



The Village News

April 2026

Parish Council Meetings - April 2026

Full Council: Wednesday 8th, 7:00pm

Planning & Highways: Wednesday 15th, 10:00am
Wednesday 29th, 10:00am

Finance & Governance: Tuesday 14th, 1:30pm

Emergency Planning: No meeting scheduled.

Personnel: Tuesday 7th, 3:00pm

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

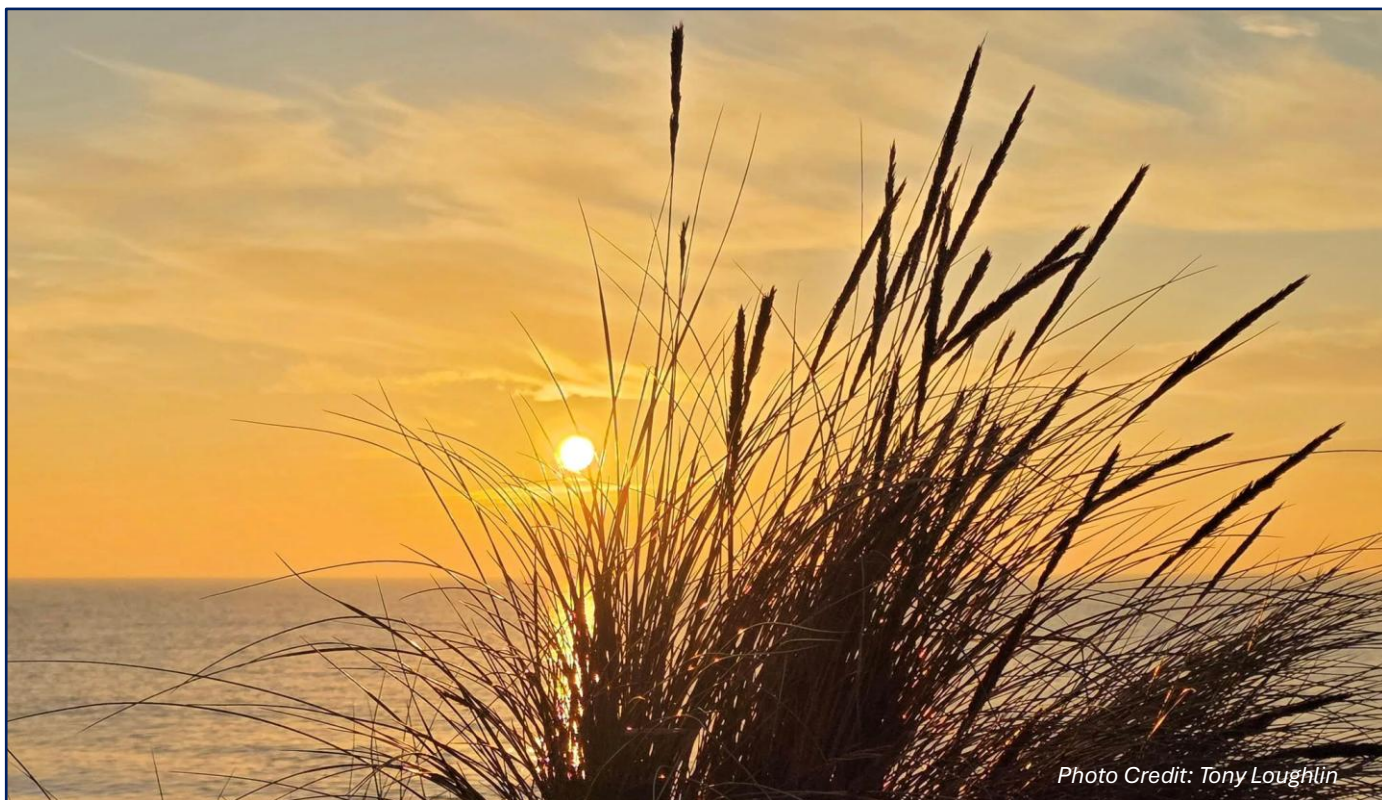


Photo Credit: Tony Loughlin

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Your Parish Councillors



Stephen (Sid) James
Chair of Council

01502 740521

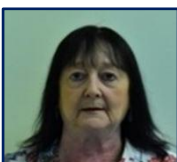
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Neil Glendinning
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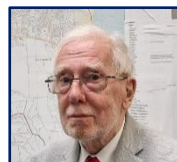
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Alan Green
Councillor

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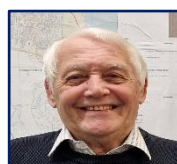
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Bob Saunders
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Paul Slezacek
Councillor

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pslezacek@kessinglandparishcouncil.gov.uk

VACANCY

VACANCY

Kessingland Parish Council

Committees / Groups / Representatives



Kessingland Parish Council consists of 13 members, including a Chair and Vice-Chair
The Council has 5 committees which deal with different areas of Council business.

Planning & Highways Committee

Chair: P. Slezacek
Vice-Chair: I. Graham
Members: N. Glendinning, B. Saunders,
D. Pope-Brannon

Finance & Governance Committee

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

Personnel Committee

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

Leisure & Community Engagement

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

Emergency Planning Committee

Chair: S. James
Vice Chair: D. Boyle
Members: J. McLean, B. Nicholls,
P. Slezacek

As well as sitting on its 5 Committees, some councillors take on designated responsibilities and others represent Kessingland on outside bodies. These are listed below:

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

**Benacre & Kessingland
Flood Group**
Cllr S. James

**Village & Beach Clean-Up
Co-ordinators**
Cllr D. Boyle, Cllr J. McLean

**Community Kitchen &
Wildlife Garden Co-ordinator**
Cllr J. McLean

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

**Kessingland Help in Need
Trust**
Cllr D. Boyle

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

Hidden Needs Forum
Cllr C. Cook, Cllr J. McLean,

**CCKS Community
Partnership**
Cllr J. McLean, Parish Clerk

Suffolk Police Locality Board
Cllr S. James

**Kessingland Sports & Social
Centre**
Cllr C. Cook

Community SID Co-ordinator
Cllr D. Pope-Brannon,
Mr D. Haward

**Safer Neighbourhood Team
(Suffolk Police)**
Cllr S. James

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

Kessingland Parish Council Staff




Kessingland Parish Council

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

Telephone:
01502 744367

Email:
admin@kessinglandparishcouncil.gov.uk

Website:
www.kessinglandparishcouncil.gov.uk



Acting Parish Clerk & RFO:
Shelley Hogg



Admin/Committee Clerk:
Debbie Blowers



Senior Youth Leader:
Christine Smith



Youth Leader:
Daniel Fisk



Youth Leader:
Darren Haward



Youth Leader:
Sue Lewis

Youth Leader:
Lana Starr



Cleansing Operative:
Ruth Hill



Cleansing Operative:
Niall McLean



Maintenance Supervisor:
Darren Haward

District & County Councillors



County Councillor:
Michael Ladd

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

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

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

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

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

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



District Councillor:
Alan Green



Councillor Surgery

with **Councillor Alan Green**

District Councillor for the ward of Kessingland

Telephone: 07818 563003

Email: alan.green@eastsoffolk.gov.uk



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

**“Saturday Coffee at St. Ed’s”
Kessingland Church Centre
Church Road
Kessingland**

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

ALL WELCOME



Report It !



Reporting a fault can help improve your village. There are 3 different Councils that look after services in Kessingland, and you will need to contact the right one. Full details of the services are available on the Council websites listed below. The police are responsible for ensuring our communities are safe and we urge residents to report any anti-social behaviour or crime to Suffolk police by calling 101 or following the links below. You can also report crime anonymously using the crime stoppers telephone number.



