



The Village News

October 2026

Parish Council Meetings – October 2026

Full Council:	Wednesday 14 th , 7:00pm	Finance & Governance:	Tuesday 13 th , 1:30pm
Planning & Highways:	Wednesday 7 th , 10:00am Wednesday 21 st , 10:00am	Leisure & Community Engagement:	No meeting scheduled
Emergency Planning:	No meeting scheduled	Personnel:	No meeting schedule

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.



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

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<http://eepurl.com/hHHSZv>

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Your Parish Councillors



Stephen (Sid) James
Chair of Council

01502 740521

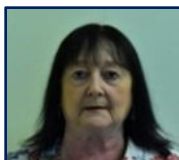
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Danielle Pope-Brannon
Councillor

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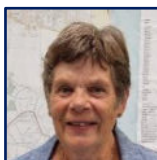
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Councillor

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Cathy Milton
Councillor

07985 184594

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Andy Buckingham
Councillor

07961 485686

abuckingham@kessinglandparishcouncil.gov.uk

VACANCY

Kessingland Parish Council

Committees / Groups / Representatives



Kessingland Parish Council consists of 12 members at present (one vacancy), 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, A. Buckingham

Finance & Governance Committee

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

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, C. Milton,
A. Buckingham

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-ordinator

Cllr D. Boyle

Community Kitchen & Wildlife Garden Co-ordinator

Cllr J. McLean

Kessingland Marsh

Cllr D. Boyle

Safer Neighbourhood Team (Suffolk Police)

Cllr S. James

Community Pet Pantry

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,

Help in Need Trust

Cllr D. Boyle,
Cllr D. Pope-Brannon

Kessingland Youth Café

Cllr J. McLean,
Cllr C. Cook

Allotments Co-ordinators

Cllr B. Nicholls,
Cllr A. Buckingham

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



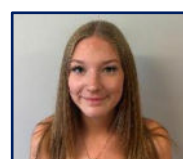
Youth Leader:
Daniel Fisk



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

07860 910570

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.



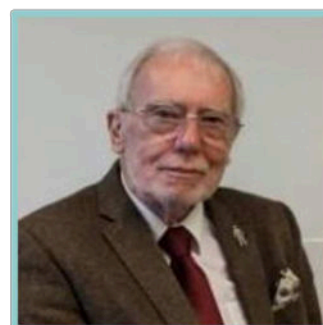
Councillor Surgery

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 Women's Institute

Kessingland WI has over 30 inspiring Women members.

Meetings are held on the 2nd Thursday of each month at Kessingland Working Men's club, starting at 7:30pm.

Scott Taylor from Coastwatch was our speaker in September. He told us about the service they provide, protecting boats and people along our coastline, working from the old Pakefield Lighthouse. He talked about erosion and the changing landscape; the lighthouse having had to be relocated further back.

He also spoke about local folklore and history, including the tales of "Crazy Mary" walking the cliffs and wailing about her husband who never returned from his fishing boat.

He gave us some leaflets warning of the danger of riptides etc. It was a really interesting talk which was well appreciated.

Our speaker for October is Wally Webb from BBC Radio Norfolk.

Our competition winners for September were:

- **Bloom of the Month:** 1st Sharon Thompson, 2nd Margaret Parker, 3rd Sue Goulden
- **Make or depict a boat of any medium:** 1st Sue McLaren, 2nd Bridget Higgins, 3rd Helena Lord

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



Kessingland United Working Men's Club

The Avenue, Kessingland, Lowestoft, Suffolk NR33 7QD / 01502 740218 / www.kuwmc.co.uk

Affiliated to the CIU

The club has been extremely busy in the last month. Our September quiz night was amazing with 22 teams taking part, the most we've ever had and it went very well... don't forget it's held on the first Thursday of the month. We would have also held our Race Night by the time this newsletter is published; tickets were selling well so should be successful (no dog races this time), look out for posters with the next date.

We have also had a few Birthday parties, a Wedding party and two Wakes... all went very well, it is so good to see the Club being used. Our prices to hire the Hall or Lounge are very reasonable and our Bar prices are much cheaper than most other licensed premises.

Our Macmillan Coffee Morning was a success, raising about £330 (not finalised yet). Thank you to everyone who contributed with cakes, sausage tolls and raffle prizes, they were much appreciated.

Our Darts teams are doing well we have 16 members now but are always interested if anyone wants to join, practice night Tuesday evenings League Games Friday evening. Come and watch. The Pigeon Club has now finished for the season with mixed success. The Kessingland Bowls Club has finished for the season any results will be in next newsletter.

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 also have a full-size Pool table.

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). If you join in October, your membership will last until January 2028.

 KESSINGLAND WORKING MEN'S CLUB The Avenue, Kessingland, Lowestoft NR33 7QD	
Saturday September 5th  The Riffits  Top duo performing great songs from the 60s and 70s. Come and see the guys live at the club. Alan and Dave performing for your musical pleasure.	Saturday September 12th  Rob Charles  In late 2001 Rob sang for the very first time, accompanied by the talented Lee Vasey. Since then, he has not looked back and is now one of the most respected and popular acts on the Norfolk live music circuit.
Saturday September 19th  Three Steps To Heaven  A welcome return to the club playing a selection of hits that will get your dancing feet itching to get up on the dance floor. Don't miss this night.	Saturday September 26th  KEVIN BARRY  Always popular whenever he returns to entertain us with a variety of fantastic music. A great voice and a great time is guaranteed. One Of Kessinglands Finest.
Saturday October 3rd  KCR  This duo are very popular and perform classic hits from the 1950's right up to the present day. Come and see for yourselves.	Saturday October 10th  Lowrider City Rockers  The Lowrider City Rockers are one of East Anglia's premier 50's, 60's, and 70's bands. Their Rock And Roll Through The Years show is their speciality, even moving into the 70's and early 80's with back to back dance floor fillers, as the band creates an electric party atmosphere, with costume changes for each era.
Friday 16th October  Geoff Hill  Vocalist And Entertainer Singing songs from the 60's, 70's, 80's and 90's. Free entry for members and non members. Come and join us for a great nights entertainment.	Saturday October 17th  MTM  A first class 3 piece band playing a variety of covers from across the years for your entertainment.
Saturday October 24th  Me Myself And I  Always popular whenever he returns to entertain us with an evening of Country Music. A great voice and a great time is guaranteed. A night not to be missed.	Saturday October 31st  Steve And Greta  This fantastic duo are well worth coming down to see perform with some sensational guitar playing and Steve and Greta's wonderful vocals. Some original songs but also some brilliant covers that you will definitely know. Don't miss this one.
 Entry members £4 non members £6 unless otherwise stated. 	

Please also support our One Lottery – Scan the QR code on our website (www.kuwmc.co.uk) to get your tickets.

