

# ASSINGTON

## NEWS



JULY 2021

# CLUBS & ORGANISATIONS (useful numbers)

If your club or organisation is not listed here and you would like to be included, then please let me know on 01787 210354 or email [bronwenstacey@btinternet.com](mailto:bronwenstacey@btinternet.com)

Allotments Secretary	Claire Osborne	07920 800108
Assington Books, Village Hall (see post office for times)	Michelle Bourner	07954 221773
Assington Farmshop	Maxine Gardiner	01787 211610
Assington Post Office, Village Hall	Mon 1.30-3.30,	Wed 9-12
Assington Village Charity Secretary	Claire Osborne	07920 800108
Boxford CEVC Primary School ( <a href="mailto:office@boxford.suffolk.sch.uk">office@boxford.suffolk.sch.uk</a> )	Head: Mrs J Davies	01787 210332
Brownies, Boxford	Moira Grant	01787 211513
Church, Children's activities	Michelle Bourner	07954 221773
Church - Organist	Bronwen Stacey	01787 210354
Church - Reader	Dr John Symons	01787 211534
Church - Secretary	Emily Cartlidge	07976724266
Church - Treasurer	Ian Clark	01787 211133
Churchwarden	Roger Britcher	01787 211021
Churchwarden	Bronwen Stacey	01787 210354
Community Choir	Nettie Osman	07957 394780
County Councillor ( <a href="mailto:james.finch@suffolk.gov.uk">james.finch@suffolk.gov.uk</a> )	James Finch	01473 264993
District Councillor (Assington)	Lee Parker	01787 376073
Doctors surgery – Sudbury	Hardwicke House	01787 310000
Doctors surgery – Bures	Bures	01787 227529
Fleece Jazz, Stoke by Nayland Hotel - <a href="http://www.fleecejazz.org.uk">www.fleecejazz.org.uk</a>	Stoke by Nayland	01787 211865
Footpath Wardens	Paul & Cynthia Hollingsworth	01787 211620
Horticultural Society	Bryn Hurren	01787 210854
Leavenheath Cinema	Ken	01206 263266
Member of Parliament ( <a href="mailto:james.cartlidge.mp@parliament.uk">james.cartlidge.mp@parliament.uk</a> )	James Cartlidge	020 7219 4875
Parish Council	Simon Thorogood	01787 227400
<a href="mailto:bronwenstacey@btinternet.com">bronwenstacey@btinternet.com</a>	Bronwen Stacey	01787 210354
<a href="mailto:john@moorsfarm.com">john@moorsfarm.com</a>	John Symons	01787 211534
<a href="mailto:rosemarysymonds42@gmail.com">rosemarysymonds42@gmail.com</a>	Rose Symonds	01787 229100
<a href="mailto:hwallace58@gmail.com">hwallace58@gmail.com</a>	Helen Wallace	01787 211162
<a href="mailto:i.jordan741@btinternet.com">i.jordan741@btinternet.com</a>	Ian Jordan	01787 211609
<a href="mailto:andrewpeterhill@hotmail.com">andrewpeterhill@hotmail.com</a>	Andrew Hill	01787 827112
Parish Council - Clerk, ( <a href="mailto:assingtonpc@yahoo.com">assingtonpc@yahoo.com</a> )	Christine Hargan	01449 674727
Pub – The Shoulder of Mutton		01787 210334
Vicar ( <a href="mailto:steve.morley@btinternet.com">steve.morley@btinternet.com</a> )	Steve Morley	01787 227407
Village Hall – Bookings ( <a href="mailto:louisa@moorsfarm.com">louisa@moorsfarm.com</a> )	Louisa Symons	01787 211534
Village Hall - Caretaker	Paul Battle	07473 933320
Womens Institute, Boxford ( <a href="mailto:annie-phillips@hotmail.co.uk">annie-phillips@hotmail.co.uk</a> )	Annie Phillips	01787 211729

The Assington News is a community magazine funded primarily through adverts and donations, for which we are always most grateful.  
**ADVERTS. RATES pa : £20 for 1/8 size page advert, £35 for 1/4 page advert, £60 for 1/2 page advert. Contact Bob Cowlin 01787 229955**  
**Bank Account details for payments and donations: Account no: 01345159. Sort Code: 30 - 98 - 31.**

**The ASSINGTON NEWS** NOW IN COLOUR ONLINE at <http://assington.onesuffolk.net/assington-news/>

Front Cover Photograph by: Bronwen Stacey

Editor	Bronwen Stacey, 01787 210354, email <a href="mailto:bronwenstacey@btinternet.com">bronwenstacey@btinternet.com</a>
Treasurer	Bob Cowlin, 01787 229955, <a href="mailto:bob.cowlin@assingtonmill.com">bob.cowlin@assingtonmill.com</a>
Distributors	David & Ann Jarrett, Judy Bourner, Bryn Hurren & Lisa Brooks, Zoe Laughton, Matthew Green, Ian Jordan, Jacqui Egglestone, Rose Symonds
Printer	Indigo Ross Design & Print Ltd, Sudbury 01787 880 260 <a href="mailto:hello@indigoross.co.uk">hello@indigoross.co.uk</a>
Auditor	Ian Clark, 01787 211133

# DICK CHATTERS 1925-2021 MARY CHATTERS 1932-2020

From Deborah, Denise, Susan and Mark.

He met Mary in 1954 and they were married in Saint Mary's Church Bures in 1956. Later that year they then moved to Assington to live at Kiln Cottage, as Mary was by then teaching at Assington school. Dick then began working at Moors Farm, he continued to work on local farms for all of his working life. Kiln cottage remained their beloved home until the end of their lives.



Mary taught at Polstead school from 1963 until 1990. She passed away at home last October after a short illness.

Dick and Mary had four children. They both loved being surrounded by the natural world and Dick was a keen gardener, growing both vegetables and flowers at Kiln cottage.

Both Mary and Dick took a great deal of

pride in their cottage garden, spending much of their long retirement enjoying their garden and local walks with their six grandchildren and Stella their adored dalmatian.

Dick was born in Belchamp Walter a little village 3 miles west of Sudbury. He often liked to reminisce about his happy childhood growing up in the beautiful countryside with his many siblings as playmates. He left school at fourteen to work at 'the pumping station'. In 1942 he served in the navy until the end of the war in 1945.



Force "PLUTO"

1942 — 1945

H.M.T. "CEDAR"

Dear *Chatters*

Now that Force "PLUTO" is being disbanded, I want to thank you personally for your loyal and cheerful service with me in this Enterprise.

Our work has been unique and has made History and it has also contributed very considerably to the effectiveness of our Army and that of the United States in Europe.

I feel that the Force has been a very happy one and I hope that in the future we may remain in spirit "a band of brothers."

Do not forget your experiences and keep in mind the things you have learned. In the difficult days ahead you will find that good comradeship and good seamanship will be a great help.

I am proud to have commanded so fine a force, largely drawn from the Merchant Navy, and in saying Good-bye, I will add my best wishes for your future happiness and prosperity.

Yours very sincerely,

*J. F. Butcher*

Captain Royal Navy,  
Senior Naval Officer, Commanding Force "PLUTO."

