



The Village News

September 2026

Parish Council Meetings – September 2026

Full Council: Wednesday 9th September, 7:00pm

Planning & Highways: Wednesday 9th September, 10:00am
Wednesday 23rd September, 10:00am

Emergency Planning: No meeting scheduled.

Finance & Governance: Tuesday 8th September, 1:30pm

Leisure & Community Engagement: Monday 14th September, 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.

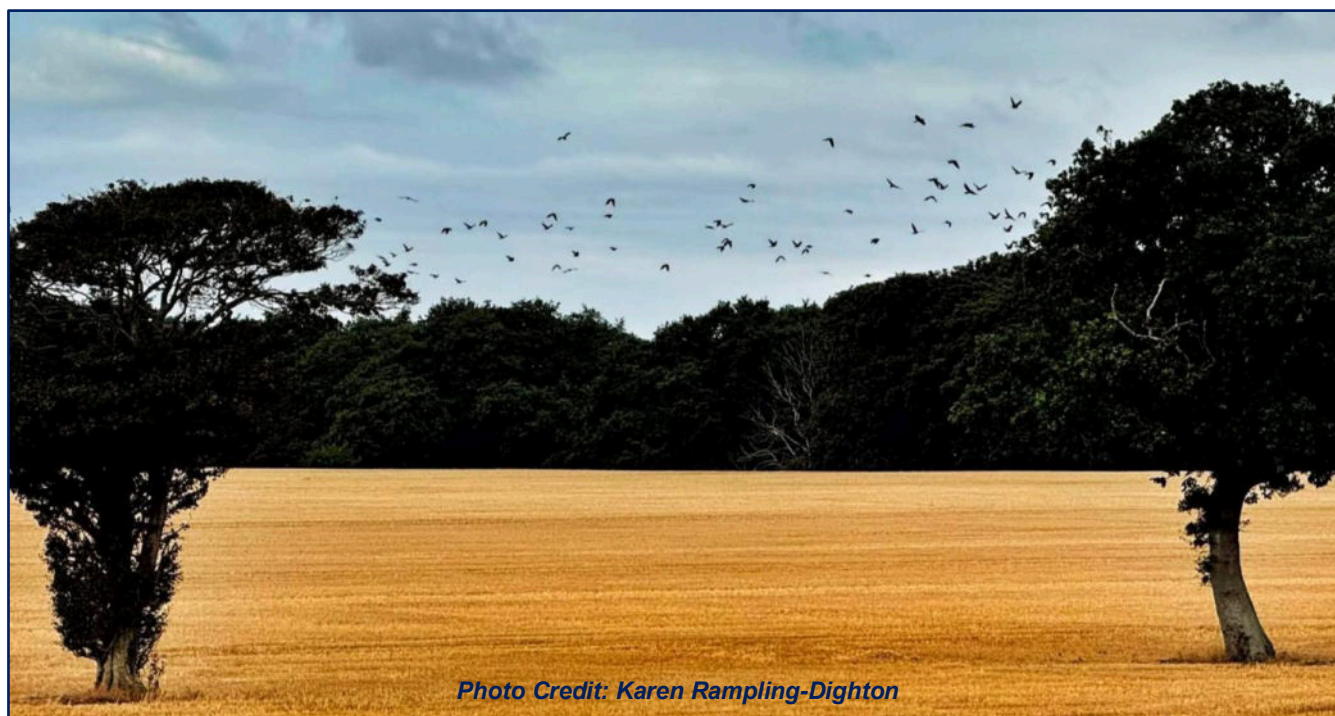


Photo Credit: Karen Rampling-Dighton

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

14 – Crossword Corner
15 – Help & Support in the Community
18 – 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>



Join us on Facebook
Friends of Kessingland Parish Council

Your Parish Councillors



Stephen (Sid) James
Chair of Council

01502 740521

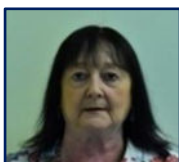
sjames@kessinglandparishcouncil.gov.uk



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

07584 168200

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

VACANCY

VACANCY



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.



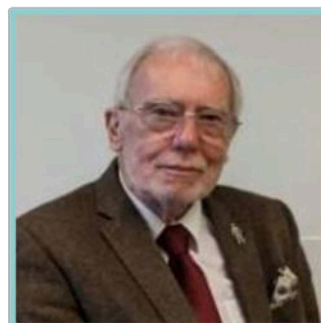
Councillor Surgery

with **Councillor Alan Green**

District Councillor for the ward of Kessingland

Telephone: 07818 563003

Email: alan.green@eastsuffolk.gov.uk



**1st Saturday of the Month
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 ([Report a flood in Suffolk - Suffolk County Council](#))



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



Kessingland United Working Men's Club

The Club has been very busy with our Saturday night live music, come along and give it a try for only a small entry fee. Our Quiz nights are very popular averaging about 17 teams, held on the first Thursday in the month – up to 6 per team @ £2.50 per person.

