

ASSIGNMENT

NEWS



MAY 2022

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

Allotments Secretary	Claire Osborne	07920 800108
Assington Baby and Toddler Group	Rev Tricia Box	01787 227528
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 (office@boxford.suffolk.sch.uk)	Head: Mrs J Davies	01787 210332
Brownies, Boxford	Moira Grant	01787 211513
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 (james.finch@suffolk.gov.uk)	James Finch	01473 264993
District Councillor (Assington)	Lee Parker	01787 376073
Doctors surgery – Sudbury	Hardwicke House	01787 310000
Doctors surgery – Bures	Bures	01787 227529
Footpath Wardens	Paul & Cynthia Hollingsworth	01787 211620
Horticultural Society	Bryn Hurren	01787 210854
Leavenheath Cinema	Ken	01206 263266
Member of Parliament (james.cartlidge.mp@parliament.uk)	James Cartlidge	020 7219 4875
Parish Council	Simon Thorogood	01787 227400
bronwenstacey@btinternet.com	Bronwen Stacey	01787 210354
whitemkevin@me.com	Kevin White	07477 580561
tony@howcroft.net	Tony Howcroft	
hwallace58@gmail.com	Helen Wallace	01787 211162
i.jordan741@btinternet.com	Ian Jordan	
andrewpeterhill@hotmail.com	Andrew Hill	01787 827112
Parish Council - Clerk, (assingtonpc@yahoo.com)	Christine Hargan	01449 674727
Pub – The Shoulder of Mutton		01787 210334
Vicar (Associate Priest during the Interregnum)	The Revd Simon White	07572 418555
Village Hall – Bookings (louisa@moorsfarm.com)	Louisa Symons	01787 211534
Village Hall - Caretaker	Paul Battle	07473 933320
Womens Institute, Boxford (annie-phillips@hotmail.co.uk)	Annie Phillips	01787 211729

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ELLIE MEAD 20.5.1961 – 10.3.2022

Elaine was born in May 1961 in Colchester to the Andrews family, who lived on a farm at Beacon End, Stanway. Her childhood was idyllic having elder step siblings Margy and Bruce, a big garden to play in, a farmyard with pigs, and reluctant chickens that she wheeled around in her old pushchair. Her parents loved to walk, and Ellie would gather wild flowers to press whilst her father identified birds by their song. Her most memorable birthday was spent having a picnic in the bluebell woods at Lexden Lodge with school friends where the bluebells were in full bloom. Ellie became a lover of wild swimming from the age of 5.

At the age of 11, Ellie went to Felixstowe Ladies College as a boarder. She enjoyed School and told tales of listening to the Bay City Rollers, the Who and Frank Zappa; strict dieting interspersed with heaps of bread and jam, sticky buns and large cream cakes on birthdays, smoking her first cigarette, becoming inebriated on homemade rose petal wine and secretly swimming in the sea, which was strictly forbidden.

Upon leaving, Ellie went travelling across Europe and on her return in 1979 went to Durham University to study English. She enjoyed University life, especially going to concerts and parties. She travelled a lot in the summer breaks and throughout her life travelled widely in the UK, Europe, and to Australia and Thailand.

Ellie then took a 6 month secretarial course in London. She said she lived on potatoes, typed on a manual typewriter and made her own dresses. She enjoyed the social life there, and landed herself a secretarial job at the Music Hire Library at Boosey and Hawkes in Regent Street where, on her first morning, her new boss was arrested.

In 1983, Ellie returned to Beacon End and took a series of local secretarial jobs but was resistant to being turned into a 'proper secretary', being unyielding in her Bohemian ways.

It was at this point that the Ellie most of us recognise came into being. A couple of goats were purchased for milk and transported home in her Renault 5, she kept pigs, gardened, and made jam, goats milk fudge and fruit cordials. She also took a job for a pittance in The Castle Bookshop on North Hill in Colchester where she remained happily reading for 10 years.

Around this time she was invited to Little Ropers Farm with her mother to have lunch with the Mead family, and was reintroduced to Andrew whom she had met years prior. Ellie was very impressed with him and she offered, clearly strategically, to help him refurbish Little Ropers, his parents having moved to Brownsmiths just across the fields. Ellie clearly did a good refurbishment because it wasn't long before Andrew proposed. Their families were delighted and on the 6th May 1989, they were married.