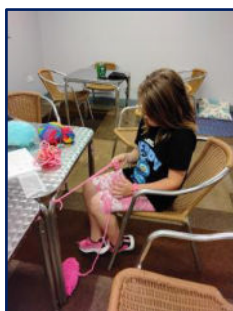


Kessingland Youth Café

Autumn is well and truly upon us and with the clocks changing I'd like to take this opportunity to ask that all members who attend by bicycle have lights on their bikes and a lock to keep it secure, it is **ILLEGAL** to ride a bike in the dark without lights.

We opened on alternate weeks during the summer holidays and did have a reduction in attendance with average of 25 YP each week - our next closure will be October half term. A reminder that members who have not attended in the last term will be taken off our register however will be welcomed back should they wish to do so once a new consent form is submitted. At present, after checking attendances, we have 93 YP registered.

The Parish Council, KSSC, KYC annual Fun Day was well attended with some KYC leaders involved not only in running some games but getting into the stocks to be pelted with wet sponges which on a rather warm day was a welcome relief. Photos show some of fun day as well activities from last couple of weeks, the pasta bolognese went down well with baking planned next session.





I couldn't resist changing our Facebook cover photo with some of our leaders spelling out KYC, also thanks go to Kessingland Parish Council for our polo shirts. (purple of course) which have our new logo included. As always, a big **THANK YOU** to all for your continued support of the KYC.

Chris 🧡
Senior Youth Leader, KYC



The Screamin' Seagulls

Hello! We're excited to let you know that by popular demand The Screamin' Seagulls choir is, this year, extending their Christmas Concert to 2 evenings, **Friday 11th** and **Saturday 12th December**. Doors will open at 6.30pm with the concert starting at 7pm until 9pm with refreshments provided afterwards.

This year we have a new venue, the very beautiful Trinity Methodist Church, which is situated in the High Street Lowestoft NR32 4HU (opposite the Lighthouse) with plenty of adjacent parking.

For those of you who haven't seen us before, we extend to you a very warm welcome.

We are a multi award winning choir led by our Choir master Neville Rowell who, apart from leading and teaching us also arranges music especially for us so that our individual voices blend together in the best possible way.

We are an all-inclusive welcoming choir with a lovely network of friendship and support for each other and although we take our singing seriously, we have such fun!

We do our very best to ensure there will be something for everyone in our Christmas Concerts, you will not be disappointed!

For us as a choir Christmas really does begin with our Concert, and we like to think it will epitomise Christmas for you too.

Tickets are available through the Screamin' Seagulls Facebook page and are £9 for adults and £6 for children 16 and under.

Tickets are selling fast, hope to see you there x



The
Screamin' Seagulls
PRESENTS *Choir*

**A
Christmas
Concert**

Tickets:
Adults £9
Children £6

**Fri 11th &
Sat 12th
December 7pm**

Book online at:
nevillerowellmusic.co.uk

*Audience Participation
Come listen and sing some of your
favourite Christmas
Music & Carols*

NEW VENUE! Trinity Methodist Church, High St Lowestoft NR32 4HU
Doors open 6.30pm
Tickets available online (QR code below) and on the door (cash only)

Free tea, coffee & mince pie after the show!



Kessingland CofE Primary Academy

The Kessingland Chronicle – September 2026

Welcome to the new term and a new year at Kessingland Primary!



Dear Parents and Carers,

I hope you have had a great summer and found plenty of opportunities to enjoy time with your families. It has been wonderful welcoming your child(ren) back to school. ***A very special mention to our new starters and Nursery and Reception pupils - welcome to Kessingland!***

I am delighted to be writing the first newsletter of this academic year. Please do look out for these monthly updates, which are designed to share key messages, highlight important information, and celebrate the many successes of our pupils.

We have a number of exciting plans for the Autumn Term. However, our main focus will be on establishing consistency in our everyday routines and habits, while ensuring that high-quality teaching and learning remain at the heart of all we do.

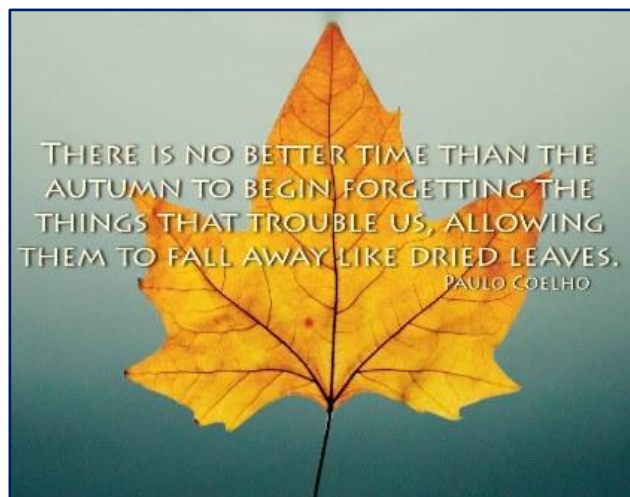
The start of the academic year is always a busy time, particularly with enquiries and communication from families. We very much welcome parents and carers getting in touch, as information sharing and partnership working are vital in supporting your child's learning and wellbeing. Please bear with us if it takes a little longer than usual to respond to calls and emails during these first few weeks of term.

Thank you, as always, for your continued support.

Yours faithfully,

Kellie Egleton

Executive Headteacher



Welcome from Mrs Carman – Head of School

☀️ What a fantastic start to the new school year! ☀️

We have absolutely loved welcoming all of our children back into school. It has been wonderful to see so many happy faces coming through the doors, ready for the year ahead!



The children have all looked incredibly smart in their uniforms, and we would like to say a huge thank you to our families for your support with this. 🍌 🌟

In classrooms, staff have been spending time getting to know their new classes, establishing routines and introducing our new Behaviour Curriculum. 🌱 This is all about explicitly teaching the children the behaviours, routines and expectations that will help everyone to feel happy, safe and ready to learn. 🗣️💡💬 Why not have a chat with your child and ask them what they can remember about the Behaviour Curriculum so far? We would love to hear what they tell you!

As this is something new for our federation, we would also really value any feedback from our families as the children begin talking about it at home. Please feel free to send us a message and share your thoughts.

Thank you for your continued support. What a brilliant start! ☀️ 🍌

OUR NEW BEHAVIOUR CURRICULUM

Two Schools. One Culture. **Predictable. Safe. Restorative.**

We are proud to share our new Behaviour Curriculum, designed to help every child feel safe, respected and ready to learn – every day.

Through explicit teaching, consistent routines and restorative conversations, we help children make positive choices, manage their emotions and build strong relationships.

WHY HAVE WE CREATED THIS CURRICULUM?