Our latest venture was a Race night which was well attended and a great success. Our next one will be on 24th September, entrance £2.50 before or £3.00 on the night. Good payouts from £4.50 to £10 for £1 bet. No dog races next time, just horse races and two surprises. Tickets are on sale at the club.

We are holding a MacMillan coffee morning 18th September 10.30 to 12.30, please come along and support this. Donations of cakes or raffle prize would be appreciated.

Music for September:

Saturday 5th: The Riffits
Saturday 19th: 3 Steps to Heaven
Saturday 26th: Kevin Barry

Saturday 12th: Rob Charles
Sunday 20th: Dance Night

The Hall is well used with Parties and other activities with Slimming World every Tuesday evening (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 times. Come and join us as more people means bigger prizes.

We have a very successful Darts Team and a busy Pigeon Club (so interesting when they are getting ready to go away to race). Our Bowls Club is also very busy but always looking for more members. We have one of the best greens in Suffolk. We also have a full-size Pool Table.

We are looking for a new Bar Person anyone interested please contact the Club by email or phone Tuesday Friday or Saturday evenings. We are also looking for a new Committee member or anyone one willing to help us on the MacMillan morning, wakes or any other activities we do (selling Raffle tickets, serving refreshments or washing up). Must have been a member for six months.

The Club is a lovely venue for Parties or other activities with a lounge for smaller groups. Wakes are free with a £50.00 returnable deposit. 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.



Vandalism

Due to repeated vandalism, the public toilets situated in the KSSC carpark (Francis Road) will remain closed until further notice to allow extensive repair works to be carried out. The Police have been notified and are investigating.

Vandalism and anti-social behaviour will not be tolerated, and you are encouraged to report all crimes of this nature to the Police and to the Parish Council.



Spotlight on Local Businesses - SJB Pet Services



Hi my name is Sarah and I provide a dog walking and pet care service in Kessingland and surrounding areas.

I have been providing this service for approximately ten years now following a chance conversation with another Mum at my son's hockey club. Whilst chatting with Clare, the other Mum, I discovered how she needed someone to take her dog for a walk at lunchtime twice a week.

Having loved animals all my life I jumped at the chance to help and began to walk Peppa on a Tuesday and Thursday lunchtime.



Following the enjoyment I gained from these walks with Peppa, I decided to advertise locally to see if I could find another dog to walk, especially as my job at the time was on a zero-hours contract. I found this was a great way to supplement my income. Following advertising for a few days I received a telephone call from Val to ask if I could walk her dog Molly three times a week. Over time it then increased to four times, five times and then six times a week. As time went on, I gained and lost a few customers, but I kept things on a small scale as I had finally secured a permanent contract with my other job. But then last year my job contract finished and so I nearly hung up my dog lead in favour of trying to find full-time employment. For months on end I applied for numerous jobs to no avail and so I decided to take a course in Business Administration and Retail to try and update my skills. Whilst studying I gained both knowledge and confidence in business growth and expansion and I decided upon completion of this course instead of constantly being knocked back from my job applications I would try and upscale my pet care services which is where I am at now.

So, if you know anybody who would like someone reliable, friendly and conscientious to walk a dog please give me a shout. I provide a one-to-one service (the only time I walk more than one dog at a time is if they live in the same household) which is tailored to your specific needs. I can also keep your doggy company whilst you are out, call around and let them out into the garden for toilet breaks or feed them. In addition, I can care for cats and other small animals, either keeping them company or feeding them, change litter trays etc. When you first call or message, I will always provide a free meet and greet with yourselves and your pet at your house so we can discuss your exact needs. I primarily operate in Kessingland as I have lived here for 23 years, but I can travel further afield for a small additional charge to cover car expenses.

You can call or message me on **07930 219574** and you can find me on **Facebook** just search for **SJB Pet Services**. I am trained in pet first aid and CPR and am fully insured for dog walking and caring for pets in their own home.



The Kessingland Chronicle

From: Kellie Egleton, Executive Headteacher

Dear Parents and Carers,

Welcome to this edition of The Kessingland Chronicle. As we look forward to another successful school year, I would like to take this opportunity to thank you for your continued support and partnership. Together, we have worked tirelessly to provide the very best educational experiences and pastoral care for every child, and it has been wonderful to see our pupils flourish.



This edition of The Kessingland Chronicle is packed with just a few of the many highlights from the summer term. Our pupils have enjoyed a fantastic range of educational visits, bringing their learning to life beyond the classroom. From stepping back in time with Hands on Heritage, discovering the wonders of our coastline at the SeaLife Centre and exploring the incredible wildlife at Carlton Marshes, to investigating the world around them through exciting scientific enquiries, these experiences have inspired curiosity, built confidence and created memories that will last a lifetime. We hope you enjoy reading about the wonderful adventures our children have shared.

