# The Village News

**November 2026**

## Parish Council Meetings – November 2026

| | | | |
|---|---|---|---|
| **Full Council**: | Wednesday 11th, 7:00pm | **Finance & Governance:** | Tuesday 10th, 1:30pm |
| **Planning & Highways:** | Wednesday 4th, 10:00am<br>Wednesday 18th, 10:00am | **Leisure & Community Engagement:** | Monday 16th, 11:00am |
| **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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## 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



**Bob Saunders**
Councillor

01502 744367

bsaunders@kessinglandparishcouncil.gov.uk



**Andy Buckingham**
Councillor

07961 485686

abuckingham@kessinglandparishcouncil.gov.uk



**Cathy Milton**
Councillor

07985 184594

cmilton@kessinglandparishcouncil.gov.uk

**VACANCY**

**VACANCY**

# Kessingland Parish Council

**Committees / Groups / Representatives**

Kessingland Parish Council consists of 11 members at present (plus two vacancies), 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:** To Be Appointed
**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:** C. Milton
**Members:** C. Cook, D. Boyle, A. Green,

### Leisure & Community Engagement

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

**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**
To be appointed

**Help in Need Trust**
Cllr D. Boyle,

**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.

EASTSUFFOLK COUNCIL

# 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.

**Suffolk County Council**

| | |
|---|---|
| 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) |

**East Suffolk 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 |

**Kessingland Parish Council**

| | |
|---|---|
| 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.<br>Liaison with Benacre & Kessingland Flood Management Board.<br>Liaison between Village & principal authorities.<br>Consultation on all planning matters.<br>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 |



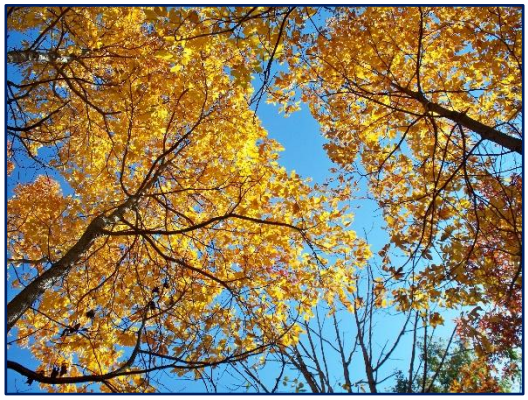

Report crime anonymously

| | |
|---|---|
| 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 CofE Primary Academy

# The Kessingland Chronicle



Dear Families,

As we reach the end of our first half term of the academic year, I wanted to take a moment to reflect on what a wonderful start to the autumn term it has been across our First Light Federation family. The past seven weeks have been filled with learning, laughter, new friendships and so many moments that have made us incredibly proud. From our youngest children finding their feet in their new classrooms to our oldest pupils embracing the responsibilities of being role models, it has been a joy to see our schools buzzing with enthusiasm, curiosity and ambition.

I am particularly proud of the kindness, compassion and resilience our children demonstrate every day. These are the moments that truly bring our Christian vision to life, reminding us that education is about so much more than academic achievement. It is about helping every child to grow in confidence, discover their talents and experience life in all its fullness. A huge thank you must go to our exceptional staff teams, who give so much of themselves to ensure our children feel safe, valued, supported and inspired. Their dedication, creativity and care never cease to amaze me.

To our families, thank you for your continued support and partnership. Whether it is encouraging reading at home, supporting attendance, joining us for school events or simply sharing a smile at the school gate, you make such an important difference. We really are stronger together. As the autumn leaves begin to fall and the mornings become a little chillier, I hope the half-term break provided an opportunity for some well-deserved rest, family adventures and perhaps a few cosy days indoors! We have so much to look forward to in the second half of the autumn term and I cannot wait to see all that our wonderful children will achieve.

With warmest wishes,

***Kellie Egleton***
Executive Headteacher

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## Diary of Lola, aged 7½

Hello Kessingland Friends, it's me, Lola—the school dog!

I just had to tell you how much I'm loving this autumn season. The playground has turned into the best adventure spot. My favourite tree has dropped loads of shiny conkers (do you know the one I mean?) and I can't resist giving them a little nibble. They're so much fun to sniff and chase around.

And oh, the leaves! There are heaps and heaps of them, all crunchy and colourful. Rolling around in a giant pile of autumn leaves is the happiest part of my day. I always come out covered in them, wagging my tail and ready for another round. I hope you're enjoying autumn as much as I am. It's the perfect season for playing outside, noticing all the changes and snuggling up when the day is done.

