



# The Village News

May 2026

## Parish Council Meetings - May 2026

**Full Council:** AGM Wednesday 13<sup>th</sup>, 7:00pm

**Finance & Governance:** Tuesday 12<sup>th</sup>, 1:30pm

**Leisure & Community Engagement:** Monday 18<sup>th</sup>, 11:00am

**Planning & Highways:** Wednesday 6<sup>th</sup>, 10:00am  
Wednesday 20<sup>th</sup>, 10:00am

**Emergency Planning:** No meeting scheduled.

**Personnel:** No meeting scheduled.

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



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<http://eepurl.com/hHHSZv>

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## Your Parish Councillors



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

01502 740521

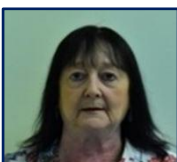
[sjames@kessinglandparishcouncil.gov.uk](mailto:sjames@kessinglandparishcouncil.gov.uk)



**David Boyle**  
Vice-Chair of Council

07707 201300

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



**Christine Cook**  
Councillor

07592 555345

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



**Neil Glendinning**  
Councillor

07985 462200

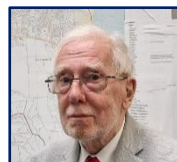
[nglendinning@kessinglandparishcouncil.gov.uk](mailto:nglendinning@kessinglandparishcouncil.gov.uk)



**Ian Graham**  
Councillor

07985 462200

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



**Alan Green**  
Councillor

07789 644645

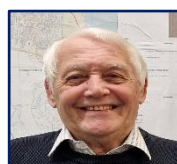
[agreen@kessinglandparishcouncil.gov.uk](mailto:agreen@kessinglandparishcouncil.gov.uk)



**Julie McLean**  
Councillor

07539 696904

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



**Billy Nicholls**  
Councillor

07584 168200

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



**Danielle Pope-Brannon**  
Councillor

07928 245822

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



**Bob Saunders**  
Councillor

01502 744367

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



**Paul Slezacek**  
Councillor

07500 351763

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

**Website:**  
[www.kessinglandparishcouncil.gov.uk](http://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](mailto:alan.green@eastsoffolk.gov.uk)



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

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

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

**ALL WELCOME**



# 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](http://www.suffolk.gov.uk)  
Email: [customer.services@suffolk.gov.uk](mailto: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](http://www.eastsuffolk.gov.uk)  
Email: [customerservices@eastsuffolk.gov.uk](mailto: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](http://www.kessinglandparishcouncil.gov.uk)  
Email: [admin@kessinglandparishcouncil.gov.uk](mailto: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](http://www.suffolk.police.uk)  
Report Crime: [www.suffolk.police.uk/ro/report/asb/asb-v3/report-antisocial-behaviour/](http://www.suffolk.police.uk/ro/report/asb/asb-v3/report-antisocial-behaviour/)  
Telephone: 101



Report crime anonymously

Website: [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)  
Report Crime: [www.suffolk.police.uk/ro/report/asb/asb-v3/report-antisocial-behaviour/](http://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](http://www.fixmystreet.com)

**2026 SUFFOLK COUNTY COUNCIL ELECTIONS**

**7 May 2026**

Election of councillors to Suffolk County Council (Beccles & Kessingland Division)

**Date of Election:** Thursday 7<sup>th</sup> May 2026  
**Voting Hours:** 7am to 10pm  
**Polling Station:** St Edmund’s Church Centre  
 Church Road  
 Kessingland NR33 7QZ



**Candidates:**

**Mark Bee**  
*Conservative and Unionist Party*

**Ryan Dennis William Banks Harvey**  
*Conservative and Unionist Party*

**Mel Calaby**  
*Reform UK*

**Sam Hunt**  
*Labour Party*

**Chris Cox**  
*Reform UK*

**Tom Jordan**  
*Liberal Democrats*

**Alan Frederick Green**  
*Labour Party*

**Ash Lever**  
*Green Party*

**Susan Groome**  
*Liberal Democrats*

**Christine Mary Wheeler**  
*Green Party*



**DONT' FORGET YOUR PHOTO ID WHEN VOTING AT THE 2026 SUFFOLK COUNTY COUNCIL ELECTIONS**

**7 May 2026**

Voters must bring an accepted form of photo ID with them to the polling station, for example, passport, photocard driving licence, Blue Badge etc. A full list of accepted forms of photo ID can be found on the Electoral Commission’s website: [www.electoralcommission.org.uk](http://www.electoralcommission.org.uk)