'I was determined to do as much of the wedding preparations as I could myself. Pigs were raised for meat, I made my wedding dress from cream silk purchased from Liberty's in Cambridge. I made invitations, the orders of service and the cake. All the cooking was done by mother and I. We swept out and decorated the barn at Beacon End with jam jars of wild flowers. Straw bales covered with white sheets provided tables for the food. We taped our favourite music to play, I had a headdress made of wild flowers and my bouquet was a mixture of bluebells, which I picked in Tiger Hill wood and white lilac from a roadside tree in Stanway. Andrew's father David drove me to and from the church in one of his old Humber cars.' After a night at Little Ropers the happy couple went on honeymoon on the Isle of Skye.

Ellie and Andrew were blessed soon after with the birth of Thomas and then Daniel, they were pushed outside in their prams whilst Ellie helped on the farm. When the boys were 8 and 9, Ellie went to Anglia Polytechnic to obtain her teaching qualification. She then went on to teach at Fingringhoe, Marks Tey and Great Tey.

Ellie was always creative. She learned to spin, and joined the Mid Essex Guild, buying herself a second hand wheel and a weaving loom and eventually having so much paraphernalia she set up a wool shed in a portacabin at Little Ropers. She attended Tudor re-enactments at Kentwell Hall and made her costumes from scratch. Ellie's love of history got her involved in archaeology and she was very proud to be a founding member of Stour Valley Community Archaeology. She helped to produce a book on Crop Marks in the Stour Valley between Bures and Wormingford, launching it at a muddy dawn Winter Solstice walk.

In 2013, Ellie was still teaching but wanted to try something new and so founded Travels in Time Archaeology with her friend Jane, providing archaeological and historical activities for children in schools and museums, and running holiday activities.

A year later, the Mead family launched Little Ropers Woodland Camping which was Ellie's vision to diversify the farm and provide a wild haven for campers to relax, have a campfire and watch the sunset, that she so enjoyed.

Ellie brought people together... to teach, to show, to tell and to enjoy shared interests. She gifted her knowledge, experience, her sense of fun and her network to all of us, leaving an immense legacy of culture, nature and memories. Ellie's family and friends will continue to meet, they will enjoy the books and poetry that she recommended, discuss her knowledge of history, sing her favourite folk songs, enjoy traditional country arts and crafts she taught them, wild swim in her secret places and recreate her recipes. For strangers her legacy will continue, camping in what her friend's fondly know as 'Ellie's wood', allowing others to feel the calm and joy as she did, rest in the shade of trees she planted and enjoy the flora and fauna of woods that she loved and protected.

She will be so missed .

For Ellie, who wanted to come back as a bluebell.



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MAYDAY AND WALPURGIS NIGHT

May Day is celebrated on 1 May or the first Monday of May. It is an ancient festival marking the first day of summer and is a current traditional spring holiday in many European cultures. Dancing and singing are usually part of the festivities:

down through the centuries May Day has been associated with fun, revelry and perhaps most important of all, fertility. The Day would be marked with village folk cavorting round the maypole, the selection of the May Queen and the dancing figure of the Jack-in-the-Green at the head of the procession. Jack is thought to be a relic from those enlightened days



when our ancient ancestors worshipped trees. Carved figures of the Green Man appear on our churches and cathedrals yet this is an ancient pagan symbol of rebirth, traditionally associated with May Day.

Many folklore customs have their roots planted firmly back in the Dark Ages, when the ancient Celts had divided their year by four major festivals. *Beltane* or

'the fire of Bel', had particular significance to the Celts as it represented the first day of summer and was celebrated with bonfires to welcome in the new season. *Beltane* is still celebrated today, on May 1st, or May Day.

The May Day festivities all but vanished following the Civil War when Oliver Cromwell and his Puritans took control of the country in 1645. Describing maypole dancing as 'a heathenish vanity generally abused to superstition and wickedness', legislation was passed which saw the end of village maypoles throughout the country.

Dancing did not return to the village greens until the restoration of Charles II. 'The Merry Monarch' helped ensure the support of his subjects with the erection of a massive 40 metre high maypole in London's Strand. This pole signalled the return of the fun times, and remained standing for almost fifty years.



