



The Village News

June 2026

Parish Council Meetings - June 2026

Full Council: Wednesday 10th, 7:00pm

Finance & Governance: Tuesday 9th, 1:30pm

Leisure & Community Engagement: No meeting scheduled.

Planning & Highways: Wednesday 3rd, 10:00am
Wednesday 17th, 10:00am

Emergency Planning: Monday 8th, 11:00am

Personnel: No meeting scheduled.

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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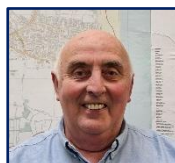
Your Parish Councillors



Stephen (Sid) James
Chair of Council

01502 740521

sjames@kessinglandparishcouncil.gov.uk



Neil Glendinning
Vice-Chair of Council

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Christine Cook
Councillor

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David Boyle
Councillor

07707 201300

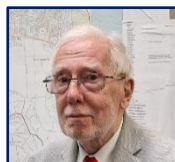
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Ian Graham
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Alan Green
Councillor

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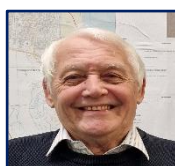
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Julie McLean
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Billy Nicholls
Councillor

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Danielle Pope-Brannon
Councillor

07928 245822

dpope-brannon@kessinglandparishcouncil.gov.uk



Bob Saunders
Councillor

01502 744367

bsaunders@kessinglandparishcouncil.gov.uk

VACANCY

VACANCY

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

Finance & Governance Committee

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

Personnel Committee

Chair: N. Glendinning
Vice-Chair: To be Appointed
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

Emergency Planning Committee

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

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)

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

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

Kessingland School Liaison
Cllr S. James, 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

Kessingland Help in Need Trust
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



Ash Lever
County Councillor
Beccles & Kessingland Division

07955 434428
Ash.Lever@suffolk.gov.uk

Chris Cox
County Councillor
Beccles & Kessingland Division

Chris.Cox@suffolk.gov.uk



Alan Green
District Councillor
Kessingland Ward

01502 741888 / 07818 563003
alan.green@eastsuffolk.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 Kessingland Parish Council, helping with issues relating to his role as a district councillor, and representing Kessingland's views at district council level.



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



National recognition for East Suffolk beaches



East Suffolk Council is celebrating seeing four of its beaches named among the best in the country as environmental charity Keep Britain Tidy announces winners of the Blue Flag and Seaside Awards for 2026.

Four beaches have been recognised for being clean and safe, meeting the highest environmental standards with both Felixstowe (Felixstowe South and Pier) and Southwold (Southwold Pier) once again receiving combined Seaside Awards and Blue Flags, and Lowestoft South of Claremont Pier (bathing/resort) and **Kessingland** (non-bathing) receiving Seaside Awards for 2026.

Clr Sarah Whitelock, East Suffolk’s cabinet member for Communities, Leisure and Tourism said: *“We are incredibly proud to once again be flying both Blue Flag and Seaside Award flags across Felixstowe, Lowestoft and Southwold. These awards recognise the care and effort our teams put into our seaside resorts to ensure our beaches are accessible to everyone, that they’re safe and well-managed. By raising the flags visitors can be assured that East Suffolk has some of the best beaches in the world and we can’t wait to welcome all our visitors this summer.”*

Keep Britain Tidy’s Chief Executive, Allison Ogden-Newton OBE, said: *“England is fortunate to boast some of the world’s finest beaches, and it’s encouraging to see this reflected in the awards to four of East Suffolk’s beaches, signalling its high standards to all who visit or live nearby. Everybody involved in these achievements should feel proud of their ongoing work to care for and enhance these important local blue spaces.”*

The Blue Flag and Seaside Awards are designed to raise standards across England’s coastline and inland waters, while shining a spotlight on the country’s top beaches. These awards are the only way for the public to be assured that beaches are delivering a safe, clean and well-managed space for them to enjoy. Blue Flag is an environmental education programme managed by Keep Britain Tidy on behalf of the Foundation for Environmental Education.