# Coastal Vegetation Clearance & Weed Spraying



## What are we updating you about?

East Suffolk Council's (ESC) Coastal Management and Adaptation Team have appointed the Water Management Alliance (WMA) to complete repairs and maintenance of coastal protection assets along the Suffolk coast, which are owned or managed by ESC. WMA will be completing works at Lowestoft, **Kessingland**, and Felixstowe as part of that contract.

## Where is this work happening?

The work in Kessingland will be between **Sea View Holiday Park and Church Road** (see map).

*Northern extent  
of works*

*Southern extent  
of works*



## When are we doing the work?

Repair and maintenance work along the coastal defences will take place from **Monday 27<sup>th</sup> April to Friday 15<sup>th</sup> May 2026**. All work is subject to safe working conditions i.e. weather condition dependant.

## What will we be doing?

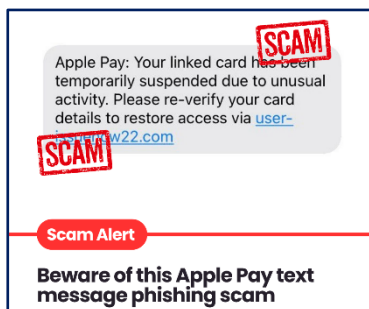
WMA will be spraying the weeds and clearing vegetation along the promenades and coastal defences. The treatment is animal safe so there will be no impact to access along the promenades. We will work hard to keep any inconvenience to a minimum and ask the public to please take note of the contractor's signage when work is happening.

## Why are we doing this work?

This work will maintain the longevity of the defences. The work is an important part of ESC's commitment to ensure their coastal assets are working effectively, helping to protect our beautiful coast economically, environmentally, and for the enjoyment of communities and visitors for generations to come. Undertaking regular targeted maintenance means that we can maximise the lifespan of coastal protection assets, ensuring that we make the most of every pound spent and achieve a better return on public investment. We are supporting the safeguarding of life and local economies by making sure that the Council's coastal assets are in the condition needed for continued protection.

## Contact Us

Coastal Management service, Riverside, 4 Canning Road, Lowestoft, NR33 0EQ



Beware of text messages purporting to be from Apple, claiming that your account has been suspended due to unusual activity on your card.

This scam is a text, sent from a mobile number, and reads: "Apple Pay: Your linked card has been temporarily suspended due to unusual activity. Please re-verify your card details to restore access via [fake website]."

If you receive this message, don't respond to it and don't click on any links.

Criminals send fake text messages in the hope they will panic you and you will click on the link. They want access to your money and information or get you to click on links which could download malware.

### Report suspicious text messages by forwarding them to 7726.

You can also take a screenshot or screen recording of the text message and send it to the National Cyber Security Centre at [report@phishing.gov.uk](mailto:report@phishing.gov.uk).



As festival season approaches, the Chartered Trading Standards Institute (CTSI) is urging consumers to take extra care when buying neon makeup and face/body paints. Bright colours and bold looks may be part of the fun, but unsafe cosmetics are never worth the risk.

With demand for neon lipsticks, mascaras, body paints and face paints rising, more consumers may be sourcing their products online. CTSI is warning that some of these items, particularly those sold by third-party sellers via online marketplaces may fail to meet essential cosmetic safety standards, meaning they could be harmful to health.



