10am – 4pm

**Telephone:**  
01502 744367

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

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



**Parish Clerk & R.F.O.:**  
Neil Coleby



**Deputy Clerk:**  
Shelley Hogg



**Admin/Committee Clerk:**  
Debbie Blowers



**Youth Leader:**  
Daniel Fisk



Awaiting  
Image

**Youth Leader:**  
Christine Smith



Awaiting  
Image

**Youth Leader:**  
Amanda Loud



**Cleansing Operative:**  
Ruth Hill



**Cleansing Operative:**  
Niall McLean



**General Factotum:**  
Paul Reed

## District & County Councillors



**County Councillor:**  
Michael Ladd

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

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

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

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

Alan's other key role is liaising with his constituents and also Kessingland Parish Council, helping with issues relating to his role as a district councillor, and 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@eastsoffolk.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](mailto: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**



# “Night of the Intruders” 80<sup>th</sup> Anniversary Remembrance



At 10:20pm on the 22<sup>nd</sup> of April 1944, a B2411 41-28843, Liberator “The Repulser”, on its 13<sup>th</sup> mission with the 448<sup>th</sup> Bomb Group, was returning from an operation against Hamm in Germany when it was attacked by heavily-armed ME 410 German fighters. It was hit by “Intruder pilot” Feldwebel Joham Trenke of the 6/KG 51, who was flying an Me 410 A-1/U2 from an airfield in the Netherlands. The starboard wing root engulfed in flames and as the aircraft descended, the entire wing detached and came down to the south of the village, in an area at the bottom of Coopers Lane, leading to Kessingland levels and marshes. The entire crew, from the 715<sup>th</sup> Squadron based at Station 146 Seething, were killed.



Pilot: 2<sup>nd</sup> Lt Eugene V Pulcifer (1916-1944)  
 Co-Pilot: 2<sup>nd</sup> Lt Elmer P Meier (1918-1944)  
 Navigator: 2<sup>nd</sup> Lt George S Fahr (1922-1944)  
 Bombardier: 2<sup>nd</sup> Lt William Carvelli (1920-1944)  
 Radio Op: S/Sgt Chester J Romanosky (1923-1944)  
 Gunner: S/Sgt William H Durant (1923-1944)  
 Gunner: S/Sgt William S Davis (1923-1944)  
 Gunner: S/Sgt James R Hardin (1922-1944)  
 Gunner: S/Sgt Maynard H Young (1918-1944)  
 Gunner: Sgt Carl E Spellman (1921-1944)

In 2009, a memorial plaque was laid at the War Memorial in St Edmund’s Church. Beneath the plaque are fragments of the aircraft “Repulser”. On 22<sup>nd</sup> April 2024 a Remembrance service, led by Rev’d Mandy, took place to mark the 80<sup>th</sup> anniversary of that night with representatives from USAF Mildenhall, Seething Airfield, RAF Association, Kessingland Primary Academy, the Parish Council and members of the Community in attendance. A small reception was held in the Church Centre after the ceremony.



Photo Credit: David Boyle





If you have a child who is turning 4 years old between 1<sup>st</sup> September 2024 and 31<sup>st</sup> August 2025 we would love to welcome you to our amazing Nursery!

### We can provide:



- An exciting and vibrant learning environment
  - Qualified, dedicated and experienced staff
  - Activities to support learning
- A safe and caring space for your child to thrive and learn
  - Stay and Play sessions to support transition
  - An excellent start to your child's learning journey



Please visit the office for an application form to secure your place.



Visits to the Nursery are welcomed. Please contact the school office on 01502 740223 to arrange this.  
We look forward to meeting you!



## Welcome to Kessingland Primary Academy Lottery

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

It's a fantastic way to bring Parents, Carers, Teachers, and the wider community together, in partnership with our school, and at the same time give something back. 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 activities such as music, art, and sport. Your support is greatly appreciated, and we wish you good luck!

# 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



GambleAware 18+

## SUPPORT OUR LOTTERY TODAY

£1 per week

Weekly cash prizes

£25,000 jackpot





**Splitting the £1.00**



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

**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**

**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

GambleAware 18+

## Friends of Kessingland Primary Help us to fundraise by becoming a Co-op Member!

We are a small group of parents and teachers, who fundraise for the benefit of all the children who attend Kessingland Church of England Primary Academy. Our aim is to create opportunities for the children which would not be possible without fundraising. We currently only have a couple of outdoor benches and no shelter. The pupils have asked for a quiet outdoor sheltered area where they can eat lunch. We hope this area can be versatile and a multi-purpose area, for learning and fun. Spending time in green spaces or bringing nature into your everyday life can benefit both mental and physical wellbeing so we hope the area will help the whole school community feel more connected to nature.



