



The Village News

June 2024

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Parish Council Meetings (June)

Full Council:

- Tuesday 18th at 7:00pm (AGM)

Finance & Governance:

- Wednesday 5th at 10:00am

Planning & Highways:

- Wednesday 12th & 26th at 10:00am

Events & Communications:

- No meetings scheduled.

Leisure & Amenities:

- No meetings scheduled.

Personnel:

- Monday 24th at 2:00pm

Climate, Culture, Community Development:

- Monday 10th at 2:00pm

Emergency Planning:

- Wednesday 12th at 10:00am

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

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



Join us on Facebook
Friends of Kessingland Parish Council

Your Parish Councillors



Stephen "Sid" James
Chair of Council

01502 740521

sjames@kessinglandparishcouncil.org.uk



Caroline Carter
Vice-Chair of Council

07811 753930

ccarter@kessinglandparishcouncil.org.uk



Christine Cook
Councillor

07592 555345

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Alan Green
Councillor

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agreen@kessinglandparishcouncil.org.uk



Julie McLean
Councillor

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Councillor

07985 462200

igraham@kessinglandparishcouncil.org.uk



Bob Saunders
Councillor

07901 530770

bsaunders@kessinglandparishcouncil.org.uk



Neil Glendinning
Councillor

07801 681136

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Robin de Brea
Councillor

07812 601256

rdebrea@kessinglandparishcouncil.org.uk



Lynda Hood
Councillor

Awaiting contact details

lhood@kessinglandparishcouncil.org.uk



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, B. Saunders,
C. Carter, N. Glendinning

Personnel Committee

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

Finance & Governance Committee

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

Leisure & Amenities Committee

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

Climate, Culture, Community & Development Committee

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

Events & Communications Committee

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

Emergency Planning Committee

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

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

Beach Wardens

North – Cllr J. McLean
South – Cllr S. James

Benacre & Kessingland Flood Group

Cllr S. James

Kessingland Events Group

All members of the Events Committee

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 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

Kessingland in Need Trust

Cllr L. Hood, Cllr I. Graham,
Cllr N. Glendinning

Youth Culture Board

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

Kessingland Sports & Social Centre

Cllr C. Cook

ESC Community Partnership

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

Suffolk Police

Cllr C. Carter, Cllr L. Hood

Suffolk Bus Passenger Interest Group

Cllr A. Green

Community Speed Watch & SID Co-ordinator

Position Vacant

SALC East Suffolk Forum

Cllr R. De Brea

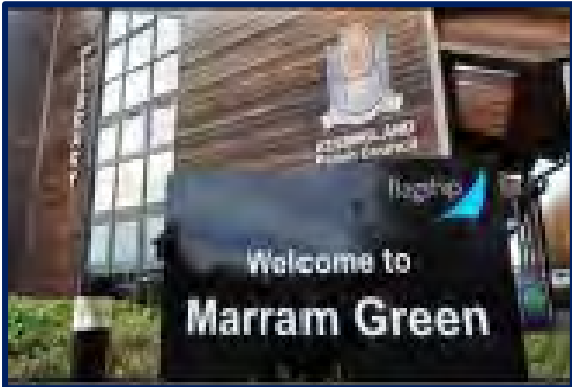
SALC Climate Forum

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

Compass Suite Trust

Position Vacant

Kessingland Parish Council Staff



Kessingland Parish Council

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

Telephone:
01502 744367

Email:
admin@kessinglandparishcouncil.org.uk

Website:
www.kessinglandparishcouncil.co.uk



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



Deputy Clerk:
Shelley Hogg



Admin/Committee Clerk:
Debbie Blowers



Youth Leader:
Daniel Fisk



Youth Leader:
Christine Smith



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



**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



80th Anniversary of the D-Day Landings



The 6th June 2024 marks the 80th Anniversary of D-Day, when Allied forces mounted the largest amphibious invasion the world has ever witnessed. In 1944 Operation Overlord saw over 5,000 ships and landing craft set down more than 130,000 troops on five Normandy beaches in an action that would bring about the liberation of north-west Europe from Nazi occupation.