Some neon cosmetic products contain colourants that are banned or that are not approved for use on the skin. These ingredients can trigger skin irritation, rashes and allergic reactions, especially around sensitive areas such as the eyes and lips. Non-compliant neon cosmetic products have previously been found to contain dangerous substances, including lead, mercury and asbestos. These ingredients carry serious long-term health risks and must never appear in cosmetic products. Some products have been found to contain excessive amounts of butylparaben, a known reproductive toxicant that can weaken female fertility. Studies have also linked butylparaben to cardiovascular, gastrointestinal and skeletal health problems, as well as respiratory illnesses and breast cancer. To reduce your risk:

- Buy from reputable, well-known brands and high street chemists and retailers
- Be cautious of extremely cheap products or sellers you've never heard of
- Avoid items labelled "not for cosmetic use" if intended for skin application
- Always check ingredients and safety marking
- Check for the banned colourants: Solvent Yellow 172, CI 45161 (Basic Red 1:1) and CI 45174 (Basic Violet 11:1)
- Do extra research for products designed for children or teenagers
- And know that "SFX" and "Professional Use Only" makeup must still comply with the same strict safety standards as consumer cosmetics



Report a scam to Trading Standards via Citizens Advice Consumer Service on **0808 223 1133**  
If you have been the victim of fraud, report it to Action Fraud on **0300 123 2040**

## Kessingland Men's Shed



Just a short note this month...

March 31<sup>st</sup> was our end-of-year, when all memberships expired so we would like to remind existing members to renew their membership at a small cost of £20 to cover the next 12 months. We are also inviting new members to join for the same small cost.

Please help us to raise more funds, which everyone can do at zero cost to themselves, by signing up to [easyfundraising.com](http://easyfundraising.com) and help to support the Shed. EasyFundRaising have connections with thousands of businesses, who make a small donation to us every time you shop online.

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 and Saturdays.

## Kessingland Youth Café (KYC)



What a good month April has been with 8 new members registering to come along to the KYC on Wednesday evenings from 6.30pm – 8.30pm to enjoy the activities and have a social catch up with friends and leaders. We also welcome Reg as a volunteer- he worked with Darren and me at the old Hangout youth club quite a few years ago!!

We will be open first 3 weeks of May and closed on 27<sup>th</sup> for half term.

Please note - our phone number is **07480 9403926**. Some parents/carers still try to contact us via the KSSC number despite every member being given our contact details which are also on our Facebook page and in the notice board outside the hall.

Three of our members from "Our Voice", who represent other members, attended the Annual Meeting of the Parish last month with myself to find out what is going on in and around the village; they reported back that it was a good experience and gave them insight as to who is who on the Parish Council.

As mentioned previously, should members not attend for a full term, they will be removed from the members register. However, they can rejoin once a new consent form is filled out and returned. By doing this it lets others join rather than having to create a waiting list. There will be approx. 80 registered once I've sorted this out for this term with 35-40 young people attending each week.

As always thanks to all for your continued support.

Chris  
Senior Youth Leader  
KYC 

**MAY 2026**

Wednesday 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>:

Choice of Activities  
"Hot Food" available on 20<sup>th</sup>

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



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 speaker for April was Tony Brown who brought along his projector to show us some incredible photographs of Scottish scenery, birds, wildlife, trees, flowers and fungi. Photographs he had taken included red squirrels, deer (one remarkable close-up of a large, impressive bellowing stag), golden eagles, waterfowl and a variety of animal life native to Scotland. Of particular interest was Tony's collection of birds photographed in their natural habitat.

Our competition winners this month were: Bloom of the Month – 1<sup>st</sup> Linda Walker, 2<sup>nd</sup> Pauline Shipley, 3<sup>rd</sup> Sue Goulden; Shortbread fingers – 1<sup>st</sup> Susan MacLaren, 2<sup>nd</sup> Pam Newell, 3<sup>rd</sup> Sue Mickel.

We were also delighted to welcome 5 prospective new members to our April meeting.