## GRAYHAM HOGGER

*Free local delivery*

(Baileys, Allen & Page, Dobson & Horrell, Saracen, Naf)

**HORSE/ANIMAL FEED & BEDDING  
HAY, HAYLAGE & STRAW  
MUSHROOM COMPOST  
SHAVINGS & HORSE-FEED  
(Large and small bales)**

**GRAYHAM HOGGER**  
**TEL: 01787 210074 or 07860 536899**

## ASSINGTON COUNTRY KITCHEN

Prop. Annie Reidy – Malcolm Long

**OPEN 7 DAYS A WEEK**

**Mon/Sat – 9-4.30; Sun 10-4**

Bookings: 01787 210242

[Anniereidy1@btinternet.com](mailto:Anniereidy1@btinternet.com)

[malcolmlong1@btinternet.com](mailto:malcolmlong1@btinternet.com)

[www.assingtoncountrykitchen.com](http://www.assingtoncountrykitchen.com)

[www.thebarnassington.com](http://www.thebarnassington.com)



## JULES FLORIST

The Barn, The Street, CO10 5LW

*Flowers for all occasions*

Julie – 07979 676869

01787 211695

Email - [Julieivory10@gmail.com](mailto:Julieivory10@gmail.com)

## DANIEL ECUYER THATCHERS

MASTER THATCHER

*Long straw & water reed*

(Free quotes for thatch owners)

Briars, Dyers Lane, Assington

**01787 210252 or 07956 585133**

[ecuyerthatchers@gmail.com](mailto:ecuyerthatchers@gmail.com)

## BOXTED METHODIST SILVER BAND

*New players always welcome,  
any age, any ability*

*(Rehearsal Wednesdays 7.30)*

*Contact: Mrs Petter*

*07803 935688*

*[www.bmsb.co.uk](http://www.bmsb.co.uk)*

## WARNER LOG SUPPLIES LTD.

Suppliers of seasoned firewood

**DICK WARNER**

**Tel: 01206 579881**

**Mobile: 07860 255326**

## Boutiqueprint

Latex wide format printers & decals

PVC Banners

Posters

Retail Signage

Wallpapers

Vehicle Wraps

Vinyl Decal

Tel: Assington 212379

Email: [duncan@boutiqueprint.co.uk](mailto:duncan@boutiqueprint.co.uk)

## LOCAL ASSINGTON ARTISTS' OPEN STUDIOS

Resident artists including Belinda King opened their studios over the weekend of 5<sup>th</sup>/6<sup>th</sup> June under the restrictions imposed by Covid-19.

Although the number of visitors was down on previous years, about fifty members of the public were able to see the Artists' paintings, jewellery, prints and pottery and walk in their beautiful gardens.

The weather was kind and for some people it was the first time they had been out to another house for twelve months. Despite the best efforts of Test&Trace, and to everyone's great relief, no one has been asked to self-isolate as a result of the weekend contacts!

The village is fortunate to have such talented people living among us. Let us hope that more local residents will be able to see their work in the future.



**Tree Tops In Sunshine** Oil on canvas By Belinda King

## THE WHITE LADY By Leonard Dubkin (1952)

From Ellie Mead

This unique and extraordinary book was recommended to me by my Aunt Rosemary Mead (founder of Tiger Hill Nature Reserve). She had read the book in the 50s when her mother borrowed a copy from the library. In her latter years she sought to acquire her own copy and eventually one was found for her via the internet. I have that copy before me now: a paperback priced at 2/- (shillings\*) and subtitled: The delightful study of a rare albino bat.

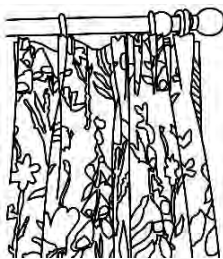


The author was a journalist and naturalist from Chicago. He was known for his writings on urban wildlife. The White Lady tells the true story of his encounter with a colony of bats which he literally stumbles across on wasteland in the city. Visiting the bats almost daily his mind filled with questions which he hoped to answer by close observation. He is privileged to witness the birth of a female bat who lacks the brown pigmentation of her fellows. He names this albino bat the White Lady and her colouring enables him to pick her out from all the others and thus study her. Dubkin even takes the White Lady home to observe her more closely, returning her to the colony every day. His mother is horrified by her son's obsession and cannot bear to be near the White Lady. There is comedy and near tragedy here, together with some deep thoughts on the nature of existence, and methods of scientific study. There are enigmatic twists and turns as Dubkin considers the nature of consciousness in ourselves and other creatures.

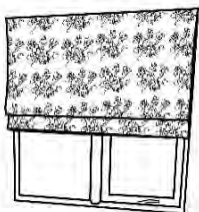
The final denouement is a rallying cry for conservation and the preservation of 'green' spaces in our urban areas, a cry we hear today with greater volume than ever before. This book is out of print but occasional copies do surface from online or second-hand booksellers.

(\*Editor's note: two shillings in 'old money' = 10p today)

# Little House Designs



Based at Cootes Cottage, Assington, I specialise in machine embroidery and design. With 40 years experience working in textiles I can help you refresh your home with new curtains, blinds and personalised items including cushions & framed embroidery.



I can visit you in your home to discuss your requirements or you are very welcome to come to see me at the cottage. I can show you examples of my work, fabric books and colour options, talk through different ideas and give you a quote without obligation.



If you have any ideas you would like to discuss, or want some help to create the look you are after, please don't hesitate to contact me.

Jacqui Egglestone  
01787 211154  
07770 520198  
jacqui@littlehousedesigns.co.uk  
littlehousedesigns.co.uk



at The Barn, Assington

- Home Accessories
- Soft Furnishings
- Furniture & Lighting
- Gifts & Cards
- Boutique Fashion
- Annie Sloan Chalk Paint Stockist
- Workshops



www.littlegemsinteriors.co.uk  
01787 210951

# ASSINGTON HORTICULTURAL SHOW 22nd August 2021 Village Hall 2pm-4pm

Confirmation once again, that all being well, this year's show will be run from Assington Village Hall on 22<sup>nd</sup> August. **Entries across all classes can be brought for exhibition and judging between the hours of 8.30 – 10.30 am**

and the show itself will be open to walk around and view between 2.00. – 4.00.pm. when prizes will be awarded and the raffle drawn.

It is hoped that this show will be back to its usual format with some limited opportunity for around twelve open classes to attract interest from growers, producers and crafters from neighbouring villages within a ten mile radius. This we hope will make the show more attractive, but leaving the original concept intact.

If we are still in national restrictions due to the Pandemic then we will make use of the tent option again either in part or as the sole venue.

All classes for growing fruit and vegetables along with flowers and the usual production of baking, cooking, preserving, household and craft classes will be held and hopefully as many entries as possible will be entered to make this a really good family show enjoyable to all, whether you are a new person to the village or a longer standing parishioner.

Please don't be afraid to enter as this is a friendly light hearted show and is designed to bring the village together and raise money for the village hall and newsletter charities.

The show will be run in conjunction with the now well established **annual Scarecrow competition**. This attracted record entries last year with a stunning level of expertise to make this a really stunning competition, and a really hard to judge final winner of the Owl and Pussycat from Anna and Andrew from along the street. Get your old clothes and gladrags ready.

The Show itinerary will be published and delivered to every house in June and we will publish a new brochure on the Assington Facebook Noticeboard very soon as a reminder of what to grow, make and prepare in the coming weeks.

Good luck and let's celebrate a better year with the fruits of our labours and culinary expertise in a lovely fun way. Proceeds from this event will be split between funds for our newsletter and village hall. Maybe someone can be persuaded to run a barbecue for everyone.

