



The Village News

October 2024

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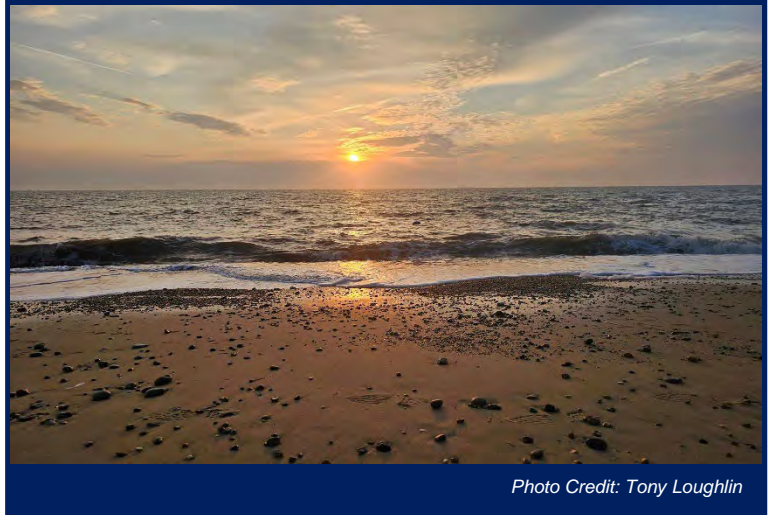


Photo Credit: Tony Loughlin

Parish Council Meetings October 2024

Full Council:

- Wednesday 9th at 7:00pm

Finance & Governance:

- Wednesday 2nd at 10:30am

Planning & Highways:

- Wednesday 2nd at 10:00am
- Wednesday 16th at 10:00am
- Wednesday 30th at 10:00am

Personnel:

- No meetings scheduled.

Leisure & Community Engagement:

- No meetings scheduled.

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

ccook@kessinglandparishcouncil.org.uk



Alan Green
Councillor

07789 644645

agreen@kessinglandparishcouncil.org.uk



Julie McLean
Councillor

07539 696904

jmclean@kessinglandparishcouncil.org.uk



Ian Graham
Councillor

07985 462200

igraham@kessinglandparishcouncil.org.uk



Bob Saunders
Councillor

07901 530770

bsaunders@kessinglandparishcouncil.org.uk

Neil Glendinning
Councillor

07801 681136

nglendinning@kessinglandparishcouncil.org.uk



Lynda Hood
Councillor

07954 412031

lhood@kessinglandparishcouncil.org.uk

Karen Archbold
Councillor

07415 734953

karchbold@kessinglandparishcouncil.org.uk

Zarina Mohamdee
Councillor

Tel. No. To Be Confirmed

zmohamdee@kessinglandparishcouncil.org.uk

Position

Vacant

Position

Vacant



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

Planning & Highways Committee

Councillors:
Chair: C. Carter
Vice-Chair: I. Graham
B. Saunders, N. Glendinning, C. Cook

Finance & Governance Committee

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

Personnel Committee

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

Leisure & Community Engagement Committee

Councillors:
Chair: I. Graham
Vice Chair: J. McLean
C. Carter, C. Cook, A. Green, L. Hood,
B. Saunders, K. Archbold

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

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

Benacre & Kessingland Flood Group
Cllr S. James

Kessingland Events Group
Cllr J. McLean, Cllr C. Cook,
Cllr C. Carter, Cllr K. Archbold

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

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,
Deputy 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
Position Vacant

SALC Climate Forum
Cllr A. Green, Cllr J. McLean,
Parish Clerk

Compass Suite Trust
Position Vacant

Kessingland Parish Council Staff



Kessingland Parish Council

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

Telephone:
01502 744367

Email:
admin@kessinglandparishcouncil.org.uk

Website:
www.kessinglandparishcouncil.co.uk



Parish Clerk & RFO:
Neil Coleby



Acting Parish Clerk & RFO:
Shelley Hogg



Admin/Committee Clerk:
Debbie Blowers



Senior Youth Leader:
Christine Smith



Youth Leader:
Daniel Fisk



Youth Leader:
Amanda Loud



Cleansing Operative:
Ruth Hill



Cleansing Operative:
Niall McLean



General 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





from Michael Ladd (Suffolk County Councillor for Kessingland & Southwold)

Danger of Waste Batteries & Electrical Items

The fire at Great Blakenham in August resulted in a major response by Suffolk Fire and Rescue Service which saw 14 appliances and more than 80 firefighters deployed to deal with it. Local residents and businesses were advised to keep doors and windows closed for nearly 24 hours as a massive smoke plume, which could be seen for miles, rose above the site.