*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*



**theW**  
**Kessingland**

Kessingland Working Men's Club  
NR33 7QD

**Thursday 14<sup>th</sup> May**  
7.30pm

**Resolution Voting**  
& **Jennifer** tells us  
about her   
**Trip to Ghana**

Competition – A Holiday Souvenir  
**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)

# Kessingland United Working Men's Club



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

*Affiliated to the CIU*

Our Easter Craft Fair was a successful day, a good turnout with quite a few Craft Stalls. By the time this goes to print "Every Trace Tells A Story", a forensic talk by Mary Newton, will have been over & another sell out with over 90 people. This is her last talk. unless she writes some more.

Our next Event is "The Rogue Shanty Chorus" which is already proving very popular. Tickets on sale at the Club or contact Sandra 01502742412. This is going to be good fun with shanty songs and a few stories from the past. Please support this, all proceeds are going to the Club.

Our Quiz Nights are still well supported averaging about 19 teams every time. Quiz nights are always the 1st Thursday of the month £2.50 - come along they're good fun. The new raffle prize of £5 to be spent over the bar is proving popular along with the vouchers which we also use ("Love to shop" or "Asda").

## Live Music in May:

Saturday 2<sup>nd</sup> - Karla Beare  
 Saturday 9<sup>th</sup> - Just Andy  
 Saturday 16<sup>th</sup> - Kevin Barry  
 Saturday 23<sup>rd</sup> - Three Steps to Heaven  
 Saturday 30<sup>th</sup> - Terry Batt

## Live Music in June:

Saturday 6<sup>th</sup> - Best of Both  
 Saturday 13<sup>th</sup> - Steve Lake  
 Saturday 20<sup>th</sup> - Lowrider City Rockers  
 Saturday 27<sup>th</sup> - Me, Myself and I

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 (over 60s) and Wednesday evenings and Sunday lunch time. Come and join us as more people means bigger prizes. We have a very successful Darts Team (our Doubles teams are through to the Doubles Tournament quarter finals) and a busy Pigeon Club. Our Bowls Club had it's first match last week & are hoping for another good season. We have one of the best greens in Suffolk. We also have a full-size Pool Table.

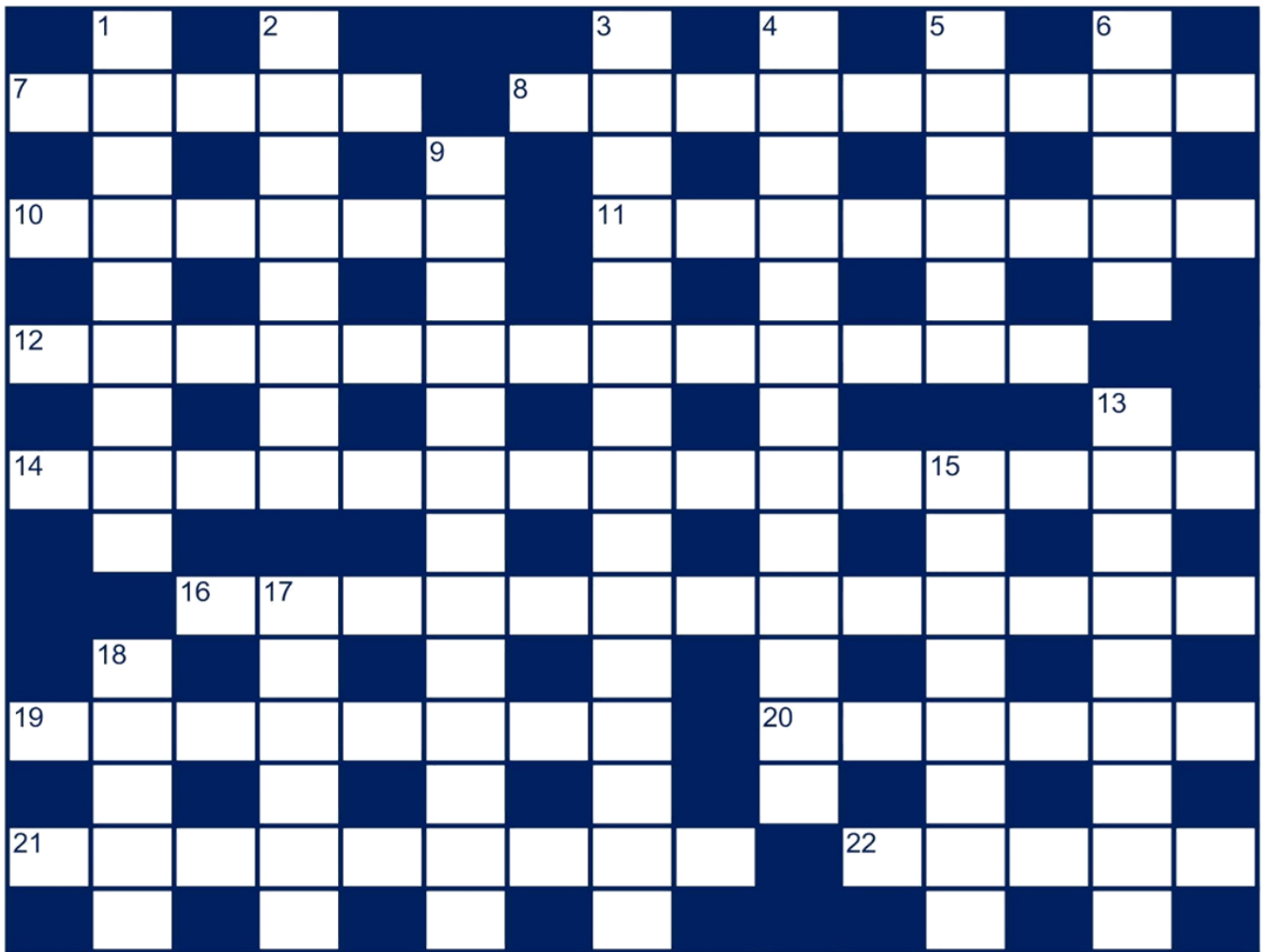
The Club is a lovely venue for Parties or other activities with a lounge for smaller groups. We have a well-lit car park and plenty of parking for the disabled and entry and disabled toilet facilities. We are always looking for New Members £25 (Less than 50p a Week) and very cheap bar prices. Please 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.

