



The Village News

July 2026

Parish Council Meetings – July & August 2026

Full Council: Wednesday 8th July, 7:00pm

Planning & Highways: Wednesday 15th July, 1:30pm
Wednesday 29th July 10:00am
Wednesday 12th August, 10:00am
Wednesday 26th August, 10:00am

Personnel: No meeting scheduled.

Finance & Governance: Tuesday 7th July, 1:30pm
Tuesday 11th August, 1:30pm

Leisure & Community Engagement: Monday 13th July, 11:00am

Emergency Planning: 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: Rose Pochodnia

Inside “The Village News”

2 – Your Parish Councillors
3 – Parish Council Structure
4 – Parish Council Staff
5 – District & County Councillors
6 – District Councillor Surgeries
7 – “Report It”
8 – Newsround

13 – Crossword Corner
14 – Help & Support in the Community
17 – Community Noticeboards
27 – Volunteering Opportunities
30 – Business Advertising
31 – Useful Contact Numbers
32 – Defibrillators in Kessingland

Articles submitted are published as received & do not reflect the views of the Parish Council. All photographs reproduced with permission.

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

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Friends of Kessingland Parish Council

Your Parish Councillors



Stephen (Sid) James
Chair of Council

01502 740521

sjames@kessinglandparishcouncil.gov.uk



Neil Glendinning
Deputy Chair of Council

07985 462200

nglendinning@kessinglandparishcouncil.gov.uk



Christine Cook
Councillor

07592 555345

ccook@kessinglandparishcouncil.gov.uk



David Boyle
Councillor

07707 201300

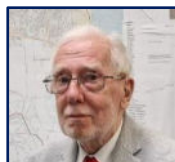
dboyle@kessinglandparishcouncil.gov.uk



Ian Graham
Councillor

07985 462200

igraham@kessinglandparishcouncil.gov.uk



Alan Green
Councillor

07789 644645

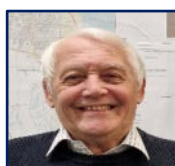
agreen@kessinglandparishcouncil.gov.uk



Julie McLean
Councillor

07539 696904

jmclean@kessinglandparishcouncil.gov.uk



Billy Nicholls
Councillor

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bnicholls@kessinglandparishcouncil.gov.uk



Danielle Pope-Brannon
Councillor

07928 245822

dpope-brannon@kessinglandparishcouncil.gov.uk



Bob Saunders
Councillor

01502 744367

bsaunders@kessinglandparishcouncil.gov.uk

VACANCY

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Kessingland Parish Council

Committees / Groups / Representatives



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

Planning & Highways Committee

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

Finance & Governance Committee

Chair: A. Green
Deputy Chair: B. Saunders
Members: N. Glendinning, I. Graham, J. McLean, C. Cook

Personnel Committee

Chair: N. Glendinning
Deputy Chair: To be Appointed
Members: C. Cook, D. Boyle, A. Green

Leisure & Community Engagement

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

Emergency Planning Committee

Chair: S. James
Deputy 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 Pet Pantry
 Cllr C. Cook, Cllr J. McLean

Kessingland School Liaison
 Cllr S. James, Cllr J. McLean, Cllr D. Pope-Brannon

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

Committees

Education & Children's Services
Scrutiny Committee

Chris Cox
County Councillor

Beccles & Kessingland Division

Chris.Cox@suffolk.gov.uk

Committees

Education & Children's Services
Scrutiny Committee



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

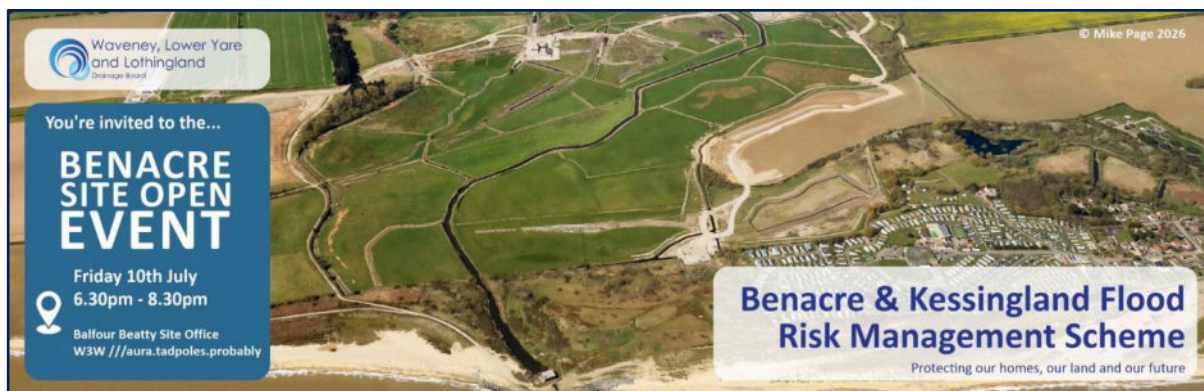
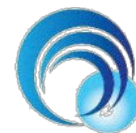
Website: www.suffolk.police.uk
Report Crime: www.suffolk.police.uk/ro/report/asb/asb-v3/report-antisocial-behaviour/
Telephone: 101