Maypoles can still be seen on the village greens at Welford-on-Avon and at Dunchurch, Warwickshire, both of which stand all year round. Barwick in Yorkshire, claims the largest maypole in

England, standing some 86 feet in height.

In Oxford, May Day morning is celebrated from the top of Magdalen College Tower by the singing of a Latin hymn, or carol, of thanksgiving. After this the college bells signal the start of the Morris Dancing in the streets below.

May Day is still celebrated in many villages with the crowning of the May Queen.

May Day traditions in southern England include the Hobby Horses that still rampage through the towns of Dunster and Minehead in Somerset, and Padstow in Cornwall. The horse or the Oss, as it is normally called is a local person dressed in flowing robes wearing a mask with a grotesque, but colourful, caricature of a horse.

A May festival celebrated in Germanic countries, **Walpurgis Night**, commemorates the official canonisation of Saint Walpurga on 1 May 870.

The festival of Walpurgis Night is named after the English Christian missionary Saint Walpurga. The daughter of Saint Richard the Pilgrim and sister of Saint Willibald, Saint Walpurga was born in Devon, England in AD 710. Born into a prominent Anglo-Saxon family, Saint Walpurga studied medicine and became a Christian missionary to Germany, where she founded a double monastery in Heidenheim. As such, Christian artwork often depicts her holding bandages in her hand. As a result of Saint Walpurga's evangelism in Germany, the people there converted to Christianity and in addition, "the monastery became an education centre and "soon became famous as a centre of culture". Saint Walpurga died on 25 February 777 and it is believed her tomb, to this day, produces holy oil (known as Saint Walpurga's oil), which is said to heal sickness; Benedictine nuns distribute this oil in vials to Christian pilgrims who visit Saint Walpurga's tomb.

The canonization of Walpurga and the movement of her relics to Eichstätt occurred on 1 May in the year 870, thus leading to the Feast of Saint Walpurga and its eve, Walpurgis Night, being popularly observed on this date. She quickly became one of the most popular saints in England, Germany, and France. When the bishop had Saint Walpurga's relics moved to Eichstätt, "miraculous cures were reported as her remains traveled along the route". Miracle cures were later reported from ailing people who anointed themselves with a fluid known as Walpurga's oil that drained from the rock at her shrine at Eichstätt.

The date of her canonization came to be known as *Sankt Walpurgisnacht* ("Saint Walpurga's night") in German, and the name of the holiday is often shortened to *Walpurgisnacht*.

In modern times, many Christians continue to make religious pilgrimages to Saint Walpurga's tomb in Eichstätt on Saint



Walpurga's Day; Due to 1 May the date of Saint Walpurga's feast, it has become associated with other May Day celebrations and regional traditions, especially in Finland and Sweden. Given that the intercession of Saint Walpurga was believed to be efficacious against evil magic, medieval and Renaissance tradition held that, during Walpurgis Night, witches celebrated a sabbath and evil powers were at their strongest. In German folklore, Walpurgis Night was believed to be the night of a witches' meeting on the Brocken, the highest peak in the

Harz Mountains, a range of wooded hills in central Germany. To ward off evil and protect themselves and their livestock, people would traditionally light fires on the hillsides, a tradition that continues in some regions today. In Bavaria, the feast day is sometimes called *Hexennach*, literally "Witches' Night", on which revellers dress as witches and demons, set off fireworks, dance and play loud music.

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ASSINGTON JUBILEE CELEBRATIONS! FRIDAY 3rd JUNE

Please do come along and join us

traditional "street party" type events on the Village playing field, with picnics, races and competitions

PROGRAMME:

12.30pm start: Announcement of the winner of the best Jubilee decorated garden.

We suspect that - even if there was no formal competition, many of you would wish to literally "Put the flags out", and decorate your front garden with a Jubilee-theme..... so we thought we would include your efforts and jubilee colour schemes into the opportunity to be the first prize-winner of the afternoon.

The Judge (no bribes pleeeze) will be viewing gardens on the morning of the 3rd June, and will announce the winner at **12.30pm** on that day, as the start of the afternoon's activities.