Improved Recycling from June 2026



To help you with the changes to collections, East Suffolk have launched a new app which will help you quickly see which bin is due for collection each week and will help you easily check what can be put into each bin, to help you recycle even more. You can also opt in to receive reminders ahead of bin day and receive alerts if your bin collection has been delayed. The app will also enable you to keep up to date with the latest council news.

The new app is available for Apple and Android in the app store (search for East Suffolk) or via www.eastsuffolk.gov.uk/councilapp





The Kessingland Chronicle - May 2026



Dear Parents and Carers,

As we reach the halfway point of the summer term, I would like to take a moment to thank you all for your continued support and partnership. It has been a strong and positive start to the term, and we are proud of how well the children have settled back into their routines, embracing their learning with enthusiasm and resilience.

Your support at home plays a vital role in their success and we are truly grateful for the encouragement and engagement you bring to our school community. As we head into the half term break, I hope you all have the opportunity to rest, recharge and enjoy some quality time together. We look forward to welcoming the children back to school on Monday 1st June 2026, refreshed and ready for the final part of the school year.

Warm regards,
Miss Egleton



Diary of Lola, School Dog

Dear Diary,

The sun is shining, the birds are singing, and my tail hasn't stopped wagging since breakfast! There's something about sunshine that makes everything smell better: the grass, the trees, even the playground mulch. I rolled in it a little (just a little!) before morning assembly. Oops.

The best part? School visits are back in full swing! That means more belly rubs, more storytimes and more chances to show off my very best "sit" for treats. When I see the children running toward the gates with their backpacks bouncing, I just can't help but do my happy dance (you know the one, paws up, tail spin!). The sun makes everyone smile, and that makes me feel like the luckiest school dog in the whole wide world.



Paw-sitively thrilled,

Lola 🐾 ✨

Official School Greeter, Hug Collector, and Sunshine Chaser!



Our Kessingland Spring Term Attendance Raffle Winner is Elisa!

🎉 **Congratulations to Elisa in Year 1, our Spring Term winner!** 🎉

Elisa's fantastic commitment to attendance has paid off and she is the proud winner of a Kindle Fire. This raffle celebrates our amazing children who achieve 95% or higher attendance, with one lucky winner drawn each term.

🏠 Every day at school matters 🖊️ One entry per eligible child

🎁 A new prize winner every term

Well done, Elisa and thank you to all our families for supporting great attendance habits. Let's keep making every day count! 🌟



Thank You



We'd like to extend a huge thank you to all our families for the incredibly generous donations brought in for Comic Relief. We were overwhelmed by the fantastic response — as you can see in the photo, we collected a wonderful amount of food that has now been donated to a local food bank associated with Comic Relief. Your kindness and support will help so many families in our community.

Also featured in the photo are our newly elected School Councillors, who were proudly voted for by their classmates. Well done to them all!

Thank you again for helping us make a difference in our local community - seeing our school come together to support others makes us very proud.

~~~~~

## Celebrating Excellence in Inclusion

We are absolutely delighted to announce that following a successful recent assessment, our school has once again been recognised as a Centre of Excellence for Inclusion — for the fourth consecutive year! This achievement reflects our ongoing commitment to ensuring that every child feels valued, supported and able to thrive in a fully inclusive environment. We are incredibly proud of our staff, pupils, and families who work together every day to make our school such a welcoming and inclusive place.



Thank you for your continued support in helping us uphold these important values. Together, we will continue to build an environment where everyone belongs and every voice is heard.

~~~~~

Congratulations to Year 6

Year 6 have made us incredibly proud as they completed their SATs with such maturity, resilience and positivity. They approached each day with calm determination, supported one another brilliantly and truly demonstrated all of the qualities we hope to see in our pupils. We know how much effort they have put in throughout the year, and they should all feel extremely proud of themselves!