Good Luck to All. **Bryn and the Team.**

Further to the above we still have a few potted growing sunflowers available on the allotment, now already over 600mm tall for anyone under 16 to grow on and enter into the junior tallest sunflower class. Also a few remaining Jostaberry fruit bushes for starting a fruit garden. See Bryn or Lisa to arrange pick up for these.



Some reminders of last year's Show



some reminders of last year's scarecrows



Reopening!

Hopefully we are now up and running but check out local village Facebook pages for latest information.

Mums, dads, grandparents, carers and childminders living in and around Assington ... bring your little ones to an accompanied babies and toddlers group in the lovely, airy Village Hall. Held twice a month from 9.30 - 11.00 am, at £3 per family.

Planned dates are:

Thursday 8th July, continuing in September after the summer holidays.

Do contact me, Revd Tricia Box, if you are interested or would like to help:  
01787 227528 or 07747 124592

# Ventanilla Blinds

---

**Conservatory Blinds - Day and Night Blinds**

**Rollers - Verticals - Roman - Pleated**

**Wooden, Faux Wood & Metal Venetians**

**Sheer Rollers - Blackout Blinds**

**Perfect Fit Pleated, Roller & Venetian**

---

**Contact Mike for a fast and friendly service**

**01787 313677 or 07966 371963**

**[www.ventanillablinds.com](http://www.ventanillablinds.com)**

# THINGS TO DO AND DIARY DATES



## ANYONE FOR (TABLE) TENNIS?

We are hoping to set up a table tennis club in the village hall.

The club will be open to everyone, from raw beginners to polished pros.

Currently we are gauging the level of interest. So, if you are interested, please let us know by sending an email to

[assingtontabletennis@gmail.com](mailto:assingtontabletennis@gmail.com)

and we will keep you updated.

Steve Betts, Bryn Edwards and Catherine Harrison

## Join the Village Speedwatch Team (see page 13)

if you would like to join the Speedwatch group, please contact the Parish Clerk ([assingtonPC@yahoo.com](mailto:assingtonPC@yahoo.com)).

## HAPPYSOUNDS CHOIR

In May, the Choir had a last-minute hitch in the plans to re-start in person, as the Government guidance re singing changed at the 11th hour, meaning that were not allowed to meet indoors in groups of more than 6. At the time of going to

press, we are, however, able to meet

outside in groups of up to 30. So, while the

weather is good, we are singing every Thursday evening in a farmyard, generously offered by one of our members!



We have a fundraising concert at the Quay Theatre to look forwards to later in the year (restrictions permitting), and of course a performance at the Assington Fete, so we are making the most of the opportunity to sing together.

If you'd like to come and join us, please go to the contact page at [www.happysounds.co.uk](http://www.happysounds.co.uk) and drop me a line. Obviously places are somewhat limited for the time being, but do get in touch!

## REMINDER

The next  
**Assington News**  
will be a joint August/September  
edition

Please remember to get any copy for both  
August and September to the editor by  
deadline **15th July**

## The Assington Horticultural Show Sunday 22 August at the Village Hall

\*\*\*\*\*

## Assington Church Fete and Raffle Saturday 4 September

at the Village Hall and playing field

followed by early evening village **BBQ**

\*\*\*\*\*

## ASSINGTON RAINFALL AND TEMPERATURES

Bill Milner and Bob Cowlin

2016 **TOTAL** 599.5

2017 **TOTAL** 571

2018 **TOTAL** 559

2019 **TOTAL** 597

2020 **TOTAL** 636

\*\*\*\*\*

2018	mm	max	min
JAN	60.5	11°C	-3°C
FEB	41	9°C	-8°C
MAR	74	14°C	-5°C
APR	49.5	26.5°C	+1°C
MAY	38.5	27°C	+0.5°C

\*\*\*\*\*

2019	mm	max	min
JAN	23.5	9°C	-8°C
FEB	19.5	16°C	-5°C
MAR	44	19°C	-3°C
APR	18.5	24°C	-3°C
MAY	54	26°C	+1°C
JUNE	94.5	29°C	5°C
JULY	36.5	34.5°C	6.5°C
AUG	31.5	31°C	7°C
SEP	37.5	24°C	2°C
OCT	90	18 °C	-2°C
NOV	69.5	12 °C	-5°C
DEC	78	10 °C	-5°C

\*\*\*\*\*

2020	mm	max	min
JAN	33.5	10 C	-5°C
FEB	56	11°C	-3°C
MAR	21	14°C	-5°C
APR	22	23°C	-1°C
MAY	5.5	27°C	-2.5°C
JUNE	50	28°C	+2°C
JULY	58	30°C	6°C
AUG	109	32°C	4°C
SEP	25.5	27°C	5°C
OCT	110	14°C	2°C
NOV	33	14°C	-4°C
DEC	102.5	10°C	-5°C

\*\*\*\*\*

2021	mm	max	min
JAN	89	10°C	-5.5°C
FEB	34	14°C	-7°C
MAR	26	20°C	-3°C
APR	1	15°C	-5°C
MAY	78.1	25°C	-2.5°C

# NATURE WATCH

We're looking for someone who would be interested in helping us at Tiger Hill and Gazley Gate, with monitoring and/or work on the Nature Reserve.

PLEASE SEE THE POSTER OPPOSITE

Would you be interested, or do you know someone who may be?

Nick Miller

Tiger Hill Cottage, Wormingford Road, Assington.

\*\*\*\*\*

After a mild March, some of the Bluebells and other flowers got off to an early start in April, but then the cold and dry held off the main flowering until very late!

Trees were in leaf very early, especially Ash and Oak which for once came into leaf at the same time. But then very many Oaks were completely defoliated by caterpillars, with the second leaves not emerging until June. Lady's Smock has been abundant in places.

Spouses Grove has been looking very good this Spring. The new coppice is re-growing vigorously, and has brought much more light and variety, also birdsong. By contrast, more Skylark and Yellowhammer activity might have been expected on the field towards Gedding Hall.

Beside the boardwalk to Leavenheath, the show of Kingcups was superb, they had been lost there for many years, due to growth of Bramble. The pond in Spouses Vale has been alive with Frog tadpoles this year. Thankfully a Nightingale sang nearby again, though its arrival was exceptionally late, not until the end of May. Calling Cuckoos have been some compensation perhaps, for the almost complete absence locally of Nightingale. There have been no House-Martin nests this year in the Vicary estate.

Bird-ringing near Arger Fen has resulted in netting a Garden Warbler, several Whitethroats, Chiffchaff, Blackcap, 4 Bullfinches, and Reed Bunting.



A male blackcap

But not until 27th May, was there success with the song of an exceptionally late-arriving Nightingale and Reed warblers. If the Nightingale is netted, it will be interesting to see whether it's one that's previously been ringed there.

On surrounding land there were a good selection of warblers and several pairs of Skylark.

**From Nick Miller**

(Thanks to *Debbie Ping* for all that very welcome information.)

**Stephen King** describes the pleasures of a recent half-hour walk in Assington - "I saw no owls at the nest box, but a badger ambled by, a deer was barking behind me, a cuckoo calling and then flying fast across from the valley towards The Thicks, and a blackbird singing above my head. A dog walker had heard scrabbling sounds from the owl-box overhead when she walked by a little earlier. Perhaps they were sharing out the food?"

**A later update** (Reported by Brin Edwards): An adult owl was seen bringing a vole to the box tonight at 9.30 and the noise of chicks calling inside could be heard!