Website: www.suffolk.gov.uk
Email: customer.services@suffolk.gov.uk
Telephone: 0345 6066171

Responsibility: Public Transport; Fire, Rescue & Emergency Planning; Waste & Environment; Public Health; Highways; Flooding



Website: www.eastsuffolk.gov.uk
Email: customerservices@eastsuffolk.gov.uk
Telephone: 0333 0162000

Responsibility: Highways; Rights of Way; Trading Waste; Parking; Social Housing; Council Tax; Elections and Planning Applications



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

Responsibility: Allotments; Beach Wardens; Church Road Car Park; Francis Road Playing Field; Play Areas; Marsh Reserve; Community Garden & Roy Brown's Memorial Garden.
Liaison with Benacre & Kessingland Flood Management Board.
Liaison between Village & principal authorities.
Consultation on all planning matters.
Consultation (with Suffolk CC Highways) on footpath issues



Suffolk Police are responsible for crime prevention and dealing with anti-social behaviour

Website: www.suffolk.police.uk
Report Crime: www.suffolk.police.uk/ro/report/asb/asb-v3/report-antisocial-behaviour/
Telephone: 101



Report crime anonymously

Website: www.crimestoppers-uk.org
Report Crime: www.suffolk.police.uk/ro/report/asb/asb-v3/report-antisocial-behaviour/
Telephone: 0800 555111

To report a problem quickly and easily to all 3 councils, use the website www.fixmystreet.com

Bringing agencies together to tackle the decades-long flooding problems in Kessingland

On Friday 13 March 2026, Jess Asato MP brought together key agencies for a multi-agency walkabout in Kessingland to tackle long-standing flooding and drainage issues that residents say have affected the village for decades. Representatives from Anglian Water, Suffolk County Council, East Suffolk Council, the Environment Agency, Kessingland Parish Council and local community representatives joined Jess to visit several problem areas across the village, including Church Road, Turrell Drive and the High Street.



Residents have reported repeated surface water flooding and sewage backing up into homes, gardens and garages during periods of heavy rainfall, with some saying that the issue has persisted for around 40 years. Previous MPs have also attempted to resolve the issue, but residents say a lasting solution has never been delivered. The walkabout allowed agencies to hear directly from residents, review key locations in person and identify further work needed to understand and address the problem.



Jess Asato MP said: *“Residents in Kessingland have been living with this problem for far too long. Nobody should have to deal with sewage backing up into their homes or repeated flooding issues on their streets. This issue has been raised with MPs and agencies for decades, but residents deserve real progress. My role is to bring the right people together, make sure everyone is working collaboratively and keep pushing until we find a solution. I’m grateful to everyone who joined the walkabout and to the residents who shared their experiences. We will keep working together until we get this sorted.”*

Anglian Water’s Senior Policy and Public Affairs Lead, Grant Tuffs, said: *“We’re grateful to Jess Asato MP for bringing everyone together to look at these issues on the ground. Anglian Water has already undertaken work in the area, including removing silt from parts of the network and carrying out repairs where needed. “e know there is more to do, and we are continuing our investigations into the drainage network and surrounding areas so we can identify the best long-term solutions for residents through ongoing collaboration with other agencies.”*



East Suffolk Councillor Alan Green added: *“I want to thank Jess for organising this walkabout and bringing everyone together. These issues have been affecting residents in Kessingland for a long time and it’s important that all the organisations involved work together to address them. Seeing the locations first-hand and hearing directly from residents was incredibly valuable.”*

Local community representative Caroline Carter said: *“I’ve been raising concerns about these issues for many years, so it is really encouraging to see Jess taking this seriously and bringing everyone together to look at the problem properly. Residents have been dealing with sewage and flooding issues for far too long, so it’s good to see the issue finally being tackled head on.”*

Jess has requested further information from agencies following the visit, including updates on maintenance work, drainage mapping and further investigation into the causes of flooding and silt build-up. A follow-up meeting is expected once this information has been gathered to review progress and agree next steps.



The Kessingland Chronicle - March 2026



Dear Parents and Carers,

As we move further into the spring term, it has been a joy to see the signs of the new season appearing all around us. The brighter mornings, lighter afternoons and warmer sunshine have certainly lifted everyone's spirits. One of my favourite signs that spring has truly arrived is the appearance of daffodils. Their bright yellow blooms seem to pop up almost overnight, bringing colour and cheer after the grey days of winter. Walking around the local area this week, I've noticed them appearing in gardens, along pathways and in school grounds, standing proudly as a reminder that the seasons are changing. Spring is often seen as a time of renewal and growth, and this is certainly reflected in school life. The children continue to work hard, show curiosity in their learning and demonstrate kindness towards one another each day. It is always wonderful to see them thriving, just like the flowers that are beginning to bloom around us. Thank you, as always, for your continued support of our school community.

With best wishes,
Kellie Egleton



A Message from our Governors

I am writing to share an update on behalf of the First Light Governors. We were recently invited to spend the day visiting the two schools, talking to the children, soaking up the general atmosphere, and looking at the many policies in place to ensure that children are safe, learning well and enjoying their education.



'Pupil Voice' is a very important tool. Children are very honest in their views and help us to recognise not only what is working well, but also what we could do better. The questions I ask are: "**Do you enjoy school?**" followed by "**What is the special thing that makes you excited to come to school — the thing, place, or activity that makes a great day for you?**" From previous 'Pupil Voice' sessions I know to exclude "Chips on Friday" as an option!

Their answers provided a real picture of what is happening in our schools and how the children are learning. We want to recognise that 'wow' factor that inspires both children and staff alike. Each child interviewed was able to offer something positive about the schools — even one whose 'wow' factor was the comic he would be bought after school as a reward for working well.

Overwhelmingly, they said they enjoyed school and learning, valued their friendships and appreciated the way they were treated by staff. They knew that they could talk to staff about any problems and that they would be listened to. They liked the way achievement was recognised in the "Pupil of the Week" Assembly, through individual Dojo points and the resulting whole-class rewards that could be earned.

The differences between disagreements and bullying were clearly understood and confidently explained to us. Pupils also showed sensitivity and thoughtfulness when discussing a scenario involving a new pupil joining the school.

Days like these are a real bonus for me and I am sure for all governors. They provide an opportunity to remember my own time as a teacher and as a parent of a young family, and to share in the joy.

Thank you.
Rosemary Barker - First Light Federation Governor

World Events



We are aware that current events in the Middle East are widely reported in the news and may be discussed by children outside of school.

If this topic arises in class, we may use the resource shared on Dojo to help guide discussion in an age-appropriate and balanced way.

The resource has been designed for primary-aged children and:

- Explains where the Middle East is in the world
- Introduces key vocabulary in a simple and sensitive way
- Encourages empathy, respect and understanding
- Provides reassurance and opportunities for children to ask questions

Our priority is to ensure that children feel safe, supported and able to share their thoughts. Any discussion will be carefully managed and appropriate to the age and needs of the class. The resource may also be helpful for families who wish to support conversations at home. If you would like to discuss this further, please do not hesitate to get in touch.

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## World Book Day Door Decorating Competition

As part of our World Book Day celebrations, each class chose their favourite book and, over the past few weeks, transformed their classroom doors into wonderful book-themed displays. The creativity, imagination and teamwork shown by all pupils was truly fantastic! We were delighted to welcome Councillor James from the Parish Council, who kindly came in to judge the competition. He was so impressed by the incredible effort across the school that he even donated an additional special prize on behalf of the Parish Council.

### 🏆 Competition Winners

- 🌟 EYFS & KS1 Winner: Year 2 — Flat Stanley
- 🌟 KS2 Winner: Year 6 — Cirque du Freak
- 🌟 Parish Council Special Prize: Year 4 — Dog Man



The winning classes will be receiving an end-of-term class party – a wonderful reward for all their hard work! A huge “well done” to every pupil and member of staff who took part. The doors looked amazing and it was lovely to see such enthusiasm for reading across the whole school.



## Introducing the WIN Passport!

**WIN = I Wonder, I Imagine, I Notice**

We are very excited to announce the launch of our brand-new WIN Passport at Kessingland School! While our core subjects are incredibly important, we know that it is often the extra-special moments that stay in our pupils' hearts and make their learning journey truly unforgettable. These are the experiences that bring our curriculum to life – making learning exciting, enriching and full of wonderful memories.