Big wags and autumn smiles,
***Lola Dog*** 🐕 🐾 🐕
~~~~~




## Congratulations to EYFS

I wish to extend my warmest thanks and congratulations to our new Nursery and Reception children and their families. The children have settled into their new class with confidence and enthusiasm, looking so smart in their school uniforms. The happy, smiley faces we see around school are a clear sign of just how much they are enjoying their first steps into school life and the excitement of learning.

I would also like to take this opportunity to share a heartfelt thank you to our dedicated Early Years staff team. Their compassion, encouragement and high aspirations have helped create such a positive and nurturing start for the children. They are truly a credit to our school family, and we are grateful for all that they do.

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## 📣🤩 House Captain Announcement! 🤩📣



Collectively, the Year 6 Lions have worked incredibly hard to draft, edit and finalise their speeches before presenting them to their peers during our House Captain Elections last week. 📝

The children delivered their speeches to their house peers with such confidence, demonstrating all of our school values. Their fantastic speeches certainly made the voting decision a difficult one! 💭👏

We are incredibly proud of all of our Year 6 candidates for their determination, confidence and aspiration to put themselves forward for this important role. It was wonderful to see so many children challenge themselves and demonstrate their leadership potential. 🌟

🎉 Following the elections, we are delighted to announce our new House Captains! 🥳

- 🔴 **Sahara** – Finlay & Tiarna
- 🟡 **Kilimanjaro** – Jay Jay & Lilah
- 🟢 **Serengeti** – Jolie & Lula
- 🔵 **Zambezi** – Harvey & Cody

We are so excited to see our new House Captains shine in this fantastic opportunity as they develop their leadership skills, take on new responsibilities and inspire their house teams with enthusiasm and spirit! 🙌🤩

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## Class Welcome Meetings

The Kessingland staff team really enjoyed welcoming you and sharing more about our curriculum plans, expectations and routines for the year ahead. It was wonderful to see so many families joining us and we truly value these opportunities to connect and work together to support the children.

If you weren't able to attend, please don't worry as the staff will be publishing the information on our school website very soon and will share a link so that everyone has the chance to access it.

Thank you, as always, for your continued support. We are so excited for the year ahead and all that we will achieve together.

## 🎅 Ho Ho Ho… Christmas is Coming to Kessingland! 🎅 🎄




Can you believe it?! With just 6 weeks until December, it's nearly time to dust off those Christmas jumpers, untangle the fairy lights and get into the festive spirit! ✨🎁 🗓️ Parents and carers… get those diaries at the ready! We've got a wonderfully busy and exciting schedule of Christmas events coming your way and we wouldn't want you to miss a thing! 🎶 🎄 🌟

So, grab your calendars, sharpen those pencils and get ready to pencil in some festive fun! 🖍️🎅 More information about each event will follow nearer the time ❤️ 💚 Let the Christmas countdown begin! 🎄 ✨