The bravery and sacrifice of those people in securing the peace and freedom we enjoy today will be observed by the lighting of beacons around the United Kingdom, Channel Islands, Isle of Man and UK Overseas Territories. It is an opportunity to remember the 210,000 Allied casualties of Operation Overlord. This includes nearly 37,000 ground forces and 16,000 air forces killed in the invasion of Normandy's Utah, Omaha, Gold, Juno and Sword beaches, and the long and bloody campaign that followed. It is planned to light beacons on all five beaches to remember those who died or came home wounded.

The International 80th Anniversary D-Day Beacon will be lit in Normandy at 8:15pm (BST), at the British Normandy Memorial overlooking Gold Beach, with the other Beacons located on Utah, Omaha, Juno and Sword beaches being lit at 8:30pm (BST), followed by Beacons around the UK at 9:15pm BST along with the reading of the International Tribute (wording reproduced below).

D-Day was a monumental campaign to rid Europe of Nazi horror, and the 80th anniversary of this remarkable operation deserves the recognition and gratitude of everyone. Please join us at Roy Brown's Memorial Gardens (opposite The Waterfront Restaurant) from 9pm for the lighting of the Kessingland Beacon and laying of wreaths at the "Kessingland Remembers" wall. If you wish to lay your own wreath, you are more than welcome to do so. Please also listen out for the St Edmunds Church bells which will be ringing at 6:30pm.

D-DAY 80th ANNIVERSARY 6th June 2024

The International Tribute

Let us remember those who gave their lives at home and abroad during the D-Day landings, whose sacrifice enables us all to enjoy the peace and freedom we have today.

Let us remember those who came home wounded, physically and mentally, and the friends and family who cared for them.

Let us remember those who returned to restore their relationships and rebuild their working lives after years of conflict and turmoil.

Let us remember the families that lost husbands, wives, sons, daughters and sweethearts.

Let us remember the servicemen and women and merchant seafarers of all faiths and nationalities – from all countries – who fought, suffered and died during the D-Day landings and six years of war.

Let us all remember those in the Royal Navy, Army, Royal Air Force, Merchant Navy, reserved occupations and our Allies – the brave people who kept us safe on the home front and abroad during the difficult time of war.

Let us remember the brave doctors and nurses who cared for the wounded, the men and women who toiled in the fields, the coal mines, the factories and the air raid wardens, police officers, firemen, ambulance drivers and the young people of the Scouts and Guides who all played such a vital role in the war.



LIGHTING OF THE KESSINGLAND BEACON
commemorating the 80th Anniversary of the D-Day landings

Event Programme

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

From 9:00pm:

Reading of the International Tribute
Laying of Commemorative Wreaths
Bugle Call ("Sunset") & Lowering of the Union Flag
Lighting of the Beacon

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

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.

At our 9th May meeting we started by singing "Jerusalem". We then discussed the resolution proposed by the national committee of "Dental Health Matters". Margaret Parker proposed the resolution and there was no-one to oppose it. It was 27 for the resolution and no-one voted against it. Our delegate will take this result to the national AGM in a few weeks time in London.

Our competition for May was the boxes we made at the meeting shown to us by Jill Traynier and Margaret Parker. We had 17 entries, and the results were as follows:

1st Place: Sally Richards
2nd Place: Sandra Warner
3rd Place: Glynis Lake

Our judges were two members from the Pakefield Belles W.I. who were visiting as our delegates for the AGM in London.

For the "Bloom of the Month" we had 10 entries. The results were as follows:

1st Place: Margaret Brooke
2nd Place: Pauline Shipley
3rd Place: Karelyn Smithson

After our tea break and our business matters, we had "Easy Exercise" by Pauline Shipley.

Members whose birthdays were this month were presented with our very own craft club made birthday cards. We also presented Pauline Shipley with a bouquet of flowers for her "Easy Exercise" class. It was nice to see our President, Karelyn Smithson, back for half of the meeting and she reports she feeling good.

Craft Group: are doing their own crafts.

Walking Group: the walk was Pakefield to Lowestoft which was enjoyed by all.

Reading Group: are currently reading "The Dove Keepers" by Alice Hoffman.