Every child will receive their own WIN Passport and throughout their time at Kessingland School they will have the opportunity to complete 20 amazing experiences designed to spark curiosity, creativity and wonder. Each time a child completes one of these special activities, they will earn a gold star in their passport to celebrate their achievement – building a collection of experiences filled with learning, joy and adventure.



We can't wait to see our pupils dive into these incredible opportunities and begin filling their passports with golden memories. We are so excited to see the magic unfold and look forward to celebrating every WIN moment with them! ✨

## World Book Day Fun



We had a wonderful time celebrating World Book Day in school. The day was filled with opportunities to share and enjoy a love of reading together. Pupils took part in a range of activities, including sharing their favourite stories, exploring new books and discussing the characters and authors they enjoy most. It was fantastic to see such enthusiasm for reading across the school. Thank you to everyone who helped make the day so special. We hope the children continue to enjoy discovering new books and developing their love of reading. 📖

## Year 4 Celebrate Reading with Manor Farm Residents

Last week, a group of Year 4 children visited Manor Farm Care Home to celebrate National Year of Reading and World Book Day. They brought along their English work and a selection of stories to share with the residents. The children read individually with residents, and some were even brave enough to stand in front of the group and read their work aloud to the whole care home community using a microphone. 🎤

They showed great respect for the residents, speaking confidently and clearly about the stories they shared and listening carefully to the stories they were told in return. As we said our goodbyes, one resident told us how much our visit had meant to her: *"It has made my day to see you and listen to your stories. I have grandchildren your age who I don't get to see very often, and this visit has made me smile, so please come and visit again."* 😊



The children left Manor Farm speaking enthusiastically about their time with the residents and what a fantastic experience they had. This visit was a wonderful reminder of the value of the intergenerational work we do as a school community. 🏠⭐

## Exciting Visit from Pakefield Pastures



Earlier this month the children enjoyed an unforgettable experience thanks to Pakefield Pastures and a kind donation from our local Parish Council. This generous support allowed us to bring the farm to school and give the children a hands-on animal adventure. The children had the opportunity to:

- \* Hold and feed guinea pigs and rabbits 🐹
- \* Enter the pen with sheep and goats, stroking and feeding them 🐏
- \* Meet and stroke a pony 🐎
- \* Feed and interact with alpacas 🦙

It was wonderful to see how brave and excited the children were, sharing space with the animals and helping to care for them. Their curiosity and kindness really shone through! A big thank you to Pakefield Pastures and our Parish Council for making this special day possible. ❤️

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My School Fund

We're delighted to let you know that we have joined the My School Fund initiative – and we'd love your support to help make it a success!

Launched by ESPO, in partnership with Sainsbury's and Argos, My School Fund is a fantastic scheme that turns your everyday shopping into extra funds for our school. It's completely free to join, and it means you can earn 2% cashback for yourself and help us earn 1% cashback too, in the form of eGift rewards.

Here's how it works:

- Sign up at myschoolfund.org and link to Kessingland Church of England Primary Academy
- Link up to 5 cards for maximum rewards
- Shop as usual at Sainsbury's or Argos
- Earn eGift rewards for you and your chosen school

So far, My School Fund has raised over £800,000 to support schools and families across the country, and the scheme is going from strength to strength. It's quick and easy and makes a real difference. Just imagine what we could achieve if we all get involved – every little shop adds up! You can find out more information at myschoolfund.org.

Thank you for your continued support, and we hope you'll join us in making the most of this brilliant opportunity.