## 🎄 🎶 What a morning! 🎶 🎄



Our children were absolute stars as they took part in the recording of our Christmas video! 🌟 They sang, danced and joined in brilliantly – and we have to say, they certainly understood the assignment when it came to the Christmas and colourful outfits (even though we were all a little hot in our Christmas jumpers in September!)

A huge thank you to all of our families for helping the children look so fabulous and for your very generous donations to Save the Children. We are delighted to have raised an amazing £105 for such a worthy cause! ❤️ Well done, everyone! We can't wait to see how the final video turns out! 🎶 🎄

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## Is Your Child Due to Start Reception in September 2027?


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## Kessingland United Working Men's Club

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

*Affiliated to the CIU*

Our Club is getting increasingly busy with our regular Quiz night on the 1st Thursday of every month (nearly sold-out last month again) - £1 of every entrance goes towards the prize money, so very good payouts. The second Race Night was very popular with £1 bets, the payouts for this were extremely good too. Tickets for Quiz Nights and Race Night are available at the Club or just come along. We are regularly doing FREE nights on a Friday with Discos and last Friday we had Geoff Hill, an Entertainer who was enjoyed by many. We have a free Halloween Disco on 30th October (but this will be over by the time you receive this letter).




We had a Medium visit in October, Paul Bannister, nearly 60 people attended and found him amazing, something we might do again so watch this space.

Our next Race Night is 19th November £2.50, come along really good fun (no dog racing). TICKETS AVAILABLE FROM CLUB & TICKET SOURCE.

Our Christmas Craft Fair is 21st November. The Craft Stalls are nearly sold out so will be very good. Come along on the day, FREE ENTRY & find some Christmas gifts or decorations. Refreshments will be served also.

4th December we have Yorkie Karaoke with Andy Yorke FREE ENTRY. Doors open 7pm.

New Years Eve tickets are now on sale at the Club singer TERRY BATT. Give it a go, you can walk home from here - big car park, leave car and pick up next day.




**Music for November**

| | |
|---|---|
| 7th | - Memphis Index |
| 14th | - Terry Batt |
| 21st | - Best of Both |
| 28th | - Just Andy |
| 29th | - Music Night |

**Music for December**

| | |
|---|---|
| 5th | - Lowrider City Rockers |
| 12th | - Steve Alan |
| 19th | - Hi Definition |
| 24th | - Me, Myself & I |

After a slow start to the season our Darts team got back into winning ways and now sit in the top 3 of the table. Another win last night (23rd October) should move us into 2nd and dependant on other results possibly 1st. Also, Ben Barwick has held a "Thought You Couldn't Sing" group on Thursday evenings which have been quite successful. Hopefully this will carry on as everyone found it very enjoyable.

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 is 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.