Our June meeting is on Thursday 13th June. This meeting is open to all. The talk is on flower arranging with our very own Pauline Shipley. The competition is "A Flower Arrangement in a Tea Cup".

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

Kessingland United Working Men's Club



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

What a great evening we had with Mary Newton Retired Forensic Scientist and her talk on "Rape". There was over 100 people as you can see, it was very busy. You could have heard a pin drop. It was fascinating - this is her second talk, and the audience were asking for more. So, keep your eye out next year for another one. We raised a nice amount of money for the club.



We had a fantastic night Saturday with "Barry Tone" an Elvis tribute. Elvis was certainly in the building. We were very busy with a lot of visitors.

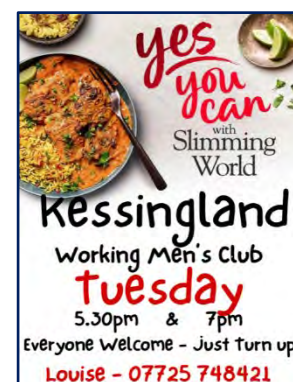
Upcoming music nights are as follows (Saturday night entrance fees - members £4, visitors £6):

Saturday 1 st June	-	Best of Both
Saturday 8 th June	-	Kenny Lee and Hustler
Sunday 9 th June	-	Countryholics
Sunday 16 th June	-	Club Music 7pm – 10pm (£3)
Tuesday 18 th June	-	Steve Alan
Saturday 22 nd June	-	Terry Batt
Saturday 29 th June	-	Andy York
Saturday 6 th July	-	Steve and Greta

The winter darts team did well coming 3rd in the League narrowly missing promotion. Summer league starts 7th June, all are welcome. We are also looking to enter a Pool League if anyone is interested with our recently refurbished pool table. Don't forget Bingo on Monday and Wednesday evening and also at Sunday Lunchtime. This is getting busy now with a Raffle too on Sunday's. We also have Fruit machines in the main bar.

The Pigeon Club is back in action with birds being collected Friday night to be taken to their start points. It always fascinates me how they find their way home. Kessingland United Working Men's Bowls Club has now started with some success so far. They are looking for new members if you are interested come and have a Roll up.

The WI meet the second Thursday of the month at 7.30 visitors £5. We have Speakers most months or an activity. The Slimming World meet every Tuesday with two sessions 5.30pm and 7pm.



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 plenty of disabled parking, disabled entrances and disabled toilet facilities. To book please email or phone the club with date, time and contact number and we will get back to you.

President: R A Hood
Society Registration No: 4343

Secretary: R Gasking
VAT Registration No: 105 2958

Library Update

It's been a while since I've written an update for the newsletter but as you all know, that doesn't mean that nothing has been happening! Suffolk libraries is busy preparing for a summer of reading with the launch of the new Reading Quest which will begin at the end of July; they are also busy with the 'Make a difference with a Daisy' campaign which is our big fund-raising event for this year. Closer to home, we recently did a campaign supporting 'Love Grace' which I want to say a huge thank you to the community for supporting; the bags and items were handed over to an organisation in the local area who were thrilled, and I am proud to say we are now an official drop off point for Love Grace.

LOOKING FORWARD

Monday the 3rd of June brings the annual People's Champion Awards, and I am proud to announce that our very own Samii (Miss P!) has been shortlisted for an award in the Inspirational category. The two of us will be off to Stowmarket for the award ceremony so please keep your fingers and toes crossed for her! Our volunteers are amazing, they give up their time to support their community and enable us to offer the service we do, a huge thank you to all of our volunteers.

The Make a Difference with a Daisy campaign has been going strong for a few months now (more information is available on the Suffolk Libraries website) and our wonderful Sue has worked her magic again and created the most amazing daisy bear! In the next couple of weeks, you will have the chance to win it in our next Name the Bear competition!

You will all be familiar with the Summer Reading Challenge by now, a six-week challenge for children to read six books over the summer holidays. This year brings the all new Reading Quest with weekly challenges focusing on celebrating reading, rather than a requirement to read six books. Look forward to finding unusual places to read, visiting new libraries, origami and finding hidden treasure...