## Kessingland United Working Men's Club

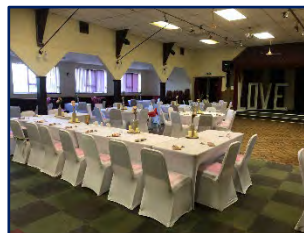


The Avenue, Kessingland, Lowestoft, Suffolk NR33 7QD  
Telephone No: 01502 740218 / Website: [www.kuwmc.co.uk](http://www.kuwmc.co.uk)  
*Affiliated to the CIU*

Our Club had it's AGM recently and was well supported by club members. The 6 Original Committee members were re-elected and we also had three new members elected which was great.

We had a Wedding Reception in the Hall recently which went extremely well.

The hall looked fantastic, and the Bride and Groom were very pleased with how it all went.



Saturday Music is still being very well supported. May and June music nights are as follows:

Saturday 4 <sup>th</sup> May: Memphis Index	Saturday 1 <sup>st</sup> June: Best of Both
Saturday 19 <sup>th</sup> May: Kevin Barry	Saturday 8 <sup>th</sup> June: Kenny Lee & Hustler
Saturday 11 <sup>th</sup> May: Just Andy	Sunday 9 <sup>th</sup> June: Countryholics
Saturday 18 <sup>th</sup> May: 3 Steps to Heaven	Saturday 15 <sup>th</sup> June: Steve Alan
Sunday 19 <sup>th</sup> May: Kevin Barry sings Country	Saturday 22 <sup>nd</sup> June: Terry Batt
Saturday 25 <sup>th</sup> May: Barry Tone (Elvis Impersonator)	Saturday 29 <sup>th</sup> June: Andy York

Mary Newton (retired Forensic Scientist) talk on May 16<sup>th</sup> is a sell out and ticket sales are now closed.

On Friday 31<sup>st</sup> May from 7.30pm until midnight there is a Fundraiser Fun Night in aid of AAA Boxing Club with a Disco & Buffet plus a raffle. Tickets are £10.00 - please contact Mary on 07720203906.

The Kessingland United Working Men's Bowls Club had its open day which was well supported and hopefully they will have some new members who came to the day.



Slimming World have two sessions every Tuesday at 5.30pm and 7pm.

The WI meet every second Thursday evening with lots of activities and popular speakers; ladies are welcome to visit the WI for £5.00.

Don't forget the Hall and Lounge can be hired for Parties and other activities. For Wakes this is free but with a returnable deposit. We have a large well-lit carpark with disabled parking and accessible entrances & toilet facilities. To book, please email with date/time and please leave a contact number.

President: R A Hood  
Society Registration No: 4343

Secretary: R Gasking  
VAT Registration No: 105 2958

## Kessingland Women's Institute



Kessingland WI has around 36 Inspiring Women members. Meetings are held on the 2nd Thursday of each month at Kessingland Working Men's Club, starting at 7.30pm.

On 20<sup>th</sup> March we had our annual trip to East @ East Coast College – Lowestoft Campus for our birthday meal. The food was excellent and thanks to the students and staff and Margaret and Christine for organising it. This is highly recommended for anyone to go.

We had our annual Kurling fun at the church centre and had a match between ourselves and 'Marsh Maidens' WI which they won and now want a rematch. Our committee and members say, "Bring it on Maidens". Tea and cakes were supplied by Kessingland WI.

At our 11<sup>th</sup> April meeting we sang Jerusalem. We then were treated to a talk by Tony Brown on nature's oddities such as black and white squirrels, and black adders (not Rowan Atkinson!).

For April the competition was the 'wear an item of clothing or jewellery with an animal on'; we had 11 entries for this competition and the results as were as follows - everyone got 3 points for their entry as it was too hard to judge due to the number of animals which would put Africa Alive to shame!

For the bloom of the month, we had 7 entries for this month. The results were as follows:

First place:	Margaret Parker
Second place:	Connie Niblett
Third place:	Pam Newell

Members with birthdays this month were presented with our very own craft club made birthday cards. We also presented Doreen Cowie with a patio rose and a card for her and her husband Derek's 70<sup>th</sup> Platinum Wedding Anniversary.

We would like to wish our president Karelyn Smithson a speedy recovery from her recent surgery and want to let her know the committee is doing a good job looking after us so don't hurry back!

Craft Group are doing their own crafts.

Cinema Group are going to the Marina Theatre Cinema to see "The New Boy" on 23<sup>rd</sup> April.

Walking Group: the walk was in Kessingland and ended up at Marram Green for Tea and Cake and the next monthly walk will be in Beccles.

The Reading Group are currently reading "Wandering Souls" by Cecile Pin.

Our May meeting is on Thursday 9<sup>th</sup> May and the meeting is a closed meeting for members only voting on the resolution which is "Dental Health" and we will also have fun exercise with Pauline Shipley. The competition is box making which is being done on the night and will be judged by Jill Traynier and Margaret Parker.

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



## Village Clean-Up Teams



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). 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 well underway & the group meets at approx. 10am on the Promenade. 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 Council office for more details.