I would also like to extend my heartfelt thanks to Kessingland Parish Council. Through their exceptionally generous Youth Culture Fund donation, they have enabled many of the enriching experiences featured in this edition of the newsletter to take place. Their investment in our children has opened doors to memorable learning opportunities that have inspired, challenged and delighted our pupils, and we are sincerely grateful for their continued support of our school community. I am incredibly grateful for the hard work, determination and resilience shown by both our pupils and staff throughout the year. The children have been an absolute credit to themselves, their families and our community, embracing every opportunity with enthusiasm, kindness and ambition. I could not be prouder of the Kessingland School family and all that we have achieved together. I would also like to thank our wider school community for the encouragement, generosity and positivity you continue to show. Your messages of support and appreciation mean a great deal to us and are a constant reminder of the strength of the partnership we share.

School will reopen for all pupils on **Thursday 3rd September 2026 at 8:30am**. The term dates for the 2026–2027 academic year are available on our website. Please also note that our Staff Professional Development Days will take place on Tuesday 1st September and Wednesday 2nd September 2026. As we look ahead to September, we are excited to welcome new children, families and colleagues to our school community. We know they will receive the warm Kessingland welcome that makes our school such a special place. Finally, I hope you and your family have had a safe, relaxing and enjoyable summer break. Thank you for being such an important part of our school community. We look forward to welcoming everyone back in September for another exciting year filled with learning, friendship and opportunities to shine.

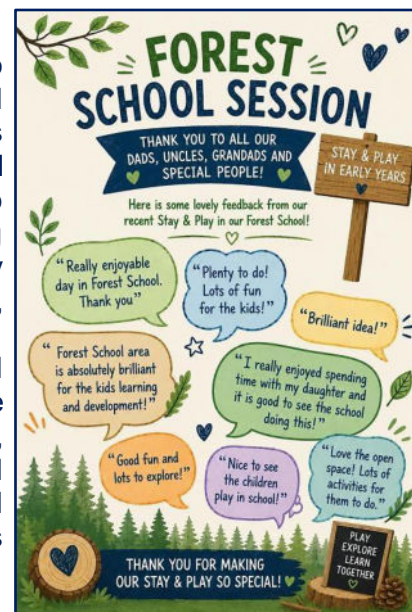
Yours faithfully,
Kellie Egleton
Executive Headteacher

TERM DATES 2026-2027	
Key dates for the school year	
SCHOOL REOPENS	Thursday 3 September 2026
CLOSES FOR HALF TERM	Thursday 22 October 2026
REOPENS	Monday 2 November 2026
END OF TERM	Friday 18 December 2026
REOPENS	Tuesday 5 January 2027
CLOSES FOR HALF TERM	Friday 12 February 2027
REOPENS	Monday 22 February 2027
END OF TERM	Thursday 25 March 2027
REOPENS	Tuesday 13 April 2027
CLOSES FOR HALF TERM	Friday 28 May 2027
REOPENS	Monday 7 June 2027
END OF TERM	Wednesday 21 July 2027

Thank you for your continued support.
We look forward to a fantastic year!

Father's Day Celebrations for EYFS Children!

On Thursday 18th June, our Early Years children were delighted to welcome the special men in their lives to a wonderful Forest School celebration. Dads, grandads, uncles, big brothers and special friends joined us for a memorable morning of outdoor exploration, laughter and learning. The session provided a fantastic opportunity for everyone to spend quality time together while discovering the many exciting experiences that Forest School has to offer. The children proudly showed their visitors around this very special part of our school, sharing their favourite places and activities with great enthusiasm. Throughout the session, families enjoyed exploring the natural environment and taking part in a range of hands-on activities. There was lots of excitement as children took turns on the rope swing, encouraging one another and celebrating each achievement. The mud kitchen was a hive of creativity, with imaginative muddy mixtures and magical potions being carefully prepared using natural ingredients collected from around the site.



Many families also enjoyed searching for bugs and insects hiding beneath logs and leaves, sparking conversations about the wildlife that lives within our Forest School. Others spent time collecting sticks, leaves and other natural treasures, using them to create, investigate and inspire imaginative play. It was truly heartwarming to see the children and their special visitors working together, sharing smiles, making memories and enjoying the simple pleasures of learning outdoors.

The morning highlighted the importance of spending time in nature, encouraging curiosity, teamwork and confidence while strengthening the special bonds between the children and the important adults in their lives. We would like to say a huge thank you to everyone who joined us and helped make the event such a success. Your enthusiasm, encouragement and willingness to get involved made the experience even more meaningful for the children. We hope everyone left with happy memories of a very special morning together, and we look forward to welcoming our families to many more exciting Early Years events in the future.

Key Stage 1 Visit to Carlton Marshes

On Thursday 25th June, our Key Stage 1 children enjoyed a fantastic visit to Carlton Marshes, exploring nature and discovering the amazing wildlife that lives right on our doorstep.

The children became wildlife explorers as they tried their hand at dyke dipping. They were fascinated by the incredible variety of creatures they caught, including water snails, mayfly nymphs and even a few fish, to name just a few! There was great excitement during the minibeast hunt too, with so many creatures carefully collected, observed and then safely returned to their habitats. Flower spotting and leaf rubbing encouraged the children to slow down and look more closely at the natural world around them. They enjoyed comparing the different shapes, textures and intricate vein patterns of leaves, while also learning about what plants need to grow and thrive.