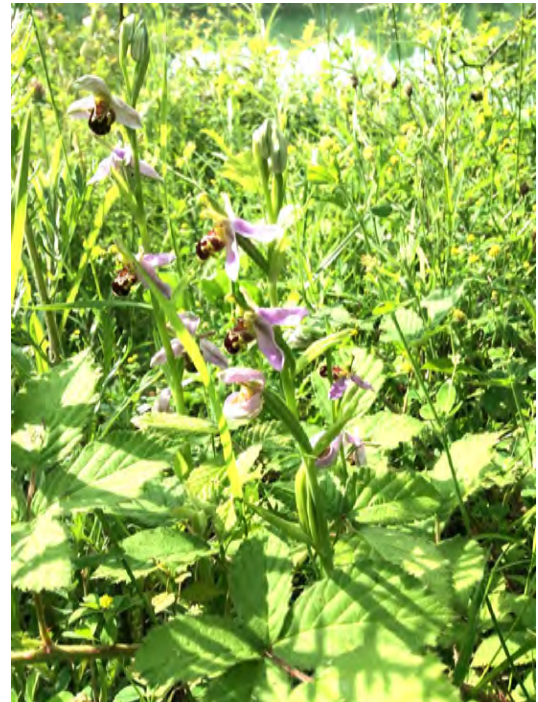
\*\*\*\*\*



Ragged Robin & Speckled Wood



Spotted Orchids



Bee Orchid



## RIGHT PLACE, RIGHT TIME!

By BS

All right, I did venture over to "the other side" (ie Leavenheath), but it was borderline.....

If you know where to look, there are some wonderful wild flowers to photograph:

One sunny June morning, directed by my knowledgeable friend Sue, I photographed Bee Orchids, Spotted Orchids, Ragged Robin and a Speckled Wood butterfly.

On the previous walk we saw an early Painted Lady butterfly.

# TIGER HILL LOCAL NATURE RESERVE

SE of Sudbury, Suffolk  
Woodland, Heathland and Grassland



## WE ARE LOOKING FOR A VOLUNTARY WARDEN

*Do you have reasonable wildlife ID skills and are able to monitor what is present? Can turn your hand to simple habitat management work? Good at record keeping and working with people?*

### INTERESTED? GET IN TOUCH FOR A ROLE DESCRIPTION AND DETAILS ON THE RECRUITMENT PROCESS

Contact Sue Hooton, LNR Chairperson by email [sue.hooton@phonecoop.coop](mailto:sue.hooton@phonecoop.coop). Booking required for our visit afternoons early July. Deadline for applications 24 July and online interviews 31 July 2021



# ASSINGTON PARISH COUNCIL

## Matters of Interest Discussed at the Meeting held in the Village Hall on 24 May 2021

### 1 Election of Chairman

Cllr Thorogood was proposed by Cllr Hill and was unanimously voted into office.

### 2 Election of Vice Chairman

Cllr Hill was proposed by Cllr Thorogood and unanimously voted into office.

### 3 Declaration of Interest and Requests for Dispensation

Cllr Stacey declared interests in the PCC and the Assington Association.

### 4 Election of Officers

Cllrs Wallace, Stacey and Jordan are happy to continue their term of office.

### 5 County and District Councillor reports and public forum

Cllr Finch gave his report, the key points being:

- Covid cases
- Proposed Bramford to Twinstead 400k grid reinforcement
- Foster Care.

### 6 Update on the Neighbourhood Plan

Cllr Wallace reported that the plan has passed examination and is awaiting final approval to be put to referendum at the Babergh Cabinet Meeting in July.

### 7 Agree Actions on correspondence and emails circulated to councillors by the Clerk

- Babergh tree and hedgerow planting scheme: the possibility of planting free trees and shrubs around the community was discussed and councillors agreed to discuss with potential interested parties.
- BaberghDC litter pick: DCllr Parker reported that existing insurance would cover this activity and that this did not have to be organised by the Parish Council. An organisation, [siconfoundation.org](http://siconfoundation.org) may be able to provide a group of volunteers to help with litter picking, tree planting or other environmental projects within the community. It was agreed that appetite for an organised litter pick group would be assessed using the Facebook .

### 8 Finance

Cllr Hill requested that the reconciliation against budget be completed for the next meeting.

### 9 Planning

- **DC/21/02579 - Assington Autos , Barracks Road**

Councillors resolved to give a HOLDING OBJECTION to this application, until a noise assessment has been provided as requested by the Senior Environmental Protection Officer at Babergh District Council.

The neighbourhood plan policy ASSN24 supports the retention and intensification of employment premises provided that proposals do not have a detrimental impact on the local landscape character or the amenity of residents, and would not result in an unacceptable impact on highway safety or result in the residual cumulative impact on the road network being severe. Whether these proposals will impact on amenity of residents through increased or decreased noise, and whether the level of traffic will be affected, are therefore the key points to be determined.

A lengthy discussion was held and the applicant was present to answer councillor's questions about the application. He

stated that no increase in activity level would result from the development, and that the primary aims were to improve safety, efficiency of the site, and reduce noise to local residents.

The applicant also stated the intention is to vary the licence to allow the purchase of car components in addition to the current end of life vehicles. The applicant explained that the expansion in the purchase/sale of car components will not result in increased noise as no 'breaking' activity is needed. The applicant also stated that there would be no increase to traffic as a result of this activity, as parts would be loaded onto vehicles collecting end of life cars. The applicant expects greater regularity of vehicle movements in and out of the site if the application is approved.

The applicant stated that the lorry servicing building will be used to bring weekly servicing of their five vehicles (currently performed in Witham) on site. No noise is expected from this activity and no breaking of lorries will take place.

The applicant clarified opening hours to the councillors. While no noise generating activity commences before 7am, operators do arrive before this in order to collect vehicles and leave the site to make collections. This agrees with photographic evidence submitted to the parish council showing vehicle movements generally starting around 6.15-6.30am.

The applicant stated an intention to plant 1,500 trees on the site, which in the long term could improve the noise situation. Councillors questioned why these were not included in the plans, as it would aid the case for approval. The plans themselves show the removal of large trees on the site which is likely to result in increased noise spread.

Local residents were also present at the meeting and they contended the applicant's claims about noise, making clear their concern that if the application were approved, activity, traffic and noise levels would increase. Residents stated that current noise levels were too high and that heavy traffic from the site is destroying the Marshall's Green road and verges.

Councillors decided that an independent view on the impact of the application on noise and traffic levels was needed, and therefore agreed to place a holding objection until an independent noise assessment has been completed which shows that the development will indeed reduce noise levels, and traffic assessment showing no increase to vehicle movements.

- **DC/21/02534 Retention of 1 no dwelling (forming Plot 7 of 8 dwellings approved under DC/18/00188) inclusive of new garage and a revised vehicular access." Land North Of Assington Barn The Street Assington.**

Councillors resolved to SUPPORT the application, given that the property has already been built and is broadly in accordance with Neighbourhood Plan policy ASSN5.

- **Submission of details (Reserved Matters) under Outline Planning Permission DC/17/04161 dated: 05/10/2017 - Appearance, Landscaping, Layout and Scale for Erection of 3no. detached dwellings with garages and construction of a new vehicular access to the street. Discharge of Condition 7 (Surface Water Discharge Prevention Details)**

Councillors resolved to SUPPORT the application, given that the plan conforms to Neighbourhood Plan policy ASSN5 and is more in keeping with the linear historic form of Assington than the previously approved application. However, councillors regret the decision by the applicant to prescribe four bedroom houses, when it has been repeatedly demonstrated that there is no need for these in the village, and where parishioners have stated a clear preference for smaller 2 and 3 bed properties.