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

### **Come and join our friendly Team.**

(all equipment provided)



## **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)

## Community Kitchen & Wildlife Garden



Well... Spring arrived and then disappeared again just as quickly !! The cold & rainy days have prevented our volunteers from being at the Garden as much as they would have liked. However, not all doom & gloom... on the dry days that did appear, we've managed to get the paths mown and the garden edges strimmed; more weeding and clearing of the raised beds have also been done along with dead-heading spent daffodil and tulip blooms. Here's hoping that the weather stays dry from now on so our vegetable seeds can be sown – our seed choices for this year include tomatoes, peas, beans, sweetcorn, carrots, radishes, pumpkins and potatoes... along with anything else we can find room for.

One question we are asked on numerous occasions is with regard to dogs being allowed into the Garden – the answer is a simple “Yes” but they must be kept on leads and their “contributions” must be cleared up. New notices have been put up at the Garden too.

Thank you for your continued support.



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 from 9am every Tuesday morning (weather permitting of course) so come along and see for yourself the progress being made in your Community Garden. If you have some spare time on your hands, come along and join the Volunteer Group, everybody is welcome. Dogs are also welcome into the Garden, but please remember to keep them on leads & clear up after them.



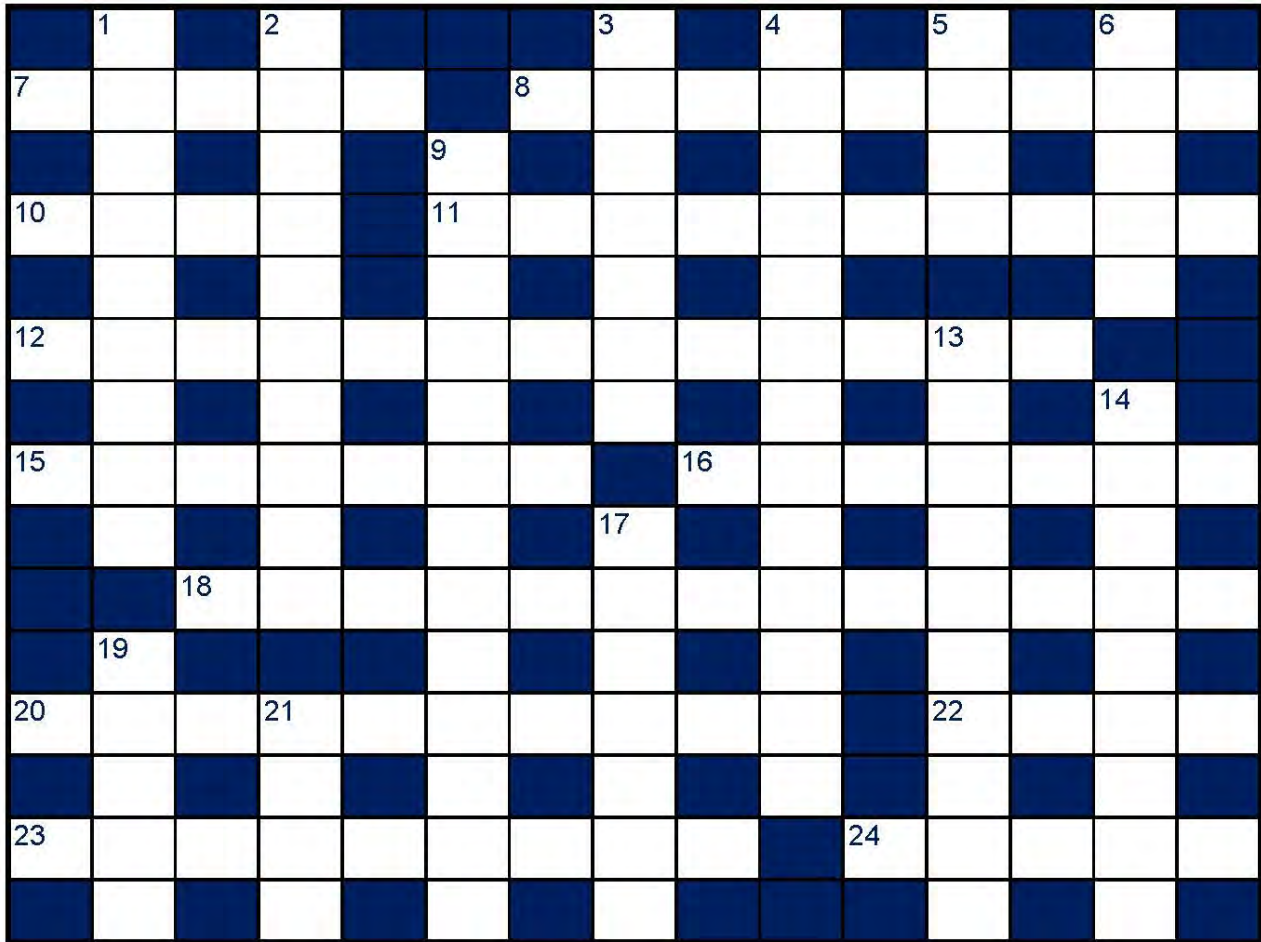
Join us on Facebook:

**Kessingland Community Kitchen & Wildlife Garden**





No: 101-21



**Across:**

- 7 In too much of a hurry (5)
- 8 Aircraft's height gauge (5)
- 10 Large farm building (4)
- 11 Eagerness to get on (10)
- 12 Female BBC newsreader (6,7)
- 15 Industrial oven (7)
- 16 Likely to cause damage (7)
- 18 Made to withstand high temperatures (4-9)
- 20 Amazing, extraordinary (10)
- 22 Badger's burrow (4)
- 23 Domestic hearth (9)
- 24 Military brass instrument (5)

**Down:**

- 1 Mail-order book (9)
- 2 Ancient Wiltshire monument (10)
- 3 Boat's inclined launch pad (7)
- 4 Turned into a novel (13)
- 5 At this very spot (4)
- 6 Budgie's sitting place? (5)
- 9 1989 Timothy Dalton Bond movie (7,2,4)
- 13 Red starter! (6,4)
- 14 Revolving means of entry (9)
- 17 Hold-up, disappointment (7)
- 19 Kevin Whately detective series (5)
- 21 Triangle's top point (4)





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

# Disability Advice

## North East Suffolk

*Free, Impartial & Confidential*



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.

Next drop in – 31/01/24, 28/02/24, 27/03/24, 24/04/24, 29/05/24, 26/06/24, 31/07/24, 28/08/24, 25/09/24, 30/10/24, 27/11/24.

Contact us for details  
01502 511333  
[info@danesonline.co.uk](mailto:info@danesonline.co.uk)

**DANES will next be at Marram Green on 29<sup>th</sup> May, 9:30am – 12:30pm**

# Help & Support in the Community



## PET FOOD PANTRY

Helping Pet Owners in Need

### FOOD PROVISIONS

The RSPCA, Morrisons & Kessingland Spar have kindly donated a supply of wet/dry dog & cat food to the Parish Council to help pet owners who are struggling financially during the cost-of-living crisis.



### WHO CAN APPLY?



Pet owners who live within the parish of Kessingland

### HOW TO APPLY

Contact the Parish Council for help by telephone or email:

Tel: 01502 744367

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

A small selection of pet food is available at the Community Fridge in the Library. Please **only take what you really need** as supplies are very limited. If you require urgent additional help, please contact the Council office.



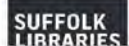
**Kessingland Library**  
Marram Green  
Hall Road  
Kessingland NR33 7AH

### OPENING TIMES

from 18<sup>th</sup> March 2024

<b>MONDAY:</b>	Closed
<b>TUESDAY:</b>	10am – 4pm
<b>WEDNESDAY:</b>	10am – 4pm
<b>THURSDAY:</b>	Closed
<b>FRIDAY:</b>	10am – 4pm
<b>SATURDAY:</b>	10am – 3pm
<b>SUNDAY:</b>	10am – 3pm

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



Helping you live your life



Norfolk and Waveney  
Talking Therapies

## CARLTON MARSHES

4th Monday  
of the month,  
12pm

Open to everyone  
16+

Meeting at  
the Visitor  
Centre, NR33  
8HU



[SOCIALS@WELLBEING  
NANDW.CO.UK](mailto:SOCIALS@WELLBEINGNANDW.CO.UK)



## FREE PRIDE AND PERIODS MENSTRUAL PRODUCTS HERE

Take a look at what we have available on our community shelves. No need to apply, no questions asked.



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



## New from April: 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)

**citizens advice** East Suffolk

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

THE CHURCH OF THE HOLY TRINITY  
DIOCESE OF NORWICH

Transformed by Christ    Prophetic    Prayerful    Pastoral

### Kessingland Church: SUPPORTS

**WHERE CAN I DONATE FOOD?**

- Kessingland Church Centre** when attending any group Saturdays 10-12noon Sundays 10.30- 12noon
- The Rectory 1 Wash Lane** ANYTIME. We also take perishable food at The Rectory & hygiene products.
- The Co-op Field Lane** have a designated Basket
- The SPAR in the High Street** have a designated Basket

**HOW DOES IT WORK?**

Food is donated by lovely people, like you, at drop-off points. This is collected, and taken to a consolidation place in Lowestoft. From there it is sorted and distributed in food hampers to feed a family or individual for three days. Contents provide items for complete meals.

In addition Food Bank network helps people break free from poverty by providing additional support to help people resolve the crises they're facing so that they don't need to use a food bank again in the future.