Kind regards,
Miss Brookman

~~~~~



A reminder that the Office is staffed from 8:30am, if you need to contact the school, please telephone 01502 740223. You will appreciate that 8:30am - 9am is a very busy time in school, so we politely request that if you are ringing the school office to report a pupil absence, please leave a message via the answering service when prompted to do so. The office team check the messages frequently throughout the school day. All pupil absences should be reported by 9am at the latest.

*All photographs reproduced with permission.*

## Kessingland Women's Institute



Kessingland WI has around 36 inspiring Women members. Meetings are held on the 2<sup>nd</sup> Thursday of each month at Kessingland Working Men's club, starting at 7:30pm

Our March speaker was David Ryczanowski who gave a very interesting account of his ascent of Mount Kilimanjaro, the world's tallest free-standing mountain at 19,341ft. He told us about the guides who carried their equipment from camp to camp, cooked their meals and checked on their health, especially for altitude sickness. He admitted a minor mistake of forgetting to pack sun-cream and suffered a burnt face and lips. Despite this, he did achieve this gruelling feat while raising a considerable sum for the East Anglian Children's Hospice.

Our competition winners this month were: "Bloom of the Month" 1<sup>st</sup> Sue Mickle, 2<sup>nd</sup> Margaret Parker, 3<sup>rd</sup> Sandra Warner; "Photo of a Mountain" 1<sup>st</sup> Mary Cristea, 2<sup>nd</sup> Helena Lord, 3<sup>rd</sup> Karelyn Smithson.

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

*Kessingland Women's Institute*  
meets monthly, you are very welcome to join us.

We meet at Kessingland Working Men's Club  
NR33 7QD

On the second Thursday of the month (except August)  
at 7.30pm  
Visitors £5.

As well as a variety of speakers we have a Walking group,  
Craft club, Reading group, Cinema group and outings  
to the theatre and other places of interest.

If you'd like to know more  
call Christine on 01502 744255

We look forward to seeing you  
and you are guaranteed a warm welcome

*P.S. Very few of us make jam*

**theWI**  
**Kessingland**  
Kessingland Working Men's Club  
NR33 7QD

**Thursday 9<sup>th</sup> April**  
7.30pm

**Scottish Wildlife**  
**Tony Brown**



Competition – Five Shortbread Fingers  
**Visitors Welcome - £5.00**  
contact Christine for more information 01502 744255  
INSPIRING WOMEN

For more information about joining or visiting Kessingland WI, please contact our President Christine Mabb – 01502 744255

## Allotments Available for Rent

A few allotment plots around the village have become available for rent to residents of the Parish of Kessingland.



If you wish to take out a tenancy agreement, please contact the Parish Council Office:

**Telephone:** 01502 744367

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

# Fundraising Success

An individual fundraising campaign for the BowelBabe Fund for Cancer Research UK has raised an incredible £1770.00 – Susy Goldsmith, a resident of our Village, undertook the challenge of dancing for 20 minutes every day in February for the fund which was set up to continue the legacy of Dame Deborah James, and funds cutting edge research into early detection of Bowel Cancer.

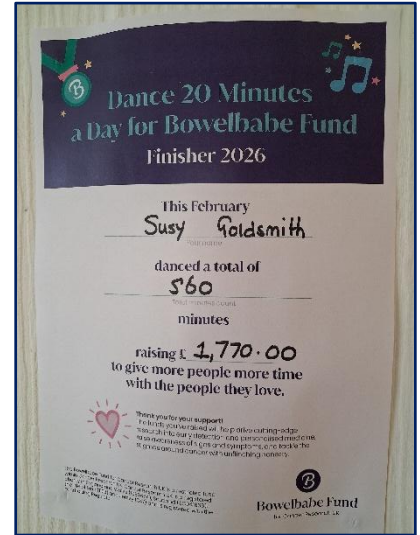


**Susy's Giving Page**

Dance 20 Minutes a Day for Bowelbabe Fund

**Total raised**  
**£1,770.00**  
- £282.75 Gift Aid

1180% of the £150.00 target

**Dance 20 Minutes a Day for Bowelbabe Fund**  
Finisher 2026

This February  
**Susy Goldsmith**  
danced a total of  
**560**  
minutes  
raising **£1,770.00**  
to give more people more time  
with the people they love.

Thank you for your support!  
To help the cancer research, for people caught early, specialist medical treatment, and prevention programmes, we have raised a total of £1,770.00 and we look forward to your ongoing support and fundraising success.

**Bowelbabe Fund**  
for Cancer Research UK

**Congratulations Susy, an amazing achievement.**

# New Coffee Shop Opens!



A warm welcome to a new family run coffee shop which has recently opened its doors in the Village. Located in Church Road (beach end) it offers a selection of sweet and savoury treats along with hot/cold drinks. Gluten free and vegan options are available too.

Why not pop along after a stroll on the beach and say "Hi" to Amy, Mark & Angie and help to support a new local business.




**CATCHPOLE'S**  
COFFEE, CAKES AND BAKES

**OPENING TIMES**

|           |                 |
|-----------|-----------------|
| Monday    | 8:30am - 5:00pm |
| Tuesday   | Closed          |
| Wednesday | 8:30am - 5:00pm |
| Thursday  | 8:30am - 5:00pm |
| Friday    | 8:30am - 5:00pm |
| Saturday  | 8:30am - 5:00pm |
| Sunday    | 9:00am - 3:30pm |

Facebook: Catchpole's Instagram: catchpoles2026

# Kessingland United Working Men's Club



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

*Affiliated to the CIU*

The Club, along with the Kessingland WI, ran two free CPR and Defibrillator training sessions with 35 people attending. This went extremely well and we collected over £50 in donations for the East Anglian Air Ambulance who were out trainers. Unfortunately no card machine was available to take more donations, this is something which will be looked at along with extra advertising as we are sure there are plenty of people in the village who would like this training.

The Easter Craft Fayre was well attended but not as busy as we had hoped. Coming soon is a talk by Mary Newton (retired Forensic Scientist) titled "Every Trace Tells a Story". Her talks are always in demand – more details are on the poster below. The Rogues Shanty Chorus is coming to entertain you in May (see poster in "Community Noticeboard" pages for details). They first started in St Edmunds Church over 10 years ago but have now expanded and practice at the Seagull Theatre.

Quiz nights are still proving popular and are very well supported. Come along and try for £2.50 per person.

**Music for April:**

|                           |   |               |
|---------------------------|---|---------------|
| Saturday 4 <sup>th</sup>  | - | Hi Definition |
| Saturday 11 <sup>th</sup> | - | MTM           |
| Saturday 18 <sup>th</sup> | - | KCR           |
| Sunday 19 <sup>th</sup>   | - | Dance Night   |
| Saturday 25 <sup>th</sup> | - | Steve & Greta |

The Hall is well used with Parties and other activities with Slimming World every Tuesday (two sessions); Line Dancing Wednesday evenings £5; Quiz night first Thursday of the month; and W.I. the second Thursday of the month with very interesting speakers (£5 for visitors). In the main bar we have Bingo on Monday and Wednesday evenings and Sunday lunch time. Come and join us as more people means bigger prizes. There is a very successful Darts Team and a busy Pigeon Club. Our Bowls Club is getting ready to start soon we have one of the best greens in Suffolk, we also have a full-size Pool Table.

The Club is a lovely venue for Parties or other activities with a lounge for smaller groups. We have a well-lit car park and plenty of parking for the disabled and entry and disabled toilet facilities. We are always looking for New Members £25 (Less than 50p a Week) and very cheap bar prices. Please also support our One Lottery – Scan the QR code on our website ([www.kuwmc.co.uk](http://www.kuwmc.co.uk)) to get your tickets.

THE KESSINGLAND UNITED WORKING MENS CLUB PRESENTS  
A TALK BY RETIRED FORENSIC SCIENTIST MARY NEWTON

# "EVERY TRACE TELLS A STORY"

**THURSDAY 30<sup>TH</sup> APRIL**  
Arrive 7:00pm, Starts 7:30pm

**TICKETS £8**

**Sandra**  
01502742412  
swamer2@sky.com

**The Club**  
01502740218 (Answer phone only daily)  
clubsecretarykuwmc@outlook.com

**KESSINGLAND UNITED WORKING MEN'S CLUB**  
THE AVENUE, KESSINGLAND, LOWESTOFT, SUFFOLK, NR33 7QD

**JOIN NOW** **BECOME A MEMBER TODAY**

**CHEAPER DRINK PRICES • DART BOARDS • POOL TABLE**  
**QUIET LOUNGE AREA • FRUIT MACHINES • DISABLED ACCESS**  
**LARGE FREE CAR PARK WITH DISABLED SPACES**

**WHAT'S ON**

- League Darts Team
- Bowls Club
- Pigeon Club
- Live Music
- Slimming World
- Kessingland WI
- Quiz Night
- Bingo