12.30pm onwards Family picnics on the playing field (**bring your own blanket, picnic food and drinks**).....hoping for a lovely warm sunny day, but should we be disappointed in that respect, we will decamp inside the village hall, and so please turn up anyway with your picnic baskets, and enjoy the company whilst joining in the fun.

12.35pm onwards "Decorate a Crown" activity everyone should have one, and if yours has slipped a little over the years, now is your chance to make one specially for the day, with jewels to encrust one of the gold crown designs of your choice.....obviously then to be worn for the next activity of the afternoon at 1.45 pm.....

During the afternoon 'The Queen on the Screen' will be shown in the Village Hall

A loop of footage you may never have seen, including the Queen's Coronation.

After 70 years on the throne, there have been other Royal occasions and previous jubilee celebrations :



The Silver Jubilee in 1977 (25 years)

her Golden Jubilee in 2002, celebrating 50 years on the throne,



and her Diamond Jubilee in 2012, marking 60 years.

12.45pm - 1.45pm : Music entertainment from local music trio **Takin' Time**.



1.45pm Fancy Dress Competition (all ages and genders) : **The Best Dressed Queen:** Throw away your inhibitions! Come as your inner queen - This competition is for everyone! - all ages, all genders;



drag your ermine-bordered cloak out of your dressing-up box, dig that crown (or wedding hat) out of the hat-box where you have been keeping it for just such a royal occasion, dust off your sparkly shoes, or bring out that silk headscarf, tweed skirt, sunnies and country- cardi, (or.....do you still have a 1950s dress that you can fit into??)



..... Or see whether that singlet Tee-shirt and the very tight white jogging bottoms look as good as you thought they did, as you strut your stuff .

1.45pm - be there or be square.

2pm A variety of **Races**, for both young and old. You will want to be a medal-winner on this memorable occasion.



3.30pm Vintage Tea Party:



traditional refreshments for younger ones;

strawberries and cream, and cups of tea for the adults.



4.30pm Raise a toast to Her Majesty (*the drink is provided by us!*) followed by the singing of the **National Anthem**

7.30pm Evening Barn Dance

in the Village Hall dancing starts at 8pm
Adults £5, children under 12 £3
to include a ploughman's platter during the interval.
Please bring your own drinks and glasses for the evening.

Sorry but owing to the nature of this event it is not suitable for toddlers or young children.

Tickets may be purchased from :
Bronwen Stacey, The Old Farmhouse, Further Street.
Tel: 210354

Linda Britcher, The Old School House, The Street,
Tel: 211021

Val Clark, Skimbles, The Street Tel: 211133
and
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THE HEALTH COLUMN: CHOCOLATE

From Anna Clayton

Easter may be a distant memory by the time this article is published, but that hasn't stopped some research into the health benefits of chocolate!

Whether those four words should sit in the same sentence might be up for debate, but for those who have a penchant for cocoa related sweet treats, read on (but maybe hide this article from your children!)

Like other confectionery, it isn't a secret that chocolate is loaded with refined sugar – the worst kind for its immediate impact on blood sugars, but the best in terms of satiating a sweet tooth or craving for your favourite chocolate treat! It is intended to be an item we consume less often primarily because excess sugar intake contributes to the high rates of obesity, type 2 diabetes and tooth decay in the UK, but it is something most of us can't resist.

For some products such as Dairy Milk fruit and nut, Cadbury milk buttons or M&S Swiss milk chocolate, it appears the amount of sugar used in production isn't reducing. According to www.actionsugar.org, there were 23 products found in both 1992 and 2017 where the average sugar content per 100g increased by 23%. Even with the reduction in size of most chocolate bars, bags and tins, this hasn't done much to dent the increase in sugar content.

Whilst this doesn't sound remotely healthy, and it isn't if chocolate (and other refined gelatinous mass-produced sweets) forms a large percentage of your diet, there are various studies in journals such as Nutrition, the Journal of Education, Health and Sport and Heart (BMJ) which show a different side to the beloved chocolate bar.