With SATs now complete, the fun can begin! We are excited to be starting with the fantastic Puzzle Pod experience. The “Puzzle Pod” is a portable, Bible-based escape room designed for children aged 8–11 and developed by the Norfolk-based Christian children’s ministry charity Raise. Working in teams, the children will solve a series of interactive, faith-based puzzles and riddles against the clock. It promises to be a wonderful opportunity for teamwork, problem-solving and lots of fun as Year 6 enjoy the next stage of their final term with us. With fun days out planned, end-of-term celebration evenings and the Leavers’ Assembly still to come, we are determined to make sure the end of primary school is a truly special and memorable time for all of our Year 6 pupils!

~~~~~

## First Light Federation Sports Tournament



On Tuesday 19th May, we hosted the very first First Light Federation Sports Tournament! A group of Year 5 and 6 pupils proudly represented Kessingland as they competed against the Year 5 and 6 Hopton team in football and dodgeball.

During the football, the children worked collaboratively as a team, helping to make the games a resounding success. Finlay, Kyron, Caius & Riley all scored fantastic goals, while Harvey & Logan provided excellent assists.

Tiarna also demonstrated outstanding passing and blocking skills throughout the matches. Team Hopton showed great determination and provided strong competition in every game.



During dodgeball, the pupils first competed in their individual school teams before combining to play in mixed First Light Federation teams. Throughout the tournament, the children demonstrated excellent resilience, compassion and dedication, representing their schools brilliantly.

Well done, Kessingland!



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.

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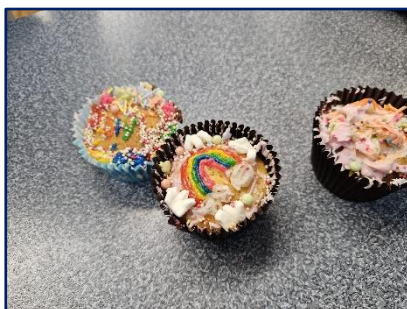
## Kessingland Youth Café (KYC)



Some photos from April's food/baking evening with some very creative cupcakes made by our members. Hot food was cheesy broccoli pasta and spaghetti bolognese in April (with some eager helpers in the kitchen) and in May was pizza and hotdogs. We also had a further 6 new members join us in May. We will be open every Wednesday in June. During the summer school holidays we will shut alternate weeks - dates will be published by mid-July.

As always thanks for your continued support.

Chris 🍌, Senior youth leader  
KYC



# 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*

About 100 people attended the Forensic talk by Mary Newton, everyone found her fascinating and asked for more. This was her last talk she had, perhaps we will have to start from the beginning again.

We had 70 people came to hear The Rogue Shanty Chorus which was very much enjoyed by all with a lot of audience participation singing and clapping. Both these evenings were fundraisers for the KUWMC which was much appreciated.