To build a calm, consistent and caring culture across our federation where everyone feels they belong and can succeed.

WHAT IS IT?

A half-termly programme of discrete lessons from EYFS to Year 6 that teach important life skills and positive behaviours.

WHO IS IT FOR?

Every child.
Every member of staff.
Every family.
Working together.
On the same page.

THE SIX THEMES WE TEACH ACROSS THE YEAR

1. RELENTLESS ROUTINES & VALUE BEHAVIOURS

We learn and practise our daily routines and show Ready, Respectful, Safe, Responsible in everything we do.

2. SELF-REGULATION & EMOTIONAL LITERACY

We learn to recognise our feelings, understand our triggers and use strategies to help ourselves calm down and make good choices.

3. RESPECTFUL RELATIONSHIPS & INCLUSION

We learn to treat others with kindness, listen, include everyone and solve friendship problems in a respectful way.

4. RESPONSIBILITY & REPAIR

We take responsibility for our actions, understand the impact on others and put things right through restorative conversations.

5. SAFE BEHAVIOUR (INCLUDING ONLINE SAFETY)

We learn how to stay safe emotionally, physically and online and how to get help if we need it.

6. LEADERSHIP, INDEPENDENCE & TRANSITION

We build confidence, independence and leadership skills to help us now and prepare us for the future.

HOW IT WORKS

- Three lessons per half term in every class (18 lessons across the year)
- Explicit teaching – we teach behaviours just like any other subject
- Revisit and practise – to build automaticity
- Consistent routines every day
- Positive reinforcement and recognition
- Restorative conversations when things go wrong

WHAT A LESSON LOOKS LIKE

Every lesson is age-appropriate and builds step by step from EYFS to Year 6.

REVISIT

We reflect on what we already know.

TEACH

We learn new skills and explore them together.

ACTIVITY

We practise through games, role-play or discussion.

PLenary

We reflect, celebrate and think about how we will use it.

VOCABULARY

We learn key words that help us talk about feelings and behaviour.

HOW YOU CAN HELP AT HOME

- Talk about the weekly focus.
- Use the same language we use in school. **Ready, Respectful, Safe, Responsible.**
- Praise positive choices.
- Encourage your child to use their strategies when upset.
- Work with us – together we make a bigger difference!

OUR PROMISE TO YOU

- We will be consistent.
- We will build positive relationships.
- We will model the behaviours we expect.
- We will listen to your child.
- We will work with you every step of the way.

Relentless Routines. Strong Relationships. Restorative Practice.
Every Child. Every Day. Ready to Learn and Succeed.

Lola's Welcome Back Message



Hello everyone!

I'm so excited to come back to school after the holidays. I can't wait to sit by the gate, wagging my tail, ready to welcome you with a big doggy smile. I've missed hearing your chatter, your laughter, and of course, all the gentle pats and tummy rubs!

This term, I'll be keeping a close eye on you all, making sure you're working hard, being kind to one another, and enjoying your learning. I love seeing you try your best and show those brilliant everyday routines.

Remember, if you see me around school, give me a friendly wave (and if the adults say it's okay, a quick stroke too!). Let's make this term paws-itively amazing together! 🐾 🌟

Lots of wags,

Lola 🐾

Your School Dog

🎸 "MyChoir" Rocks – What a summer! 🎸

Congratulations to members of our school choir who have had an amazing summer of singing and performing! Throughout the year, the children learn a range of songs before joining with other local schools to perform at concerts and events as the combined choir 'MyChoir Rocks'. This summer, they had some fantastic opportunities, including performing at Latitude, MauiWau Festival, First Light Festival, Music for Youth, Sotterley Fair and Gorleston Clifftop Festival!

These experiences are about so much more than singing. Performing live in front of an audience helps our children to build confidence, develop teamwork and make new friends with children from other schools. They also gain a real understanding of how music and live performance work, while enjoying the excitement of performing on professional stages.

Most importantly, they have lots of fun and make memories that they will treasure for years to come!



Would your child like to join MyChoir Rocks? Our MyChoir Rocks after-school club runs on Thursdays, 3:15pm–4:15pm. If your child would like to get involved, please speak to the school office. 🎸

Mrs. Lytton
Music Lead

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### Weekly Celebration Assembly



If your child receives the Celebration Award on a Friday, you will be contacted by the class teacher and invited to join us in school for Celebration Assembly.



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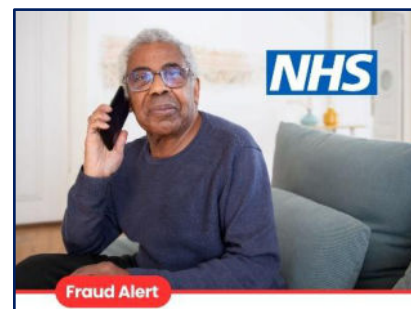
Contact Us

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

T: 01502 740223 / **E:** office@kessingland.dneat.org / **W:** www.kessingland.dneat.org

Beware of fake NHS App registration calls

We are urging residents to be vigilant following reports of scam phone calls claiming to be from the NHS. Victims receive a call, often from a mobile number beginning with 07, with a recorded message stating: *"Our systems show your local practitioner is updating their registry. If you would like to keep attending your local practitioner, please press one to speak with a member of staff at the NHS to show you how to set up our new mobile app."*



What You Need to Know

- The NHS will not cold call you to ask you to press buttons to keep access to your GP or local practitioner.
- Criminals may use these calls to obtain personal information, banking details, passwords, or security codes.
- Phone numbers can be spoofed, meaning a call may appear to come from a genuine mobile number.
- The scammers may create a sense of urgency to pressure you into acting quickly.

How to Protect Yourself

- Contact your GP surgery directly using a trusted number if you are concerned about any changes to NHS services.
- Do not press any buttons during unexpected calls.
- Hang up immediately if you are unsure who is calling.
- Never share personal, financial, or security information over the phone.
- Discuss scam warnings with friends, family members, and vulnerable relatives.

If You Have Already Engaged with the Caller

- If you provided personal or financial information, contact your bank immediately.
- Monitor your accounts for any unusual activity.
- Report the incident to Report Fraud.