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



Waveney, Lower Yare and Lothingland Drainage Board are pleased to invite you to a public open event at the Benacre and Kessingland Flood Risk Management Project. Now we are in the second year of construction we would like to take the opportunity for local communities and interested parties to see how the project is progressing and to learn more about the work being delivered on site.

Event Details:

- **Date:** Friday 10 July
- **Time:** 6.30pm – 8.30pm (arrive anytime)
- **Location:** Balfour Beatty Site Office - Benacre Pumping Station, Beccles, NR34 7LN (W3W ///aura.tadpoles.probably)

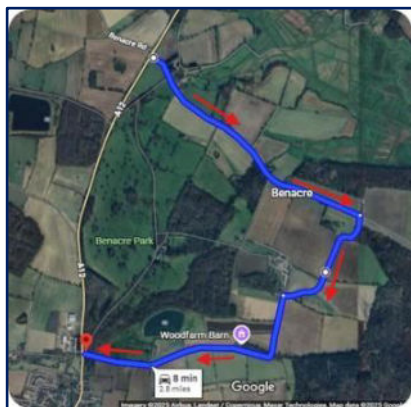
The event will run in a free-flow format, so visitors are welcome to arrive at any time during the event. You will have the opportunity to:

- View a range of project displays
- Walk out to a viewing area on the construction site
- Speak directly with project representatives and partners

There will also be the opportunity to attend one of two short project presentations, taking place at:

- **6:45pm**
- **7:45pm**

Please note that parking on site is **limited**, and attendance will therefore be managed on a **first come, first served basis**. Once the car park is full, we will unfortunately be unable to accommodate any additional visitors. There is a One-way system in place from the A12 to the Benacre site, returning to the A12 via Locks Lane (see map below). A 20mph speed limit is in force throughout the route.



We ask all visitors to remain alert to vehicle movements at all times. Parking in passing places along the access road will not be permitted. Public areas will be clearly segregated from operational site activities. The walk to the construction area is approximately 800 metres (½ mile) in total. A limited number of site vehicles will be available to assist visitors who may have difficulty walking this distance. To help manage numbers, this invitation is being shared with parish councils and our mailing list; however, this is a public event and open to all.

We appreciate your understanding and cooperation, and we look forward to welcoming you to site.



Waveney, Lower Yare and Lothingland Drainage Board
Registered Office: Pierpoint House, 28 Horsley's Fields, Kings Lynn, Norfolk PE30 5DD
T: 01553 819600 | E: info@wlma.org.uk

“Small Wonders” at St Edmund’s



Small Wonders Steps into the Future with a generous grant from East Suffolk Council’s Enabling Communities Budget.



Thanks to East Suffolk Council, we now have much improved storage to look after the wonderful new equipment we bought improving provision for all pre-school ages. We held a celebration on May 22nd when Rev’d Natalie Rees blessed the new equipment and gave thanks; Councillor Alan Green attended and cut the cake.



We have 15-20 families coming on Fridays in term time 9.30-11.00 at St Edmund’s Church Centre.

We’re a very welcoming group where many of our parents and children are forming friendships that extend beyond the group and always seem to have a really good time. It is great fun watching your little ones grow and learn through their play.

If you have pre-school children do come and join us.

Kessingland Men’s Shed



The Men’s Shed is a workshop and social meeting place for Kessingland residents.

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.

Please help us to raise more funds, which everyone can do at zero cost to themselves, by signing up to [easyfundraising.com](https://www.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. For example, Argos

will give us up to 5%, Dunelm up to 3% and TUI, Travelodge and Booking.com are on the list if you’re planning a trip this year.