This could include things like debt advice, mental health support, or benefits guidance. **Food banks rely on the support of their local communities to support people in crisis.**

**DO LOCAL PEOPLE BENEFIT?**

**YES**, Care professionals such as health visitors, staff at schools and social workers identify people in crisis and either issue them with a food bank voucher or direct them to: **The Lowestoft Food Bank is located at 5-6 Bevan Street, Lowestoft NR32 2AA** **The food bank is open on Mondays, Wednesdays, and Fridays from 10:00 AM to 12:00 PM. If you are in struggling and cannot get to Lowestoft You can contact them at 07307 866146**. This means people can receive a food bank parcel of three days' **nutritionally balanced**, food from their local food bank.

**THANKYOU, THANKYOU LOVELY DONORS  
THANKYOU FOR YOUR SUPPORT**

## 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@btinternet.com](mailto:clerk.khint@btinternet.com).

Paper application forms may also be collected from the Kessingland Parish Council office at Marram Green, Hall Road, Kessingland, NR33 7AH



**The Sunflower Challenge**  
2024

**How TALL is yours?**

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

Register your details/send your photo's by Email:  
event@kessinglandparishcouncil.org.uk

Prizes include Gift Vouchers  
and delicious Sunflower Cupcakes from  
"Cakes & Bakes by Alison"

Entries to be submitted by  
Friday, 23<sup>rd</sup> August 2024  
The Winner will be announced on  
Monday, 26<sup>th</sup> August 2024

*Good Luck*

**Wanted**

5 or 6 people / football fans to help me set up a  
**Fantasy Football** competition based in  
Kessingland

Using a **new type** of Fantasy Football game  
(all played via an App on computer or mobile phone etc.)

It will cost you just £6 for the whole 2024/25 season

Please contact David Merrifield  
at MerrifieldEntertainments@btinternet.com  
or on 07979 738915

or drop your name and e-mail address into 20, Heritage Green

**I will need details by the end of June  
so I can set the competition up in time  
to start August 2024.**

Please contact me if you have any questions

**ROYAL AIR FORCE AIR CADETS**  
the next generation

**469 Lowestoft Squadron**  
Royal Air Force Air Cadets

Are you 12 and in year 8?  
Want to go flying? Make  
new friends or find a fun  
hobby?

What do we do?  
•Flying  
•Shooting  
•Sports  
•Camps  
•First aid  
•Fieldcraft  
•Camps  
And More!

If You or someone you know is  
interested in joining us, Contact  
us by Facebook or email to set up  
a meeting date!  
Come meet the Team and make  
some memories!  
We look forward to Seeing you

Email : 469@Rafac.Mod.gov.uk  
The Drill Hall, St Peter's Street

**1960s Weekend**  
at the East Anglia Transport Museum  
Saturday 11 & Sunday 12 May  
11am to 5pm

Free Park & Ride, courtesy of First Eastern Counties  
and Co-op Food Store

Sights & sounds of the 60s  
Free vintage bus services  
Plus all the usual Museum attractions  
Come along in 1960s costume for half-price entry

Park & Ride: Co-op, Ashburnham Way NR33 9EJ

Kindly supported by **First Eastern Counties**

Chapel Road, Carlton Colville, Lowestoft, Suffolk NR33 8BL  
[www.eatransportmuseum.co.uk](http://www.eatransportmuseum.co.uk)  
01502 518459 [events@eatransportmuseum.co.uk](mailto:events@eatransportmuseum.co.uk)

The East Anglia Transport Museum Society Ltd is a registered charity (No. 268204)





# PARENT CONNECT



A FRIENDLY INFORMAL GROUP FOR PARENTS AND CARERS OF CHILDREN WITH MENTAL HEALTH AND WELLBEING CHALLENGES



MEET EACH WEEK WITH AN EXPERIENCED PRACTITIONER

A SAFE SPACE TO SHARE FRUSTRATIONS AND TALK ABOUT SUPPORT

## FREE TO ATTEND

SATURDAY MORNINGS 11.00AM - 12.00PM

SEAGULL THEATRE


TO BOOK PLEASE EMAIL  
**BOOKINGS@WELL-CHILD.CO.UK**



EMAIL : **BOOKINGS@WELL-CHILD.CO.UK**




# The Screamin' Seagulls Choir



## Do You Love To Sing?

Then.....  
**Come And Join Us!**  
*If you're looking for a fun, friendly and welcoming group, Look No Further!!!*

Find Us On Facebook @TheScreamin'Seagulls  
Email us on: [screaming.seagulls.lowestoft@gmail.com](mailto:screaming.seagulls.lowestoft@gmail.com)  
Phone: 07748671336  
We Rehearse Every Monday Evening In Lowestoft 7-9pm




## OPEN DAY

### LOWESTOFT & DISTRICT CANOE CLUB

Come try a selection of kayaks and paddleboards. Enjoy a taster sessions and games!

18th May 2024 10AM – 3PM

£5 for 1hour session (starting every ½ hour)

Come join our club....  
More info at... [www.membermojo.co.uk/ldccwaitinglist](http://www.membermojo.co.uk/ldccwaitinglist)

Watersports Centre, Nicholas Everitt Park, Oulton Broad, Lowestoft, Suffolk, NR33 9JR




18th May 10am-3pm

Join our club!