It was wonderful to see the children's enthusiasm, curiosity and teamwork throughout the visit. They asked thoughtful questions, embraced every activity with smiles on their faces and were a real credit to Kessingland with their excellent behaviour.

A play in the park was the perfect way to end such a busy and exciting visit!

We would like to say a huge thank you to the Parish Council for generously subsidising part of the coach travel and to our parents and carers for their contributions and continued support, which helped make this memorable learning experience possible.

Year 3 step back in time for Ancient Egyptian Day!

Year 3 enjoyed a fantastic Ancient Egyptian Day, bringing their history learning to life through a range of exciting, hands-on activities. Throughout the day, the children demonstrated outstanding curiosity, teamwork and enthusiasm as they explored the fascinating world of Ancient Egypt. The day began by investigating the importance of the papyrus plant in ancient Egyptian life. The children discovered how this remarkable plant was used to make a variety of everyday items, including paper, baskets and sandals, before having the opportunity to recreate the traditional process themselves. By layering and pressing materials to create their own scroll paper, they gained a real appreciation for the skill and ingenuity of ancient Egyptian craftspeople.



Later in the morning, Year 3 became archaeologists and engineers. Working collaboratively, they designed and built pyramids using Lego and K'Nex, developing their understanding of the incredible engineering achievements of the ancient Egyptians. They also took part in a hands-on archaeological excavation, carefully uncovering hidden artefacts buried in sand and discussing how archaeologists use evidence to piece together the past. These activities encouraged teamwork, communication and problem-solving while reinforcing their historical knowledge.

During the afternoon, the children explored the role of canopic jars in the mummification process before launching a fascinating scientific investigation into preservation. Using tomatoes as a model, they applied salt and bicarbonate of soda to explore how different substances affect decomposition over time. This exciting cross-curricular enquiry beautifully combined history and science, encouraging pupils to think like historians and scientists alike. Alongside this, the children designed and created their own colourful Ancient Egyptian headdresses, showcasing their creativity and attention to detail. It was wonderful to see the children so fully immersed in their learning throughout the day. Their enthusiasm, curiosity and willingness to embrace every activity made the experience both memorable and meaningful. Ancient Egyptian Day was a fantastic way to celebrate the end of their history topic, and Year 3 should be incredibly proud of everything they achieved.

Year 3 and 4 explore Benacre Estate!

What a fantastic day Year 3 and 4 had on their recent visit to Benacre Estate! Armed with sun hats, water bottles and a huge sense of adventure, the children set off ready to explore the beautiful woodland...and it certainly didn't disappoint! The day was packed with exciting outdoor learning opportunities. The children became expert bug hunters, carefully searching beneath logs, amongst leaves and under fallen branches to discover a fascinating variety of woodland minibeads..... Beetles,



spiders, woodlice and centipedes were just some of the creatures they encountered as they explored their natural habitat. Working collaboratively, the children also embraced the challenge of den building, using branches, sticks and leaves to create impressive woodland shelters. The activity encouraged teamwork, creativity and problem-solving, with every group producing a unique and imaginative design. There was plenty of adventure too, as the children climbed, balanced and scrambled their way through the woodland, showing determination, resilience and great encouragement for one another...

As they ventured deeper into the forest, they kept a watchful eye out for birds, insects and other wildlife, discovering something new around every corner. The glorious sunshine made the experience even more special. Although temperatures were high, the cool shade beneath the trees provided the perfect environment for exploring, with plenty of opportunities to stop for water and recharge before the next adventure. Most importantly, the day was filled with curiosity, laughter and unforgettable memories. It was wonderful to see the children fully immersed in nature, developing their confidence, teamwork and appreciation of the outdoors while having so much fun. A huge thank you to all the staff and volunteers who helped make the visit possible. Year 3 and 4 returned to school tired, slightly muddy, full of stories and with memories that will last for a very long time!

Year 5 dive into Learning at the Sea Life Centre!

Year 5 enjoyed an exciting and educational visit to the Sea Life Centre in Great Yarmouth as part of their science topic on Oceans and Water Pollution. The visit provided a fantastic opportunity for the children to bring their classroom learning to life while exploring a fascinating underwater world. Throughout the day, the children were captivated by the incredible variety of marine life, including colourful tropical fish, graceful rays, mesmerising jellyfish and, of course, the ever-popular sharks.



As they explored the exhibits, they observed the different habitats and adaptations of each species, asking thoughtful questions and making links to their learning in school. A key focus of the visit was the impact of water pollution on our oceans. The children demonstrated an excellent understanding of how plastics, chemicals and litter can harm marine life and damage fragile ecosystems. They confidently discussed the Great Pacific Garbage Patch and reflected on the importance of reducing, reusing and recycling to help protect our oceans for future generations.