President: R A Hood  
 Society Registration No: 4343

Secretary: T Gasking  
 VAT Registration No: 105 2958



No: 101-42



**Across:**

- 7 Fold in a skirt (5)
- 8 Wind up a company (9)
- 10 (Often coastal) signal fire (6)
- 11 Monty Python star (4,4)
- 12 Vehicle with room for lots of passengers (6,7)
- 14 Third-placed athlete (6,9)
- 16 Turnip, carrot or parsnip (4,9)
- 19 Grass-edging tool (8)
- 20 Going by air (6)
- 21 Stretching with heels raised (2,7)
- 22 American word for "sweets" (5)

**Down:**

- 1 Fruit popular in a muffin (9)
- 2 Cooking pot (8)
- 3 Dog breed from Yorkshire (8,7)
- 4 TV cooking contest for young people (6,4,3)
- 5 Give useful suggestions to (6)
- 6 Milan's country (5)
- 9 Give too low a value for (13)
- 13 Seaside walkway (9)
- 15 Period of time with 366 days (4,4)
- 17 Starting point, beginning (6)
- 18 Dangerous feat in a film (5)

## 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)



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*



## Drop in at Kessingland



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

Marram Green Cafe,  
Kessingland, NR33 7AH

# 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  
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.gov.uk  
01502 744367  
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



## 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

*'It Will Be YESTERDAY ONCE MORE  
on Friday 8th May'*

**BECAUSE THE VOICE MATTERS**

With *Toni Lee & The Band*  
Celebrating  
**THE CARPENTERS SONGBOOK**



SCOTLAND  
NEWCASTLE  
LEEDS  
MANCHESTER  
BIRMINGHAM  
CARDIFF  
BRISTOL  
LONDON  
LOWESTOFT

**THE MARINA THEATRE -  
LOWESTOFT**

**CRAFT and GIFT Fayre**

SHOP LOCAL SUPPORT LOCAL

SUNDAY **10 MAY** **10AM - 4PM**

SUPPORT LOCAL MAKERS

**UPLANDS COMMUNITY CENTRE**  
*at Ashburnham Way,*  
**LOWESTOFT**  
NR33 8LJ

REFRESHMENTS  
TOMBOLA  
CARDS  
DIAMOND ART  
SEA GLASS  
CROCHET

WIN PRIZES!