**£25** 1st year membership £23 renewal per year

Holidaymaker Membership £1 pip per week

\*Small additional fees may apply for some events

**VENUE HIRE AVAILABLE**  
Large Dance Floor & Bar  
Weddings | Parties | Wakes (No charge) | Group Events | Clubs

**VISIT OUR WEBSITE TO FIND OUT MORE**

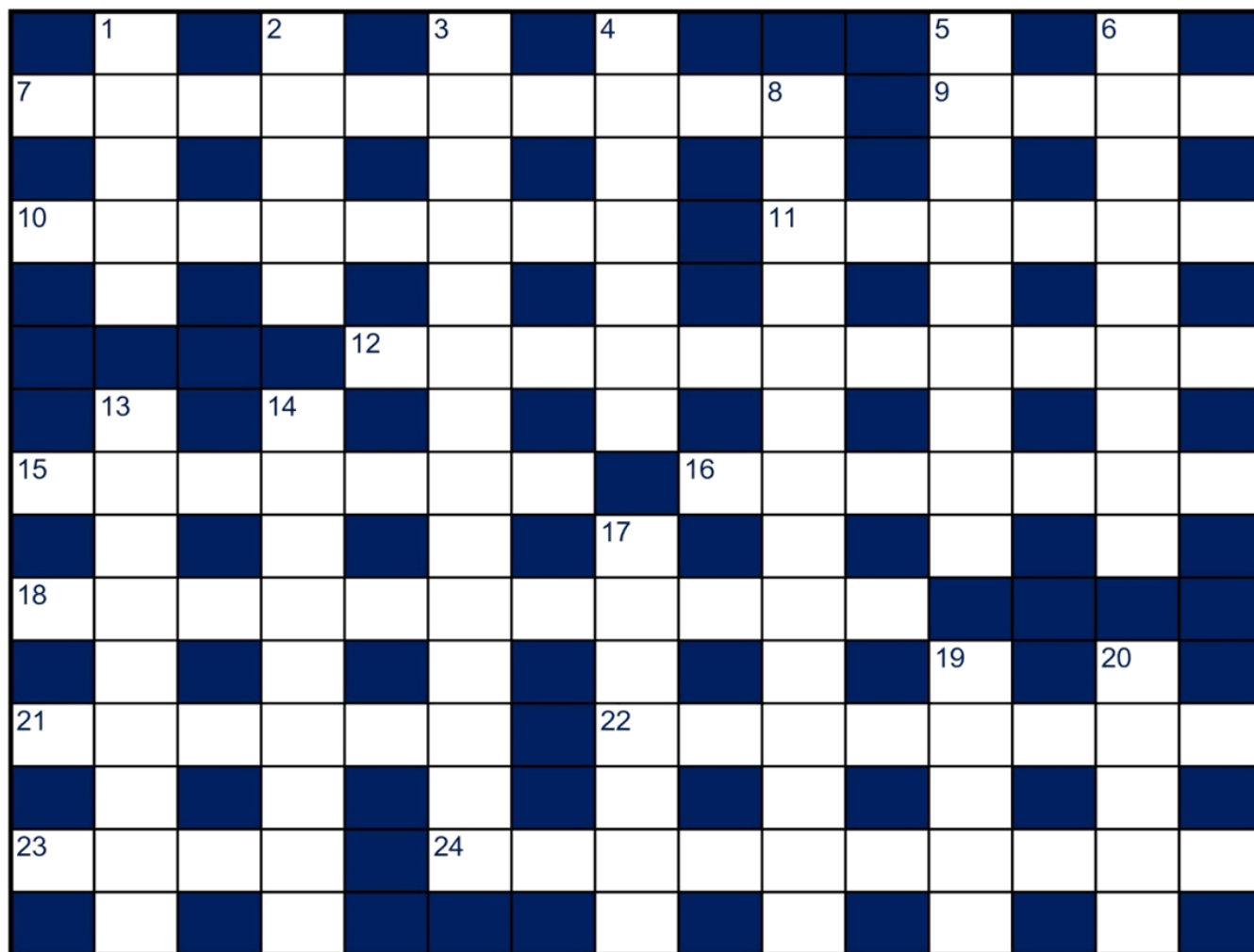
EMAIL: [CLUBSECRETARYKUWMC@OUTLOOK.COM](mailto:CLUBSECRETARYKUWMC@OUTLOOK.COM)  
WWW.KUWMC.CO.UK | TELEPHONE: 01502 740218  
Affiliated to the CIU  
Society Registration No: 4343 VAT Registration Number: 105 2958

*President: R A Hood*  
*Society Registration No: 4343*

*Secretary: T Gasking*  
*VAT Registration No: 105 2958*



No: 101-41



**Across:**

- 7 Naval war vessel (10)
- 9 Look at, survey (4)
- 10 Frozen confection (3,5)
- 11 Noisy disorder (6)
- 12 Thoroughly reliable (11)
- 15 For a short while (7)
- 16 Noddy's Toytown friend (3,4)
- 18 Nicola Walker/Sanjeev Bhaskar drama (11)
- 21 Canada's largest province (6)
- 22 Steering clear of (8)
- 23 Solid garden divider (4)
- 24 Person who makes laws (10)

**Down:**

- 1 Break out of an egg (5)
- 2 Shop's goods for sale (5)
- 3 Relating to weather/climate (14)
- 4 Pharmacy dispenser (7)
- 5 Tree with leaves all year round (9)
- 6 Flag-waving communication (9)
- 8 Harry Enfield's comedy co-star (4.10)
- 13 Large ape native to Borneo (9)
- 14 Citrusy, mint-like herb (5,4)
- 17 Unusual, weird (7)
- 19 Absolutely perfect (5)
- 20 Multi-layered vegetable (5)

# Help & Support in the Community

HELP  
for  
HOUSEHOLDS



Kessingland  
Parish  
Council

£ HELP  
for  
HOUSEHOLDS

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



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



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



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



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

Marram Green Cafe,  
Kessingland, NR33 7AH



Warm Homes Suffolk currently has funding available to provide eligible Suffolk residents with a range of energy-saving measures.

These will make homes warmer while reducing energy bills.

To see if you're eligible, please visit  
[www.warmhomessuffolk.org](http://www.warmhomessuffolk.org)  
or call the Warm Homes Suffolk team on 03456 037 686.

Apply today  
for **free help**  
with your  
home's  
energy  
bills



Warm Homes Suffolk  
The warm feeling fund



Disability Advice  
North East Suffolk



**Suffolk Sight**  
Information and Advice  
Free drop-in sessions

13 January  
10 February  
10 March  
14 April

Second Tuesday of each month  
10.00am-1.00pm  
DANES office, 161 Rotterdam Road,  
Lowestoft, NR32 2EZ

Come along and talk to our friendly team who can offer support and guidance based on your individual sight loss needs.

We can help with:

- Daily living and independence
- Low vision – magnification and assistive reading
- Financial matters – benefits, grants and concessions
- Social opportunities and befriending
- Tech solutions

For more information:  
Tel: 01473 611011  
email: [info@suffolksight.org.uk](mailto:info@suffolksight.org.uk)  
[www.suffolksight.org.uk](http://www.suffolksight.org.uk)  
or 01502 511333 to contact DANES



Suffolk Sight is a Charitable Incorporated Organisation Charity Number 1183608

**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. cookers, washing machines, fridges, 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 [applications.khint@gmail.com](mailto:applications.khint@gmail.com)



**Prescription Collection Point**

- 24/7 collection point. Collect at any time convenient to you\*
- Free and secure
- Anyone can use it, even if you pay for your prescription
- No change to how you order your prescription.

**Collect in 3 simple steps**

1. You will receive a code by text when your prescription is ready to collect
2. Take your mobile to our 24/7 collection point
3. Enter your code on the screen and your prescription will be ready instantly



70 High Street,  
Kessingland,  
NR33 7QF  
01502 740251

\*Please note that some medicines cannot be supplied via the collection point. You can opt out of this service at any time. Talk to our pharmacy team for more information.



Save money and cook better than the takeaway

**JOIN OUR FREE FUN COOKING COURSES**

...all you need is a kitchen and a phone!

**FREE** fun cooking courses **AT HOME**  
Cook great food in just two weeks!  
Impress friends and family

Exciting meals can be quick, fun, easy and cheap to cook with our **FREE** (ingredients included), flexible, home-based short courses



CHANA MASALA



ITALIAN PASTA SAUCE



MIDDLE EASTERN PILAF



**To register**

Phone or text/Whatsapp on 07751 890 912  
or email: [lowestoft@bagssoftaste.org](mailto:lowestoft@bagssoftaste.org)  
or sign up online:  
<https://bagssoftaste.org/students>



Are you worried about the rising cost of food and how to eat healthily on a tight budget?

Then join one of our free, fun cooking courses. Learn how to make delicious, healthy meals from all over the world whilst saving money.



All you need is a kitchen and a phone!

**About the course**

- **FREE**, ingredients included\*
- Cook tasty, healthy meals, cheaply
- Get tips on how to budget and save money when you're shopping
- Learn how to waste less

**How does it work?**

- We deliver three step-by-step recipes and all the ingredients you need, straight to your door
- Your personal mentor will support you by phone or WhatsApp with lots of tips and advice along the way
- At the end you'll get a free gift of wallet-friendly recipes

**What do I need to do?**

- All we ask is that you cook the three recipes and send us photos of your lovely food!

**How long does it take?**

- About two weeks but you can work at your own pace

**How do I join?**

- Register online: <https://bagssoftaste.org/students>
- Call/WhatsApp 07751 890 912
- Email: [lowestoft@bagssoftaste.org](mailto:lowestoft@bagssoftaste.org)

Once we've confirmed your registration we'll contact you to arrange your delivery



LEARN TO COOK



EAT LESS TAKEAWAYS



SAVE MONEY



IMPROVE HEALTH



HAVE FUN

\*For qualifying participants only

# EASTER FUN DAY

Friday, 3<sup>rd</sup> April 2026  
11:30am - 2:30pm

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

Hot & Cold  
Refreshments  
Ice-Cream Van

11:30am  
Egg Hunt  
£1.00

12:30pm  
**FREE**  
Fun, Games &  
Entertainment  
with Barrie

**FREE**  
Easter Hat  
Comp.

Tombola



Sponsored by:



Kessingland  
Parish  
Council

Entry for the Egg Hunt is **£1.00 per person**; all other activities are free.  
Donations to help towards the costs of hosting this & future events at the  
KSSC will be gratefully received (Registered Charity No: 275441)



# THE BIG DAY OUT

**26TH JULY 2026**  
**10 AM – 4 PM**

Corton Playing Field, Pavilion,  
Mills Drive, Corton NR32 5JB

**FREE ENTRY • FREE PARKING**

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

**Brainwave** INDEPENDENCE GROUP

[info@brainwave-group.org](mailto:info@brainwave-group.org)  
Charity No. 1162939

Email, Call or Whatsapp  
[admin@anchor-homecare.co.uk](mailto:admin@anchor-homecare.co.uk)  
07482845155

## COME ABOARD & JOIN THE FUN

### AT ANCHOR DAY SERVICES

**Recreation Ground, Walmer Road**  
**Lowestoft, NR33 7LE**

**Every Tuesday**  
**Start 9:30am - Finish 2:30pm**

- Opportunity To Meet New People & Social Interaction
- Activities & Entertainment
- Refreshments & Hot Lunch Included
- Fully Insured

**Our Fully Trained & DBS Checked Staff Will Be On Hand To Support You**

# STEPS FOR RESEARCH

**FANCY DRESS CHARITY PARADE!**

In aid of **THE BRAIN TUMOUR CHARITY**

**STEP UP FOR A CURE!**

**SUN 16TH AUGUST**

**FUN FOR ALL THE FAMILY!**  
**COSTUME PARADE - SOUTHWOLD PIER - 14:00**

**EMAIL: [JOHN\\_HUGGINS@BTINTERNET.COM](mailto:JOHN_HUGGINS@BTINTERNET.COM) FOR DETAILS**

## KESSINGLAND BOARD GAME GROUP

**Fancy a game?**

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

**Livingstone's Freehouse**  
**Kessingland**

**Every Monday 6:30pm-9pm**

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

You never know, you might find a new hobby!

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



*Manor Farms*  
**EASTER**  
**FAMILY BINGO**

THURSDAY | **2nd** | APRIL  
7.00PM | 2026