Starting with the humble cocoa bean – the basis of chocolate, these are a great source of flavonoids which have antioxidant capabilities that have been shown to do the following:

- ❖ Improve blood flow and lower blood pressure
- ❖ Protect the skin against sun-induced damage
- ❖ Reduce the risk of cardiovascular disease
- ❖ Raise HDL and protect LDL against oxidation, improve insulin sensitivity
- ❖ Enhance brain functions

Dark chocolate is also a great source of nutrients - in 100 grams you can find:

11.9 mg of **iron**, which is 66.1% of Daily Values (% DV) recommended by FDA

228 mg of **magnesium** (54.3% DV)

308 mg of **phosphorus** (24.6% DV)

1.9 mg of **manganese** (82.6% DV)

1.8 mg of **copper** (90% DV)

and substantial amounts of **selenium, potassium, phosphorus** and **zinc**.

Does the % of cocoa content soften the blow of potential diabetes and tooth rot?

To a certain extent, yes. White and milk chocolate are high in sugar and low in flavonoids and most minerals. Dark chocolate (45–85% cocoa solids) is high in flavonoids, most minerals, and low in sugar, whilst $\geq 70\%$ cocoa solids chocolate results in similar mineral and flavonoid levels but a higher fat content.

The rich source of antioxidant and anti-inflammatory flavonoids and dietary minerals in chocolate has been found to have the potential to benefit bone health according to research in the Journal Nutrition. Based on flavonoid and mineral content, unsweetened cocoa powder appeared to be the best option followed by dark chocolate with higher cocoa content in terms of supporting and preserving bone health.

A study from Heart (BMJ) found chocolate consumption may be associated with reduced risk of cardiovascular disease (CVD) at < 100 g/week consumption, though it wasn't clear what the % of cocoa content was in those studied and higher levels of chocolate consumption may negate the health benefits and induce adverse effects associated with high sugar consumption.

There are certainly nutritional advantages to eating chocolate, particularly dark chocolate with a high cocoa content, perhaps with seeds and nuts for additional nutrients and minerals, however like with all things the amount consumed is balanced against the calories, saturated fat and sugars occurring in the product.



MATTERS OF INTEREST

of a Meeting of Assington Parish Council held 7.30pm on Monday 28th March 2022 at Assington Village Hall

■ Minutes of the previous meeting

The minutes were amended 22/0104: Friends Community Farm replaced Care Farm. Resolved to agree the amended minutes of the meeting held on 31st January and the minutes of the meeting on 28th February 2022 signed by the Chair.

■ Public Forum

- Meadowland in the parish is for sale on David Burr's Website, £150k for 18 acres which comprises of 3 fields behind Warner Rise. If the Parish raised through crowdfunding or other means they could be kept as grazing. To be discussed in Questions to the Chair .
- Planning Application DC/22/01613: the applicant explained the application, that this was a variation of the original application of 8 properties which had been approved, and subsequently reduced to 4 which was also approved. Now circumstances have changed and total site is proposed to have 6 dwellings, which will be used by family. The current application is for a 2 bed bungalow for in-laws. He explained that there would be a further application for a similar property. Cllr Hill suggested a covenant on the property so that in the future the property would be sold to people in the village. The applicant agreed.

■ Planning

Councillors Considered the following planning applications:

- **DC/22/00617 Brownsmiths Dorking Tye** Assington Suffolk CO8 5JY
Householder Application - Erection of a single storey/one and a half storey extension to the existing dwelling to form garage and workshop with a one bedroom annex above the garage area (following demolition of existing outbuilding)
Resolved Support
- **Planning appeal no AP/21/00110** - Land East Of Assington Barns , The Street, Assington, CO10 5LW
Councillors decided to reiterate the original Objection, as nothing has changed. They have no intention of altering comments/removing the objection
- **Consider any planning application received since the agenda was posted requiring a response before the next scheduled meeting DC/22/01613** Full Application of 1No single storey 2 bedroom detached dwelling and garage (Plot A)(alternative scheme to previously approved). Land South Of 'The Nook' The Street Assington CO10 5LW

This is the first of two applications within original site which will be a total of 6 properties inside the Neighbourhood Plan. The 8 houses were originally granted permission within the site for 2-3 bedroomed properties the NP Supports application because it complies with the type of housing needed in the village.