Trains were also severely affected as rail services from Ipswich to Norwich, Cambridge and Ely were cancelled owing to the potential danger from the fire to the adjacent railway track.

Suffolk Fire and Rescue Service launched an investigation into the cause, and this has established that the most likely cause was a battery which had made its way into a pile of scrap metal. If batteries, or electricals containing batteries, are not properly separated they can end up being crushed in the waste and recycling process and when punctured they can self-combust, setting fire to any surrounding dry and flammable waste and recycling.

The National Fire Chiefs Council (NFCC) said that lithium-ion batteries thrown in household rubbish bins had led to more than 1,200 fires in the UK waste system in the last 12 months, compared to 700 in 2022. Waste batteries and electrical items should never be thrown into household waste. Instead, they can be recycled at any of Suffolk's 11 Recycling Centres, as well as other local recycling banks. Many supermarkets also accept them.

from Sandra Gage (Suffolk County Council Flood & Water Project Manager)

Flood & Water Management at Church Road/Marsh Lane

Suffolk County Council and Anglian Water are working jointly on a scheme to increase surface water drainage capacity on Church Road in the vicinity of Marsh Lane junction. The scheme is now fully funded, and construction works are being organised by Anglian Water. This is proposed to address the surface water run off along Church Road after heavy rainfall to reduce the risk of flooding in the area and it is proposed to install a new section of underground surface water drain and four new road gullies.

The site is complex in terms of construction methods and is physically restricted, and will require partial closure of the road , and for short time, a road closure. The holiday sites accessed via Church Road have been contacted, and provision dates to undertake the works during the least disruptive time for these sites, have been confirmed to be January and early February. Plans are therefore underway with a provisional date for construction in January and early February.

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

Our August Social meeting and our Italian night was well attended by over 30 members including those from other institutes. Everyone had fun.

Our members also went to the "Exotic Gardens" at Henstead this was attended by over 10 members. Tea and Cake were kindly provided by the Gardens and we thank them for this lovely day. We will come back again!



5 members were invited to take part in defibrillator training at Kessingland Men's Shed on Wednesday 28th August, this training was provided by East Anglian Air Ambulance. We would like to say thank you to the Men's shed for organising this and for the invitation. Sandra is arranging a future training session. More information will be given at the meeting when we have more information.

At our 12th September meeting we sang Jerusalem. Our main speaker was Mary Newton a forensic biologist (retired) who gave a talk called give us a clue when the dogs don't bark! It was about the crimes she has investigated since 1980, and she worked on cases such as Rachel Nickell's murder in 1992 which eventually led to the conviction to Robert Napper in 2008. She also told us about her very first case in 1980 in Dulwich where a 19-year-old was killed by her boyfriend and Mary Newton was 19 at the time. We highly recommend her as a speaker for any organisation especially Wis. You need to book in advance to ensure you can have her speak.

Our monthly competition was "A photo of a dog". We had 12 entries, and our judge was Mary Newton. The results as were as follows:

1st Place: Karelyn Smithson
2nd Place: Jill Traynier
3rd Place: Lynn James

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

1st place: Karelyn Smithson
2nd place: Margaret Parker
3rd place: Lynn James

Members whose birthdays was this month were presented with our very own craft club made birthday cards. Pauline was presented with some plants and a card for her 80th Birthday in October. We wish her and all our members a happy birthday for this and next month. Craft Group are making birthday cards for members birthdays in 2025; Walking Group: the walk is going to Gorleston lead by Pauline Shipley; Reading Group are reading "Educated" by Tara Westover; Lunch Club will be meeting again in December for Christmas. More information will be provided at the next meeting.