LOTS MORE!

**FREE ENTRY!**

HOSTED BY *maggie diamond art*

**Corton May Fair**

Featuring Handmade Treasures

**SUNDAY 24<sup>TH</sup> MAY 2026**

CRAFTS ♥ GIFTS ♥ HOMEWARES ♥ DECOR

Something special for everyone!

Corton Community Rooms NR32 5HW  
♥ 10am to 2.30pm ♥

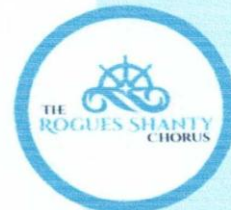
**THE KESSINGLAND UNITED WORKING MENS  
CLUB PRESENTS**

# 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



# 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



# UNDER the SEA MESSY PLAY

Join us for an exciting under the sea messy play adventure!  
Explore, splash and get messy with sensory play inspired by the ocean.  
Perfect for little explorers!

FAMILIES	CHILDMINDERS
<b>£6</b> FIRST CHILD	<b>£4</b> FIRST CHILD
<b>£3</b> ADDITIONAL CHILD	<b>£3</b> ADDITIONAL CHILD

WHERE: Spinnakers Room, Kessingland, NR33 7AH

WHEN: Tuesday 5th May

TIME: 10:00 – 11:00

★ SESSIONS MUST BE PAID IN ADVANCE

**Georgia's MESSY EXPLORERS**

# 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

# Join Us Starlight 10K Walk

or with 5K Dog Walk

**Saturday 16th May 2026**

**6 pm Registration and Check-in**  
Old Hall Farm Cafe, Halesworth Road, Reydon, Southwold IP18 6SG

<https://blythvalleyrotary.co.uk/starlight-walk/>

Blyth Valley **Rotary**



**The Pear Tree Fund**

East Suffolk Prostate Cancer Support Group

NORFOLK & SUFFOLK ANIMAL TRUST

*St Edmund's Church  
Kessingland invites you to..*

**QWINDESSENTIAL**  
*Wind Quintet*  
&  
**CREAM TEAS**



*Friday 1st May 2026*  
**2:00 PM – 4:00 PM**

*St Edmund's Church Centre*  
*Pay on the door*  
*£6 per person*

**Community Noticeboard**  
Events, Competitions & Local Groups



**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



Email, Call or Whatsapp  
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**

**FREE BIKE FIX**



Is your cycle roadworthy? From rubbing brakes to flat tyres, bring it along and watch it being checked by a professional - for FREE

**Every 4th Tuesday of the  
month 10am till 2pm**

**Find us:** Carlton Marshes, Burnt Hill Ln, Carlton Colville, Lowestoft NR33 8HU

Book a 30-minute slot with the Bike Doctor by emailing [thewaytosuffolk@suffolk.gov.uk](mailto:thewaytosuffolk@suffolk.gov.uk)



**Disability  
Advice**  
North East Suffolk  
Free, Impartial & Confidential



**CRAFTY  
CREATIONS**

**COME ALONG TO OUR  
CRAFT GROUP  
THIRD MONDAY OF THE MONTH  
10AM TO 12**

*Free refreshments*

- COLLAGE
- NEEDLE FELTING
- CROSS STITCH
- CARD MAKING
- DIAMOND ART
- MAKE A TEA LIGHT
- KNITTING
- CROCHET

**OR BRING YOUR OWN  
PROJECT**

**161 ROTTERDAM ROAD LOWESTOFT  
NR32 2EZ  
01502 522333T**

# 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.



# Community Noticeboard

## Activities & Groups: Kessingland Sports & Social Centre



# Kessingland

## Friendship Club

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

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

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

For more information, please contact Helen Stinfield 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 BSA Instructor