- **DC/22/01624** Full Planning Application - Erection of 1No two storey, 3 bedroom detached dwelling and garage (Plot B) Land South Of 'The Nook' The Street Assington CO10 5LW
Councillors resolved to support both applications

■ Finance

The clerk reported that all payments agreed at the previous meeting had been made
The finance report was received and accepted. The Clerk will work with Cllr Howcroft regarding banking in line with resolution in November 2021.

- **Review of Policies:** Standing Orders, Risk Management, Effectiveness of Internal Controls, Transparency Code and Policy booklet. It was resolved to accept the review

• APC Financial-Regulations 2022

The Clerk drew attention to the updated regulations relating to internet banking and pointed out two clauses that did not apply as the Parish Council is not a charity, nor does it hold equipment stores. Resolved to accept the revised Financial Regulations

- To consider adopting draft **Internet Banking Policy**
The new policy outlines the current internet banking protocols. Resolved to adopt

■ Auditor

It was resolved to reappoint Simon White.

■ Highways Update

Clerk to email CCllr Finch re condition of highway and verges on edges of village.

■ Quiet Lanes, Suffolk

Resolved that Cllr Hill would contact them to arrange delivery.

■ Queen's Platinum Jubilee Celebrations

Although Cllr Stacey was absent and therefore did not present an update, the Working Group is continuing to make preparations.

■ Bramford to Twinstead Tee

The Parish Council's response to the consultation has been submitted. Thanks to Cllr Howcroft were recorded.

■ Renewal of Allotment Association Agreement

Resolved to renew the Agreement for a term of five years from 1 April 2022 at an annual rental of £360. The draft agreement was signed by both Chairmen and witnessed by the Clerk.

■ Questions to the Chair

Purchase of meadowland. Councillors acknowledged the value of 'amenity land' and felt that the prospect of development on the land was relatively low risk now that the neighbourhood plan is in place. They discussed the potential use of CIL money to aid the purchase but noted that the PC did not have sufficient funding to purchase the land independently, and that any CIL funding gained in the coming years is likely to be modest. Therefore any major expenditure must be weighed against other possible projects in the future. Resolved that, if the community were to raise substantial funds, the PC would consider making a donation from CIL funds, or indeed applying for District level CIL funding.

Football club whilst supporting the efforts of the community, alterations to the village hall to professional football league standards are not under the remit of the Parish Council. Any approach for funding needs to come from the Village Charity. Clerk to email the Charity and Mark Watts to this effect.

Next scheduled APC meeting will be held on Monday 24th May 2022 at 7.30pm.

The meeting was closed at 9.33pm

APC Clerk Christine Hargan
4 Northfield Road,
Onehouse, Stowmarket IP14 3HF –
Telephone: 01449674727 Email: assingtonpc@yahoo.com

ASSINGTON PARISH COUNCIL

Minutes of the

Annual Parish Meeting

held at 7pm on 28th March 2022 in Assington Village Hall

Chairman

The meeting was opened by Mr Simon Thorogood, Chairman of the Parish Council

Present Councillors Simon Thorogood, Andrew Hill, Helen Wallace, Ian Jordan, Tony Howcroft, Kevin White, the Parish Clerk Christine Hargan, County Councillor James Finch District, District Councillor Lee Parker and 6 members of the public

1. Apologies

Cllr Bronwen Stacey

2. Chairman's Welcome

The Chairman of the Parish Council welcomed everyone.

3. Minutes of the previous Annual Parish Meeting

4. Agreed and signed by Simon Thorogood

5. Reports

6. Cllr J Finch (SCC):

*Children's Services & Adult Care at the heart of Suffolk County Council's 2022/23 budget.

*In December 2021, Suffolk County Council outlined how it plans to spend more money on public services in 2022/23.

*More money to support children with special educational needs and disabilities (SEND) with an increase of £1.1m in the revenue budget.

*Extra resources for adults in need of care launches the new Cassius service for an improved home care service..

*Additional funds to prevent flooding and fix footpaths

*Another Year of COVID 19 but with restrictions easing – however still be aware !!

Last year I said "my belief is that there is always good that comes out of bad".

Here is some of the good we have learnt to overcome the unprecedented incident of Coronavirus throughout the year.