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### ***Scammers defrauded £519,000 from students last academic year***

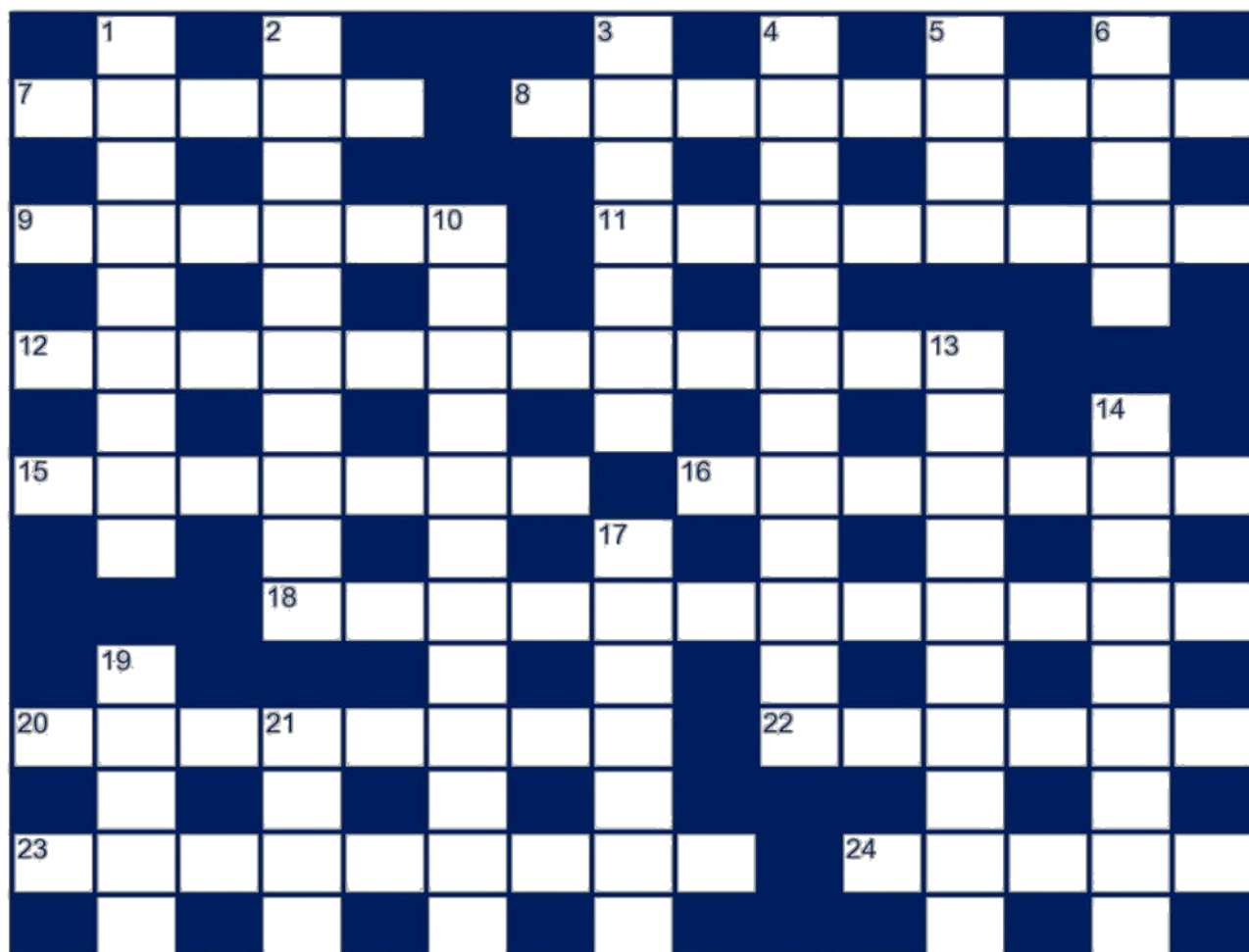
Scammers defrauded £519,000 from students last academic year. *'Think before you click'* is the main message for new and returning university students as the 25/26 academic year gets underway. Criminals may impersonate the Student Loans Company (SLC) to try and steal your personal information or money. They will text, email or call you claiming there is an issue with an upcoming payment that needs urgent action, especially around times when student loan payments are made in September, January and April.

SLC has shared how students can stay vigilant to scams:

- SLC will never ask you to provide your personal or financial information by email or text message.
- SLC will never send a message with an urgent deadline for example 'failure to respond in 24 hours will result in your account being closed'.
- If you've asked SLC to make changes to your bank details, they will send you a text message to confirm these changes. If you receive a text message and have not asked for changes to your bank details, log onto your online account to check your information is correct.
- Never share the following information online which criminals can use to impersonate you - name, date of birth, customer reference number, course information or your current or previous address.
- If you receive a call or message claiming to be from SLC, always take time to stop and think if the request is genuine before handing over personal information. Avoid clicking on links and check a request is genuine by logging into your online account.



No: 101-46



## Across:

- 7 Was an election candidate (5)
- 8 House of York's emblem (5,4)
- 9 Scattered (6)
- 11 Mid-afternoon treat (5,3)
- 12 Famous ceramics company based at Stoke-on-Trent (5,7)
- 15 Bird with a large bill
- 16 State of perfect peace (7)
- 18 TV series based in Cambridgeshire (12)
- 20 Sloppy, careless (8)
- 22 Sit lazily, sprawl (6)
- 23 Provide assistance (4,1,4)
- 24 Small electronic device (5)

## Down:

- 1 Seller of paper & envelopes (9)
- 2 Putting up with (10)
- 3 Routine medical visit (5-2)
- 4 Urban illuminations (6,6)
- 5 Percussion instrument (4)
- 6 Colchester's county (5)
- 10 Female daytime TV presenter (5,7)
- 13 Canadian province (4,6)
- 14 Not wanted (9)
- 17 Causing skin irritation (7)
- 19 Company's group of trucks (5)
- 21 Containers for ground coffee (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](http://www.suffolk.gov.uk/costofliving)  
0345 606 6067



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



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

where you can get information & advice about what help & services are available to you.