Please also support our One Lottery – Scan the QR code on our website (www.kuwmc.co.uk) to get your tickets (the Club gets 50%).

# Kessingland Youth Café

## NOVEMBER 2026

***** ***** *****

**Wednesday 4th, 11th, 18th, 25th**
**"Hot Food" available on 18th**

***** ***** *****

Free Activities

Snack Shop




**Time**
6:30pm – 8:30pm

**Age Group**
10yrs to 16yrs

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

Kessingland Parish Council

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

## Report Fraud alert:

Police forces being impersonated in scam calls using 'spoofed' phone numbers

Report Fraud, run by the City of London Police, is urging the public to be sure of who they are talking to following a spike in reports of calls from 'spoofed' police force phone numbers.




Analysis of data from Report Fraud, the national cyber-crime and fraud reporting service, shows that there has been an increase in reports made where the caller has purported to be from a police force from a variety of areas across the country.

The City of London Police itself, the National Lead Force for fraud, has also taken thousands of crime reports of a similar nature.

But in reality, it is a criminal contacting a member of the public, using a 'spoofed' phone number to try and obtain sensitive personal or financial details so that fraud can then go on to be committed. Often, the criminals will claim that the victim will be helping with an investigation by providing the personal or financial information they are asking for.

While a number of calls about this type of fraud has been made to Report Fraud, this is likely to be the tip of the iceberg and a far bigger problem that is not reported, so the full scale is unknown.

Criminals use 'spoofing' software to intentionally cover up their real caller ID and instead, mirror the phone number of a legitimate organisation. They do this to make it appear that calls or text messages are coming from a trusted organisation like the police, banks or government agencies.

These scam calls may use AI technology, be automated or from a real person. Their main goal is to trick you into sharing personal information or to transfer money.

**How to protect yourself**

- Remember that genuine service providers, banks and the police will **NEVER** call asking you to transfer money, share personal financial details or hand over remote control of your computer.
- If you are in any way suspicious, or feel pressured into anything, hang up and take time to check if the call is genuine. Call back on a number you know to be genuine, for example as shown on your utility bills or the back of your card. You can also call **159** to get through to your bank, or **101** for the police.
- Don't trust the Caller ID display on your phone – it's not proof of ID,

**Report a suspicious phone call**

If you've lost money or have been hacked as a result of responding to a phishing message or scam call, you should report it to Report Fraud.

In England, Wales or Northern Ireland, visit **https://www.reportfraud.police.uk/** or call 0300 123 2040. In Scotland, report to Police Scotland by calling **101**. You should also report suspected scam calls by sending a text to **7726** with the word 'Call' and the caller's number.