One of the highlights of the day was walking through the spectacular underwater tunnel, where sharks, turtles and other sea creatures glided gracefully overhead. It was a truly memorable experience that inspired awe and excitement in everyone. The Sea Life Centre staff commented on the children's excellent behaviour, curiosity and enthusiasm throughout the visit. They represented our school brilliantly and were a credit to themselves and their families.

The visit was a wonderful way to deepen the children's understanding of oceans, conservation and environmental responsibility while creating lasting memories. It was an unforgettable day of discovery, learning and inspiration!

Hands on Heritage for Year 6!

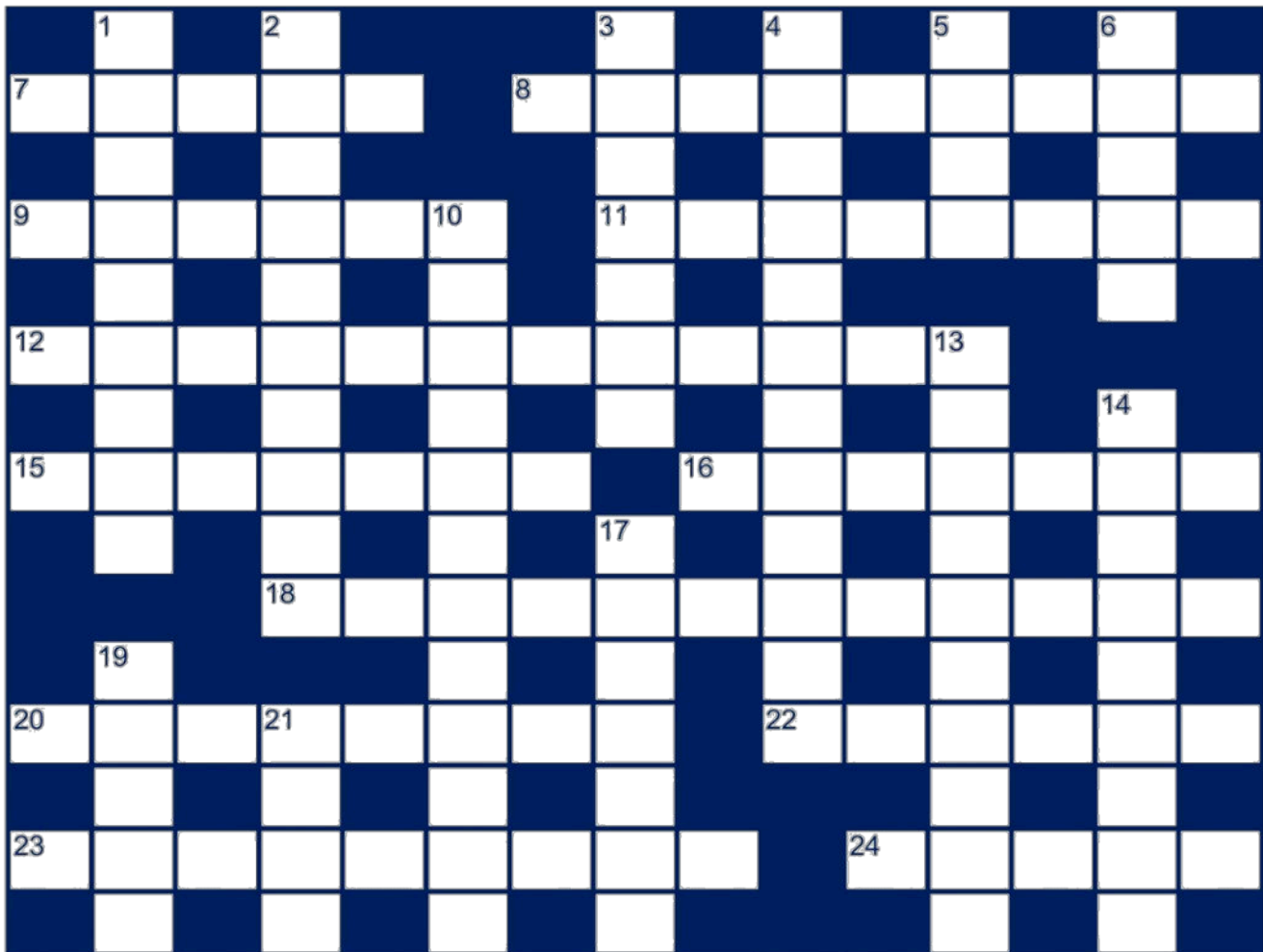
Our Year 6 pupils recently enjoyed an unforgettable visit to Hands on Heritage, where they stepped back in time and experienced a fantastic range of traditional crafts, outdoor adventures and teamwork activities. Throughout the visit, the children embraced every challenge with enthusiasm and curiosity. One of the highlights was knife whittling, where, under careful supervision, each pupil crafted their own wooden butter knife to take home. They also discovered the art of weaving by creating colourful bracelets and had the opportunity to cast molten pewter to produce their own unique necklace pendants.