Our Next open meeting is on Thursday 10th October and our speaker is "Pretty Things by Ina". The competition is "Make a brooch" which must be a piece of recycled Jewellery made by you.

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

We had our first Quiz Night for many years, and it was a great success. There were 90 people all wracking their brains for answers, you could hear a pin drop. Everyone really enjoyed it. We will definitely be having another one so watch this space. So good to see people supporting the Club.

We held a Macmillan Coffee Morning in conjunction with the Parish Council on Friday 27th September which was well attended and we raised nearly £500 (the final total is not known yet as donations are still coming in).



These are photo 's from the Classic Car Show last month that did so well even though the weather was wet.



Music for October/November:

3rd October: Steve & Greta
12th October: KCR Duo
19th October: Rob Charles
26th October: Lowrider City Rockets

2nd November: Memphis Index

For Country Music we had "Kevin Barry", he was very popular with his followers coming from far afield. The Club was very busy.

The Darts team are doing well in the League; we also have a full size refurbished Pool table and the drinks are cheaper than the Pubs. We have a large well-lit car park with plenty of disabled parking, disabled entrances and toilet facilities.

President: R A Hood
Society Registration No: 4343

Secretary: R Gasking
VAT Registration No: 105 2958

We have had some really good parties recently and a few Wakes too. Don't forget you can hire the Hall and Lounge for Parties and other activities, for Wakes they are free but with a returnable deposit. To book please email or phone with date/time and contact number and we will get back to you.

The Club has recently joined the One Lottery which is slowly getting people joining. For more information, please enquire at the club. We have Bingo Monday evenings, Wednesday evenings and Sunday lunch time. Come and join us. There is a new club on a Wednesday 7pm. Line Dancing which is well supported. The W.I. meets on the second Thursday evening of the month. Slimming World has two sessions every Tuesday evening.

If you are thinking of joining the Club, if you join in October, it will cost £25.00, and your membership will last until the end of December 2025.

Kessingland UWM Bowls Club held its 20th Early Dawn Windows and Conservatories Tournament on Saturday 7th September. 24 teams contested the 3 wood pairs tournament. The bowls club would like to thank Early Dawn for their continued support and sponsorship.

Thanks to the people who donated raffle prizes and to the ladies who worked tirelessly throughout the day serving food and refreshments.

The competitors thank tournament organisers Chris Staniforth and Duncan Armon for organising such an enjoyable day.



From left to right: runners up D Smart and K Porter (46 points), winning pair M Beck and G Harvey (48 points), third place M Raynor and T Squire (41 points).

The green opens early April next year so come and give bowls a try, bowl's supplied, just need to wear flat bottom shoes. Bowls not only gets you out of the house, but it's also good exercise and company.



LONGSHORE SURGERIES

FLU & COVID VACCINATION CLINICS 2024

The Practice would like to inform patients that we will NOT be sending out individual vaccination invites.

If you fall within the criteria listed below, you will be eligible to have the flu and/or covid vaccination.

Aged 65+ (or 65 as of 31.03.2025) or under 65 but 'at risk'; on a chronic disease register for heart, kidney, liver, stroke or diabetes, have a chronic respiratory disease, dysfunction of the spleen, immunosuppressed or undergoing chemotherapy treatment. Pregnant people and registered carers of the elderly and disabled can have the flu vaccine only.

Children aged 2,3 years old and under 18 years at risk, will be contacted separately to have the flu nasal vaccination in surgery.

Children aged 4-11 years will be immunised by the School Nursing Teams.

Longshore will not be providing the covid vaccine for those under 18 years.