**RAFFLE &  
REFRESHMENTS**

**KESSINGLAND CHURCH HALL, CHURCH RD  
£6PP PLEASE CONTACT  
MANOR FARM ON  
01502740161 TO GET  
YOUR TICKETS.**

# Community Noticeboard

## Events, Competitions & Local Groups



### Free walking activities in Lowestoft

#### Introductory walking group

From couch to 2 miles

📍 Dip Farm  
Thursdays | 10:00

#### Moderate walking group

Up to 4 miles

📍 Dip Farm  
Thursdays | 10:00

#### Memory loss and dementia walks

📍 Nicholas Everitt Park  
Mondays | 10:00

#### Wildlife walks

A moderate walk led by a local ecologist

📍 Carlton Marshes  
Tuesdays | 10:00

#### Parent & baby/toddler walks

Led walk for parents and carers with children in pushchairs or slings

📍 East Point Pavilion  
Tuesdays | 10:00

#### Community group walks

📍 Nicholas Everitt Park  
Tuesdays | 13:30

📍 Dip Farm  
Thursdays | 13:30

#### Cuppa and a stroll

A slow and steady pace

📍 Sparrows Nest  
Tuesdays | 13:30



#### Interested in finding out more?

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

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



Please note that all bookings must be made in advance.



### Free cycling activities in Lowestoft

#### Learn to ride

Beginners' sessions in an off-road area

📍 Dip Farm  
Mondays | 10:00 and 11:00

#### Moderate cycling group

Routes up to 6 miles

📍 Riverside  
Wednesdays | 10:00 and 13:30

#### Competent cycling group

Routes 6+ miles

📍 Riverside  
Wednesdays | 10:00 and 13:30

#### Cycling for health

An 8-week course covering national cycling standards up to 2 miles

📍 Nicholas Everitt Park  
Mondays | 10:00

📍 Riverside  
Wednesdays | 10:00 and 13:30

📍 James Paget Hospital  
Wednesdays | 18:00

#### Friday cycling challenge

A weekly led ride covering 15-20 miles into the Suffolk countryside

📍 Riverside  
Fridays | 10:00

#### Interested in finding out more?

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

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

Please note that all bookings must be made in advance.



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



# Dementia wellbeing walks

Join us for a gentle dementia-friendly walk

**WHEN?** Every Monday between 10am and 12pm

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

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



Scan the QR code to contact us



Email: [thewaytosuffolk@suffolk.gov.uk](mailto:thewaytosuffolk@suffolk.gov.uk)  
[www.thewaytosuffolk.org.uk](http://www.thewaytosuffolk.org.uk)

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



## Discover the wild side of Lowestoft

Step into nature and explore Carlton Marshes with a friendly group and local guide by your side.

Join us for a moderate-level walk through one of Suffolk's most beautiful nature reserves. Led by a knowledgeable local guide, these walks are a brilliant way to experience the outdoors and learn more about the plants, birds, and wildlife right on your doorstep – and they're FREE!

#### Where and when?

📍 Meet at Carlton Marshes Visitor Centre every Tuesday at 10:00 (transport can be provided)



#### Interested in finding out more?

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

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

Please note that all bookings must be made in advance.



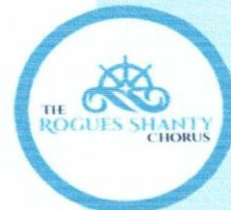
THE KESSINGLAND UNITED WORKING MENS  
CLUB PRESENTS

# The Rogues Shanty Chorus

THURSDAY 21<sup>st</sup> MAY

Arrive 7:00pm, Starts 7:30pm

**TICKETS £8**



**Sandra**  
01502742412  
swarner2@sky.com

**The Club**  
01502740218 (Answer phone only daily)  
clubsecretarykuwmc@outlook.com

# Community Noticeboard

Activities & Groups: Kessingland United Working Men's Club



**KESSINGLAND UNITED WORKING MEN'S CLUB**  
THE AVENUE, KESSINGLAND, LOWESTOFT, SUFFOLK, NR33 7QD

# QUIZ TIME

CASH PRIZES • RAFFLE • BAR & SNACKS AVAILABLE

**GOT WHAT IT TAKES?**  
Teams compete by answering questions from various categories:

- General Knowledge
- History
- Science
- Picture Round
- Music

**£2.50**  
per person  
£1.50 towards the club, £1 towards cash prize

Teams of 6 people maximum. No minimum.  
EMAIL TO BOOK IN ADVANCE - 25 TEAM PLACES AVAILABLE

**1<sup>ST</sup> THURSDAY OF EVERY MONTH**  
DOORS OPEN: 7 P.M | QUIZ STARTS: 7.30P.M

VISIT OUR WEBSITE TO FIND OUT MORE

EMAIL: KUWMCQUIZ@GMAIL.COM  
WWW.KUWMC.CO.UK | TELEPHONE: 01502 740218  
Affiliated to the CIU  
Society Registration No: 4343 VAT Registration Number: 105 2958

**KESSINGLAND UWMC**

# SUNDAY DANCE NIGHTS

**2026**

|             |            |
|-------------|------------|
| Disco       | JAN 18TH   |
| Ballroom    | FEB 22ND   |
| Sequence    | MARCH 29TH |
| Modern Jive | APRIL 19TH |
|             | MAY 17TH   |
|             | JUNE 14TH  |
|             | JULY 19TH  |
|             | AUG 23RD   |
|             | SEPT 20TH  |
|             | OCT 18TH   |
|             | NOV 29TH   |

**£4 ENTRY**

**7PM - 10PM**  
BAR - PARKING

*Rock n Roll*

Request's Played

Kessingland UWMC  
The Avenue  
NR33 7QD

**CONTACT ELIZABETH 07484670965**

# Slimming World

feel real good

**Tuesdays**  
5.30 & 7pm  
Kessingland Working Men's club

With Louise  
07725748421

Come along to meet us  
Or get in touch for more info  
real food, real support, real results

# LINE DANCING

Country & Pop dances  
With Alison

**£5**

**WEDNESDAY'S**  
Beginners 6.30pm  
Main class 7.30pm till 9.30pm

Kessingland UWMC  
The Avenue  
Kessingland NR33 7QD

Contact Alison 07901871133

Kessingland


## Friendship Club

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

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

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


For more information, please contact Helen Sinfield on 01502 741424



Welcome!

## Shotokan Karate Classes


First Two lessons free



Kessingland Sports & Social Centre  
 Francis Rd, Kessingland

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

Sensei Mark Owers  
 3rd Dan ISSA Instructor



Email: [mark.owens@ksscc.com](mailto:mark.owens@ksscc.com)

## KESSINGLAND YOUTH CAFÉ

### APRIL 2026

Wednesday 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>!

Choice of Activities  
 "Hot Food" available on 29<sup>th</sup>



**6:30pm to 8:30pm**  
 Age Group: 10 to 16yrs

at the KSSC  
 Francis Road  
 Kessingland

FREE  
ACTIVITIES

SNACK  
SHOP

Follow us on Facebook for updates & more information

Kessingland Youth Café - KYC

## BOOST FUNDS FOR OUR CAUSE

### JOIN OUR LOTTERY!




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

PLAY NOW:  
 SCAN THE QR CODE OR GO TO  
[www.onelottery.co.uk](http://www.onelottery.co.uk)  
 AND SEARCH FOR: Kessingland Sports








## FRIENDS WHO DANCE

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

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




For more information please contact Sue: 07731380691

### Groups at Kessingland Sports & Social Centre

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

|                  |                                                                                                                                                                                                        |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>THURSDAYS</b> | 9:30 – 10:30am: Chair Based Exercise (Alternate Thursdays)<br>1:30 – 3:30pm: Singing Sensations<br>Friendship Club<br>Pilates<br>6:00 – 7:00pm: Model Flying Club<br>7:30 – 10:00pm: Model Flying Club |
| <b>FRIDAYS</b>   | 2:00 – 4:00pm: Short Mat Bowls<br>6:00 – 7:30pm: Shotokan Karate                                                                                                                                       |

**SATURDAYS/SUNDAYS: Available for Private Hire / Events**

**For Bookings: Telephone/Message 07729 384705 or Email [kessingland3@gmail.com](mailto:kessingland3@gmail.com)**

# Community Noticeboard

## Activities & Groups: Kessingland Library & Marram Green



### Kessingland Library

#### Opening Times

|           |            |
|-----------|------------|
| Sunday    | 10am – 3pm |
| Monday    | Closed     |
| Tuesday   | 10am – 4pm |
| Wednesday | 10am – 4pm |
| Thursday  | Closed     |
| Friday    | 10am – 4pm |
| Saturday  | 10am – 3pm |