The traditional crafts continued with willow weaving, as the children learned how to make sturdy hurdles using natural materials. They also experienced the process of making oatcakes completely from scratch, beginning by grinding their own flour before mixing and baking their delicious creations. Another popular activity was copper imprinting, where everyone designed and produced beautiful ornamental tiles to keep as a reminder of their day. The great outdoors provided plenty of excitement too. Working in teams, the children took part in a den-building competition, putting their creativity and problem-solving skills to the test as they competed to build the most waterproof shelter. There was also lots of free time to explore the beautiful woodland, climb, play and enjoy nature with friends, making memories that will last a lifetime. The visit was a wonderful opportunity for our Year 6 pupils to develop new skills, grow in confidence and strengthen friendships outside the classroom. It was fantastic to see every child encouraging one another, showing resilience when trying new activities and making the most of every moment. Everyone had an absolute blast and it is safe to say that this experience is one they will remember for many years to come!



No: 101-45



Across:

- 7 Eight-piece band (5)
- 8 Old variety entertainment (5,4)
- 9 Sea between Poland & Sweden (6)
- 11 Fancy underwear (8)
- 12 Famous TV puppet series (12)
- 15 Broad-bladed jungle knife (7)
- 16 Mind how you go! (7)
- 18 Kenilworth's county (12)
- 20 Leonardo do Vinci's famous painting (4,4)
- 22 Fuel-carrying truck (6)
- 23 Domestic mobility aid (9)
- 24 Electric DIY tool (5)

Down:

- 1 Pile of junk (5,4)
- 2 Top prize at Crufts (4,2,4)
- 3 Sleep-inducing song (7)
- 4 Tuxedo (6,6)
- 5 Cobbler's product (4)
- 6 Interweaved braid of hair (5)
- 10 Buttoned sofa (12)
- 13 Original host of TV's *QI* (7,3)
- 14 At three-monthly intervals (9)
- 17 Tallest living mammal (7)
- 19 One's early years (5)
- 21 Dry as a desert (4)

Solution, Page 32

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



LEARN TO
COOK



EAT LESS
TAKEAWAYS



SAVE
MONEY



IMPROVE
HEALTH



HAVE
FUN

*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



 **citizens
advice** 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.



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



MACMILLAN COFFEE Morning

WE ARE MACMILLAN. CANCER SUPPORT

FRIDAY 25TH SEPTEMBER 2026
10AM – 1PM

At the
**KESSINGLAND
SPORTS & SOCIAL CLUB**
FRANCIS ROAD, KESSINGLAND, NR33 7PU

JOIN US FOR
coffee, cake and
good company!

LET'S BREW
SOMETHING
AMAZING

EVERY
CUP CAKES
A DIFFERENCE

TOGETHER,
WE CAN MAKE
A DIFFERENCE

ALL DONATIONS GO
TO MACMILLAN CANCER
SUPPORT

Clinks Care Farm

Church Road, Toft Monks NR34 0ET

OPEN DAY

**Sunday 13th
Sept**

**11am
TILL
3pm**

Adults £4
Children £1
Under5's - Free

- BBQ & Refreshments
- Flower Garden
- Farm Shop
- Tombola
- Farm Tours
- Music
- Meet the Animals
- Stalls & Games
- Farm Info

For more info contact: 01502 679134. EMAIL: admin@clinkscarefarm.org

EPILOGUE

BOOKS, BREWS AND BANTER

Book Club

MORE THAN A BOOK CLUB—A PLACE TO DISCOVER GREAT BOOKS, MEET LIKE-MINDED READERS AND FEEL PART OF A COMMUNITY.

EVERY SECOND SUNDAY OF THE MONTH - FIRST
MEET SUNDAY 13TH SEPTEMBER 11AM -12.30PM

EAST POINT PAVILION
LOWESTOFT

EVERYONE WELCOME

It's time for a Macmillan Coffee Morning and you're invited

Let's do whatever it takes to make cancer
care better for everyone, whoever and
wherever they are

Place: Kessingland United Working Men's Club
Date: Friday September 18th 2026
Time: 10.30am till 12.30pm
Contact: clubsecretarykuwmc@outlook.com

FR
Registered with
THE FUNDRAISING
REGULATOR

Macmillan Cancer Support, registered charity in England and Wales (1406075), Scotland
(SC039970) and the Isle of Man (2041). Also operating in Northern Ireland. MAC20003

MACMILLAN
CANCER SUPPORT

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

EVER FANCIED JOINING A CHOIR?

Lowestoft COMMUNITY CHOIR

FRIENDLY | FUN | WELCOMING



BOOK A FREE TASTER

NEW TERM STARTS 24 SEPTEMBER



18+ ADULTS



THURSDAY NIGHTS 7.30-9.30PM



COLVILLE HOUSE Lowestoft NR33 9NB



CONTEMPORARY SONGS IN HARMONY

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 

Disability Advice
North East Suffolk
Free, Impartial & Confidential



JOIN OUR KNITTING & CROCHET GROUP

First and third Friday of the month
09.30 to 1200
161 Rotterdam Road Lowestoft NR32 2EZ

ALL ABILITIES WELCOME
Basic Knitting/Crochet Techniques • Reading Patterns • Project Completion • Troubleshooting
Bring a project you are working on, meet new people over a cuppa

Free refreshments
01502 511333



 **Oliver's way**
— NO ORDINARY CAFE —

PARENT CARER GROUP

Friday Mornings

EVERY FRIDAY | 9.30AM - 11AM

A RELAXED, INFORMAL SPACE FOR PARENTS, CARERS & FAMILY MEMBERS OF CHILDREN & YOUNG ADULTS.
Have a cuppa. Have a chat. You belong here.