Clinic details for Kessingland patients:

**Kessingland Community Centre, Francis Road,
Kessingland NR33 7PU**

Wednesday 9th October Surnames: A-L 2pm-5pm
Wednesday 23rd October Surnames: M-Z 2pm-5pm

Clinic details for Wrentham Patients:

Venue: Wrentham Village Hall
London Rd, Wrentham
NR34 7HJ

Wednesday 16th October
Surnames: A-Z
3:30pm-5:00pm

Clinic details for Wangford Patients:

Venue: Wangford Community
Centre, Millfields
Wangford NR34 8RG

Wednesday 30th October
Surnames: A-Z
3:30pm-5:00pm

PATIENT PARTICIPATION GROUP

YOUR SURGERY NEEDS YOU!

Longshore Surgeries are recruiting for
Patient Participation Group members

If you are interested, please let us know in one of the following ways:

Speak with the Reception team,
Call us on **01502 740203**
or email nwicb.longshoreworkflow@nhs.net

HAVE YOUR SAY!

Kessingland Climate Change Group



The group was started about 6 months ago by Robin de Brea because of his concerns for the planet and how climate change has become a serious problem for the human race. In his view, we cannot leave it up to others to act on our behalf, so creating a self-help community group, which also campaigns for change wherever decisions are made that can affect climate is the way forward.

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

For example:

- Encouraging maximum insulation and the installation of renewable energy sources for heating and lighting and providing assistance wherever possible for people to achieve this economically and within their means.
- Encourage people to bring bio-diversity to the forefront when choosing how to design and develop their gardens, and in designing and maintaining public spaces.
- Encouraging recycling and making it more accessible to all.
- Encouraging people to eat as much locally sourced food as possible and as much plant-based food as possible.
- To help each other learn about sustainability, about what is achievable and encourage others to do the same.

Going forward we are looking into using a thermal imaging camera so homeowners can actually see where they are losing heat from their homes and how that can be remedied, what financial help is available etc.

Even little things such as a swap shop would be useful, recycling clothes for others in need therefore reducing items that go into landfill.

Lift sharing schemes for people to go to the local supermarket, reducing vehicle usage, providing a sense of community. There are so many small things we can do that have a huge impact.

We wish to be open and accessible to anyone from the community of Kessingland and would love to hear your point of view and ideas.

We meet on the second Saturday of each month at 6.30pm at the Marram Green Centre and all are welcome.

The next meeting is on October 16th. We hope to see you then!



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

And search for: Kessingland Primary







SUPPORT OUR LOTTERY TODAY

£1 per week

Weekly cash prizes

£25,000 jackpot



Splitting the £1.00

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 by direct debit or debit card.

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



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

The Maths...

100 tickets sold a week means

- = £30 weekly cash prize
- = £2,080 a year for our school



To start supporting, visit:

yourschoollottery.co.uk

and search for: Kessingland Primary



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 MEN'S SHED



Repair Shop

**FIRST WEDNESDAY
OF THE MONTH**

9am - 1pm

WE CAN REPAIR A RANGE OF ITEMS INCLUDING:

_____ **Radios & Clocks** _____

_____ **Shear & Knife Sharpening** _____

_____ **Gardening Tools** _____

Community Engagement Project

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

Make a Difference!



Stand for East Suffolk Youth Council

-  Represent your school and community
-  Help make real decisions
-  Learn new skills
-  Make new friends



Young people aged 11 - 19 in East Suffolk are invited to make a difference in their local community by standing for election to a new youth council.