Kessingland Youth Café (KYC)



Another month ended so time for an update from KYC. We've had 11 new members register with us and welcomed Emily as a volunteer. At the end of August, I will take any members who have not attended since Christmas off the register though they are welcome to attend again if a new consent form is filled out.

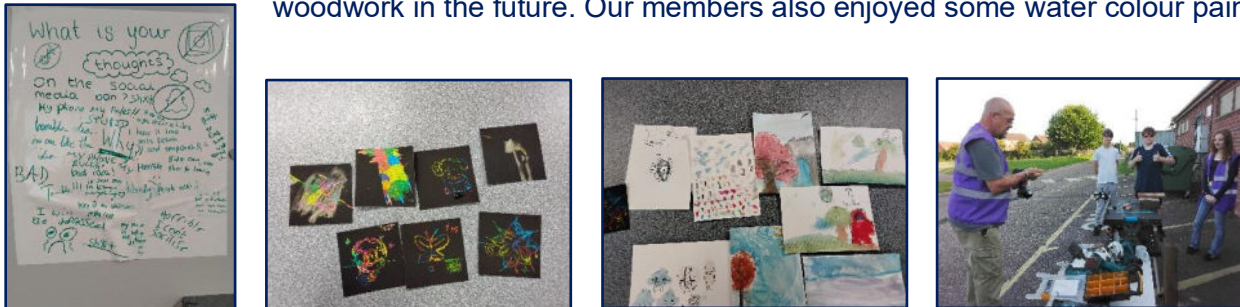
Closure dates for summer are:

- Wednesday 22nd July
- Wednesday 5th August
- Wednesday 19th August

Our members have had a busy time with baking cup-cakes, some of which were offered to leaders after they were decorated to say "thank you" for all we do, which was a lovely thought from our young people.



Activities included introducing some power tools and how to use them safely with the view to doing some woodwork in the future. Our members also enjoyed some water colour painting.



Tacos and fruit skewers were on offer for food night, and all were eaten! Photos show everyone enjoying the KYC this month.



As always, a big THANK YOU to all for your continued support.

Chris 🍌
Senior Youth Leader, KYC



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



Kessingland WI enjoyed a June evening with Julie Porter, discovering how she got into recycling fabrics into hats and bags, with some acting as models for her wares.

Six members took part in a Treasure Hunt in Lowestoft, with other ladies from the Suffolk East Federation, the walking group strolled around Carlton Marshes, craft group made pictures with pebbles and buttons, and eight members read and discussed 'Six little words' by Sally Paige in reading group.

*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

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

theWI
Kessingland
Kessingland Working Men's Club
NR33 7QD

Thursday 9th July
7.30pm

Cayla Thompson

**Recycled
Furniture**

Competition – Make an item using sea glass
Visitors Welcome - £5.00
contact Christine for more information 01502 744255

INSPIRING WOMEN

theWI
Kessingland
Kessingland Working Men's Club
NR33 7QD

Thursday 10th September
7.30pm

Coastwatch
Scott Taylor

Competition – Make/depict a boat in any medium
Visitors Welcome - £5.00
contact Christine for more information 01502 744255

INSPIRING WOMEN

Crossword Solution 101-44



- ACROSS:** 7 Stoop 8 Bombshell 10 Déjà vu 11 Vigilant 12 Outer Hebrides 14 Funnel-web spider
16 Rite of passage 19 Anaconda 20 Tycoon 21 Dismissed 22 Verse
- DOWN:** 1 Strenuous 2 Soya Bean 3 *You've Been Framed* 4 *Abigail's Party* 5 Shelve 6 Plank
9 Sue Holderness 13 Red grouse 15 In secret 17 Income 18 Snail

Kessingland United Working Men's Club



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

Affiliated to the CIU

We had our Classic Car and Motor Bike Show on Saturday 20th June, with a lot of entries and the weather was perfect. The Bottle Tombola, craft stalls, Raffle and refreshments were also busy. Thank you to everyone who donated bottles, raffle prizes and cakes it was much appreciated.



Don't forget the Quiz night on first Thursday of the month always well supported but always room for more (see Poster on the Community Noticeboard page for details). Our new venture is a Race Night on 30th July, £2.50 entry, £1 per runner. Its good fun ... give it a try, tickets on sale at Club.