BACK TO THE PRESENT DAY

Our events and activities are thriving, with Baby Bounce on Tuesdays and Fridays, Bingo and Stay & Play on a Wednesday, Scrabble and craft on Fridays, children's craft Saturday and Sunday and monthly book club. I'd love to hear about any activities you would like to see in the library, I am always open to new (and old) ideas, especially if you already have an established group.

Our new opening times are working really well, and the community seem to love having access to the library every morning which is great. Just to remind everyone, our new opening hours are:

Tuesday, Wednesday, Friday: 10am-4pm
Saturday & Sunday: 10am-3pm

***"Bad libraries build collections, good libraries build services,
great libraries build communities."***

R. David Lankes

See you soon!
Amy

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

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



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

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

Community Kitchen & Wildlife Garden



“Rain, Rain, Go Away....” as the old saying goes !! There have been a few nice, sunny days though, so not all doom & gloom. Our volunteer group have managed to dodge the showers and been hard at work – the main project is to get the new pond completed and for this, your help is needed. If you can spare some time on a Tuesday morning to help complete the digging out of the new pond, you are more than welcome to join us. And with the new water supply connection almost at completion by Essex & Suffolk Water, the pond can be filled in no time at all and we can also ensure that we won't lose any of our fruit and vegetables as we have done for the last couple of years due to shortage of on-site water. Whilst some of our group are carrying on with the pond, the rest of us have been busy weeding & tidying up the flower beds/borders/boat... an ongoing job ! The rest of the garden, however, is looking magnificent... a lot of the fruit trees are full of blossom (should be plenty of fruit for picking), the wildflowers and grasses are looking very lush & colourful as the pictures show. We are so pleased with how the Garden is developing and it will improve year after year



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.

Thank you for your support.



Join us on Facebook:
Kessingland Community Kitchen & Wildlife Garden





ALERT
FAKE TRADING STANDARDS OFFICER

A Suffolk resident has received a SCAM call from someone purporting to be from Suffolk Trading Standards. The caller advised that Trading Standards need to inspect the loft insulation at the property and an appointment needed to be arranged. The caller gave their name as James Mitchell. When the resident queried the caller, the fraudster advised that they would send an email and ended the call.

It is a criminal offence to impersonate a Trading Standards Officer and can carry a prison sentence of up to 10 years. All Trading Standards officers carry identification and can be verified by calling the national consumer helpline on 0808 223 1133. As with any telephone call that you receive out of the blue, we urge you to be vigilant and take a moment to stop and think, especially if you receive a request over the phone or e-mail to make a payment from someone claiming to be from a trusted organisation. If you are in any doubt, contact the company or organisation directly using an email or phone number from their official website. Impersonation scams occur when the victim is persuaded to make a payment to a criminal claiming to be from a trusted organisation. This could include the police, a bank, a utility company, or a government department. Report all scam calls to us via Citizens Advice Consumer Service on 0808 223 1133.

Have you seen these posts popping up in any community Facebook groups? They are not egg-sactly what they seem! Please do not engage with the person posting the advert, instead report it to the group admin for the post to be removed. These posts initially look legitimate. However, they soon turn malicious. The individual turns the comments off so that you can only contact them by privately messaging them, they then ask for payment for the eggs via a cash app. Once the money is transferred, they disappear off of Facebook or you are blocked. A search of the text within the post shows the same or similar adverts across Facebook appearing in Community groups. Facebook users can verify a post by doing a little bit of research before interacting, for example:

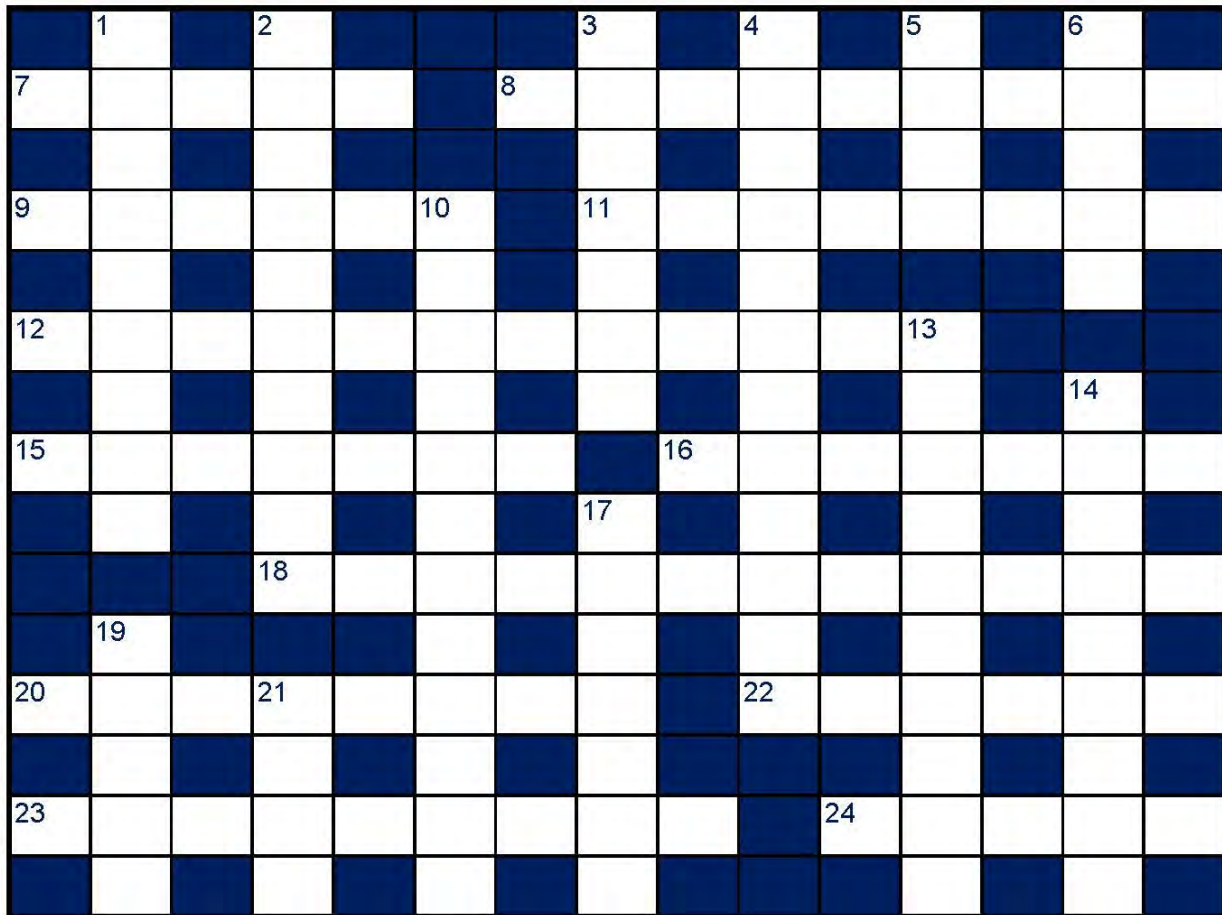


- Read the information carefully, looking for spelling errors and out of place information.
- Check the profile of the person posting. Has it been created very recently? Do they appear to live locally?
- Do a reverse image search on Google. That will show if the image has been used elsewhere for adverts or websites.
- If you suspect a scam, report it to Facebook.

If you have lost money to a scammer, report it to your bank immediately. Report all scams to Trading Standards via Citizens Advice Consumer Service on 0808 223 1133.



No: 101-22



Across:

- 7 Happen again (5)
- 8 Italian car make (4,5)
- 9 2000s BBC1 TV spy series (6)
- 11 Encroach on private land (8)
- 12 After-shower cosmetic (6,6)
- 15 Authentic, real (7)
- 16 Common painkiller (7)
- 18 Deliberately don't listen (4,1,4,3)
- 20 Baked beaten egg-white (8)
- 22 Breed of small terrier (6)
- 23 Heated beforehand (3-6)
- 24 Matter of contention (5)

Down:

- 1 Nickname for Mars (3,6)
- 2 (Settling) before a legal hearing takes place (3-2-5)
- 3 Greedy-guts! (7)
- 4 Small sewing & drapery items (12)
- 5 Liquid starter (4)
- 6 Splendid meal (5)
- 10 Steve McDonald actor in *Coronation Street* (5,7)
- 13 Wet tropical jungle (10)
- 14 Extremely funny (9)
- 17 Food provider for a party (7)
- 19 Body's "pumping" organ (5)
- 21 Irritating sensation (4)

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

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.