On June 20th we have our Classic Car Show. With Craft stalls, refreshments, Tombola and Raffle. Quiz nights are well attended we had 92 people there last month; this is on the first Thursday of each month max of 6 in team £2.50 each; there's always room for more so come and join us.

### Music for June:

Saturday 6<sup>th</sup> - Best of Both  
 Saturday 13<sup>th</sup> - Steve Lake  
 Sunday 14<sup>th</sup> - Dance Night  
 Saturday 20<sup>th</sup> - Lowrider City Rockets  
 Saturday 27<sup>th</sup> - Me, Myself and I

### Music for July:

Saturday 4<sup>th</sup> - Memphis Index  
 Saturday 11<sup>th</sup> - Steve Alan  
 Saturday 18<sup>th</sup> - Bruce  
 Sunday 19<sup>th</sup> - Dance Night  
 Saturday 25<sup>th</sup> - KCR

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.

Welcome to

KESSINGLAND UNITED WORKING MEN'S CLUB

The heart of our community

EVERYONE WELCOME MEMBERS & GUESTS

THE AVENUE, KESSINGLAND, LOWESTOFT, SUFFOLK, NR33 7QD

LARGE FREE CAR PARK WITH DISABLED SPACES

DISABLED ACCESS

DART BOARDS

POOL TABLE

CHEAPER DRINK PRICES

FRUIT MACHINES

QUIET LOUNGE AREA

RELAX IN OUR LOUNGE

GREAT DRINKS GREAT PRICES

YOUR EVENT OUR STAGE

VENUE HIRE AVAILABLE

- Large Dance Floor & Bar
- Weddings
- Parties
- Wakes (No charge)
- Group Events
- Clubs

\*Small additional fees may apply for some events

BECOME A MEMBER TODAY

THE PERFECT VENUE FOR EVERY OCCASION

HOLIDAYMAKER MEMBERSHIP

£1 P/P PER WEEK

FULL MEMBERSHIP

£25 1ST YEAR MEMBERSHIP

£23 RENEWAL PER YEAR

LEAGUE DARTS TEAM

BOWLS CLUB

PIGEON CLUB

LIVE MUSIC

WHAT'S ON

Slimming WORLD

WI KESSINGLAND WI

QUIZ NIGHT

BINGO

VISIT OUR WEBSITE to find out more → [WWW.KUWMC.CO.UK](http://WWW.KUWMC.CO.UK)

clubsecretarykuwmc@outlook.com 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



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

At our meeting on Thursday 14<sup>th</sup> May, Jennifer Jagger, one of our members, delivered a talk about her trip to Ghana and showed some interesting photographs of the town she stayed in and of the Mole Safari Park, these included elephants drinking at a waterhole, a guide told her the elephants would not approach where they stood as there were ants there which elephants do not like. She spoke about elephants uprooting trees near her cabin and warthogs running freely nearby. I think everyone would agree that we could have listened for hours to more of her adventures if time had permitted. Resolutions were passed at the meeting for Action on Women's Homelessness and Accessible Public Toilet Facilities.

Our competition winners this month were:

Bloom of the Month: 1<sup>st</sup> Marie Flegg, 2<sup>nd</sup> Pauline Shipley, 3<sup>rd</sup> Bridget Higgins

A Holiday Souvenir: 1<sup>st</sup> Mary Christea, 2<sup>nd</sup> Bridget Higgins, 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 11<sup>th</sup> June**  
7.30pm

**Julie Porter**  
**Bags to Love**

Competition – A bag made from  
repurposed materials

**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:

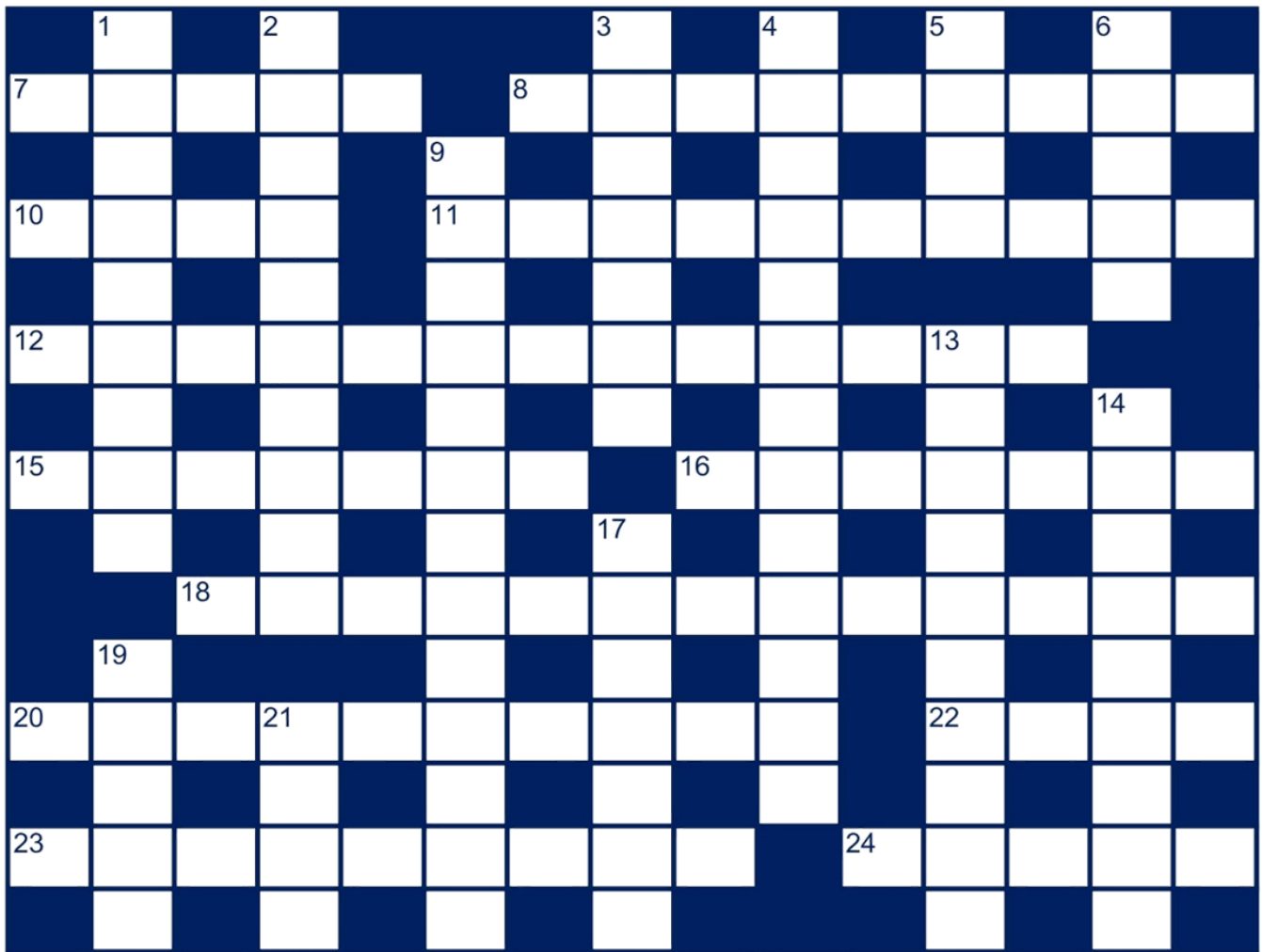
**Telephone:** 01502 744367

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

# Crossword Corner



No: 101-43