Music for July:

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

Music for August:

Saturday 1st - Steve & Greta
 Saturday 8th - Just Andy
 Saturday 15th - Karla Beare
 Saturday 22nd - High Definition
 Sunday 23rd - Dance Night
 Saturday 29th - Class Act Band

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) to get your tickets.

Welcome to **KESSINGLAND UNITED WORKING MEN'S CLUB**
The heart of our community

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
 HOLIDAYMAKER MEMBERSHIP £1 P/P PER WEEK
 FULL MEMBERSHIP 1ST YEAR MEMBERSHIP £25 RENEWAL PER YEAR £23

WHAT'S ON
 LEAGUE DARTS TEAM | BOWLS CLUB | PIGEON CLUB | LIVE MUSIC | SLIMMING WORLD | KESSINGLAND W.I. | QUIZ NIGHT | BINGO

VISIT OUR WEBSITE to find out more → WWW.KUWMC.CO.UK

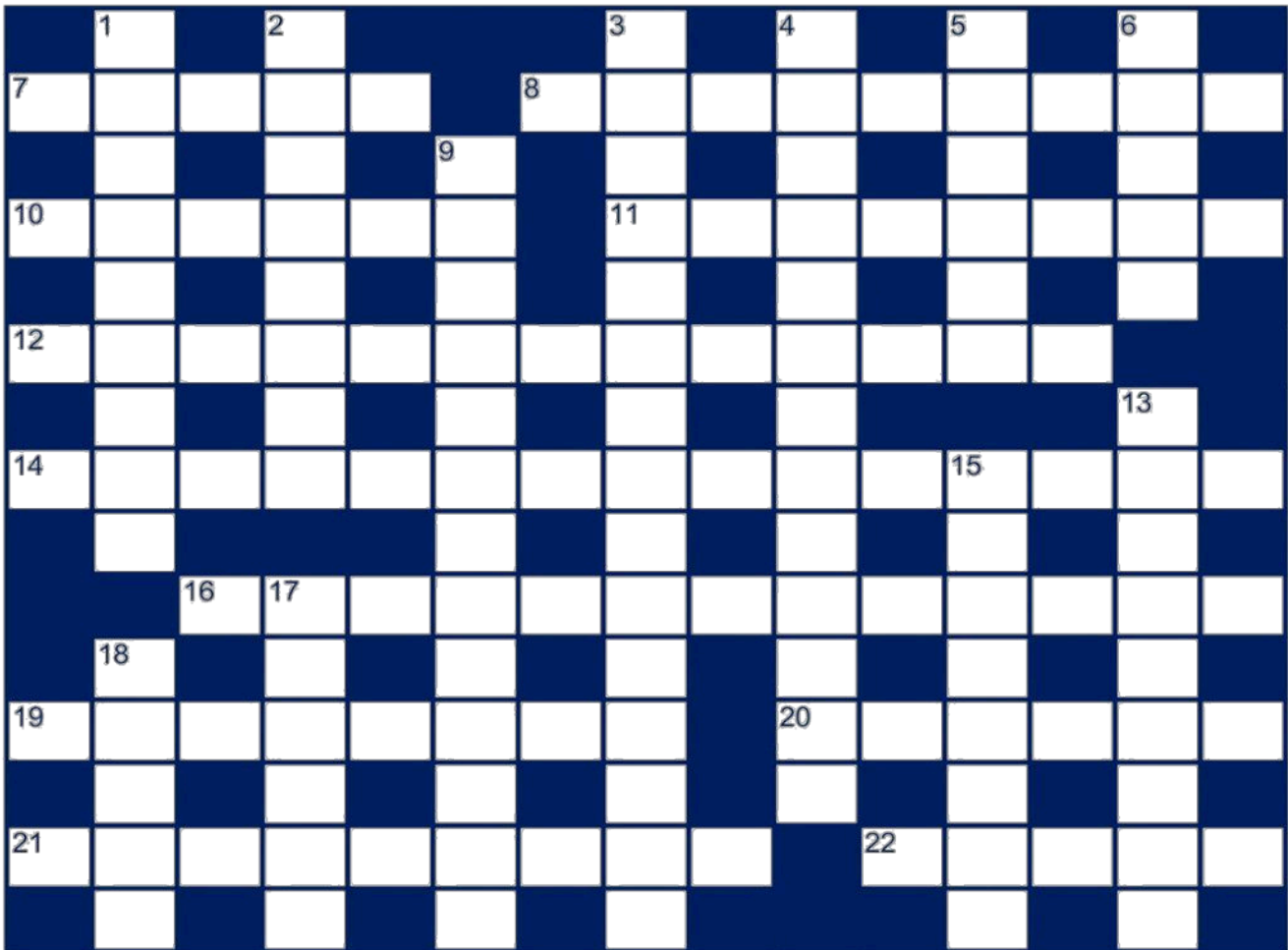
clubsecretarykuwmc@outlook.com | 01502 740218
 Affiliated to the CIU | Charity Registration No. 4343 | VAT Registration Number: 105 2958