TO START WITH...
Our sessions will be very relaxed and informal – a chance for us all to meet, get to know each other and share our experiences in a safe, judgement-free space.

TOGETHER WE WILL...

- Discuss what support we need and where we can find it.
- Share ideas, tips and experiences with others who understand.
- Build connections and support each other.
- Enjoy a friendly, calm environment with no judgement.

WE WILL LOOK TO INVITE OUTSIDE AGENCIES IN TO PROVIDE ADVICE & INFORMATION ON A RANGE OF TOPICS, INCLUDING:

- FINANCES
- HOUSING
- SEND SUPPORT
- AND MORE...

TOGETHER, WE CAN SUPPORT, EMPOWER & MAKE A DIFFERENCE FOR OUR CHILDREN & YOUNG ADULTS.

FROM SEPTEMBER

JOIN US. SHARE. SUPPORT. CONNECT. You are not alone.

99 HIGH STREET, LOWESTOFT, NR32 1XW

Oliver's way
NO ORDINARY CAFE

  @olivers_way99

FESPA 

FESTIVAL PARTY

Join us for a celebration of East Anglian talent
Showcasing professional performers from across the counties

Saturday 5th September 2026
at the Parish Church of St.Peter & St.Paul
High Street, Wangford NR34 8RR

7.30pm
Doors open at 7pm (unreserved seating)
Licensed bar available

All Tickets £15
Book your tickets online at ticketsource.com/festival-party or call 07444 798417




KESSINGLAND WORKING MENS CLUB
The Avenue, Kessingland NR33 7QD

VIRTUAL RACE NIGHT

THURSDAY 24TH SEPTEMBER 2026

DOORS OPEN 7PM
FIRST RACE 7:30PM

RACES INCLUDE:

3 HORSE RACES	1 SPECIAL RACE	SHORT BREAK	3 HORSE RACES	1 SPECIAL RACE
---------------	----------------	-------------	---------------	----------------

ENTRY FEE:
ADVANCE TICKETS AT THE CLUB **£2.50**
ADVANCE TICKET **£3.00** ON THE DOOR

TICKETS AVAILABLE AT THE CLUB
BAR OPEN

£1 PER RUNNER PER RACE (OPTIONAL)
75p GOING INTO THE CASH PRIZE POT
25p TO THE CLUB

18+ ONLY OVER 18'S CAN PLACE A BET

BAR SNACKS AVAILABLE

EMAIL: KUWMCEVENTS@GMAIL.COM
ADVANCE TICKETS AT THE CLUB

Charity

Bingo!

Night

hosted by
Barrie Thornton

Sunday 27th September, 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

MEN'S SHED KESSINGLAND

OPEN DAY

SAT SEPT 5th Church Rd., (NR. Fish & Chips)

COME ALONG MEET UP
WITH OLD FRIENDS AND
HAVE A 'YARN', REFRESHMENTS
VIDEOS, OLD PHOTOGRAPHS, BOOKS
OF TIMES GONE BY. HISTORY...
LIFEBOATS, STORMS, etc.. How
the old BETHEL HAS CHANGED
AND WHAT WE DO NOW

Immerse yourself in the everyday histories of
Lowestoft's Beach Village.

Movie Matinee

at the Movie Maker Theatre

An exclusive showing of 'Pearls from the Grit'; a
theatre show written and narrated by Dean Parkin.

Join us to watch this film in the cinematic
atmosphere of the Movie Maker Theatre
located in Sparrows Nest Gardens.

Author and narrator of the film Dean
Parkin will be in attendance on the
evening.

Wednesday 16th September at 2pm
Scan the QR code to book a seat!

FREE TO ATTEND!

Part of **H** Lowestoft Heritage Series

www.lowestofttowncouncil.gov.uk

Lowestoft Town Council

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 or scan the QR code

Email 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 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.



Dementia wellbeing walks

Join us for a gentle dementia-friendly walk

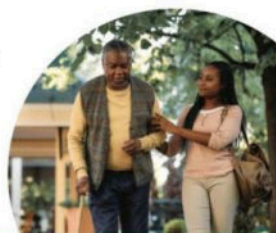
WHEN? Every Monday between 10am and 12pm

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
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.