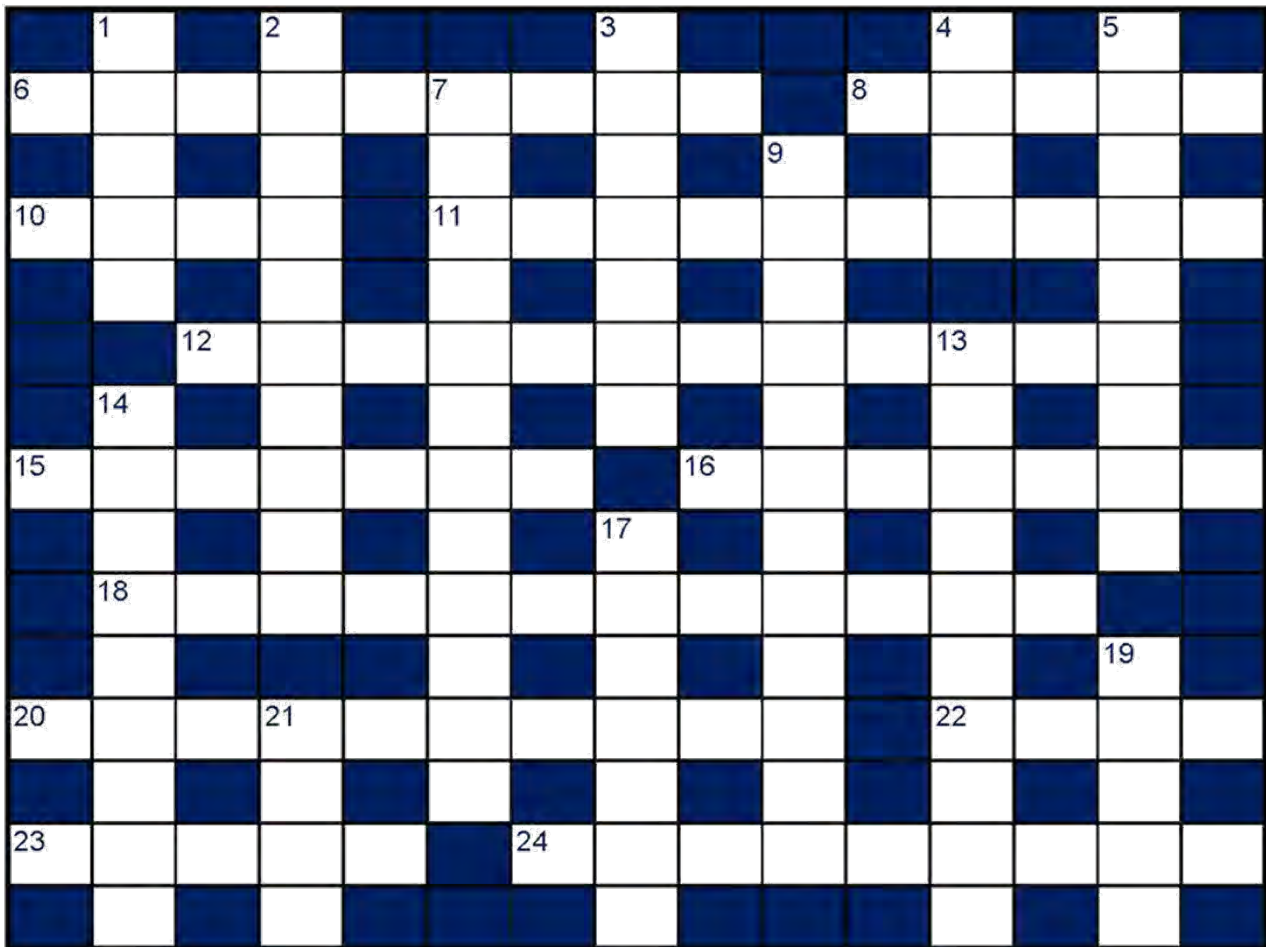
A new East Suffolk Youth Council will be formed, comprising at least two representatives from every secondary educational institution in East Suffolk, as well as the homeschooled.

The Youth Council will influence decisions and drive real change across the district, working closely with East Suffolk Council to ensure young peoples' voices are heard loud and clear in council decisions.

If you're aged 11-19 and interested in finding out more, please go to <https://bit.ly/4gpApMn>



No: 101-26



Across:

- 6 Without prior warning (2,3,4)
- 8 Clearly evident (5)
- 10 Purple fruit with a stone (4)
- 11 Summarise, outline briefly (3,7)
- 12 Parliament's upper chamber (5,2,5)
- 15 South London borough (7)
- 16 Children's series with Baby Pom (7)
- 18 Tall bus (6-6)
- 20 Liable to interfere (10)
- 22 Go up in flames (4)
- 23 Sound broadcast receiver (5)
- 24 Stringed instrument player (9)

Down:

- 1 Lower leg joint (5)
- 2 How disgraceful! (5,2,3)
- 3 Put your trust in (5,2)
- 4 Additionally (4)
- 5 Filled with revulsion, sickened (9)
- 7 Motorway lane for emergencies (4,8)
- 9 Steve McFadden's role in *Eastenders* (4,8)
- 13 Elastic Fastener (6,4)
- 14 Track for horse riders (9)
- 17 Really stupid (7)
- 19 From Sligo or Limerick (5)
- 21 Slow tap leak (4)

KESSINGLAND HELP IN NEED TRUST CHARITY NUMBER: 242755

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

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

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

Disability Advice

North East Suffolk

Free, Impartial & Confidential



#IAMConfident



I am a Mental Health First Aider +

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

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

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 30th October, 9:30am – 12:30pm

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

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



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

SUFFOLK LIBRARIES

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

Well Minds East Suffolk



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

Disability Advice

North East Suffolk

Free, Impartial & Confidential



**Are you missing out on
the Winter Fuel
Allowance because your
not claiming your
Pension Credit**

**Call us and we can check if you
are eligible for Pension Credit
and help you to apply**

Call 01502 511333

**Disability Advice North East Suffolk
161 Rotterdam Road, Lowestoft
Suffolk NR32 2EZ**

HALLOWEEN PARTY

Saturday, 2nd November 2024

4pm – 6pm

Kessingland Sports & Social Centre

Ages 3-11yrs

£3.00 per Child

maximum 2 adults per family



Music & Games with *Barrie Thornton*

Fancy Dress Contest

Snacks & Drinks available to purchase



To Book Your Place:

Text 07729 384705 or Email ksscbooking@hotmail.com

when booking, please make sure to include your child's/children's details



PUMPKIN CARVING

Competition 2024

SATURDAY, 2nd November

Kessingland Sports & Social Centre
Francis Road, Kessingland



**FREE
To Enter**



**PRIZES
To Be Won**



Scouts
1st Oulton Broad Sea Scout Group

CHRISTMAS Fayre

STALLS . FOOD . DRINK
GAMES & MORE

24 NOV | FREE ENTRY | OPEN 10 - 2

The Den, Nelson Wharf,
Lowestoft, Suffolk, NR33 9LP



Halloween at the Triangle Market

Saturday 26th October

To enquire about a traders pack for either or both of these themed markets, please email admin@lowestofttowncouncil.gov.uk

Christmas Market

at the Triangle Market

Saturday 30th November

www.lowestofttowncouncil.gov.uk

Triangle Market
Lowestoft's Market of the Historic Triangle



Warren Association
Charity Number 289578

Christmas Craft Fayre

Saturday 30th Nov 2024

WARREN SCHOOL CLARKES LANE
OULTON BROAD NR338HT

FREE ENTRY, HANDMADE
CRAFTS AND UNIQUE
GIFTS, RAFFLE, BAKED
GOODS, REFRESHMENTS
AND A SPECIAL VISIT
FROM SANTA!

11AM - 3PM

WARREN ASSOCIATION TRUST

Visit us on   



Adult Courses and Events
at Carlton Marshes

Suffolk Wildlife Trust

Carlton Marshes, Lowestoft

- Transforming Worlingham Marshes Talk Thur 12 Sep
- Natural Paintbrush Workshop Sat 29 Sep
- Landscape Painting Workshop Sun 6 Oct
- Reconnect with Cyanotype Printing Sun 13 Oct
- Quiz Evening Fri 18 Oct
- Capturing the Seasons- Autumn Sat 19 and Mon 21 Oct
- Willow Weaving Workshop- Platters Sun 20 Oct
- Willow Wreath and Christmas Tree Workshop Sun 10 Nov
- Needle Felted Robin Workshop Sun 1 Dec

Community Noticeboard

Activities & Groups: Kessingland United Working Men's Club



Kessingland United Working Men's Club



The Avenue, Kessingland, Lowestoft, Suffolk NR33 7QD

Telephone No: 01502 740218
Email: clubsecretarykuwmc@outlook.com
Website: www.kuwmc.co.uk

Warm & Welcoming – Membership required.