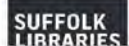
Kessingland Library
Marram Green
Hall Road
Kessingland NR33 7AH

OPENING TIMES

from 18th March 2024

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

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



CARLTON MARSHES

4th Monday of the month, 12pm

Open to everyone 16+

Meeting at the Visitor Centre, NR33 8HU



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

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, KESSINGLAND

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.

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

Help & Support in the Community



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
0345 606 6067



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



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

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

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



Well Minds East Suffolk

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

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.

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

DANES will next be at Marram Green on 26th June, 9:30am – 12:30pm

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, 23rd August 2024
The Winner will be announced on
Monday, 26th 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

In aid of
 Guide Dogs

Every cupcake counts!

Join us for

Coffee & Cake

help us raise vital funds for Guide Dogs

Friday, 5th July 2024, 10am until 1pm
Kessingland Sports & Social Centre, Francis Road, Kessingland NR33 7PU

kessinglandmensshed@btinternet.com
 Kessingland Men's Shed

KESSINGLAND MEN'S SHED

HAS SPACES AVAILABLE FOR
NEW MEMBERS

PLEASE COME AND SEE US AT
KESSINGLAND MEN'S SHED
BETHEL DRIVE
NR33 7RY

WE ARE OPEN MON/WED/FRI/SAT 9AM-1PM

EVEN IF YOU ARE NOT INTERESTED IN JOINING, WHY NOT COME ALONG ANYWAY
AND CHOOSE (FOR A SMALL DONATION) FROM A WIDE SELECTION OF BOOKS AND
JIGSAWS, OR FROM OUR RANGE OF BIRD, BAT AND HEDGEHOG BOXES

Community Noticeboard

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



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

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.org.uk/joinus

THE CHURCH OF ENGLAND Diocese of Norwich

Transformed by: Civic, Prayerful, Pastoral, Prophetic

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

CAKES

COFFEE is served...
SATURDAYS 10-12
BOOKS, JIGSAWS BRIC-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

LOWESTOFT CHORALE

SONGS OF JOY

featuring works by Rutter, Elgar, J. Varley Roberts and Britten

Photograph by Rob Heworth

St Edmund's Church,
Kessingland
Saturday 8th June at 3 pm

All are welcome to join us to celebrate the church's recent thatched roof repairs.
Admission free - donations welcome.
(Tea and cake to follow the performance)

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

St Edmund's

SUMMER FETE

Saturday 29th June
1 pm - 4 pm

Church Centre, Church Road
Kessingland

Games, Raffle, Barbecue, Lucky Dip (prize every time), Tea, coffee & cakes, Stalls, Name the teddy, Children's fancy dress

FUN

Community Noticeboard

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



Kessingland Gardeners Club

Programme 2024



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

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
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
 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:
2nd 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

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

WE LOOK FORWARD TO SEEING YOU THERE!

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
 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
 Search for: Kessingland Sports



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

KESSINGLAND YOUTH CAFÉ

JUNE 2024

Wednesday 5th: Choice of Activities 	Wednesday 19th:  FREE Pizza Night
---	---

6:30pm to 8:30pm

Age Group:
 10 to 16yrs

FREE ACTIVITIES at the KSSC Francis Road Kessingland

SNACK SHOP



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 (1st & 3rd 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

Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



SUFFOLK LIBRARIES

WHERE I BELONG

Regular Library Activities

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

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



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

HMIC charity number: XT54676



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.



SUFFOLK LIBRARIES **WHERE I BELONG**

CHILDREN'S CRAFT



Saturdays & Sundays 10:30-12:00



FUELLED BY IMAGINATION

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 HMRC charity number: XT34475

f t i y

FOR STITCH DROPPERS

.....