President: R A Hood
 Society Registration No: 4343

Secretary: T Gasking
 VAT Registration No: 105 2958



No: 101-44



Across:

- 7 Bend over, crouch (5)
- 8 Shocking piece of news (9)
- 10 "Seen this before" feeling (4,2)
- 11 Watchful, alert (8)
- 12 Scottish island group including Lewis and Harris (5,8)
- 14 Deadly Aussie arachnid (6-3,6)
- 16 Ceremony for a life event (4,2,7)
- 19 Very large snake (8)
- 20 Business magnate (6)
- 21 Given the sack (9)
- 22 Section of a poem (5)

Down:

- 1 Physically demanding (9)
- 2 Non-meat source of protein (4,4)
- 3 Harry Hill's video-clip show (5,4,6)
- 4 Famous Mike Leigh TV play with Alison Steadman (8,5)
- 5 Abandon (a project) (6)
- 6 Long, flat piece of timber (5)
- 9 Judith actor in *The Madame Blanc Mysteries* (3,10)
- 13 Moorland game bird (3,6)
- 15 On the quiet (2,6)
- 17 Annual earnings, salary (6)
- 18 Slow garden pest (5)

Help & Support in the Community



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
 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

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



*For qualifying participants only



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

Kessingland
Library  

PET FOOD PANTRY

If you need support feeding your pet, the Kessingland Pet Food Pantry can provide you with a one-off or regular supply of cat or dog food.

The scheme is open to all Kessingland residents, all you need to do is complete a quick form with no need to provide any personal details.

Please note that this service does rely on donations and therefore should not be relied upon; if you require any further support with the cost of living, contact Ease The Squeeze:
Phone: 0333 016 2000
Email: communities@eastsoffolk.gov.uk



Drop in at Kessingland



 East Suffolk

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

 Marram Green Cafe,
Kessingland, NR33 7AH



Rant & Rave Parent/Carer support

Peer support for neurodivergent parents or parents navigating caring for a child with SEN

A Friendly drop in space to listen, be heard and be surrounded by other parents who just get it

No judgement

No pressure

No formal diagnosis needed

Supported by SEN legal trained facilitators to assist with EHCP and DLA applications

If you wish to access this service booking is essential as we have limited spaces



Last Wednesday of the month,
1-2:30

Kirkley church hall, St Peter's
road, nr33 0LJ



If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.



NHS

Check if you're eligible for
NHS Healthy Start.

For more information:

www.healthystart.nhs.uk

CHILD WELLBEING SUPPORT

Support for children with the early signs of poor wellbeing

- ✓ Anxiety
- ✓ School phobia
- ✓ Friendship issues
- ✓ Anger Management

Email Now

support@well-child.co.uk



Charity

Bingo!

Night

hosted by

Barrie Thornton



Sunday 5th 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



JOIN US FOR

PARTY IN THE PARK

SPARROWS NEST GARDENS

THURSDAYS

30TH JULY
6TH, 13TH, 20TH AUGUST

12:00NOON TO 3.00PM

FREE ENTRY

WITH ANDY THE CLOWN

LOWESTOFTTOWNCOUNCIL.GOV.UK

Summer FUN DAY

2026

Monday, 31st August

10am - 4pm

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

Inflatables (Free) Indoor Bar Free Activities

Hot & Cold Refreshments

Outdoor BBQ

Ice-Cream

Variety of Stalls

Children's Entertainment with Barrie Thornton (Free)

Space available for more Stallholders
Contact KSSC for information
Kessingland@gmail.com

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

MAKE A SPLASH THIS SUMMER!

Summer Activities at OBWSC!