Temporary membership – Holidaymakers welcome only £1 per week



Hall Bar

(small entry fee for all music nights)
Live music every Saturday night
Country Music / Club Music nights
Large dance floor

Main Bar

2 Dart Boards
Pool Table
Fruit Machines
Cheaper drink prices
Disabled access / toilets
Pigeon Club
Bowls Club
Summer & Winter League Darts team



Bingo:

Monday Evening Doors open 7pm
Wednesday Evening Doors open 7pm
Sunday Afternoon Doors open 12 noon

Quiet Lounge Area
TV
Clubs using the facility
Slimming World
Kessingland WI



Venue Hire – Weddings / Parties / Groups & Clubs.

Wakes are free (refundable deposit required)

Large free car park with disabled spaces



Affiliated to the CIU

Society Registration No: 4343 VAT Registration Number: 105 2958

LINE DANCING

NEW LINE DANCING CLASS STARTING WEEK COMMENCING 21ST AUGUST 2024

ALL WELCOME
PARKING & BAR

WITH
ALISON

**WEDNESDAYS
7PM TILL 9.30PM
FROM 21ST AUGUST**

£5 ENTRANCE

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

Trained Teacher

yes you can
with
Slimming World

Kessingland
Kessingland
Working Mens Club
Tuesdays
5.30pm & 7pm

With Louise
07725748421

slimmingworld.co.uk

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

F O R K
 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

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

BABY BOUNCE & TOT ROCK

FREE ACTIVITY UNDER FOURS

Tuesdays & Fridays
 10am

Followed by a cuppa & biscuits

FOR STITCH DROPPERS

Craft Club

2pm Friday

at Kessingland Library
 £1.00 including refreshments

SUFFOLK LIBRARIES

SUFFOLK LIBRARIES WHERE I BELONG

CHILDREN'S CRAFT

Saturdays & Sundays 10:30-12:00

FUELLED BY IMAGINATION

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

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

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

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

Community Noticeboard

Activities & Groups: Kessingland Sports & Social Centre



Shotokan Karate Classes

First Two lessons free

Kessingland Sports & Social Centre
Francis Rd, Kessingland

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

Sensei Mark Owers
3rd Dan BSA Instructor

Family Club Age 7+

Times: www.kessingland-sports.co.uk

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 7PL

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 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 Sutfield on 01502 741424

Welcome!

KESSINGLAND Short Mat Bowls CLUB

WE ARE A FRIENDLY CLUB LOOKING FOR NEW MEMBERS

WE LOOK FORWARD TO SEEING YOU THERE!

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

PAY & PLAY, NO MEMBERSHIP FEE

£3.00 PER SESSION INCLUDING REFRESHMENTS

FIRST TIME? PLAY FOR FREE

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

KESSINGLAND COMMUNITY CENTRE
FRANCIS ROAD
KESSINGLAND

BOOST FUNDS FOR OUR CAUSE

JOIN OUR LOTTERY!

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

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

GambleAware

KESSINGLAND YOUTH CAFE

OCTOBER 2024
Wednesday
2nd and 16th October

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 (1st & 3rd Wednesdays)
6:45pm – 9pm

Thursdays:

- Chair-based Exercise
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: St Edmund's Church & Church Centre



Kessingland Gardeners Club



Programme 2024

- January 8th AGM followed by an illustrated talk by **Tony Brown**
- February 12th Not just slugs & snails that like hostas: **Ken Abel**
- March 11th From field to garden: **Jane Bastow**
- April 8th More about the Exotic Garden: **Andrew Brogen**
- May 13th Tony Brown Entertains
- June 10th Strawberry Fair
- July 8th All about Salvias: **Luci Skinner**
- August 12th Pelargoniums explained: **Ken Abel**
- September 9th An evening visit to the Exotic Garden: **Andrew Brogen**
- October 14th To be Arranged
- November 11th Dahlias and Begonias: **Donny Andrews**
- December 9th 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