- **DC/21/02772 Application for works to tree subject to Tree Preservation Order BT305/T2 - Reduce (T1) 1 no Oak back to previous cuts to maintain structural integrity and overall health and form. Oak House The Street Assington**

Councillors resolved to SUPPORT the application, given that it is not in conflict with the Neighbourhood Plan.

### 10 Highways Update

CClr Finch apologised again for the failure of Suffolk Highways to deliver on their promised report outstanding from December 2019. He agreed to prioritise this matter with the new CCllr responsible for Highways. Cllrs reiterated that this was completely unacceptable given that it is a serious live safety issue.

### 11 Quiet Lanes, Suffolk

Cllr Hill has erected signage on the lanes, delivered leaflets to households and publicised a link on Facebook to information on the Parish Council website. The deadline for consultation responses date is 14th June.

### 12 Donations

Proposing during this evening: the Assington Association :a donation of £400, Assington PCC a donation of £400, towards the upkeep of the Parish graveyard, proposed by Cllr Wallace and Seconded by Cllr Thorogood all agreed.

Due to the lateness of the meeting it was also agreed to defer the other donations until the next meeting.

### 13 Footpath 20

Discussion followed re actions taken to attempt a solution to the issues with the footpath flooding and the quantity of funding appropriate for the project. It was agreed that the Clerk would contact the footpath wardens and ask if they would be prepared to lead the project and inform them that there is a budget of £5k for the works.

### 14 Questions to the Chair

There were no additional questions to the chair.

**The meeting closed at 11pm.**

**The next scheduled APC meeting will be held on Monday 26th July 2021 at 7.30pm.**

# ASSINGTON COMMUNITY SPEEDWATCH

From Cllr Andrew Hill



One of the key community actions in the **neighbourhood plan**

is to take action to improve road safety in the parish. This was in response to **87%** of parishioners stating that speeding traffic is a problem in the village.

We are therefore pleased to announce that a community speedwatch

group has been established in association with Suffolk Police, which has a group of nine volunteers. You may have seen their yellow jackets already!

The aim of Speedwatch is not to 'catch' as many speeding drivers as possible, but to monitor speeds and to give the message that speeding in the village is no more socially acceptable than drink or drug driving.

Speeding fines are not issued, but those speeding will be warned by Suffolk Police and repeat or serious offenders visited by an officer at home.

**New volunteers are very welcome and if you would like to join the Speedwatch group, please contact the Parish Clerk ([assingtonPC@yahoo.com](mailto:assingtonPC@yahoo.com)).**

When a car crashes, it's the amount of kinetic energy the vehicle has which determines the severity of the impact. This kinetic energy has an exponential relationship with speed, which means that relatively small changes in speed make huge differences to the result of a collision.



To put that into context, at 20mph a driver is likely to be able to stop if a child runs out three car lengths in front, while in the same situation at 35mph the impact would be equivalent to pushing the child out of a fourth storey (10m high) window!

*(from [brake.org.uk](http://brake.org.uk))*



**Wardale Williams**

THE OPTICIANS

INDEPENDENT • EXPERIENCED • PROFESSIONAL

Qualified and caring NHS opticians  
for you and your family since 1947.  
**Varifocal specialists.**

50 Gainsborough St Sudbury  
CO10 2ET 01787 372492  
**[www.wardalewilliams.co.uk](http://www.wardalewilliams.co.uk)**



**Boxstore**

**The Local  
Self Storage  
Company**  
**For all domestic and  
business needs**

**See website for details**  
**[www.boxstore.co.uk](http://www.boxstore.co.uk)**  
**tel : 01787 210350**

# THE HEALTH COLUMN

## From Anna Clayton

Information on the Menopause has been on the radar recently.

Anna has completed a course on the management of menopause as part of her women's health role at work, and she thought it would be useful to share some of the information, as this is not just for women to read, but also for the men out there with wives/partners etc of peri- or menopausal age (see below for age brackets); an understanding of the vast range of symptoms can be helpful in explaining changes in mood, onset of hot flushes or night sweats, etc...

### Part One: an Introduction and overview

There have been recent awareness raising campaigns about the symptoms women experience from menopause, however many women still report they feel isolated and unsure of available treatment options. It is not unusual that the link between the onset of symptoms and the start of peri-menopause/ menopause can be misdiagnosed as anxiety or depression.

Not everyone will experience all the symptoms or other associated health conditions noted below in relation to the menopause. It is entirely individual, as is its management.

#### When does menopause start?

Menopause officially starts 1 year after the date of your last ever period.

The store of eggs has depleted.

**Peri menopause** is the indication, and symptoms of declining ovarian function. It is the lead-up to menopause.

Menopause average age = age 51

Some women will stop periods in their 20's or 30's or even as a child (premature ovarian insufficiency)

Early menopause = before the age of 45

#### Causes:

Age (natural hormone reduction)

Surgery (Hysterectomy and/ or removal of ovaries)

Treatment for cancer (chemotherapy/radiotherapy)

Type 1 diabetes

Addison's disease

Down's syndrome

#### What happens?

The levels of the three main hormones involved in the menstrual cycle start to drop/lower beyond the levels that maintain a 'typical' menstrual cycle.

- ❖ Oestrogen: responsible for strong bones, healthy arteries, memory/brain function, mood, lubrication of eyes, joints, and vagina
- ❖ Progesterone: regulates periods and has an important function during pregnancy
- ❖ Testosterone: Builds muscle, lifts sex drive, important for concentration and memory

There are many cells in the body that have oestrogen receptors on them, so they are directly impacted by fluctuating levels of oestrogen during a 'typical' menstrual cycle. When this cycle starts to decline, so does the protective or functional role of oestrogen in the body. It is not just localised to the female reproductive organs, hence the impact lower levels can have on joints/heart health and bone health, for example.

#### Menopause Symptoms, why they occur and the impact:

Many cells in the body have oestrogen receptors on them. If the levels of oestrogen reduce, a mix of symptoms may present. These can change over time, for example, sweats and flushes might be dominant, then settle, but other symptoms like anxiety or mood changes then become more prominent.

#### Symptoms can be classified in 3 groups.

##### Physical

• Heart Palpitations • Difficulty in sleeping • Feeling tired or lacking in energy • Feeling dizzy or faint • Headaches • Tinnitus • Dry mouth and eyes • Sore gums • Muscle and joint pains • Breathing difficulties • Needing a wee more often, or having leaks of urine • Vaginal dryness, soreness • More thrush, cystitis episodes • Dry or itchy skin • Thinning hair • Poor sleep

##### Psychological:

• Low mood • Anxiety • Feeling tense or nervous • Memory problems • Attacks of anxiety or panic • Difficulty concentrating • Loss of interest in most things • Feeling unhappy or depressed • Crying spells • Irritability • Mood swings • Loss of confidence • Reduced self-esteem • Brain fog • Loss of interest in sex and/or level of arousal

##### Vasomotor (blood vessel constriction and dilation):

• Hot flushes (throughout the day) • Night sweats

The impact of symptoms:

Women are generally under prepared for symptoms, information is inadequate, and it can impact relationships and confidence (41% women thought this)

The symptoms below are shown as a % per 1000 women:

79% Hot flushes (83% in 60-65 age group)

70 Night sweats

57 Problems sleeping /insomnia.

54 Changes to flow/frequency of periods

52 Mood changes

47 Weight gain – risk factor for incontinence

47 Low energy levels

39 Difficulty in memory and concentration

38 Joint aches – peaked age 50-54, reduced to 27% age 60-65 years.

37 Loss of sex drive

35 Vaginal dryness – increased to 42% 60-65 years, links with vaginal atrophy (wasting/degeneration)

30 Increase urinary frequency and urgency

29 Headaches

26 Palpitations

13 Pain during sex

#### Is there a family pattern?

No...