Craft Club

2pm Friday

at Kessingland Library
£1.00 including refreshments

SUFFOLK LIBRARIES

Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



CHAIR

Y


O

G

A

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!



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

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

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

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






Rural Coffee Caravan is a registered charity. No.1187423



East Suffolk Community Partnerships
Bringing ideas to life

Carlton Colville
Kessingland
Southwold
& villages



Community Partnership Event

"Green Spaces and Play Areas"

 **Wednesday 5 June**

 **6.00pm - 8.00pm**

 **Marram Green, Kessingland**

Open to local organisations, community groups, and parish & town councils. We'll be looking at managing play areas, inclusivity and access, planning for biodiversity, encouraging nature connection, tackling damage and other topics.

For more information please email gemma.fraser@eastsuffolk.gov.uk



Scan here to book your place!



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

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, Web: 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

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 1st and 3rd 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

Volunteering Opportunities



Kessingland Village Volunteers

Village
Recorder

Community
Gardener

Youth Club
Volunteer

Warm
Rooms
Host

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

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

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

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

Marsh
Mate

Skills
Sharer

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

Litter
Picker

Tree
Warden

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

Climate
Carer

Accessibility
Auditor

Community
Fridge
Champion

Village News
Columnist



Bact Community Transport Appeal

Bact community transport are struggling to meet an increasing demand for passenger trips. Passengers are so grateful for all the journeys we undertake, but we are victims of our own success and we are now turning passengers down who really need our help.

- Do you have a few hours each week to spare to drive a car, van or minibus?
- Do you like meeting new people?
- Do you enjoy driving?

We would love to speak tell you about volunteering opportunities in Bungay, Beccles, Lowestoft, Harleston, Loddon and the surrounding areas. Call us on 01986 896896 or email on info@bactcommunitytransport.org.uk

Pakefield Coastwatch

Can you spare 3-4 hours per week?

VOLUNTEERS NEEDED

to assist us in safeguarding our seas and coast.

Full training given.

Contact our Station Manager on
07788 377501

Pakefield Coastwatch is a registered charity. No. 1178259

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 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

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

Suffolk recycles

Community Recycling



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

♻️ 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 www.highwaysreporting.suffolk.gov.uk	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 www.suffolk.police.uk/contact-us/report-something	
Coastline Vets (Carlton Colville)	01502 531999
Three Rivers Vets (Kessingland)	01502 741988
Pakefield Vets (Pakefield)	01502 664656
Wangford Vets (Wangford)	01502 578999
Kessingland Library	01502 741212
St Edmund's Church	01502 743154
Kessingland Primary Academy	01502 740223
Kessingland Sports & Social Centre	07729 384705
Kessingland United Working Men's Club	01502 740218
Kessingland Women's Institute	01502 740785

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: 101-22

Across:

- 7 Recur
- 8 Alfa Romeo
- 9 *Spooks*
- 11 *Trespass*
- 12 Talcum powder
- 15 Genuine
- 16 Aspirin
- 18 Turn a deaf ear
- 20 Meringue
- 22 Yorkie
- 23 Pre-cooked
- 24 Issue

Down:

- 1 Red planet
- 2 Out-of-court
- 3 Glutton
- 4 Haberdashery
- 5 Soup
- 6 Feast
- 10 Simon Gregson
- 13 Rainforest
- 14 Hilarious
- 17 Caterer
- 19 *Heart*
- 21 Itch

The Village News welcomes contributions from everyone within the Parish; news, photographs and reports from village organisations are particularly welcome but contentious issues or articles promoting personal causes should be avoided – the Editor reserves the right not to print items and to edit items submitted for publication.

The views expressed in the Village News, unless stated as such, are not those of the Editor or the council, and no liability can be accepted for any error or omissions although we will publish corrections.



If you would like to submit articles or cover photographs, the deadline for copy is 12 Noon on the 24th of each month.

Please send submissions to the Editor –
jmclean@kessinglandparishcouncil.org.uk
Articles can be half or full page.

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