Family Class age 7+

Facebook: [www.facebook.com/kessinglandkarate](https://www.facebook.com/kessinglandkarate)

## KESSINGLAND YOUTH CAFÉ

### MAY 2026

Wednesday 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>:

Choice of Activities  
"Hot Food" available on 20<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

**one lottery**

## Friends Who Dance

Monday evening  
7.30-10.30pm  
Kessingland Sports & Social Club  
NR33 7PU

Entry £5

If you just enjoy dancing come & try your own bit  
of *Strictly*

No partner needed

For more info contact Sue:  
**07731380691**

## SUMMER EVENTS at the KSSC

Francis Road, Kessingland NR33 7PU

Sunday  
5<sup>th</sup> July, 7pm

**Charity Prize Bingo and Raffle**  
hosted by  
Barrie Thornton

£5.00pp  
Bring your own wine & nibbles  
Tea/Coffee/Biscuits available.

All funds raised to go to the KSSC for future events.  
Charity No: 275844

Monday  
31<sup>st</sup> August, 10am

**Summer Fun Day & Craft Fayre**

Inflatables, Refreshments, Entertainment with Barrie Thornton and lots more

Stallholders needed  
contact Carol for details  
07729 384705  
[kessingland3@gmail.com](mailto:kessingland3@gmail.com)

## Groups at Kessingland Sports & Social Centre

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

<b>THURSDAYS</b> 9:30 – 10:30am: 1:30 – 3:30pm:	Chair Based Exercise (Alternate Thursdays) Singing Sensations Friendship Club Pilates
6:00 – 7:00pm: 7:30 – 10:00pm:	Model Flying Club
<b>FRIDAYS</b> 2:00 – 4:00pm: 6:00 – 7:30pm:	Short Mat Bowls 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 United Working Men's Club



**QUIZ NIGHT!**

AT KESSINGLAND WORKING MENS CLUB

EVERY 1<sup>ST</sup> THURSDAY OF THE MONTH!

WIN CASH PRIZES! CHEAP DRINKS!

FOOD AVAILABLE PICTURE & MUSIC ROUNDS!

25 TEAM LIMIT!

TRIVIA

ENTRY ONLY £2.50 PER PERSON!

CONTACT [kuwmcquiz@gmail.com](mailto:kuwmcquiz@gmail.com) TO BOOK

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

Request's Played

£4 ENTRY

7PM - 10PM  
BAR - PARKING

Rock n Roll

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

With Alison

Country & Pop dances

£5

WEDNESDAY'S

Beginners 6.30pm

Main class 7.30pm till 9.30pm

Kessingland UWMC  
The Avenue  
Kessingland NR33 7QD

Contact Alison 07901871133

# 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](http://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](http://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

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:**

- Bingo (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



THE CHURCH OF ENGLAND  
Diocese of Norwich

Transformed by Christ: Joyful Pastoral Prophetic

Every Saturday 10am—12noon  
Kessingland Church Centre

**Saturday Coffee at St Ed's**

CAKES

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

1500 x 2100

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

**Rainbows**

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

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

girlguiding  
Registered charity number: 30026

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

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

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

Cinema Outings  
Tea, cake and friendship  
Speakers

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



# 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)

# 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 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



**Marram Green**



## 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



Welcome to the  
**Kessingland Business Page**

If you are a local business & wish to advertise in the Village News, please contact the Parish Council office for details of how to submit your advert and the subscription rates:

Telephone: 01502 744367

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



### 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 **June 2026**.

## Crossword Corner - Solutions



### Crossword Solution 101-42

**ACROSS:** 7 Pleat 8 Liquidate 10 Beacon 11 Eric Idle 12 People carrier 14 Bronze medallist  
16 Root vegetable 19 Strimmer 20 Flying 21 On tiptoes 22 Candy

**DOWN:** 1 Blueberry 2 Saucepan 3 Airedale terrier 4 *Junior Bake Off* 5 Advise 6 Italy  
9 Underestimate 13 Esplanade 15 Leap year 17 Origin 18 Stunt