**ALL ARE WELCOME:
2nd Tuesday each month**



Cinema Outings



Fun & Laughter

FREE of charge

PS...Men are also welcome

Speak to Anne 01502 7424654

ALL are very
welcome to this very
friendly Group



Tea, cake and friendship



Speakers

Community Noticeboard

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




 Transformed by Christ Prayerful Pastoral Prophetic

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

CAKES 


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


 TOGETHER WE CAN DO IT
Craft for Children



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





Available to Hire.
 Contacts Pat Briggs
 01502 740478

Parking, Disable Access & Toilets,
 Kitchen and Tables



Meetings, Children's Parties, Events.



'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.



Registered charity number: 206046

Join a local Rainbows group girlguiding.org.uk/joinus



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 HELP IN NEED TRUST

VACANCY FOR VOLUNTEER CLERK/SECRETARY

Kessingland Help In Need Trust are seeking an experienced administrator to provide clerical and financial support to the Trust.

The Trust receives applications from members of the Kessingland Community who are in need of assistance due to financial reasons. Therefore a basic knowledge of data protection and an empathetic manner is important.

You would be required to take minutes and prepare agendas for their quarterly meetings.

In addition to this, you would need to record expenditure and income and prepare annual accounts.

The Trust owns a number of plots of land for which it receives annual rent and from time to time there is administration required relating to this land.

Hours of Work

On average, you would only be required to work a couple of hours per month, but this may vary according to demand.

Experience Required

A general knowledge of Email, Word and Excel is required and a basic understanding of the Data Protection Act would be useful, although not essential.

Salary

As this is a voluntary position, there is no salary, but an annual payment is made to cover Clerk expenses.

Please contact the current Clerk for a more detailed job description or any other information at clerk.khint@hotmail.com

**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:

Kessingland Parish Council
T: 01502 744367
E: admin@kessinglandparishcouncil.org.uk

Volunteering Opportunities



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





VOLUNTEERS NEEDED !!

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

Your Community Garden
Rider Haggard Lane, Kessingland

NEEDS YOU

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



Pakefield Coastwatch

Can you spare 3-4 hours per week?

VOLUNTEERS NEEDED

to assist us in safeguarding our seas and coast.

Full training given.

Contact our Station Manager on
07788 377501

Pakefield Coastwatch is a registered charity. No. 1178259



Volunteering

Regular tasks on Tuesdays and Fridays across the Suffolk & Essex Coast & Heaths National Landscape.

All training provided, no experience necessary, come along and learn new skills & meet new people.

Find out more



- Habitat management and creation
- Biodiversity projects
- Tree and hedge planting
- Beach surveys
- Surveys and walking promoted routes






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

TETRAPAK CARTONS

Lowestoft Recycling Centre
Haddenham Road
Lowestoft NR33 7NF

BOOKS / USED PRINTER CARTRIDGES

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

UNWANTED / USED BATTERIES

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

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



GLASS & BOTTLE RECYCLING

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

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



Useful Contact Information



Local Telephone Numbers

East Suffolk Council (Customer Services)	0333 0162000
East Suffolk Council (Out of Hours Emergency)	0800 440 2516
East Suffolk Council (Automated Payments)	0300 7900509
Kessingland Parish Council	01502 744367
Jess Asato MP (Lowestoft)	jess.asato.mp@parliament.uk
Citizens Advice Bureau	01502 518510
Disability Advice North East Suffolk (DANES)	01502 511333
Suffolk County Council Highways (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



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 and the subscription rates.



Large Village of the Year
2023



Community of the Year
2023

Crossword Solution 101-26

ACROSS: 6 On the hoof 8 Plain 10 Plum 11 Run through 12 House of Lords 15 Croydon
16 Fimbles 18 Double-decker 20 Meddlesome 22 Burn 23 Radio 24 Violinist

DOWN: 1 Ankle 2 Shame on you 3 Count on 4 Also 5 Disgusted 7 Hard shoulder
9 Phil Mitchell 13 Rubber band 14 Bridleway 17 Idiotic 19 Irish 21 Drip