Kayaks & Paddleboards

Age 10 +



Lots of fun!

GO TO THE LINK OR QR CODE ABOVE TO JOIN OUR WAITING LIST AND TO FIND OUT MORE!

[lowestoft.canoe@gmail.com](mailto:lowestoft.canoe@gmail.com)  
[www.facebook.com/LoweioffCanoeClub/](http://www.facebook.com/LoweioffCanoeClub/)

# SUNDAY CLASSICS FILM CLUB

FREE FILM SCREENINGS  
ONE SUNDAY A MONTH  
REFRESHMENTS PROVIDED  
SING-A-LONG INCLUDED

## A DEMENTIA ACCESSIBLE EVENT

Cafe Opens : 1.30pm  
Film Starts : 2.30pm

the seagull  
transforming our community through the arts

01502 589726  
[info@theseagull.co.uk](mailto:info@theseagull.co.uk)  
MORTON ROAD, LOWESTOFT, NR33 0JH



# Community Noticeboard

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



**'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: 300216

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

**Messy Church May 4th**

You are invited to join us as we explore *The Lord is my Shepherd*.

Create and make.  
Celebrate that God Loves You,

Finish with food and friendship.  
**Messy Church is a Family Church**  
We invite you and your family,  
if you have a strong faith, a little faith or have no faith but are curious.

Kessingland Church Hall  
Saturday 4<sup>th</sup> May 2024, 1.30 – 3.30  
RSVP: [janetmpallister40@gmail.com](mailto:janetmpallister40@gmail.com)  
**You are welcome.**

Available to Hire.  
Contacts Pat Briggs  
01502 740478

Parking, Disable Access & Toilets,  
Kitchen and Tables

Meetings, Children's Parties, Events.

Kessingland Church Presents

# Small Wonders

**Every Friday**  
at the Church Centre  
**9.30 AM - 11.00 AM**  
Newborn to School-age  
**FREE OF CHARGE**

Arts & Crafts,  
Singing,  
Stories, Games

**EVERYONE IS WELCOME**

THE CHURCH OF ENGLAND  
Diocese of Norwich

Transformed by Christ: Joyful, Faithful, Prophetic.

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

CAKES

**COFFEE is served...**  
SATURDAYS 10-12  
BOOKS, JIGSAWS, BIC-A-BRAC & 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**



# Community Noticeboard

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



## Kessingland Gardeners Club

### Programme 2024



January 8<sup>th</sup>  
 February 12<sup>th</sup>  
 March 11<sup>th</sup>  
 April 8<sup>th</sup>  
 May 13<sup>th</sup>  
 June 10<sup>th</sup>  
 July 8<sup>th</sup>  
 August 12<sup>th</sup>  
 September 9<sup>th</sup>  
 October 14<sup>th</sup>  
 November 11<sup>th</sup>  
 December 9<sup>th</sup>

AGM followed by an illustrated talk by **Tony Brown**  
 Not just slugs & snails that like hostas: **Ken Abel**  
 From field to garden: **Jane Bastow**  
 More about the Exotic Garden: **Andrew Brogen**  
 Tony Brown Entertains  
 Strawberry Fair  
 All about Salvias: **Luci Skinner**  
 Pelargoniums explained: **Ken Abel**  
 An evening visit to the Exotic Garden: **Andrew Brogen**  
 To be Arranged  
 Dahlias and Begonias: **Donny Andrews**  
 Christmas Party

Meeting at  
**Kessingland Church Centre**  
**Second Monday Monthly**  
**7.30pm**

**Chairman / Secretary:** Tony Brown  
 31 Field Lane, Kessingland NR33 7QA  
[tonybrownrwt@gmail.com](mailto:tonybrownrwt@gmail.com)  
**Treasurer:** Anne Henwood  
 01502 349068  
**Committee:**  
 Margaret Crisp Ivy Tibbenham Len Allen Sue Lain

Why not come along and give it a try?

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

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

EVERYONE is welcome at Kessingland Church

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

## KESSINGLAND CHURCH CHOIR

*Singing is good for you and FUN*



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

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



Cinema Outings



Fun & Laughter

**FREE of charge**



Tea, cake and friendship



Speakers

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

PS...Men are also welcome


Speak to Anne 01502 7424654

**ALL are very welcome to this very friendly Group**



# 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 ESA Instructor



Family Class  
age 7+

Email: [kesskarate@btinternet.com](mailto:kesskarate@btinternet.com)

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!



DO YOU LIKE TO DANCE?

COME AND JOIN OUR GROUP **DANCING FRIENDS**

EVERY MONDAY EVENING  
 7.30pm  
 KESSINGLAND SPORTS & SOCIAL CENTRE  
 FRANCIS ROAD, KESSINGLAND, NR33 7PU

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

ENTRANCE: £5.00 per person  
 FOR MORE INFORMATION, RING: SUE DYER 07731 380691

KESSINGLAND



CLUB

WE ARE A FRIENDLY CLUB LOOKING FOR NEW MEMBERS

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WE LOOK FORWARD TO SEEING YOU THERE!