Our library opening hours vary from library to library, you can find all details here: [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk)

Suffolk Community Libraries | Suffolk County Council

### Regular Library Activities

|          |                             |
|----------|-----------------------------|
| TUESDAY  | 10am - Baby Bounce          |
| TUESDAY  | 4pm - Book Group (monthly)  |
| FRIDAY   | 2pm - BYO Craft Club        |
| FRIDAY   | 10am - Baby Bounce          |
| FRIDAY   | 2:30pm - Scrabble           |
| SATURDAY | 10:30-12 - Children's Craft |
| SUNDAY   | 10:30-12 - Children's Craft |

suffolkcommunitylibraries.co.uk

Suffolk Community Libraries | Suffolk County Council

### Baby Bounce & Tot Rock

#### Tuesdays & Fridays at 10am

Followed by a cuppa & biscuits!

Suffolk Community Libraries | Suffolk County Council

### SCRABBLE

Every Friday  
2:30pm

JOIN US FOR SCRABBLE ON A FRIDAY AFTERNOON

£1 PER PLAYER WITH HOT DRINK AND SWEET TREATS INCLUDED

### Craft Group

2pm onwards  
EVERY FRIDAY!

Bring anything along that you are working on and spend time with others in a warm space.

£1 per person which includes refreshments.

At the Library

### KID'S CRAFT

Saturday & Sunday  
10:30-12

Free Activity

suffolkcommunitylibraries.co.uk

Suffolk Community Libraries | Suffolk County Council

### JOIN OUR FOLK:

50 Club

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

TO RAISE FUNDS TO SUPPORT OUR VILLAGE LIBRARY.

1 2 3 4 5 6 7 8 9

1 2 3

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

### Other Groups at Marram Green:

**Mondays:**

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

**Wednesdays:**

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

**Thursdays:**

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

### Mates on Monday

Marram Green Community Lounge  
Hall Road  
Kessingland NR33 7AH

Supported by Kessingland Parish Council

Formerly "MeetUpMonday"

Join us on **MONDAYS** (except Bank Holidays) 10am until 12pm

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 and a friendly chat

Rural Coffee Caravan is a registered charity. No.1187423

# Community Noticeboard

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



Every Saturday 10am—12noon  
Kessingland Church Centre

## Saturday Coffee at St Ed's

CAKES

**COFFEE** is served...  
SATURDAYS 10-12  
BOOKS, JIGSAWS, BIC-A-BAC & CAKE!

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

TOGETHER WE CAN DO IT!

**Craft for Children**

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

## Rainbows

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

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

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

Kessingland St Edmunds Church presents...

## SMALL WONDERS

FRIDAYS 9:30AM - 11AM  
Newborn - School Age  
Everybody welcome!

AT THE CHURCH CENTRE

Free of charge

ACTIVITIES, CRAFTS AND SINGING  
A RANGE OF TOYS FOR ALL AGES

SNACKS AND REFRESHMENTS

## 'St Edmunds Ladies Group'

Come...Bring a friend.  
Tuesdays Monthly  
Kessingland Church Centre  
2-4pm  
ALL WELCOME

Fun & Laughter

FREE of charge

Tea, cake and friendship

Speakers

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

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

ALL are very welcome to this very friendly Group

Available to Hire.  
Contacts Pat Briggs  
01502 740478

Why not come along and give it a try?

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

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

EVERYONE is welcome at Kessingland Church

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

## KESSINGLAND CHURCH CHOIR

Singing is good for you and FUN

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

# Community Noticeboard

Activities & Groups: Kessingland Methodist Church



**COFFEE MORNING**  
Every Tuesday  
10am - 12pm

**ALL WELCOME**  
Come along for a cuppa, bacon roll and a chat

# Volunteering Opportunities



## MAKE A CHANGE BECOME A COUNCILLOR

Could you be a voice for your community?  
Do you want to help make Kessingland a better place to live?  
Are you interested in making a difference to your community?  
Do you want to represent the views of local residents?  
Do you know what the Parish Council can do?

### Kessingland Parish Council has vacancies for new Councillors

If you're over 18 years of age and live in Kessingland (or within three miles of the Kessingland boundary) and do not have any of the disqualifying criteria, then we would like to hear from you! The key qualities for a councillor are to keep an open mind and to listen to, learn about, care for and represent your community to the best of your ability.

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

If you are interested or want to know more, please speak to one of the current councillors or contact the council office. More information about what parish councillors & councils do is available at [www.nalc.gov.uk/our-work/local-elections/what-do-local-councils-and-councillors-do](http://www.nalc.gov.uk/our-work/local-elections/what-do-local-councils-and-councillors-do)

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

# Volunteer with us!

Join our team as a volunteer and make a difference in your community.  
A range of roles are available



Interested? You can email us  
[volunteer@caes.org.uk](mailto:volunteer@caes.org.uk)

Or for more information visit our website - [caes.org.uk](http://caes.org.uk)

citizens advice East Suffolk

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



## Mates on Monday

Marram Green  
Community Lounge  
Hall Road  
Kessingland NR33 7AH

Supported by Kessingland Parish Council

Formerly "MeetUpMonday"



Do you have some time to spare on a Monday morning?

if so,  
**VOLUNTEER WITH US**

and help to make a difference

The "Mates on Monday" team are looking for volunteers to help at the Monday coffee mornings, between 9am and 12pm.

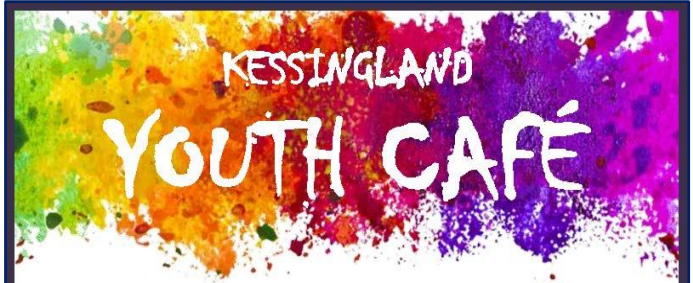
Tasks include setting up the Lounge area and tidying away afterwards, making/serving tea, coffee & cakes & having a friendly, informal chat with the group.

If you are interested, come along on a Monday morning (except Bank Holidays) and speak to Jane or Jean for more information.

DBS checks will be required.



Rural Coffee Caravan is a registered charity. No.1187423



Our Youth Café is looking for Volunteers to help us run our club which provides a safe environment for Kessingland's young people

## Volunteers Needed

for our  
**YOUTH CAFÉ**

The Café is run every Wednesday of each month from 6.30pm until 8.30pm.

- Duties include:
- Assist with setting up & running activities.
  - Safeguard our young people.
  - Be a positive role model.

DBS check & full training given.

For more details & an application form, please contact the Parish Council office:

T: 01502 744367  
E: [admin@kessinglandparishcouncil.gov.uk](mailto:admin@kessinglandparishcouncil.gov.uk)



# Volunteering Opportunities



**JOIN PAKEFIELD COASTWATCH!**  
 ⚓ SUPPORTING H.M. COASTGUARD SINCE 1999! ⚓

**PART OF THE SEA SAFETY GROUP - BASED AT THE OLD PAKEFIELD LIGHTHOUSE**  
 NOW USED AS A COASTAL SURVEILLANCE STATION  
**VOLUNTEERS WANTED!**  
 JOIN OUR TEAM AND HELP KEEP LIVES SAFE AT SEA!  
 CONTACT US FOR MORE INFO  
 01502 473522 | enquiries@pakefieldcoastwatch.co.uk

**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?

**Interested in finding out more?**  
 Email [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@suffolk.gov.uk) or call 01473 260060

**BRAINWAVE INDEPENDENCE GROUP**

**VOLUNTEER WITH**  
**BRAINWAVE INDEPENDENCE GROUP**

*We're looking for volunteers to help out at:*

- OUR CENTRE**  
Help support our daily activities
- CHARITY SHOP**  
Assist with sales, customers & donations
- EVENTS & GENERAL HELPERS**  
Support our events & community work

**Get in touch today!**

- Call The Centre: 07803 177414
- Call The Charity Shop: 07928 777268
- Email: [info@brainwave-group.org](mailto:info@brainwave-group.org)

*Your time can make a real difference — we'd love to have you on board!*

**VOLUNTEERS NEEDED**

**Make a difference locally – and build skills for the future**

The Benjamin Foundation supports children, young people and families across Suffolk and Norfolk.