Learn more about how to spot & report phishing scams by visiting the National Cyber Security Centre website or by following this link **Phishing scams: how to spot and report them | National Cyber Security Centre**

Friendship
Fun
Inspiration

the WI
INSPIRING WOMEN

New members always welcome!

# Kessingland Women's Institute

## Looking to make new friends, have fun and try something new?

Come along to Kessingland W.I. — friendly, welcoming and always something to enjoy!

We meet at Kessingland Working Men's Club
NR33 7QD
on the 2nd Thursday of the month
at 7.30pm.

Visitors £5

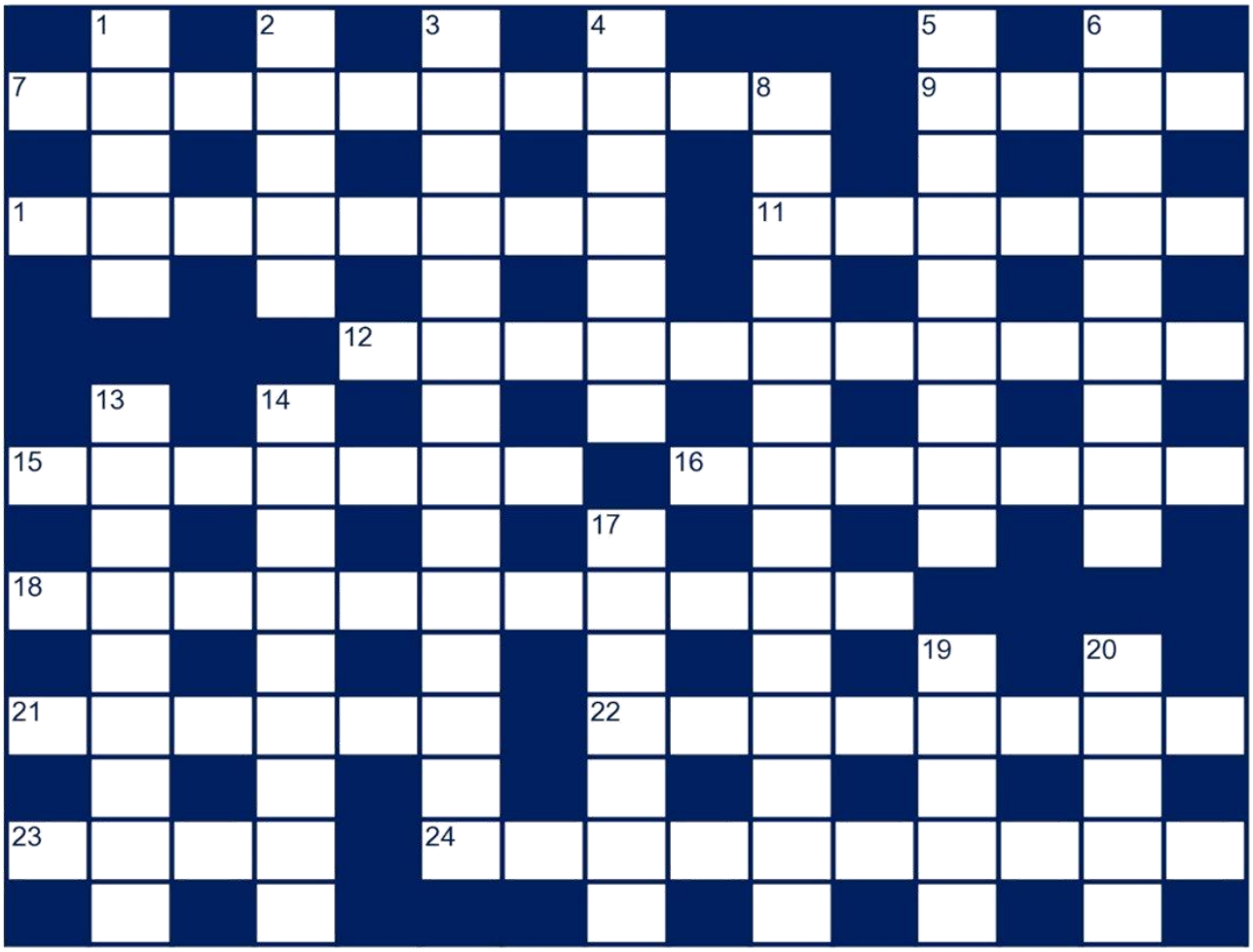
Great speakers
Craft group
Reading group
Lunch club
Walking group
Cinema group
Outings & theatre visits




For more information please contact:

Christine 01502 744255 /
Debbie 07940 419271

No: 101-47



**Across:**

**7** Cause much mayhem (5,5)
**9** Clumsy person's cry (4)
**10** Player's move to another club (8)
**11** Not in a position (to) (6)
**12** Lose a chance (to sail?) (4,3,4)
15 Yacht race meeting (7)
**16** The world of money (7)
**18** Hospital attendees not staying overnight (11)
**21** Very heavy old gun (6)
**22** Male presenter on *Gardners' World* (3,5)
**23** Main colour on Greek flag ((4)
**24** Of a building's make-up (10)

**Down:**

**1** Cornwall's only city (5)
**2** Finnish steam bath (5)
**3** Cartoon set in Bedrock (3,11)
**4** Exploit too much (7)
**5** Large Arctic animal (5,4)
**6** Any domestic electrical tool (9)
**8** Discovered red-handed (6,2,3,3)
**13** Well thought of, renowned (9)
**14** Person who does woodwork (9)
**17** Lying under oath (7)
**19** Admit guilt (3,2)
**20** Butcher's scraps (5)

*Solution, Page 32*

# KESSINGLAND HELP IN NEED TRUST

## CHARITY NUMBER: 242755

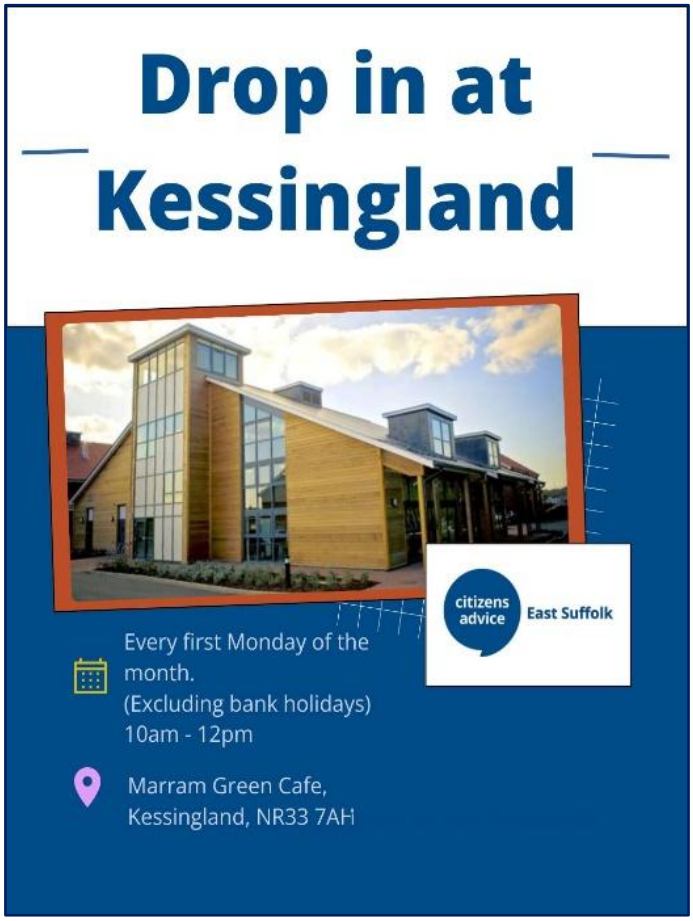
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The Kessingland Help in Need Trust was initially established in 1965 and its objective is to help those in need within the village. The kind of things we are able to help with are:-

- 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 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:

**Suffolk County Council**

For help with Local Welfare Assistance Scheme & Household Support
www.suffolk.gov.uk/costofliving
0345 606 6067

**EASTSUFFOLK COUNCIL**

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

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Kessingland Pharmacy

# 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.

---

Bags of Taste

## 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@bagsoftaste.org**
or sign up online:
**https://bagsoftaste.org/students**

EASTSUFFOLK COUNCIL

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# 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**
Fornightly Wednesday
10:00 - 11:30

Need more info? Email us at:
**Wendy.Jinkerson@suffolk.gov.uk**

Suffolk Community Libraries | Suffolk County Council

# 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**

Reets and Wings

Last Wednesday of the month,
1-2:30
Kirkley church hall, St Peter's road, NR33 0LJ

LOWESTOFT & WAVENEY BREASTFEEDING SUPPORT

---

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

MN Well Child 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