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KESSINGLAND COMMUNITY CENTRE  
 FRANCIS ROAD  
 KESSINGLAND

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



## 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





GambleAware 18+

## Enter our Super Draw

### Win a £1,000 Luxury Getaway

OR £1,000 CASH PRIZE



- Tickets cost just £1 a week
- Chance to win up to £25,000
- Play weekly, or just play the Super Draw!
- Get away from it all in 2024!





**PLAY NOW:**  
 Go to  
[www.onelottery.co.uk](http://www.onelottery.co.uk)  
 Search for: Kessingland Sports



See website for Terms & conditions. Entry by 27/01/24

# KESSINGLAND YOUTH CAFÉ

## MAY 2024

### Wednesday

#### 1<sup>st</sup> and 15<sup>th</sup> May

## 6:30pm to 8:30pm

**Age Group:**  
10 to 16yrs

**FREE**  
ACTIVITIES

**SNACK**  
SHOP

at the KSSC  
Francis Road  
Kessingland



### Other Groups at the KSSC:

**Tuesdays:**

- Waveney Table Tennis  
10am – 12pm
- Short Mat Bowls  
2pm – 4pm
- Badminton  
7pm – 9pm

**Wednesdays:**

- Knit and Natter  
9:45am – 11:45am
- Youth Café (1<sup>st</sup> & 3<sup>rd</sup> Wednesdays)  
6:45pm – 9pm

**Thursdays:**

- Chair-based Exercise (alternate weeks)  
9:30am – 10:30am
- Pilates  
6pm – 7pm
- Model Flying Club  
7:30pm – 10pm

**Fridays:**

- Shotokan Karate  
6pm – 7:30pm

**For Bookings:**

- Telephone: 07729 384705
- Email: [ksscbooking@hotmail.com](mailto:ksscbooking@hotmail.com)



# Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



**SUFFOLK LIBRARIES**

**WHERE I BELONG**

## Regular Library Activities

<b>SUNDAY</b>	<b>10:30-12 - Craft &amp; Play</b>
<b>TUESDAY</b>	<b>10am - Baby Bounce</b>
<b>TUESDAY</b>	<b>11-11:45 - Stay &amp; Play</b>
<b>WEDNESDAY</b>	<b>2:45 - Bingo</b>
<b>FRIDAY</b>	<b>10am - Baby Bounce</b>
<b>FRIDAY</b>	<b>2:30pm - Scrabble</b>
<b>FRIDAY</b>	<b>2pm - BYO craft club</b>

Take a look at our website for all our activities

Don't forget to follow us on Facebook!

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)

HMIC charity number: XT53476



FRIENDS OF THE LIBRARY IN KESSINGLAND

# SCRABBLE

Every Friday

2:30pm

**JOIN US FOR SCRABBLE ON A FRIDAY AFTERNOON**

**£1 PER PLAYER WITH HOT DRINK AND SWEET TREATS INCLUDED**



**SUFFOLK LIBRARIES**

## KESSINGLAND LIBRARY

# CROSSWORD COMPETITION

**£1 PER SHEET  
RETURN COMPLETED  
TO ENTER PRIZE  
DRAW**



Monthly crossword competition created specially for Kessingland Library

# Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



**SUFFOLK LIBRARIES** wordplay



# BABY BOUNCE & TOT ROCK

FREE ACTIVITY UNDER FOURS

Tuesdays & Fridays  
10am

Followed by a cuppa & biscuits

**SUFFOLK LIBRARIES**

# BINGO!

Every Wednesday in Marram Green Cafe

Hot drink and biscuits included plus prizes for every round.



£1

2:45pm

Meet new people or bring a friend!

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

# CHILDREN'S craft

Every Saturday & Sunday  
10:30 - 12:00

**FREE ACTIVITY**  
Including snacks!

Kessingland Library, Marram Green

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) HMRC charity number: XT34475

**FOR STITCH DROPPERS**

.....

# Craft Club

## 2pm Friday

Kessingland Library,

£1.00 including



# Community Noticeboard


Activities & Groups: Kessingland Library & Marram Green



# CHAIR YOGA

Gentle exercise designed for people with mobility issues

Come & join us for a chair yoga class led by Jan Lacey, BWY Dip. a qualified & experienced British Wheel of Yoga teacher



Every Thursday  
11:00 until 12:00

£5.00 per session

The Spinnaker Room  
Marram Green (Ground Floor), Hall Road, Kessingland



Marram Green  
coffee and friends events

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



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

# Have your say on Kessingland's climate change action plan

Want to take action on climate change?

We're coming together to make a community climate action plan for Kessingland. Join us to help work out what we can do, both in our own homes and also as a village, to meet the challenge of climate change.