There is no link to what your mother experienced during menopause and how you might experience it.

It is unpredictable what range, duration, or severity of symptoms you may have during your menopause.

Being fit and healthy does not give any indication of the way menopause will affect their body either.

#### Next time:

##### Part 2,

Exploring further the symptoms of the Menopause.

Anna is re-commencing  
PILATES CLASSES, in the Village Hall  
on Tuesday 6 July.  
7pm-7.45pm  
No previous Pilates experience needed.  
Covid restrictions in place.  
Contact Anna on  
[annacclayton@hotmail.co.uk](mailto:annacclayton@hotmail.co.uk)  
07811 229266

## KEMPSON GARDEN SERVICES

*All year round, friendly & reliable service  
RHS qualified and fully insured  
Established 2008*

- Garden design and consultation
- Regular lawn care - cutting, strimming & edging
- Hedge cutting & shaping
- Shrub planting & pruning
- Flower border set up & maintenance
- Garden clean-ups & makeovers
- Pressure washing - patios & pathways
- Fencing & repairs
- General handiwork

*For complete & professional garden care:*

2 Woodfields, The Street, Assington

T: 01787 212394 M: 07733 134789

fred.kempson@gmail.com

www.kempson-gardenservices.co.uk



**Specialists in handmade  
rugs and carpets**

**Restoration & cleaning workshop**

Open Monday to Saturday, 10am – 5.30pm

The Old White Hart, Long Melford, CO10 9HX

01787 882214 [www.rugandcarpetstudio.co.uk](http://www.rugandcarpetstudio.co.uk)

## R SMITH ELECTRICAL SERVICES

ALL ELECTRICAL WORK UNDERTAKEN

CLEAN, HONEST, RELIABLE

*Please call Ryan on*

**07981 528948**

**OR**

**01787 212352**

**www.rsmithelectrical.co.uk**



Assington Pilates Class.

Tuesday evening (starting 6<sup>th</sup> July 2021)

7.00-7.45pm

General Physiotherapist led Mat work class (no prior Pilates experience needed)

£9 Pay as you go each week

or

£32 for 4 classes @ £8 class

50% donated to the Church Project looking to install kitchen/toilet facilities.

Contact: Anna Clayton [annaclayton@hotmail.co.uk](mailto:annaclayton@hotmail.co.uk)  
07811229266

Maximum 12 people (whilst covid restrictions apply)

Please bring your own mat

# PARISH CHURCH NEWS

*Letter from the Rev Simon White  
Associate Priest, Bures with Assington and  
Little Cornard*

Dear Friends,  
Have we got used to the constant stream of changes going on around us or do we crave for some longer-term stability? The number of people who can attend a wedding has been increased from the 30 limit that was in place for a long time but elsewhere we are being asked to be patient for a little longer. Even though there seems to be some return to the normality we remember, many people and businesses continue to struggle because of the restrictions and to an extent because of the continuous changes we have to adjust to. Not all people thrive on change, the lack of certainty about the weeks ahead can be unsettling for others and we need to support them.

Assington church is preparing for a little more change itself. After 7 years, Revd Steve Morley is retiring in August so we



are preparing to bid a fond farewell to him and his wife Angela and to thank them for all they have given while they have been with us. Steve's last service will be on 1<sup>st</sup> August in St Mary's church Bures and will be followed by an opportunity to meet up in person to say goodbye. There is not enough space here to list all that Steve and Angela have done during their time with us but suffice to say that they have worked tirelessly serving God, the people of this parish and the wider Benefice. They too have a lot of changes ahead for them as they contemplate retirement and leaving Suffolk.

So, not only do the churches of Assington, Bures and Little Cornard need to think about how best to respond to the lifting restrictions they also have to adjust to having one less person to help with services. The churches have coped with this sort of situation before and are fully prepared to do so again but it does mean that Assington will continue with two 10:30am services in the church building per month for a while longer. However, the popular Assington Zoom services will continue at 9:15am on the other Sundays when we don't have a service in the church.

Meanwhile, the Church Fête preparations are going well and it seems more certain than ever that it will go ahead on Saturday 4<sup>th</sup> September this year as planned. As has happened in previous years the Fête in the afternoon will be followed by a Bring & Share BBQ starting early in the evening. Please make sure the date is in your diaries for what we hope will be a great social occasion for the village. The Fête has always been an opportunity for people to come together and if you have a little spare time to share it's not too late to get involved either helping on the day or in the preparations in the weeks leading up to it.

I hope this summer is everything you need it to be. The road to recovery from the pandemic is long with July 19<sup>th</sup> being another key date for changes. Whether you thrive on change or find them exhausting please be reassured that, "Jesus Christ is the same yesterday and today and forever."

Best wishes,  
Simon



Assington Church now has its own website.  
The full address is <https://assingtonchurch.org.uk>

## Assington Church

Services have resumed. See notices for the schedule.

**zoom**  
Get Together

**Sunday morning zooms at 9.15 am - 9.45am alternate  
with Church Services**

**Please get in contact if you would like to receive  
invitations**

 [assingtonchurch.org.uk](https://assingtonchurch.org.uk)

Email [office@parishchurch.co.uk](mailto:office@parishchurch.co.uk) if you want to receive regular news about what's happening or ring:

Revd Steve Morley - 01787 227407

## JULY SERVICES IN ASSINGTON CHURCH

(4 July Zoom Service)

**11 JULY @ 10.30am**

(18 July Zoom Service)

**25 JULY @ 10.30am**

Currently face masks must still be worn. Social distancing is still being adhered to.

Please contact [office@parishchurch.co.uk](mailto:office@parishchurch.co.uk) or telephone 01787 227407 for details

Vicar:	Rev Steve Morley	227407
Reader:	Dr John Symons	211534
Associate		
Priest	Rev Simon White	07572 418555
Organist:	Bronwen Stacey	210354
Sec:	Emily Cartlidge	07976 724266
Treasurer:	Ian Clark	211133
Churchwardens:		
	Roger Britcher	211021
	Bronwen Stacey	210354



Peter Robb

PAINTING, DECORATING,  
FURNITURE PAINTING AND  
PAPER HANGING SERVICE

*Interior & Exterior*

**T: 01787 379778**

**M: 07941 463104**

**E: *sudders1234@gmail.com***

*See examples of my work on*



**BRYN HURREN**

*Specialist in  
Handmade Traditional  
Furniture*



Est. 1975

**Bespoke Kitchens, Joinery  
and  
Handmade Furniture  
Made to Order**

**Free Quotations**

**Tel: 01787 210854  
Mobile: 07771 508348  
www.barnworkshop.co.uk**



**Sudbury  
Physiotherapy Centre**  
& Complementary Health

- Musculoskeletal
- Neuro-Physiotherapy
- Sports Massage
- Chiropody
- Podiatry
- Pilates
- Shiatsu
- Clinical Hypnosis
- Nutritional Therapy

Appointments available Monday - Saturday

Tel: 01787 378178

Email: [sudburyphysio@hotmail.co.uk](mailto:sudburyphysio@hotmail.co.uk)

[www.sudburyphysio.co.uk](http://www.sudburyphysio.co.uk)

8 Cornard Road • Sudbury • CO10 2XA

**ASSINGTON GARAGE**

**TEL: 01787 211010**

**Servicing & MOT repairs**

***Tests arranged***

**Welding & spraying**

**Minor dents & scratches  
usually repaired for less than  
your insurance excess.**

**Stockist of wiper blades &  
bulbs.**

# BOXFORD SCHOOL NEWS

## HURRAH! BACK AGAIN! THE SHOULDER OF MUTTON

From Bob Cowlin



We are very happy to report our village pub, the Shoulder, is now open again, under the new management of Stock and Bailey Ltd. It has undergone extensive refurbishment whilst closed for Covid, including complete redecoration inside and out, new toilets, electrics, and kitchen replanning.