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EAST SUFFOLK COUNCIL

**HOLIDAY ACTIVITY FOOD**

## Free School Meal Eligibility Support has changed

**Only young people receiving Targeted Free School Meals are eligible for funded HAF places.**

Not sure if you're eligible? Our Community Help Hub can help you check and reapply if needed.

BEST START IN LIFE | UK Government | Suffolk County Council

**Our Community Help Hub is here to help you.**

Please contact them to check if your child has been moved to targeted Free School Meals, or if you need to reapply.

You can complete an online referral form to access support from the Community Help Hub or call our Customer Service Team on 0333 016 2000 and ask for the Community Help Hub.

**Access the right support:**

www.eastsuffolk.gov.uk/community-initiatives/community-help-hub

# ST. EDMUND'S CHURCH, KESSINGLAND
# REMEMBRANCE SERVICES 2026



## REMEMBRANCE SUNDAY
8 NOVEMBER
10:45 AM

.....

## ARMISTICE DAY AT THE WAR MEMORIAL
11 NOVEMBER
10:45 AM

*Lest we Forget*


ACE
ARTS COMMUNITY EAST
Creative Minds
Stronger Communities
Brighter Futures
NATIONAL
SATURDAY
CLUBS
Starting soon.
Dates to be advised.
FREE
ARTS & CRAFTS
LIFE SKILLS
GAMES
FUN ACTIVITIES
for children aged
13-16 YEAR OLDS.
3 Commercial Road, Lowestoft, NR32 2TD
07432678838
for enquiries
artscommunityeast @gmail.com
Scan to sign up!


Together in Harmony
Pakefield Singers
Registered Charity Number 1141091
Patron: Zeb Soanes Broadcaster and Author
presents
SONGS WE LOVE
Some of our favourites past and present, including Jenkins' The Armed Man
Conductor - Vetta Wise
Piano - Terry Cunnane
Saturday 21st November 2026 - 7.30pm
Pakefield Church, Lowestoft, NR33 0JZ
Tickets - £12 (age 16 and under free)
Book now
ticketsource www.ticketsource.co.uk/pakefield-singers
and on the door
See www.pakefieldsingers.com and follow us on Facebook


KESSINGLAND
WORKING MENS CLUB
PRESENTS
YORKIE KARAOKE
WITH ANDY YORK
FRIDAY 4TH DECEMBER 2026
DOORS OPEN 7PM
SINGING STARTS 7.30PM
Wireless Microphones
Key change options
Over 70,000 fully licenced songs
★ FREE ENTRY FOR MEMBERS AND NON MEMBERS! ★
KESSINGLAND WORKING MENS CLUB
The Avenue, Kessingland NR33 7QD


Pakefield Church
invites you to listen to
AURORA CONSORT
directed by
Vetta Wise
Pakefield Church
NR33 0JZ
what3words
Bookmark.Heaven.Star
On Saturday 7th November
at 4pm
Refreshments available from 3.45pm
Retiring collection for Pakefield Church Improvement Fund
SCAN ME for directions


Lib Christmas FAIR
Raising money for the L.I.B dogs
Hosted by
Diana & John
07522 683031
Orchard Villa
Orchard Terrace
Kirkley
Access via Clifton road
Friday
20 Nov
2 - 7pm
Bric a brac
Clothes shoes bags
Second hand Doggy stall
The pet tank & Dog gifts
Niki's leads
Guess the weight of the cake
Name the dog
Beautiful crafts & gifts
Refreshments and cake
Mulled wine
Delicious Hot food
Tombola
All proceeds go towards helping the L.I.B dogs


JOIN US FOR OUR
CHRISTMAS
Craft Fair
KESSINGLAND UNITED WORKING MENS CLUB
SATURDAY
NOVEMBER
21ST
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


Craft Stall Owners...
We're Having a
Christmas Fair
at
Marram Green
Kessingland
Saturday 5th 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
Handmade with