Further information will be published in future issues of The Village News



## Prescription Collection Point

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

### Collect in 3 simple steps

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



70 High Street,  
Kessingland,  
NR33 7QF  
01502 740251

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



**Save money and cook better  
than the takeaway**

## JOIN OUR **FREE** FUN COOKING COURSES

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

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

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



CHANA MASALA



ITALIAN PASTA SAUCE



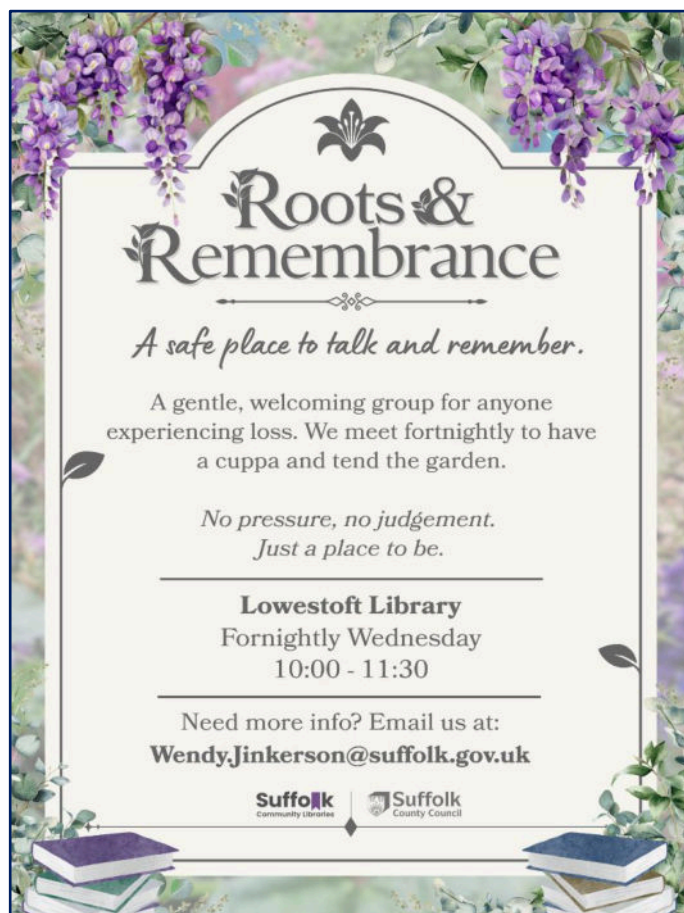
MIDDLE EASTERN PILAF



### To register

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





## Roots & Remembrance

*A safe place to talk and remember.*

A gentle, welcoming group for anyone experiencing loss. We meet fortnightly to have a cuppa and tend the garden.

*No pressure, no judgement.  
Just a place to be.*

---

**Lowestoft Library**  
Fortnightly Wednesday  
10:00 - 11:30

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Need more info? Email us at:  
[Wendy.Jinkerson@suffolk.gov.uk](mailto:Wendy.Jinkerson@suffolk.gov.uk)

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### 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](http://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](mailto:support@well-child.co.uk)





### KESSINGLAND HELP IN NEED TRUST

**CHARITY NUMBER: 242755**

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

- Essential household items e.g. cookers, washing machines, fridges, beds etc
- Appropriate Garden Services and Household/Building repairs
- Help towards Funeral costs
- Help with costs of Hospital visiting
- Essential clothing e.g. children's winter coats
- Veterinary bills
- Signposting to other expert organisations

For further information or for an electronic application form, please contact the Clerk to the Trust at [applications.khint@gmail.com](mailto:applications.khint@gmail.com)

**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@eastsuffolk.gov.uk](mailto:communities@eastsuffolk.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



**CHILDREN'S HALLOWE'EN PARTY**

**KESSINGLAND SPORTS & SOCIAL CENTRE**  
FRANCIS ROAD, KESSINGLAND, NR33 7PU

**SATURDAY 31<sup>ST</sup> OCTOBER 2026**

**5pm - 7pm**

£3 per child ages 3-11yrs

Fancy Dress Contest

Music & Games with **Barrie Thornton**  
Children's Entertainer of the Year  
Prestige Awards 2025

Snacks & Drinks available to buy

Tombola

To Book Your Place:  
Text: 07729 384705 / Email: kessingland3@gmail.com  
when booking please include your child's/children's details (max. 2 adults per family)  
For Health & Safety reasons, prams are not permitted

KSSC



**Pumpkin Carving Competition 2026**

**FREE** to enter

**PRIZES** to be won

**Saturday 31st October**

at the  
**Kessingland Sports & Social Centre**  
Francis Road, Kessingland NR33 7PU

Bring your carved Pumpkin to the  
**KSSC Main Hall between 4pm & 5pm**  
Results announced at the Hallowe'en Disco

KSSC



**Half Term Family Workshop:**  
**Play with Clay: Wildlife Offerings**

**Sat 24th October**

**10:00 - 13:00**

**Kessingland Library**

Get messy with clay!  
Make a sculpture inspired by the flora and fauna of the past and present, and **take it home to cherish.**

Suitable for children **aged 5+.**

All children must be accompanied by an adult throughout the workshop.

## Community Noticeboard

Events, Competitions & Local Groups



**BINGO**

*Manor Farms*  
**FAMILY HALLOWEEN**  
**BINGO NIGHT**

Wed 28th October  
Doors open 7.00pm eyes down 7.30pm

**St Edmunds Church Hall,  
Kessingland**

FANCY DRESS, RAFFLE &  
REFRESHMENTS

Limited tickets available £6pp,  
please buy in advance by  
phoning Manor Farm on  
01502740161

Made with PosterMyWall.com

## Clay Connections Ceramic Workshops

Join artist Lucy Wheeler for a series of **free ceramic workshops** for adults at Kessingland Library, inspired by the local landscape, history and wildlife.

### Dates

Tuesday 29 September, 2-4pm  
Tuesday 13 October, 2-4pm  
Tuesday 24 November, 2-4pm  
Tuesday 15 December, 2-4pm

### Location

The Spinnaker Room, Kessingland Library.  
Tea, coffee and biscuits provided.

### How to Book

Please email Lucy Wheeler outlining the workshops you'd like to attend. [lw.branchingout@gmail.com](mailto:lw.branchingout@gmail.com)

[suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk)

**Suffolk**  
Community Libraries

**Suffolk**  
County Council



**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!**

**ENTRY ONLY  
£2.50 PER PERSON!**

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

## Oliver's Way Evening Social

at Oliver's Way Café

A relaxed monthly get-together for anyone who is neurodivergent, living with mental health problems, or supporting someone with additional needs.

**The 2nd Thursday every month**  
starting 8th October  
**6pm – 8pm**

Come along for a chat, a vent, a laugh,  
the chance to meet new people — and of course  
a coffee and some cake, because we all deserve a treat!

The evenings will be very informal, friendly and supportive.  
Our first meet-up will simply be about getting to know one another,  
having a good chat and hearing your ideas about what you'd like  
these evenings to become in the future.

We're a friendly bunch at Oliver's Way Café and we love meeting new  
people and hearing their stories. This is a space where we can share  
the good days, the bad days and even those downright ugly ones —  
with people who understand that life isn't always straightforward.

**NO PRESSURE. NO JUDGEMENT.  
JUST COME AS YOU ARE.**

Whether you come alone or bring someone with you,  
you'll be very welcome.

**Come along, grab a cuppa, have some cake  
and see where the evening takes us.**

**We're Having a Christmas Fair**  
at **Marram Green Kessingland**

**Saturday 5<sup>th</sup> December 2026**

**We're looking for craft stall holders!**  
Showcase your handmade, unique and wonderful products at our Christmas Fair. It's a great opportunity to reach new customers and be part of a festive community event.