Sailing • Kayaking • Canoeing • Paddleboarding
Raft Building • Winging • Windsurfing
Rowing • Teambuilding Activities

Open for children ages 8+

Book Now

<https://obwsc.co.uk>
Email: enquiries@obwsc.co.uk
Tel / WhatsApp: 07480 834445
Follow 'obwsc' on Facebook, Instagram & Twitter

OVER 18'S ONLY

RACE NIGHT

KESSINGLAND WORKING MENS CLUB

The Avenue, Kessingland NR33 7QD
EMAIL: KUWMCEVENTS@GMAIL.COM

THURSDAY
30TH
JULY
2026

TICKETS AVAILABLE AT THE CLUB



DOORS OPEN
7PM



FIRST RACE
7:30PM

ADVANCE TICKETS
AT THE CLUB
£2.50
PER PERSON

£3.00
ON THE
DOOR

£1
PER RUNNER PER RACE
(OPTIONAL)

75p GOING INTO THE
CASH PRIZE POT
25p TO THE CLUB

RACES INCLUDE:



4 HORSE RACES



3 DOG RACES



A SPECIAL
LAST RACE



**BAR
OPEN**



LIGHT REFRESHMENTS
BY
Dough my God



★ COME ALONG FOR A GREAT NIGHT OF RACING, FUN AND FUNDRAISING! ★

The Nest

Coffee • Craft • Connection

A gentle space for parents and carers to connect, create, and unwind.
Created in mind for neurodivergent adults and parents/Carers of neurodivergent children



First Sunday of the month • 10-11:30

Kirkley church hall, NR330LJ

£2 per parent, DM to book



STITCHES

Class

EVERY OTHER FRIDAY MORNING

10:00AM - 12:00PM

STARTING FRIDAY 19TH JUNE

ALL THINGS Needle & Thread

- English Paper Piecing
- Cross Stitch
- Slow Stitching
- Mindful Stitching
- Tapestry
- Blackwork
- And everything else in between!

LEARN SOMETHING NEW OR BRING YOUR *Own Project*

ONLY £6 PER PERSON

OUR TUTOR WILL BE *on hand* TO ASSIST YOU.
Friendly support, guidance and inspiration for all your projects.

HERE AT **Parlour Made CRAFT SHOP**

TO BOOK YOUR PLACE, CALL **01502 218700**

What is Lowestoft u3a?

u3a is open to all retired or semi-retired people who want to get the most out of life. We gather to meet new friends, discover new hobbies, reignite interests from the past and to share our knowledge and expertise.

**Free Entry
Free Tea or Coffee**

**WEDNESDAY
8th JULY 2026
Drop in between
10.30-12:00
at
St Margaret's Church Hall
147 Hollingsworth Road
Lowestoft
NR32 4BW**

More than 30 groups
Including

- Art Groups
- Bridge
- Rummikub
- Social Events
- Writers
- Family History
- Country Dancing
- Reading Groups
- Short Mat Bowls
- Pilates
- Languages
- Social History
- Whist
- SOLO

u3a
learn laugh live
Lowestoft

Come and learn more about us
<https://lowestoft.u3asite.uk>
telephone: 07767 431565

Brainwave INDEPENDENCE GROUP

Coffee Mornings

The Centre, 209A Whapload Road, NR32 1UL
Pop in for a chat & a cuppa, and make yourself at home!

Starting in April 2026, we're hosting relaxed and welcoming coffee mornings on the last Thursday of every month. It's a great chance to meet new people, catch up with friends, and enjoy a laid-back morning together.

10am - 2pm

- 30th April
- 28th May
- 25th June
- 30th July
- 27th August
- 24th September
- 29th October
- 26th November

Everyone is very welcome

Brainwave INDEPENDENCE GROUP



THE BIG DAY OUT

26TH JULY 2026
10 AM – 4 PM

Corton Playing Field, Pavillon,
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
Charity No. 1162939

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 FOR DETAILS



FoLK QUIZ NIGHT

Friday 10th July @ 7.30pm
At Kessingland Library

Tickets on sale from 1st July from the library	Quiz with food: £8.50 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.

SUFFOLK CELEBRATION OF CYCLING

FAMILY FUN DAY!

To mark the very first Suffolk Celebration of Cycling Sportive, we're throwing a free family fun day in Stowmarket and we'd love you to be part of it.

Sunday 12th July 📍 Food Museum 🕒 10am – 4pm

Little ones can try their hand at balance bike races, trial an e-bike, take part in the cycle jumble and lots of other fun activities. With music, food and drink, entertainment and a range of health and wellbeing stands, it's the perfect excuse to get the whole family together.