To book a pitch call
01502 744382
Mon - Fri 9am till 1pm


Suffolk Wildlife Trust
Carlton Marshes Nature Reserve
CHRISTMAS CRAFT FAIR
Join us at the beginning of the festive season to buy unique, locally produced crafts and gifts whilst supporting wildlife conservation.
Saturday 21st - Sunday 22nd November
Carlton Marshes Visitor Centre, Burnt Hill Lane, Carlton Colville, Lowestoft, NR33 8HU.
Timed visits at 10am, 11:30am, 1pm & 2:30pm.
£3 per booking.
Book your time slot online at:
suffolkwildlifetrust.org/events
or scan the QR code below.

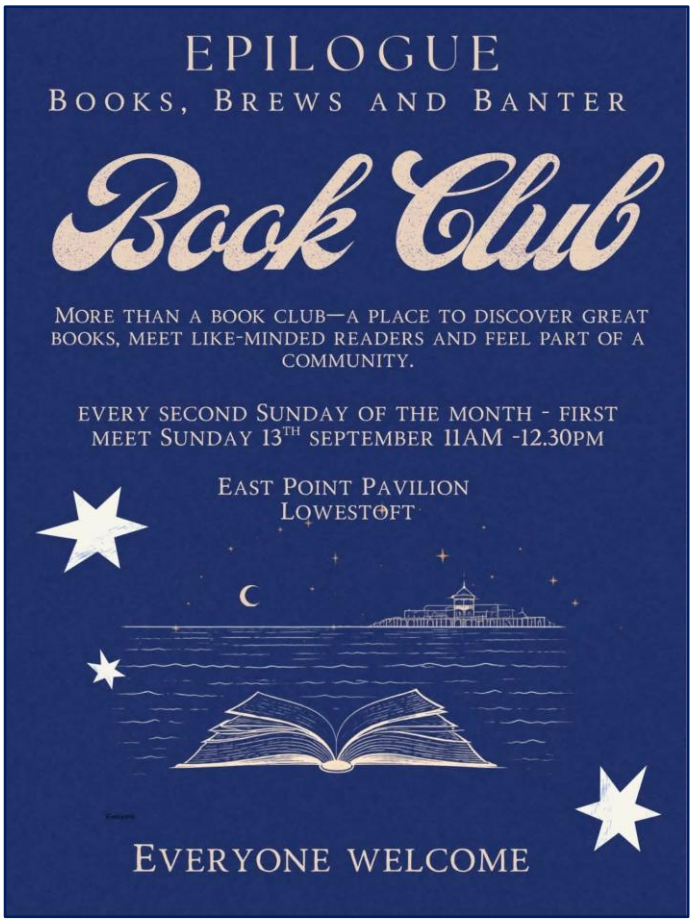

Warren Association
Charity Number 289578
Christmas
Craft Fayre
Saturday 28th Nov 2026
WARREN SCHOOL CLARKES LANE
OULTON BROAD NR338HT
FREE ENTRY, HANDMADE CRAFTS AND UNIQUE GIFTS, RAFFLE, BAKED GOODS, REFRESHMENTS AND VISIT SANTA IN HIS GROTTO
11AM - 3PM
WARREN ASSOCIATION TRUST
Visit us on


Christmas
Craft Fayre
Hosted by
Patch Fabrics
Hotel Victoria, Lowestoft
Sunday 8th November
11-3pm
FREE ENTRY
Come & join us with over 20+ craft stalls.
Start your Christmas shopping early!


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


GIFTS • FOOD • CRAFTS • MORE
UNIQUE GIFTS HANDMADE TREASURES & MORE!
Christmas
BAZAAR
Home Baking and Refreshments
SAT, NOV 14
2-4 PM
KESSINGLAND METHODIST CHURCH
NR33 7PN
FOOD • GIFTS • CRAFTS • RAFFLE & TOMBOLA




## 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

**suffolkcommunitylibraries.co.uk**

Suffolk Community Libraries | Suffolk County Council

## 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**

**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.**

THE WAY TO GO

Suffolk County Council

Supported by Active Travel England

## Free walking activities in Lowestoft

**Introductory walking group**
From couch to 2 miles
Dip Farm
Thursdays | 10:00

**Moderate walking group**
Up to 4 miles
Dip Farm
Thursdays | 10:00

**Memory loss and dementia walks**
Nicholas Everitt Park
Mondays | 10:00

**Wildlife walks**
A moderate walk led by a local ecologist
Carlton Marshes
Tuesdays | 10:00

**Parent & baby/toddler walks**
Led walk for parents and carers with children in pushchairs or slings
East Point Pavilion
Tuesdays | 10:00

**Community group walks**
Nicholas Everitt Park
Tuesdays | 13:30
Dip Farm
Thursdays | 13:30

**Cuppa and a stroll**
A slow and steady pace
Sparrows Nest
Tuesdays | 13:30

**Interested in finding out more?**
Visit our website walkingandcyclinginsuffolk.org.uk or scan the QR code
Email thewaytogosuffolk@suffolk.gov.uk or call 01473 260060
Please note that all bookings must be made in advance.

THE WAY TO GO

Suffolk County Council

Supported by Active Travel England

## Free cycling activities in Lowestoft

**Learn to ride**
Beginners' sessions in an off-road area
Dip Farm
Mondays | 10:00 and 11:00

**Moderate cycling group**
Routes up to 6 miles
Riverside
Wednesdays | 10:00 and 13:30

**Competent cycling group**
Routes 6+ miles
Riverside
Wednesdays | 10:00 and 13:30

**Cycling for health**
An 8-week course covering national cycling standards up to 2 miles
Nicholas Everitt Park
Mondays | 10:00
Riverside
Wednesdays | 10:00 and 13:30
James Paget Hospital
Wednesdays | 18:00

**Friday cycling challenge**
A weekly led ride covering 15-20 miles into the Suffolk countryside