Also, just in time for summer, they have created a big new canvas covered seating area out the back and a replanned garden area, giving a new dimension to the pub.

**OPENING HOURS:** The Shoulder is now open Weds to Sunday inclusive, 12 noon to closing time daily, with food and drinks served throughout. It is closed all day Mondays (except Bank Holidays) and Tuesdays.

Director Paul Bailey told me they are now serving an extensive food and drinks menu, styled as small plate dining, where you have dishes to share, such as tapas, or platters from other Mediterranean countries with fresh locally sourced ingredients. They are regularly adding new dishes such as chateaubriand steak with seasonal updates. Beer drinkers are welcome, with four real ales on tap from local breweries Nethergate and Mauldens, and a long range of pumps serving continental lagers. Manager David also has some local gins to sample. At busy times, it's best to book a table for dining, **tel 01787 210334**.

Paul said they have plans to have some special nights such as Meet the Brewer and Wine Tasting evenings but have not yet firmed up dates for these.

Overall, whilst some may regret the passing of the pool table and darts board, it's great to see the Shoulder rejuvenated for the 21st century and we hope to see it thriving for many years to come.

## From Callie Bradbury

Hope everyone is enjoying the warm weather while it lasts, and I have heard that lots of people (including me) have got their paddling pools out which is exciting. Let's hope that the nice weather stays for the whole summer holidays so we can enjoy it even more. Fingers crossed!!! 😊

At school, FoBS have been continuing with fundraising events to help raise money for THE BIG LIBRARY RENOVATION PROJECT and hopefully we will be able to raise enough money for it. FoBS are doing these fundraising events:

Saturday 17<sup>th</sup> July = Quiz night including Fish and Chips (if Covid restrictions allow it)

Let's hope we raise enough money!!!!

My class will be leaving soon and we have lots planned for the rest of the half term including:

- We are going fencing on the 25<sup>th</sup> June at Thomas Gainsborough School (TGS)
- We have our leavers service in the church on 30<sup>th</sup> June also on that day we are allowed to get a t-shirt or school polo shirt signed by all our friends and teachers and we are having a picnic
- We are doing a production. A theatre company comes to school and we all learn different parts and other aspects of putting on a production then we perform for other children at school. The big finale is 2 evening performances for family and friends.
- We also have transition days at our new schools. Those of us going to TGS will have a whole transition week to get used to our new school environment.
- Finally, we are doing a disco in the hall on the last day of term for year 6 pupils. The last time the whole class will be together before we move to our secondary schools.

In year 6, we are learning about recycling and reusing which in years to come could save the world. Every time you wash your clothes or throw something in the bin this could have a bad effect on the environment which could lead to an animal or plant dying and that is why we need to change. We've been learning about the benefits of reusable items instead of one use products (.e.g. multi use bottle instead of a one use cup).

\*\*\*\*\*

**THANK YOU CALLIE from the Editor**

**We have very much enjoyed your column.**

Sadly, Callie will shortly be leaving Boxford School, and going to the Thomas Gainsborough School in September. Like Millie before her, she will no longer continue to be our newsperson on the inside, on a regular basis.

**IS THERE ANYBODY OUT THERE?**

If there is anybody in the village who attends a local school who would like to submit articles for the Assington News on what they are doing at school, or about things which interest them or a favourite hobby or pastime, please do contact me at [bronwenstacey@btinternet.com](mailto:bronwenstacey@btinternet.com) and I will sign you up immediately as my correspondent(s)!



# RICHARDSON LANDSCAPES

richardsonlandscapes.co.uk  
07742 696766

Undertaking all areas of domestic and commercial landscaping, including:

- Patios
- Driveways
- Brick walls and steps
- Fencing and gates
- Hedge planting
- Grass seeding and turfing

See our website for examples of our work.

Call Mark for a quote!

## Nick Peasland

ARCHITECTURAL  
SERVICES

Email: [nickpeasland@madasafish.com](mailto:nickpeasland@madasafish.com)

Creative Design Solutions for all types of Building & Development Projects

Residential including Bespoke New Build Designs, Barn Conversions, Extensions, Alterations, Refurbishment

Listed Building Specialists

Industrial, Office & Commercial Projects Undertaken

Agricultural Buildings and Stables

A Full Service available from Feasibility Studies, Sketch Design, Detail Design, Planning and Building Regulation Applications for Council Approval, with full service through to completion of build when required.



## Private Day Nursery

for children from 2 years.  
Forest School Sessions.

## Holiday Clubs

for children aged 4-8

## Baby Classes (intro offers available)

sing and sign, baby massage,  
baby sensory and  
woodland babies  
(term time only)



[WWW.WOODLANDSNURSERYKERSEYMILL.CO.UK](http://WWW.WOODLANDSNURSERYKERSEYMILL.CO.UK)



**Come and meet new friends, have fun, and help raise money for charity!**

Thursdays 6.30pm, either on Zoom or Covid-secure at Assington Village Hall (dependent on current restrictions)

No audition necessary

First session free

Membership includes free voice workshops, learning aids, online resources, and opportunities to perform for charity

For more info go to [www.happysounds.co.uk](http://www.happysounds.co.uk) or call 07957 394780

# HEDGEHOGS ON THE ALLOTMENTS

## From Bryn Hurren

Having successfully reared and released two young hedgehogs last year from the Assington Allotments we have been asked by the animal charity SeeSaw to help out again this year. Our Patient this time around is quite a big young hedgehog who was in a scrap and has lost one eye but otherwise has made a good recovery. We have named him Napoleon as he is such a brave soldier and he is in the Hedgehog hotel where he curls up and sleeps all day, but comes out at dark to feed, drink and shuffle around his pen.

When he is acclimatised to his new home surroundings, we will then release him into the wider allotment area and see how he copes with the wider world.

Last years hedgehogs are regularly seen locally and continue to prosper, so a good contribution from Assington towards restocking the natural world around us continues.



# SESAW



Delicious! A steaming, hot cuppa on a roasting hot day. As I buried my face in Tanya's mug to glean the last drops of her tea, I overheard that the barn owl was leaving us. The bird will be watched over and supplementary food will be available to ensure a smooth transition back to the natural environment. Several birds of prey came in needing intensive feeding due to the wet, cold Spring. One also had a fractured wing which was repaired by our vet. All have now returned to the wild.

If a run on the wild side appeals, there is just time to enlist in the Nayland 10K on Sunday 12th July. This fun, family event (not a race) for all levels, is well organised and raises lots of money for several local charities including SESA. Sign up at: [www.nayland10k.co.uk](http://www.nayland10k.co.uk)

We thank all our supporters including seven year old Sylvi Baker who wanted to help animals less fortunate than her own pets. Assisted by her sister and Nana, she baked lots of cup cakes and sold them outside her school, Great Tey Primary. They raised £100, a big achievement for a little girl!