Scan the QR code to find out more!




THE WAY TO GO | Suffolk County Council | FOOD MUSEUM | Active Travel England | TPR + EVENTS

Community Noticeboard

Events, Competitions & Local Groups



Supported by
Active Travel England

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 or scan the QR code

Email thewaytosuffolk@suffolk.gov.uk or call 01473 260060



Please note that all bookings must be made in advance.



Supported by
Active Travel England

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 or scan the QR code

Email 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.



Supported by
Active Travel England

Dementia wellbeing walks

Join us for a gentle dementia-friendly walk

WHEN? Every Monday between 10am and 12pm

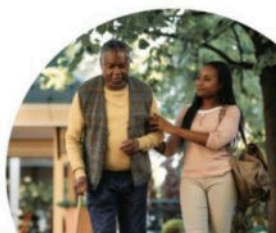
WHERE? Nicholas Everitt park (outside The Old Dairy cafe)

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



Scan the QR code to contact us

Supported by
Active Travel England



Email: thewaytosuffolk@suffolk.gov.uk
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.



Supported by
Active Travel England

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 or scan the QR code

Email 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 Stilleld 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 Club 4th Feb

KESSINGLAND YOUTH CAFÉ

JULY 2026

Wednesday 1st, 8th, 15th, 29th:

Choice of Activities
"Hot Food" available on 15th

6:30pm to 8:30pm

Age Group:
10 to 16yrs

FREE ACTIVITIES at the KSSC Francis Road Kessingland

SNACK SHOP

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

salaxv A13

Annual General Meeting

Saturday 25th July 2026

at 2:00pm

Everyone Welcome to Attend

SUMMER EVENTS at the KSSC

Francis Road, Kessingland NR33 7PU

Sunday
5th July, 7pm

Charity Prize Bingo and Raffle
hosted by Barrie Thornton

£3.00pp
Bring your own wine & nibbles
*The Ladies' Choice is available

All funds raised go to the KSSC for future events
Charity No: 271341

Monday
31st August, 10am

Summer Fun Day & Craft Fayre

Inflatables, Refreshments, Entertainment with Barrie Thornton and lots more

Staffholders needed
contact Carol for details
07729 384705
kessingland3@gmail.com

Groups at Kessingland Sports & Social Centre

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

THURSDAYS 9:30 – 10:30am: 1:30 – 3:30pm:	Chair Based Exercise (Alternate Thursdays) Singing Sensations Friendship Club
6:00 – 7:00pm: 7:30 – 10:00pm:	Pilates Model Flying Club
FRIDAYS 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

Community Noticeboard

Activities & Groups: Kessingland United Working Men's Club



QUIZ NIGHT!

AT **KESSINGLAND WORKING MENS CLUB**

EVERY 1ST 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 TO BOOK

KESSINGLAND UWMC

SUNDAY DANCE NIGHTS

2026

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

£4 ENTRY

7PM - 10PM

BAR - PARKING

Rock n Roll

Request's Played

Kessingland UWMC
The Avenue
NR33 7QD

CONTACT ELIZABETH 07484670965

Slimming World

feel **real good**

Tuesdays

5.30 & 7pm

Kessingland Working Men's club

With Louise
07725748421

Come along to meet us

Or get in touch for more info

real food, real support, real results

LINE DANCING

Country & Pop dances

With Alison

£5

WEDNESDAY'S

Beginners 6.30pm

Main class 7.30pm till 9.30pm

Kessingland UWMC
The Avenue
Kessingland NR33 7QD

Contact Alison 07901871133

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

Suffolk Community Libraries | Suffolk County Council

Regular Library Activities

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

suffolkcommunitylibraries.co.uk

Suffolk Community Libraries | Suffolk County Council

Baby Bounce & Tot Rock

Tuesdays & Fridays at 10am

Followed by a Cuppa & biscuits!

Suffolk Community Libraries | Suffolk County Council

SCRABBLE

Every Friday
2:30pm

JOIN US FOR SCRABBLE ON A FRIDAY AFTERNOON

£1 PER PLAYER WITH HOT DRINK AND SWEET TREATS INCLUDED

Craft Group

2pm onwards
EVERY FRIDAY!

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

£1 per person which includes refreshments.