Riverside
Fridays | 10:00

**Interested in finding out more?**
Visit our website walkingandcyclinginsuffolk.org.uk or scan the QR code
Email 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.

THE WAY TO GO

Suffolk County Council

Dementia Friends

# Dementia wellbeing walks

## Join us for a gentle dementia-friendly walk

**WHEN?** Every Monday between 10am and 12pm
**WHERE?** Nicholas Everitt park (outside The Old Dairy cafe)

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



Scan the QR code to contact us

Supported by Active Travel England

Email: thewaytogosuffolk@suffolk.gov.uk
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**.

THE WAY TO GO

Suffolk County Council

Supported by Active Travel England

# Discover the wild side of Lowestoft

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

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

**Where and when?**

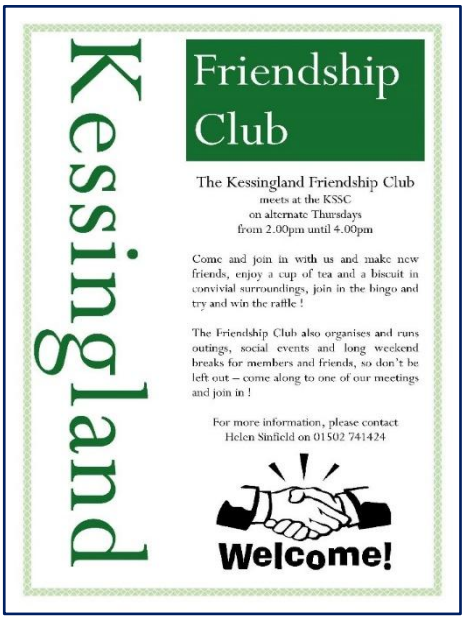
**Meet at Carlton Marshes Visitor Centre every Tuesday at 10:00**
(transport can be provided)

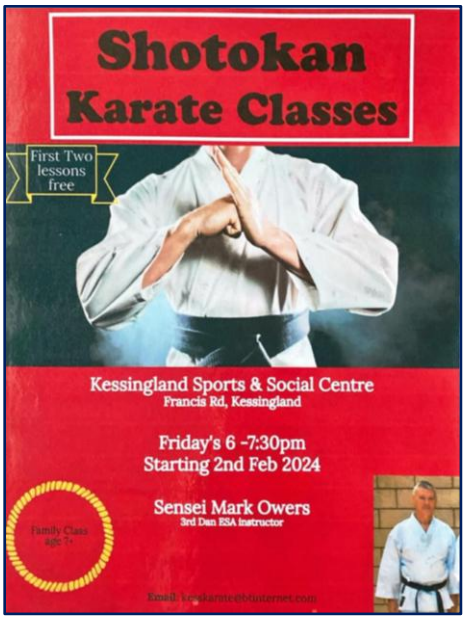


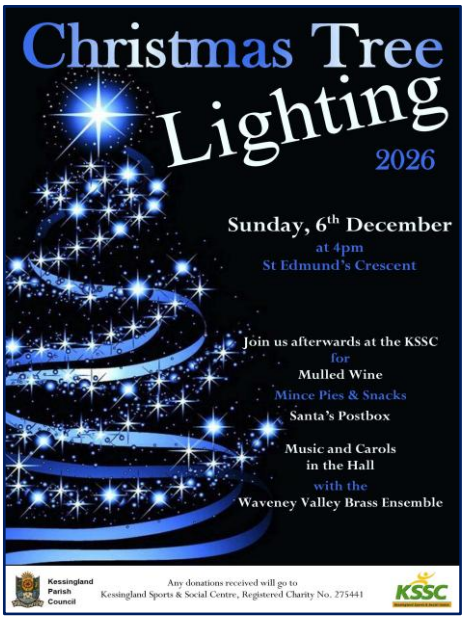




**Interested in finding out more?**
Visit our website **walkingandcyclinginsuffolk.org.uk** or scan the QR code
Email **thewaytogosuffolk@suffolk.gov.uk** or call **01473 260060**
Please note that all bookings must be made in advance.













## 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
6:00 – 7:00pm: Pilates
7:30 – 10:00pm: 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**

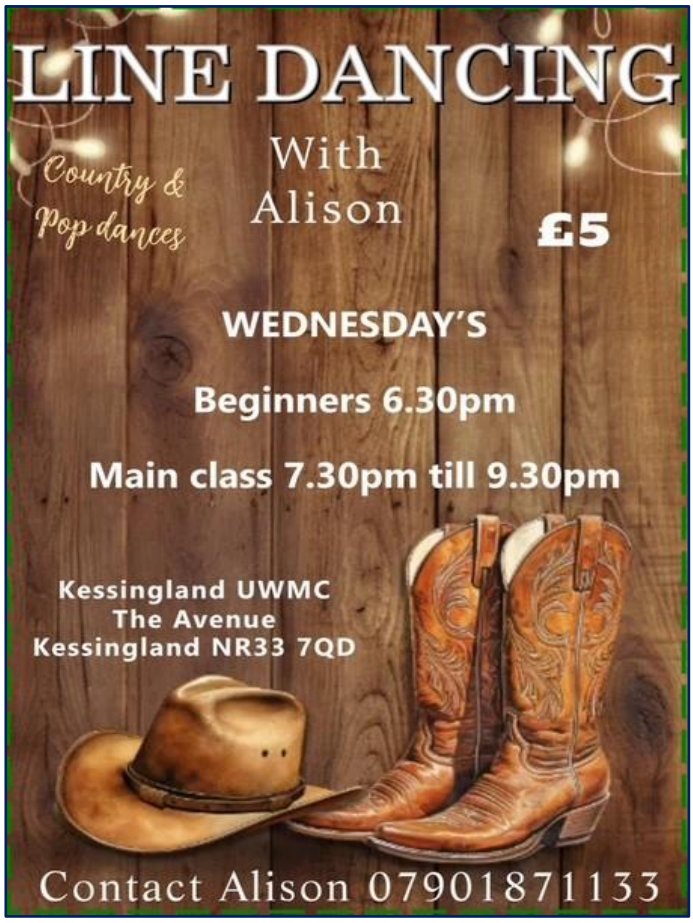
## Community Noticeboard
**Activities & Groups: Kessingland United Working Men's Club**









# 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**

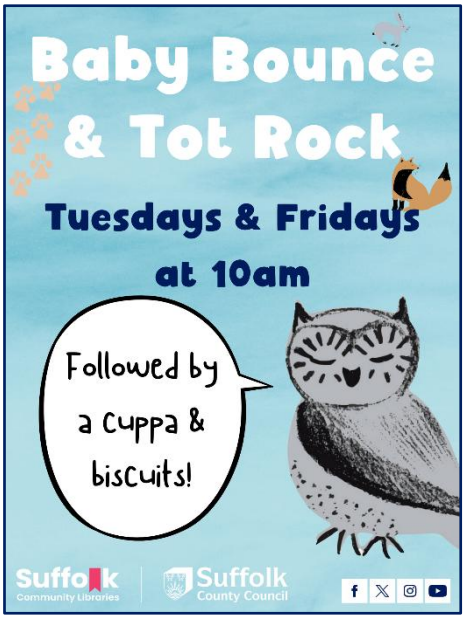
Suffolk Community Libraries | Suffolk County Council

## 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




## 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







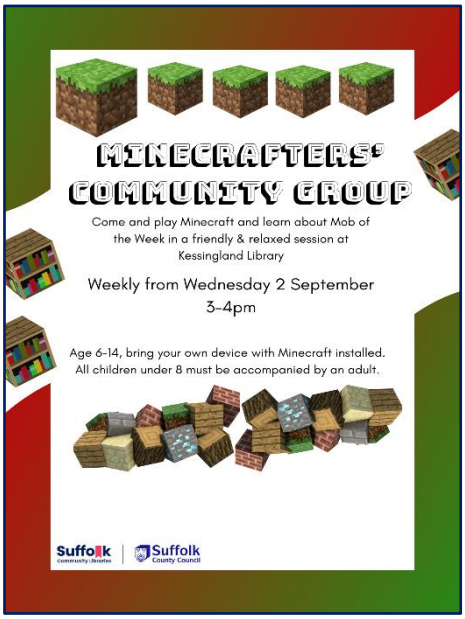


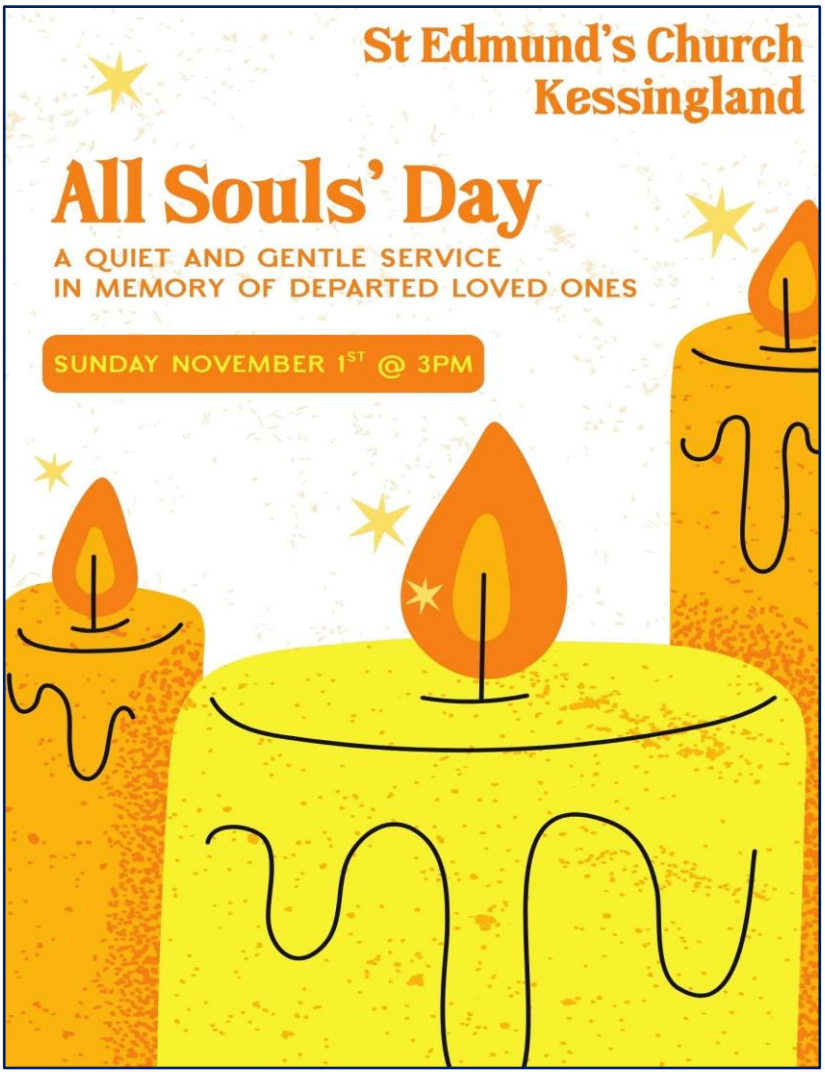
## Other Groups at Marram Green:

**Mondays:**
- Friendship Coffee Morning (Community Lounge) 10am – 12pm

**Wednesdays:**
- Bingo (Spinnaker Room) 1pm – 3pm

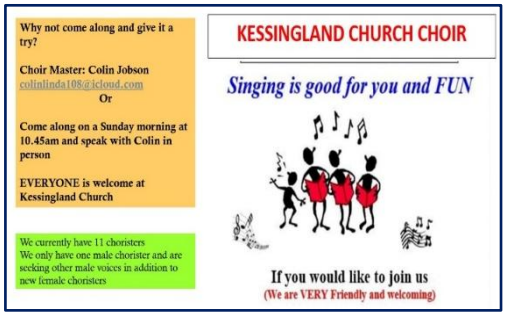
**Saturdays:**
- Yoga with Aleyna (Spinnaker Room) 9:15am – 10:15am







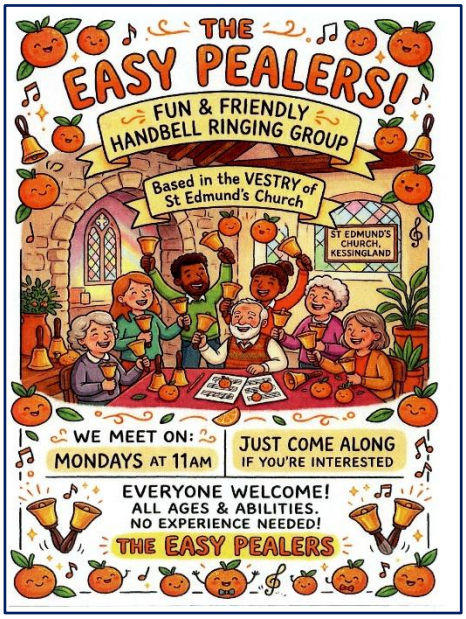










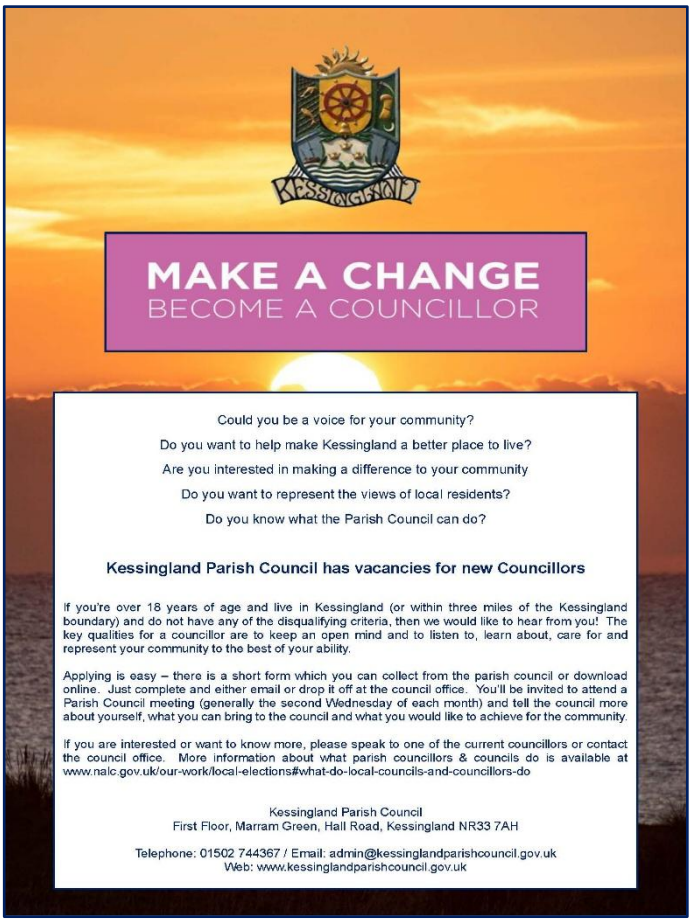







*To hire the Church Centre, please contact Pat Briggs on 01502 740478*

# Volunteering Opportunities












## Volunteering Opportunities












## 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 **December 2026.**

A limited number of printed copies of the Newsletter are available for a small donation (to help towards printing costs) from the Library, Parish Council Office and The Beach Hut.




### Crossword Solution 101-47

**ACROSS:** **7** Wreak havoc **9** Oops **10** Transfer **11** Unable **12** Miss the boat **15** Regatta **16** Finance **18** Outpatients **21** Cannon **22** Joe Swift **23** Blue **24** Structural

**DOWN:** **1** Truro **2** Sauna **3** *The Flintstones* **4** Overuse **5** Polar bear **6** Appliance **8** Caught in the act **13** Reputable **14** Carpenter **17** Perjury **19** Own up **20** Offal