Don't know where to start?

Come and find out more at one of our introductory sessions. Share your ideas, learn more about what we can do together and how the planning process will work.

- Friday 3 May, 11am-12pm
- Friday 3 May, 7-8pm
- Saturday 4 May, 3-4pm

at the Spinnaker Room, Marram Green, Hall Lane, Kessingland



## 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) 6:30pm – 7:30pm

**For Compass Suite Bookings:**  
Telephone: 01502 744367  
Email: [admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk)



# Volunteering Opportunities



## MAKE A CHANGE BECOME A COUNCILLOR

Could you be a voice for your community?

Do you think that you would represent a different group of people on the Parish Council?

Do you have strong views about what Kessingland Parish Council should be doing?

Do you know what the Parish Council can do?

### Kessingland Parish Council has a vacancy for a new councillor

If you're over eighteen years of age and live or work within Kessingland (or within three miles of the Kessingland boundary) and do not have any of the disqualifying criteria, then we would like to hear from you! Especially if you are different than the people already on the council. Kessingland is a diverse community, and the council wants to recognise, celebrate, and represent that diversity. The key qualities for a councillor are to keep an open mind and to listen to, learn about, care for and represent your community to the best of your ability.

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



If you are interested or want to know more, please speak to one of the current councillors or contact the council office. There is more info as well as information on a range of different local councillors nationally at: <https://www.nalc.gov.uk/our-work/local-elections#what-do-local-councils-and-councillors-do>



Kessingland Parish Council, First Floor, Marram Green, Hall Road, Kessingland NR33 7AH  
Telephone: 01502 744367, Email: [admin@kessinglandparishcouncil.org.uk](mailto:admin@kessinglandparishcouncil.org.uk), Web: [www.kessinglandparishcouncil.co.uk](http://www.kessinglandparishcouncil.co.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

**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



## Kessingland Village Volunteers

**Village Recorder**

**Community Gardener**

**Youth Club Volunteer**

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

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

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

www.kessinglandparishcouncil.co.uk  
email:  
admin@kessinglandparishcouncil.org.uk  
call  
01502 744367  
or pop into the council office

**Warm Rooms Host**

**Skills Sharer**

**Tree Warden**

**Marsh Mate**

**Litter Picker**

**Climate Carer**

**Accessibility Auditor**

**Community Fridge Champion**

**Village News Columnist**

## 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 on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month from 6.30pm until 9.30pm.

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

Kessingland Parish Council

## 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

**THE WAY TO GO**

Suffolk County Council

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





**ONE ITEM IN THE WRONG BIN CAN'T HURT, CAN IT?**

**YES IT CAN!**

**LET'S GET REAL ABOUT RECYCLING**  
#RecycleWeek



 Suffolk recycles

**EAT. RINSE. RECYCLE.**



**Please rinse your cans, tins and trays in your washing up water before putting them in your recycling bin.**

 Suffolk recycles  
[www.suffolkrecycling.org.uk](http://www.suffolkrecycling.org.uk)

 METAL recycles forever

Aluminium can be recycled over & over again...



**#SHAKE IT OUT**

Please don't put plastic bags in your recycling bin.  
Let's keep it clean, dry and loose.  
[suffolkrecycling.org.uk](http://suffolkrecycling.org.uk)

 Suffolk recycles



**Kessingland Church Centre Carpark**  
**CLOTHES BANK**

Serving our Community.  
Serving those in need



**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

**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





## 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
Peter Aldous MP (Waveney)	01502 586568
Citizens Advice Bureau	01502 518510
Disability Advice North East Suffolk (DANES)	01502 511333
Suffolk County Council Highways (if immediate danger to life) or online at <a href="http://www.highwaysreporting.suffolk.gov.uk">www.highwaysreporting.suffolk.gov.uk</a>	0345 6066171
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 Vets (Pakefield)	01502 664656
Wangford Vets (Wangford)	01502 578999
Kessingland Library	01502 741212
St Edmund's Church	01502 743154
Kessingland Primary Academy	01502 740223
Kessingland Sports & Social Centre	07729 384705
Kessingland United Working Men's Club	01502 740218
Kessingland Women's Institute	01502 740785

### 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



No: 101-21

### Across:

- 7 Hasty
- 8 Altimeter
- 10 Barn
- 11 *Impatience*
- 12 Sophie Raworth
- 15 Furnace
- 16 Harmful
- 18 Heat-resistant
- 20 Remarkable
- 22 Sett
- 23 Fireplace
- 24 Bugle

### Down:

- 1 Catalogue
- 2 Stonehenge
- 3 Slipway
- 4 Fictionalised
- 5 Here
- 6 Perch
- 9 *Licence to Kill*
- 13 Tomato soup
- 14 Turnstile
- 17 Setback
- 19 *Lewis*
- 21 Apex

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 more information & subscription rates.



Large Village of the Year  
2023



Community of the Year  
2023