The 'new normal' has left us short of animal carers. If you can help and have a morning to spare each week, please leave a message on our answerphone or email your details. Jobs include cleaning kennels, dog walking and feeding – which reminds me, it's time for dinner! Come on Mum, put the kettle on for another brew and don't forget to save some for me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Registered Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 [www.sesaw.co.uk](http://www.sesaw.co.uk)

## A K SMITH

## PLASTERING

Established 1986

Ceilings, Walls, Floors  
Lime Plastering Undertaken

For References see Website  
[www.aksmithplastering.co.uk](http://www.aksmithplastering.co.uk)

Keith:  
Assington 212352/07808 027 116




I'm Grace Crimmin, a fully qualified Beauty Therapist offering quality treatment services from my Treatment Room in Newton.

I offer a wide variety of treatments including Manicures, Pedicures, Body Massage, Facials, Waxing and more!

To book an appointment please call **07484 648932** or message directly through **Facebook** or **Instagram**.

I will look forward to hearing from you.

 [www.facebook.com/nailsbygrace1](http://www.facebook.com/nailsbygrace1)

 [@nailsbygrace123](https://www.instagram.com/nailsbygrace123)

# ANCIENT WOODLANDS

Just 2.5% of the UK land is covered in what may be classified as ancient woodland. Ancient woods are areas of woodland that have persisted since 1600 in England and Wales, and 1750 in Scotland, which is when maps started to be reasonably accurate so we can tell that these areas have had tree cover for hundreds of years.

Ancient woodlands can be classified into different categories. These include:

Ancient semi-natural woods which are woods that have developed naturally. Most have been used by humans – often managed for timber and other industries over the centuries – but they have had woodland cover for over 400 years.

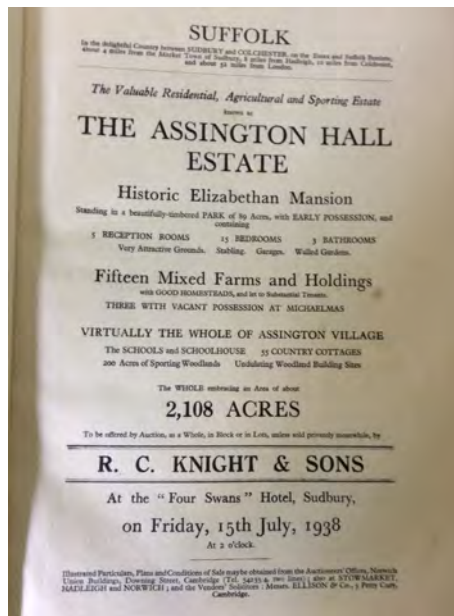
Plantations on ancient woodland sites which are ancient woods that have been felled and replanted with non-native species. Typically, these are conifers, but it can also include broadleaved planting such as non-native beech, red oak, and sweet chestnut. Although damaged, they all still have the complex soil of ancient woodland, and all are considered to contain remnants of the woodland specialist species which occurred before. Up to 70% of ancient woods have been lost or damaged due to conifer plantations, overgrazing and the spread of invasive species like rhododendron..

Ancient woods are relatively undisturbed by human development. Each ancient wood has developed with its local soils and environment and this impacts the wildlife present. They are truly unique and are our richest and most complex terrestrial habitat in the UK and they are home to more threatened species than any other. Centuries of undisturbed soils and accumulated decaying wood have created the perfect place for communities of fungi and invertebrates. Other specialist species of insects, birds and mammals rely on ancient woodlands. Various species can be used to give an indication that a site has been continuously wooded for a considerable length of time; these include flowers such as bluebells, ferns, lichens, insects (particularly those associated with decaying wood, known as 'saproxylics') and also slugs and snails.

Ancient woods also retain important archaeological features, often from past industry and management, and can also protect large features like earthworks from damage. Humans have relied on woods for fuel, food and shelter for centuries and we can still see signs of past industry and management in woods which can help confirm their ancient status: Tree management is visible in woods through coppiced and pollarded trees. Coppiced trees have been cut back down to ground level resulting in the regrowth of many new stems. These stems would be let to grow for a few years then harvested for fuel. Pollarding is the practice of cutting back upper branches of a tree for the growth of a dense head of branches. These long upright branches were ideal for fences, posts and construction.

Assington Thicks and Arger Fen with Spouses Grove are classified as Ancient Woodland. They, and other small local woodland groves are remaining pockets of a larger ancient woodland (shown on Hodkinson's 1783 map, and tithe map), which covered a much wider area, before being changed over past centuries through land ownership for agriculture and human habitation.

Assington Thicks had been part of the Assington Hall Estate for centuries, the Gurdon family owning and managing the surrounding estate which included the many farms and coppices and woodland.



However on 15th July 1938, the second of two large sales of the Assington Hall estate took place in Sudbury, at the Four Swans Hotel.

In addition to the Historic Elizabethan Mansion, standing in a beautifully timbered park of 89 acres, there were:

- 15 Mixed farms with holdings and homesteads;
- Virtually the whole of Assington village;
- the Schools and Schoolhouse;
- 55 Country cottages
- 200 Acres of Sporting Woodland;
- Undulating Woodland

Building Sites;

- The Whole, embracing an area of about 2,108 acres." Assington Thicks was Lot 60, the last Lot of the auction.



Today, Assington Thicks is privately owned, and a business enterprise based on lumber. Conifer trees, which were possibly planted by the Forestry Commission to restore England's forests and woodlands that had been lost, are 'harvested' and the de-forested areas are re-planted. Despite ongoing work of this nature, The Thicks maintain a wonderfully peaceful and tranquil air.

The owners generously allow members of the public to walk the central marked public path; in addition local residents are given permission to walk the other rides and paths (entirely at their own risk).



We are so very fortunate to be able to enjoy this wild enclave; we are all "guardians" of our environment. In the springtime the bluebells make a foil for the newly-green leaves, the bird calls echo throughout the glades, and the butterflies dance along just out of reach of camera lenses. Bluebells are, of course very fragile, and are evidence of being in an ancient woodland setting; we must tread carefully: they are subject to erosion caused by human footfall, which wears away wider paths and makes new tracks which, once formed, will cease to bear flowering plants.

Assington woodland isn't any old woodland, it is VERY OLD woodland.

The Crown Stoke by Nayland, is our privately owned village Inn with a reputation for making everyone feel welcome. We simply have a passion for good service, food, wine and real ale.



That's enough of what we say this is what our critics say:

"Traditional dishes with a modern twist.....fresh, contemporary feel inside, this is a classy modern-day inn set in a pretty village within easy reach of Constable country" *The Good Food Guide*

"the food at the crown is delectable.....and the wine list is dreamy"  
*London Evening Standard*

"Old world character combined with modern brasserie style dining in lovely Stoke-by-Nayland...the wine list is excellent value for money"  
*Fiona Duncan, Sunday Telegraph*

We look forward to welcoming you to Stoke-By-Nayland

TELEPHONE 01206 262001 WEB [www.crowninn.net](http://www.crowninn.net)  
EMAIL [info@crowinn.net](mailto:info@crowinn.net)



2 Rosette Restaurant

---

THE CROWN

---

STOKE BY NAYLAND



3 Star Hotel