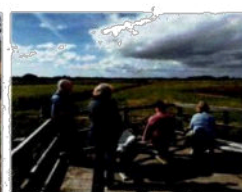
Discover the wild side of Lowestoft

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 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 Stifford 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, ages 11+

Website: www.kessinglandsssc.co.uk

KESSINGLAND YOUTH CAFÉ

SEPTEMBER 2026

Wednesday 2nd, 9th, 16th, 23rd, 30th:

Choice of Activities
"Hot Food" available on 23rd

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

BOOST FUNDS FOR OUR CAUSE

JOIN OUR LOTTERY!

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

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

one lottery

AUTUMN EVENTS at the KSSC

Francis Road, Kessingland NR33 7PU

Friday 25th September, 10am Macmillan Coffee Morning	Sunday 27th September, 7pm Charity Prize Bingo and Raffle hosted by Barrie Thornton £5.00pp (Bring your own wine & nibbles) *Non-Gambling Licence available all funds raised to go to the KSSC, Inc (charity no. 27501)
Saturday 31st October, 4pm Hallowe'en Disco	

Groups at Kessingland Sports & Social Centre

MONDAYS
7:30 – 10:30pm: Friends who Dance

TUESDAYS
10:00 – 12:00pm: Waveney Table Tennis
2:00 – 4:00pm: Short Mat Bowls
7:00 – 9:00pm: Badminton

WEDNESDAYS
9:30 – 11:30am: Knit & Natter
6:30 – 8:30pm: Youth Café
(Every Wednesday unless otherwise informed)

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

6:00 – 7:00pm:
7:30 – 10:00pm:

FRIDAYS
2:00 – 4:00pm: Short Mat Bowls
6:00 – 7:30pm: 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

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

£4 ENTRY

7PM - 10PM
BAR - PARKING

Rock n Roll

Request's Played

Kessingland UWMC
The Avenue
NR33 7QD

CONTACT ELIZABETH 07484670965

Slimming World

feel real good

Tuesdays 5.30 & 7pm

Kessingland Working Men's club

With Louise 07725748421

Come along to meet us

Or get in touch for more info

real food, real support, real results

Slimming WORLD

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

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

Suffolk
Community Libraries

Saturday
& Sunday
10:30-12

Free
Activity

suffolkcommunitylibraries.co.uk

Suffolk
Community Libraries

Suffolk
County Council



JOIN OUR
FOLK

50

Club

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

TO RAISE FUNDS TO SUPPORT
OUR VILLAGE LIBRARY.



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 Aleyana (Spinnaker Room)
4pm – 5pm

Wednesdays:

- Bingo (Spinnaker Room)
1pm – 3pm

Thursdays:

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

MINECRAFTERS' COMMUNITY GROUP

Come and play Minecraft and learn about Mob of
the Week in a friendly & relaxed session at
Kessingland Library

Weekly from Wednesday 2 September
3-4pm

Age 6-14, bring your own device with Minecraft installed.
All children under 8 must be accompanied by an adult.



Suffolk
Community Libraries

Suffolk
County Council

Community Noticeboard

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



THE CHURCH OF ENGLAND
Diocese of Norwich

Every Saturday 10am—12noon
Kessingland Church Centre

Saturday Coffee at St Ed's

CAKES

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

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

Craft for Children
TOGETHER WE CAN DO IT

St Edmund's Ladies Group
Come...Bring a friend.
Tuesdays Monthly
Kessingland Church Centre
2-4pm
ALL WELCOME

Fun & Laughter

FREE of charge

Tes, cake and friendship

Speakers

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

Motilda

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

St Edmund's Church Centre
9.30-11AM
every Friday - Term Time

Small WONDERS

Free Entry

Baby and Toddler Group

St Edmund's Ladies Group
Come...Bring a friend.
Tuesdays Monthly
Kessingland Church Centre
2-4pm
ALL WELCOME

PS...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, Mairam 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 roles are available



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

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

citizens advice East Suffolk

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.
- 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

Volunteering Opportunities



**JOIN
PAKEFIELD COASTWATCH!**

ANCHOR SUPPORTING H.M. COASTGUARD SINCE 1999! ANCHOR

ANCHOR PART OF THE SEA SAFETY GROUP - BASED AT THE OLD PAKEFIELD LIGHTHOUSE ANCHOR

NOW USED AS A COASTAL SURVEILLANCE STATION

VOLUNTEERS WANTED!

ANCHOR JOIN OUR TEAM AND HELP KEEP LIVES SAFE AT SEA! ANCHOR

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

B

**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

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)
- 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 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 (local businesses only), please contact the Parish Council on 01502 744367 for a subscription form. The next issue of the Village News will be **October 2026**.



Crossword Corner - Solutions



Crossword Solution 101-45

ACROSS: 7 Octet 8 Music Hall 9 Baltic 11 Lingerie 12 *Thunderbirds* 15 Machete
16 Careful 18 Warwickshire 20 *Mona Lisa* 22 Tanker 23 Stairlift 24 Drill

DOWN: 1 Scrap heap 2 Best in Show 3 Lullaby 4 Dinner jacket 5 Shoe 6 Plait
10 Chesterfield 13 Stephen Fry 14 Quarterly 17 Giraffe 19 Youth 21 Arid