**Pitches are £5**

**To book a pitch call 01502 744382**  
Mon - Fri 9am till 1pm

**JOIN US FOR OUR CHRISTMAS Craft Fair**

**KESSINGLAND UNITED WORKING MENS CLUB**

**SATURDAY NOVEMBER 21<sup>ST</sup>** **11AM TO 3PM**

**FREE ENTRY for Buyers!**

**KESSINGLAND UNITED WORKING MENS CLUB**  
THE AVENUE, KESSINGLAND, LOWESTOFT NR33 7QD

**BAR OPEN** AND OTHER REFRESHMENTS AVAILABLE

*We look forward to seeing you there!*

FOR MORE INFORMATION CONTACT US:  
[kuwmcevents@gmail.com](mailto:kuwmcevents@gmail.com)

**RAF AIR CADETS**

**LOOKING FOR A NEW CHALLENGE IN LOWESTOFT?**

**JOIN 469 SQUADRON RAF AIR CADETS!**  
MAKE A REAL IMPACT. SHAPE THE NEXT GENERATION.

**JOIN US FOR A CUPPA**  
**12TH OCTOBER 19:30 TO 20:30**

STRENGTHEN YOUR COMMUNITY | PASS ON YOUR EXPERTISE | BUILD NEW CONNECTIONS | GAIN FRESH & ADVENTURE

**NO AVIATION OR MILITARY BACKGROUND? NO PROBLEM.**  
TRAINING PROVIDED | ALL SKILLS WELCOME.  
\* SAFEGUARDING CHECKS & VETTING COMPLETED.

**NATIONAL CADET WEEK - OCTOBER!**  
THE PERFECT MOMENT TO DROP IN AND DISCOVER CADET LIFE.

**YOUR PASSION. THEIR POTENTIAL. OUR LOCAL COMMUNITY.**

INTERESTED IN MAKING A REAL IMPACT?  
469 Lowestoft Sq  
Army Recruit Centre  
St Peter's Road  
Lowestoft

**DROP US AN EMAIL TODAY!** **FOR AN INFORMAL CHAT (NO OBLIGATION)**

CONTACT US TO APPLY: [DC.469@RAFAC.MOD.GOV.UK](mailto:DC.469@RAFAC.MOD.GOV.UK)

**CHRISTMAS CRAFT & TABLE TOP SALE**

**WRENTHAM VILLAGE HALL**  
**SAT 14 NOVEMBER 10 - 3**

**FREE ENTRY** **RAFFLE**  
**REFRESHMENTS**  
**...AND MORE**

MONEY MADE ON RAFFLE, REFRESHMENTS & EACH STALL FEE GOES TO NOTTINGHAM HOSPITAL CHARITY JUST LIKE OUR SUCCESSFUL EVENT WE HAD IN MAY. CHARITY NUMBER- 1165397

**Christmas Fayre**  
St Margaret's Church, Lowestoft  
NR32 4BW

**Saturday 5<sup>th</sup> December 2026**  
**12pm - 3pm**

**Join us for festive fun, stalls, refreshments, raffle and more!**

**All Welcome**

• Handmade crafts • Festive stalls • Refreshments • Raffle prizes  
• Mulled drink & mince pies  
To book: [Michells@stmargaretlowestoft.co.uk](mailto:Michells@stmargaretlowestoft.co.uk)

# 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 19<sup>TH</sup> JUNE**

**ALL THINGS Needle & Thread**

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

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

**ONLY £6 PER PERSON**

**HERE AT Parlour Made CRAFT SHOP**

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

**Supporting WE ARE MACMILLAN. CANCER SUPPORT**

# Coffee Morning & Cake Stall

**11am - 2pm**  
**Saturday 10<sup>th</sup> October**  
**Gunton Estate Community Hall**  
**Hollingsworth Road**  
**Lowestoft**  
**NR32 4AY**

**Hot drinks 50p**  
**Bacon rolls £2**

**All profits go to cancer support.**  
**07842 814519**  
**Guntoncommunityhall@Gmail.com**

# 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**

## Community Noticeboard

Events, Competitions & Local Groups

COMMUNITY  
NOTICEBOARD

**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

**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.**

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

99 HIGH STREET, LOWESTOFT, NR32 1XW  
Oliver's way NO ORDINARY CAFE  
@olivers\_way99

**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 13<sup>TH</sup> SEPTEMBER 11AM -12.30PM

EAST POINT PAVILION  
LOWESTOFT

**EVERYONE WELCOME**

# Community Noticeboard

## Events, Competitions & Local Groups



### Free walking activities in Lowestoft

#### Introductory walking group

From couch to 2 miles

📍 Dip Farm  
Thursdays | 10:00

#### Moderate walking group

Up to 4 miles

📍 Dip Farm  
Thursdays | 10:00

#### Memory loss and dementia walks

📍 Nicholas Everitt Park  
Mondays | 10:00

#### Wildlife walks

A moderate walk led by a local ecologist

📍 Carlton Marshes  
Tuesdays | 10:00

#### Parent & baby/toddler walks

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

📍 East Point Pavilion  
Tuesdays | 10:00

#### Community group walks

📍 Nicholas Everitt Park  
Tuesdays | 13:30

📍 Dip Farm  
Thursdays | 13:30

#### Cuppa and a stroll

A slow and steady pace

📍 Sparrows Nest  
Tuesdays | 13:30



### Interested in finding out more?

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

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



Please note that all bookings must be made in advance.



### Free cycling activities in Lowestoft

#### Learn to ride

Beginners' sessions in an off-road area

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

#### Moderate cycling group

Routes up to 6 miles

📍 Riverside  
Wednesdays | 10:00 and 13:30

#### Competent cycling group

Routes 6+ miles

📍 Riverside  
Wednesdays | 10:00 and 13:30

#### Cycling for health

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

📍 Nicholas Everitt Park  
Mondays | 10:00

📍 Riverside  
Wednesdays | 10:00 and 13:30

📍 James Paget Hospital  
Wednesdays | 18:00

#### Friday cycling challenge

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

📍 Riverside  
Fridays | 10:00

### Interested in finding out more?

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

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

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



## Discover the wild side of Lowestoft

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

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

### Where and when?

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



### Interested in finding out more?

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

Email [thewaytogosuffolk@suffolk.gov.uk](mailto:thewaytogosuffolk@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 Shiffeld 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 age 1+

www.kessinglandsssc.co.uk

### Kessingland Youth Café

**OCTOBER 2026**

Wednesday 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup>  
"Hot Food" available on 21<sup>st</sup>

Free Activities

Snack Shop

Time: 6:30pm – 8:30pm  
Age Group: 10yrs to 16yrs  
Venue: Kessingland Sports & Social Centre  
Francis Road, Kessingland NR33 7PU

Follow us on Facebook for updates & more information  
Kessingland Youth Café - KYC

### 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

Galaxy A13

### BOOST FUNDS FOR OUR CAUSE

#### JOIN OUR LOTTERY!

• Help us raise money to help keep the KSSC open. Win prizes of up to £25,000!