## Across:

- 7 Bank of earth, hillock (5)
- 8 Disavow, deny (9)
- 10 Traveller's entry permit (4)
- 11 Trainer or teacher (10)
- 12 Long-running sport programme (5,2,3,3)
- 15 Transported goods (7)
- 16 Metalworkers who use acetylene (7)
- 18 Issue orders (3,4,3,3)
- 20 Person who interprets star signs (10)
- 22 Clean and tidy (4)
- 23 Fast-moving warship (9)
- 24 Jools Holland's instrument (5)

## Down:

- 1 Card game for one player (9)
- 2 Ice-covered continent (10)
- 3 Internet location (7)
- 4 One of the Canary Islands (13)
- 5 Flat round token (4)
- 6 Three-legged seat (5)
- 9 Star of *Licence to Kill* (7,6)
- 13 Scottish political journalist (6,4)
- 14 Older female relative (5-4)
- 17 Walk arrogantly (7)
- 19 Chelmsford's county (5)
- 21 Cycle of duties to be done (4)

## KESSINGLAND HELP IN NEED TRUST

CHARITY NUMBER: 242755

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

- Essential household items e.g. 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](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



## 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



## STALLHOLDERS NEEDED

*Showcase your business this Summer*

**31<sup>st</sup> August 2026, 10am – 4pm**

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

For more details & to reserve your pitch, please contact Carol  
07729 384705 / [kessingland3@gmail.com](mailto:kessingland3@gmail.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

# FoLK QUIZ NIGHT

Friday 12th June @ 7.30pm  
At Kessingland Library

|                                                |                                        |
|------------------------------------------------|----------------------------------------|
| Tickets on sale from 3rd June from the library | Quiz with food: £8.50<br>Quiz only: £4 |
| Prize for the winning team plus a raffle       | Bring your own drinks and nibbles      |

Maximum of 6 per table. Team name is required in advance. Each team will have an allocated table on the night.

Future quiz dates:  
10<sup>th</sup> July, 14<sup>th</sup> August, 11<sup>th</sup> September

# 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

**6TH JUNE 11AM-4PM**

# SUMMER CRAFT FAYRE

**BBQ 12-3PM**

HOMEMADE CRAFTS, LIVE MUSIC, TASTY TREATS, DRINKS FOR ALL, FUN FOR ALL THE FAMILY

TO BOOK YOUR TABLE SPACE PLEASE CONTACT KARA  
01502 450590

**TRAMWAY PAKEFIELD**

# KESSINGLAND *Classic* CAR SHOW

★ A CELEBRATION OF CLASSIC MOTORING ★

**20<sup>TH</sup> JUNE 2026**  
(WEATHER DEPENDENT)

★ **10AM – 3PM** ★

BAR OPEN  
— FROM —  
**11AM**



*CRAFT FAIRS*

REFRESHMENTS  
★ — ALSO — ★  
AVAILABLE



**CARS ★ CRAFTS ★ FOOD ★ DRINK ★ GREAT DAY OUT!**



**KESSINGLAND WORKING MENS CLUB**  
The Avenue, Kessingland,  
Lowestoft NR33 7QD

*All Classic Cars, Enthusiasts & Visitors Welcome!*

**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 [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@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**

Charity

# Bingo!

Night

hosted by

Barrie Thornton



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