At the Library

KID'S CRAFT

Saturday & Sunday
10:30-12

Free Activity

suffolkcommunitylibraries.co.uk

Suffolk Community Libraries | Suffolk County Council

JOIN OUR FOLK 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:

- Friendship Coffee Morning (Community Lounge) 10am – 12pm
- Yoga with Aleyna (Spinnaker Room) 4pm – 5pm

Wednesdays:

- Bingo (Spinnaker Room) 1pm – 3pm

Thursdays:

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

FoLK QUIZ NIGHT

Friday 10th July @ 7.30pm
At Kessingland Library

Tickets on sale from 1st July from the library	Quiz with food: £8.50 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.

Community Noticeboard

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



Every Saturday 10am—12noon
Kessingland Church Centre

Saturday Coffee at St Ed's

CAKES

COFFEE is served...
SATURDAYS 10-12
BOOKS, JIGSAWS, BECAUSE A BEAN & CAKE!

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

TOGETHER WE CAN DO IT!

Craft for Children

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

Rainbows

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

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

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

Kessingland St Edmunds Church presents...

SMALL WONDERS
FRIDAYS 9:30AM - 11AM

Newborn - School Age
Everybody welcome!

AT THE CHURCH CENTRE

Free of charge

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

SNACKS AND REFRESHMENTS

St Edmunds Ladies Group

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

Fun & Laughter

FREE of charge

Tra, cake and friendship

Speakers

ALL ARE WELCOME:
2nd Tuesday each month

P.S...Men are also welcome
Speak to Anne 01502 7424654

ALL are very welcome to this very friendly Group

Available to Hire.
Contacts Pat Briggs
01502 740478

Why not come along and give it a try?

Choir Master: Colin Jobson
colinlinda108@icloud.com
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

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

Telephone: 01502 744367 / Email: admin@kessinglandparishcouncil.gov.uk
Web: 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



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

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

Volunteer with us!

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



Interested? You can email us
volunteer@caes.org.uk

Or for more information visit our website - caes.org.uk



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

Coastal Accessible Transport Service



VOLUNTEERS NEEDED

In May due to lack of drivers we had **21** Hospital, Medical and shopping journeys we had to say no to. In April, we have had to say no to **22** journeys.

As a volunteer, you will:

- Make a real impact
- Help people get to their medical appointments which otherwise couldn't
- Develop valuable skills
- Spread kindness and compassion



Join CATS and Make a Difference Today!

01728 830516

www.cats-paws.co.uk



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.
- Safe guard 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



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 or call 01473 260060

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

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

222368

**Professional foot care in the comfort
of your own home**

- Toenail Cutting
- Corn & Callus Removal
- Fungal Nail & Athlete's Foot Management
- Hard Skin Treatment
- Foot Health Assessments & Advice for Long-Term Care



FOOT SANCTUARY
BY JEMMA

Please get in touch with Jemma:
07340 333790

footsanctuary@icloud.com



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 www.suffolk.police.uk/contact-us/	
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)
- KSSC, Francis Road (not 24hrs)
- Kessingland United Working Men's Club (24hrs)

Additional defibrillators (maintained by site owners):

- The Hollies (24hrs)
- Livingstones Freehouse (24hrs)
- Heathland Beach Holiday Park (not 24hrs)
- Parkdean Resorts (not 24hrs)
- Kessingland Men's Shed (24hrs)
- White House Beach Camping Caravans (not 24hrs)
- Kessingland Camping & Caravanning Club (not 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 20th of each month. Articles can be half or full page. Please send submissions to the Editor – jmclean@kessinglandparishcouncil.gov.uk

If you would like to advertise in the Village News, please contact the Parish Council on 01502 744367 for a subscription form. The next issue of the Village News will be **September 2026**.

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### If It Should Be

*If it should be I grow frail and weak  
 And pain should wake me from my sleep,  
 Then you must do what must be done,  
 For this last battle can't be won.  
 You will be sad, I understand,  
 Don't let your grief then stay your hand,  
 For this day more than all the rest,  
 Your love and friendship stand the test.  
 We've had so many happy years,  
 What is to come will hold no fears,  
 You'll not want me to suffer, so,  
 When the time comes, please let me go.  
 I know in time you will see,  
 It is kindness you do to me,  
 Although my tail its last has waved,  
 From pain and suffering I've been saved.  
 Do not grieve that it should be you,  
 Who has to decide this thing to do.  
 We've been so close, we three, these years  
 Don't let your heart hold any tears.*



*Monti, September 2015 – May 2026*