• Tickets only cost £1 per week

• 50% of all tickets sold from our page go to us!

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

one lottery

### AUTUMN EVENTS at the KSSC

Francis Road, Kessingland NR33 7PU

Saturday 31<sup>st</sup> October

**Pumpkin Carving Competition**

Free to Enter  
Prizes to be Won

Bring your carved pumpkin to the KSSC main hall between 4pm & 5pm

Winners announced during Hallowe'en Disco

Saturday 31<sup>st</sup> October

**Children's Hallowe'en Disco**

Entertainment with Barrie Thornton  
5pm – 7pm

£3.00 per child

Free Raffle  
Prizes: Dinner Competition, Videobank

Raffle tickets available in purchases

## 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

1:30 – 3:30pm: (Alternate Thursdays)

Singing Sensations

Friendship Club

Pilates

Model Flying Club

### 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](mailto:kessingland3@gmail.com)

# Community Noticeboard

Activities & Groups: Kessingland Library & Marram Green



## Kessingland Library

### Opening Times

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

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



## Regular Library Activities

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

[suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk)



## Baby Bounce & Tot Rock

Tuesdays & Fridays  
at 10am

Followed by  
a cuppa &  
biscuits!



## SCRABBLE

Every Friday

2:30pm

JOIN US FOR SCRABBLE ON A FRIDAY  
AFTERNOON

£1 PER PLAYER WITH HOT DRINK AND  
SWEET TREATS INCLUDED



## Craft Group

2pm onwards

EVERY FRIDAY!

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

£1 per person which includes refreshments.

At the  
Library



## KID'S CRAFT



Saturday  
& Sunday  
10:30-12

Free  
Activity

[suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk)



## 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



JOIN OUR  
FOLK



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



## 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.



# Community Noticeboard

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



**THE EASY PEALERS!**  
FUN & FRIENDLY  
HANDBELL RINGING GROUP

Based in the VESTRY of  
St Edmund's Church  
Kessingland

WE MEET ON: **MONDAYS AT 11AM**  
JUST COME ALONG  
IF YOU'RE INTERESTED

**EVERYONE WELCOME!**  
ALL AGES & ABILITIES.  
NO EXPERIENCE NEEDED!

**THE EASY PEALERS**

**St Edmund's Church Centre**  
**Saturday 3rd October**  
**1.30 - 3.30pm FREE!**

You are invited to join us as we  
play games, sing and make animal crafts.

Hear about God's love of animals  
and St Francis of Assisi.

Share a meal of pasta,  
garlic bread and swiss roll.

Messy Church is a Family Church  
We invite you and your family to this  
informal and fun session whether  
you have a strong faith, a little faith or  
have no faith but are curious.  
You are welcome.

RSVP: rev.natalie.rees@gmail.com  
or text/call 07530099549

**Sunday 4th October @ 4PM**  
**Pet Service**  
OF  
THANKSGIVING & BLESSING

**St Edmund's Church Kessingland**

Inviting you & your beloved pets  
to join us for a celebration  
of the special relationship we share with our  
furry friends.

Music, prayers, pet blessings,  
craft and colouring.

All ages and all pets welcome.

**\*All dogs on leads please.**

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)

**St Edmunds Ladies Group**

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

ALL ARE WELCOME:  
2nd Tuesday each month

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

Fun & Laughter  
**FREE of charge**

Tea, cake and friendship  
Speakers

Every Saturday 10am—12noon  
Kessingland Church Centre

**Saturday Coffee at St Ed's**

COFFEE is served...  
SATURDAYS 10-12  
BOOKS, JIGSAWS, BAKING & CAKE!

FRIENDLY, WARM, SPACIOUS  
FUN and LAUGHTER

QUALITY PRE-LOVED ITEMS  
LOTS OF EASY PARKING  
DISABLED ACCESS  
WONDERFUL WELCOME  
COME.....

TOGETHER WE CAN WRITE  
**Craft for Children!**

**Brownies**  
Kessingland Unit

Girls have non-stop fun, learning  
and adventure  
for ages 7 to 10

Starting  
September!

Join us Thursdays  
5.30pm - 7.00pm  
St Edmunds Church Centre,  
Kessingland, Lowestoft.

Register now 0789167548 girlsguiding.org.uk/joinus

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

**Small WONDERS**

Free Entry  
**Baby and Toddler Group**

To hire the Church Centre, please contact Pat Briggs on 01502 740478

## Community Noticeboard

Activities & Groups: Kessingland United Working Men's Club



**KESSINGLAND UNITED WORKING MEN'S CLUB**  
**Our Latest Events**  
 The Avenue, Kessingland, Lowestoft NR33 7QD. Tel: 01502 740218

**VIRTUAL RACE NIGHT**  
 Thursday 24th September  
 Doors Open 7pm  
 First Race 7.30pm  
 3 Horse Races + 1 Special Race  
 Then A Break  
 3 More Horse Races + 1 More Special Race  
 Entry Fee: £2.50 Advance Ticket  
 £3.00 At The Door  
 Advance Tickets Available At The Club  
 Email - KUWMC EVENTS kuwmcvents@gmail.com  
 £1 Per Runner Per Race (Optional)  
 The Going Into The Cash Prize Pot - 50p To The Club  
 Only Over 18's Can Place A Bet  
 Bar Open - Bar Snacks Available

**Live Music Night**  
 Friday 16th October  
 Geoff Hill  
 Vocalist And Entertainer  
 Singing songs from the 60's, 70's, 80's and 90's  
 Bar open  
 Low priced drinks  
 Bar snacks  
 Free entry for members and non members  
 Come and join us for a great nights entertainment!  
 Email - clubsecretarykuwmc@outlook.com

**A Night Of Mediumship**  
 With Paul Bannister  
 Thursday 22nd October  
 Doors Open 7pm  
 Starts 7.30pm  
 Messages from your loved ones.  
 Guidance  
 Healing  
 Comfort  
 Tickets from the club  
**£15**  
 Telephone: 01502 740218  
 Email - clubsecretarykuwmc@outlook.com

**HALLOWEEN DISCO PARTY**  
 Friday 30th October  
 Doors Open 7pm  
 Beware! Enter if you dare!  
 Local DJ Nigel (The Hitman) on the decks!  
 Thrilling Disco  
 Best costume prizes  
 Families and children welcome  
 Free entry for members and non members  
 Come and join us it's going to be a thriller!  
 Email - clubsecretarykuwmc@outlook.com

**Christmas Craft Fair**  
 Saturday 21st November  
 11am - 3pm  
**CALLING ALL CRAFTERS AND MAKERS!**  
 Come along and join in and be part of our festive craft fair.  
 What's Included?  
 Indoor venue with tables and chairs provided.  
 Great location with free parking.  
 Bar open and other refreshments available.  
 Support a local community event.  
 Table Prices:  
 120cm x 60cm = £7  
 180cm x 70cm = £12  
 BOOK YOUR TABLE NOW AS SPACES ARE LIMITED  
 DON'T LEAVE IT UNTIL YOU'RE TOO LATE  
 To book your table or for more information contact The Club:  
 Email - KUWMC EVENTS kuwmcvents@gmail.com  
 Let's make this a wonderful Christmas event!