We're looking for friendly volunteers to join our **Furniture & Electrical Store** team.

**What volunteering looks like**

- Helping in our furniture and electrical store
- Sorting and preparing donated items for sale
- Helping customers in store
- Optional delivery support experience

**What's in it for you**

Build confidence, gain experience and develop skills to support future work opportunities

**Good to know**

- ✓ No experience needed
- ✓ Training provided • Flexible hours • Supportive team

01502 817011  
[facebook.com/benjaminfoundationlowestoft](https://www.facebook.com/benjaminfoundationlowestoft)

The Benjamin Foundation

# Volunteering Opportunities



## VOLUNTEERS WANTED

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

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

For more information, please contact the Council office:

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



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

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



## Volunteer for the Tern Around project in Kessingland

Join our team as a volunteer beach warden this Summer and help protect endangered beach nesting birds on your local beach

- Be part of a passionate team
- Help Little Tern, Ringed Plover, Avocet & Oystercatcher during their breeding season March- August
- No experience necessary & full training given

Contact [Fin.Duncan@rspb.org.uk](mailto:Fin.Duncan@rspb.org.uk) or phone 07702 918794 for more information  
The Royal Society for the Protection of Birds (RSPB) is a registered charity. England and Wales no. 207026, Scotland no. SC003764



# 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**

We meet every Tuesday & Saturday from 9.30am  
 We look forward to seeing you

## WOODWORKS ART CAFE

### VOLUNTEERS NEEDED!

**Join Our Vibrant, Creative Wellbeing Community Hub!**

Seeking enthusiastic volunteers to help us create and support a welcoming, inspiring space where people of our community can come together for arts, crafts, and wellbeing activities!

**Volunteer Duties:**

- Assist with arts and crafts workshops
- Support events and community activities
- Welcoming guests and helping in the café

**GET INVOLVED!**

For more information and to sign up, please contact:  
[woodworksartcafe@gmail.com](mailto:woodworksartcafe@gmail.com)  
 07432678838



### Local Telephone Numbers

|                                                                                                       |                                      |
|-------------------------------------------------------------------------------------------------------|--------------------------------------|
| East Suffolk Council (Customer Services)                                                              | 0333 0162000                         |
| East Suffolk Council (Out of Hours Emergency)                                                         | 0800 440 2516                        |
| East Suffolk Council (Automated Payments)                                                             | 0300 7900509                         |
| Kessingland Parish Council                                                                            | 01502 744367                         |
| Jess Asato MP (Lowestoft)                                                                             | jess.asato.mp@parliament.uk          |
| Citizens Advice Bureau                                                                                | 01502 518510                         |
| Disability Advice North East Suffolk (DANES)                                                          | 01502 511333                         |
| Suffolk County Council Highways                                                                       | 0345 6066171                         |
| - What's happening in my area?                                                                        | www.one.network                      |
| - Report a fault                                                                                      | www.highwaysreporting.suffolk.gov.uk |
| - Email                                                                                               | www.suffolk.gov.uk/about/contact-us  |
| - Telephone                                                                                           | 0345 606 6171                        |
| Kessingland Doctors (Longshore Surgery)                                                               | 01502 740203                         |
| Kessingland Pharmacy                                                                                  | 01502 740251                         |
| James Paget Hospital A and E                                                                          | 01493 452200                         |
| NHS Helpline                                                                                          | 111                                  |
| Police - Emergency Only                                                                               | 999                                  |
| Police - Non-Emergency                                                                                | 101                                  |
| or online at <a href="http://www.suffolk.police.uk/contact-us/">www.suffolk.police.uk/contact-us/</a> |                                      |
| Coastline Vets (Carlton Colville)                                                                     | 01502 531999                         |
| Three Rivers Vets (Kessingland)                                                                       | 01502 741988                         |
| Pakefield Veterinary Clinic                                                                           | 01502 664656                         |
| Wangford Veterinary Clinic                                                                            | 01502 578999                         |
| Kessingland Library                                                                                   | 01502 807667                         |
| St Edmund's Church                                                                                    | 07530 099549                         |
| Kessingland Primary Academy                                                                           | 01502 740223                         |
| Kessingland Sports & Social Centre                                                                    | 07729 384705                         |
| Kessingland United Working Men's Club                                                                 | 01502 740218                         |
| Kessingland Women's Institute                                                                         | 01502 740785                         |

### National Organisations and Helplines

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

## Defibrillators in Kessingland



Kessingland has 11 defibrillators for use by the public at key locations throughout the village.

The following are maintained by the Parish Council guardian on a weekly basis and "The Circuit" updated accordingly.

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

Additional defibrillators (maintained by site owners):

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

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 20<sup>th</sup> of each month. Articles can be half or full page.

Please send submissions to the Editor – [jmclean@kessinglandparishcouncil.gov.uk](mailto:jmclean@kessinglandparishcouncil.gov.uk)

If you would like to advertise in the Village News (local businesses only), please contact the Parish Council on 01502 744367 for a subscription form.

The next issue of the Village News will be **May 2026**.

## Crossword Corner - Solutions



### Crossword Solution 101-41

**ACROSS:** 7 Battleship 9 View 10 Ice cream 11 Uproar 12 Trustworthy 15 Briefly  
16 Big Ears 18 *Unforgotten* 21 Quebec 22 Avoiding 23 Wall 24 Legislator

**DOWN:** 1 Hatch 2 Stock 3 Meteorological 4 Chemist 5 Evergreen 6 Semaphore  
8 Paul Whitehouse 13 Orangutan 14 Lemon balm 17 Strange 19 Ideal 21 Onion