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

£5

Games / Prizes / Raffle  
Bring your own drinks/nibbles  
Free Tea/Coffee/Biscuits available

All monies raised will go towards funding future events at the KSSC  
Charity No: 275441



# 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

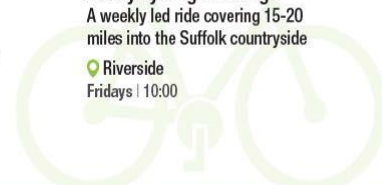
📍 Riverside  
Wednesdays | 10:00 and 13:30

📍 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 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 BSA Instructor

Family Class age 7+

07729 384705

## KESSINGLAND YOUTH CAFÉ

### JUNE 2026

Wednesday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>;

Choice of Activities  
"Hot Food" available on 17<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

Rock & Roll  
Modern Jive  
Line Dancing  
Ballroom Dancing

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

£3.00pp  
Bring your own wine & nibbles  
Tea/Coffee/Discounts available  
all funds raised to go to the KSSC for future events  
Charity No: 275341

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

## Groups at Kessingland Sports & Social Centre

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

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

FOLK FRIENDS OF THE LIBRARY IN KESSINGLAND

### 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 CLUB

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

TO RAISE FUNDS TO SUPPORT OUR VILLAGE LIBRARY.

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

FOLK FRIENDS OF THE LIBRARY IN KESSINGLAND

### 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

### FoLK AGM 2026

Friday 5<sup>th</sup> June @ 1:00pm  
At Kessingland Library

We welcome you to join us at our 2026 AGM. If you wish to attend the AGM, please contact the library or a member of the FoLK so we can update you on any room/date changes if necessary. We will be electing a new treasurer and secretary.

FOLK FRIENDS OF THE LIBRARY IN KESSINGLAND

# 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  
FREE of charge  
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)



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

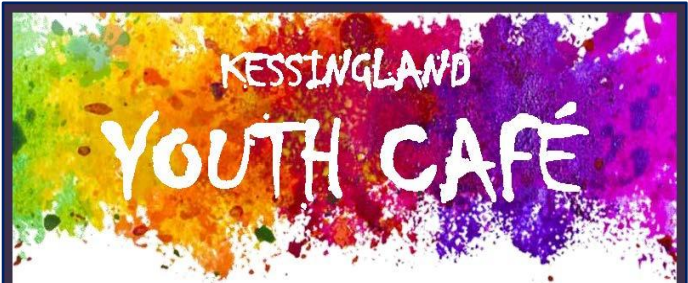
## Join the Southwold Museum Volunteers



Be a Volunteer  
 or Help Behind the Scenes -  
**01502 725600**

Get Involved Today!

[curator@southwoldmuseum.org](mailto:curator@southwoldmuseum.org)



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 CAFE**

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 564656                         |
| 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)

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 **July 2026**.

## Crossword Corner - Solutions



### Crossword Solution 101-43

**ACROSS:** 7 Mound 8 Repudiate 10 Visa 11 Instructor 12 *Match of the Day* 16 Freight  
16 Welders 18 Lay down the law 20 Astrologer 22 Neat 23 Destroyer 24 Piano

**DOWN:** 1 Solitaire 2 Antarctica 3 Website 4 Fuerteventura 5 Disc 6 Stool 10 Timothy Dalton 13 Andrew Neil 14 Great-aunt 17 Swagger 19 Essex 21 Rota