**QUIZ NIGHT**  
 First Thursday Of Each Month  
 Doors open 7pm Quiz starts 7.30pm  
 We're here to get your little brain working for our next quiz night, back by popular demand!  
 Tables are limited and don't wait until you have to leave on the night and risk disappointment.  
 25 Teams please email to email to book years to advance  
 kuwmcquiz@gmail.com  
 Teams of 6 people maximum - No Minimum  
 The quiz will include General Knowledge, History, Science, The Arts and Picture rounds.  
 Cash prizes and a buffet.  
 Just £2.50 per person with £1.50 going to club funds and £1 going to huge cash prizes.  
 Ask I might have had about the huge cash prize too!  
 To reserve your team just call 01502 740218 or email kuwmcquiz@gmail.com  
 Bars and snacks available  
 Hurry up don't miss out

★ For more information visit our website [www.kuwmc.co.uk](http://www.kuwmc.co.uk) ★

**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

## Volunteering Opportunities



### VOLUNTEERS WANTED

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

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

For more information, please contact the Council office:

Telephone: 01502 744367

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



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

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

## Volunteer with us!

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



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

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

citizens advice East Suffolk

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

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](http://www.cats-paws.co.uk)



## Kessingland Youth Café

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 (unless otherwise advised) from 6:30pm until 8:30pm.

Duties include:

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

DBS check & full training given.

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

T: 01502 744367

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



Follow us on Facebook for updates & more information  
Kessingland Youth Café - KYC

## Volunteering Opportunities

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



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

**THE WAY TO GO**

Suffolk County Council  
 Supported by  
 Active Travel England

**Volunteers needed to support our walking and cycling groups**

Could you give a couple of hours two or three times a month to support our active travel social prescribing pilot project?



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

**BRAINWAVE INDEPENDENCE GROUP**

**VOLUNTEER WITH**

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

**OUR CENTRE**  
 Help support our daily activities

**CHARITY SHOP**  
 Assist with sales, customers & donations

**EVENTS & GENERAL HELPERS**  
 Support our events & community work

**Get in touch today!**

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

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

**VOLUNTEERS NEEDED**

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

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

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

**What volunteering looks like**

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

**What's in it for you**

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

**Good to know**

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

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

The Benjamin Foundation

## Useful Contact Information



### Local Telephone Numbers

|                                                                                                       |                                      |
|-------------------------------------------------------------------------------------------------------|--------------------------------------|
| East Suffolk Council (Customer Services)                                                              | 0333 0162000                         |
| East Suffolk Council (Out of Hours Emergency)                                                         | 0800 440 2516                        |
| East Suffolk Council (Automated Payments)                                                             | 0300 7900509                         |
| Kessingland Parish Council                                                                            | 01502 744367                         |
| Jess Asato MP (Lowestoft)                                                                             | jess.asato.mp@parliament.uk          |
| Citizens Advice Bureau                                                                                | 01502 518510                         |
| Disability Advice North East Suffolk (DANES)                                                          | 01502 511333                         |
| Suffolk County Council Highways                                                                       | 0345 6066171                         |
| - What's happening in my area?                                                                        | www.one.network                      |
| - Report a fault                                                                                      | www.highwaysreporting.suffolk.gov.uk |
| - Email                                                                                               | www.suffolk.gov.uk/about/contact-us  |
| - Telephone                                                                                           | 0345 606 6171                        |
| Kessingland Doctors (Longshore Surgery)                                                               | 01502 740203                         |
| Kessingland Pharmacy                                                                                  | 01502 740251                         |
| James Paget Hospital A and E                                                                          | 01493 452200                         |
| NHS Helpline                                                                                          | 111                                  |
| Police - Emergency Only                                                                               | 999                                  |
| Police - Non-Emergency                                                                                | 101                                  |
| or online at <a href="http://www.suffolk.police.uk/contact-us/">www.suffolk.police.uk/contact-us/</a> |                                      |
| Coastline Vets (Carlton Colville)                                                                     | 01502 531999                         |
| Three Rivers Vets (Kessingland)                                                                       | 01502 741988                         |
| Pakefield Veterinary Clinic                                                                           | 01502 564656                         |
| Wangford Veterinary Clinic                                                                            | 01502 578999                         |
| Kessingland Library                                                                                   | 01502 807667                         |
| St Edmund's Church                                                                                    | 07530 099549                         |
| Kessingland Primary Academy                                                                           | 01502 740223                         |
| Kessingland Sports & Social Centre                                                                    | 07729 384705                         |
| Kessingland United Working Men's Club                                                                 | 01502 740218                         |
| Kessingland Women's Institute                                                                         | 01502 740785                         |

### National Organisations and Helplines

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

## Defibrillators in Kessingland



Kessingland has 11 defibrillators for use by the public at key locations throughout the village. The following are maintained by the Parish Council guardian on a weekly basis and "The Circuit" updated accordingly.

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

Additional defibrillators (maintained by site owners):

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

The Village News welcomes contributions from everyone within the Parish; news, photographs and reports from village organisations are particularly welcome but contentious issues or articles promoting personal causes should be avoided – the Editor reserves the right not to print items and to edit items submitted for publication. The views expressed in the Village News, unless stated as such, are not those of the Editor or the council, and no liability can be accepted for any error or omissions although we will publish corrections.



If you would like to submit articles or cover photographs, the deadline for copy is 12 Noon on the 20<sup>th</sup> of each month. Articles can be half or full page. Please send submissions to the Editor – [jmclean@kessinglandparishcouncil.gov.uk](mailto:jmclean@kessinglandparishcouncil.gov.uk)

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



## Crossword Corner - Solutions



### Crossword Solution 101-46

**ACROSS:** 7 Stood 8 White Rose 9 Strewn 11 Cream Tea 12 Royal Doulton 15 Pelican  
16 Nirvana 18 *Grantchester* 20 Slapdash 22 Slouch 23 Lend a hand 24 Gizmo

**DOWN:** 1 Stationer 2 Tolerating 3 Check-up 4 Street lights 5 Drum 6 Essex  
10 Nadia Sawalha 13 Nova Scotia 14 Unwelcome 17 Itching 19 Fleet 21 Pods