- The collection and dissemination of local data and advice to guide the local policy for best practice control.
- The organisation of Home Schooling with the local authority in maintained schools with
- The introduction of "Home but not Alone" free phone line for the lonely.
- The follow up to Test and Trace and now recently totally co-ordinated at the local level since March 2021.
- Local co-ordination of the Vaccination programme with Clinical Commissioning Groups via the Director of Public Health – Stuart Keeble.
- We have all learn to handle the technology to enable on line virtual meetings
- We have saved travelling time and as a result become more productive.
- We should all thank each other for the collaboration that has been achieved.
- **Leaders earmarked major investment on road to Covid recovery**
 - An investment of £6.238m was approved to support Suffolk's long-term Covid recovery.
 - Suffolk Public Sector Leaders (SPSL) approved an investment of £6.238m towards a range of strategic, community focussed projects and will be used to increase the offer for young people and families, to improve access to housing, to help local businesses get back on track, to address the climate emergency commitment and to drive future public engagement plans.
- **99% of pupils receive a preferred primary school on National Offer Day**
- **State-of-the-art vehicles join Suffolk Fire and Rescue Service's fleet**

The Command Support Vehicles will typically be used as a hub at large, complex incidents, from which officers can manage operations and work with other emergency services. Some of the new features on the vehicles include:

 - Dedicated WiFi, enabling officers at the scene to quickly stream and share data, images, footage and plans with colleagues who are based remotely, for example at the Combined Fire Control Room
 - LCD display built into the side of the vehicle, allowing officers to share content with other agencies attending an incident, such as live drone footage and plans
 - Latest communications and computer technology with access to live information, weather reports, data on

substances and chemicals, and direct contact with other agencies and services

- **HRH The Duke of Gloucester officially opens The Hold**
- **MPs from Norfolk, Suffolk and Essex and County Councillors, unite to protect the countryside and communities from the worst impacts of new pylons and cables**

The Offshore Electricity Grid Task Force (OffSET) was set up to review and respond to the Government's Offshore Network Transmission Review (OTNR). The group of MPs from across the region, has been set up to ensure that the emerging proposals of the (OTNR), and proposals to change the Nationally Significant Infrastructure Planning regime, are effectively scrutinised.

OffSET supports the government's commitment to meet the target of Net Zero by 2050, and the aspiration to deliver 40GW of Offshore Wind, by 2030. *However, this will result in a succession of electricity generation and connection projects in Norfolk, Suffolk, and Essex, over the coming decades, which will have significant impacts on the environment and communities of the region.* It remains a key priority that we speed up the Government's timetable to transition to the offshore transmission system, in order to protect our communities from the damaging effects of multiple cable corridors.

- **National Grid informal and Statutory Consultation on the Bramford – Twinstead Reinforcement of the Cables and Pylon connection through South Suffolk and the AONB**

Much time has been spent by many in preparing for these important consultations during 2021 and early 2022. Enough has been said and written. Suffice to say my thanks go to all the work that individuals within the parishes have put into this important consultation for the area and my thanks also go for the support we have all received from the planning and technical team in Suffolk County Council. After much of a battle, I was pleased to have the opportunity of having face to face discussions with the National Grid Team which were most productive.

- **Annual Public Health Report focuses on Mental Health impact of Covid-19**

Suffolk County Council, in December 2021, endorsed far-reaching recommendations to improve Suffolk people's mental health and wellbeing. This includes the creation of a dedicated fund of £2.5m and the development of a cross-system group to support community wellbeing in Suffolk.

6. DCllr Lee Parker (BDC) 2022-23 Budget

The 2022-23 budget process was helped by a rise of over 4% in Council Tax Base (the number of houses liable to pay Council Tax) and a better than expected Government settlement. Council Tax has been raised by 2% for 20-23, with council house rents increased by 4.1% in line with Government guidance. Sheltered housing charges and garage rents remain at 2021-22 levels.

Car Parking Charges

Whilst the decision to introduce revised charges still stands, implementation has been deferred indefinitely.

Belle Vue Park and House

A planning application has been submitted for conversion of the house and new build to provide retirement accommodation. The new entrance proposals are also at the planning stage, with both decisions expected soon.

Planning

The new Babergh and Mid Suffolk Joint Local Plan was submitted to the Secretary of State for an independent examination last year. Following the inspector's suggestion, the Plan will now progress in two parts. Part one will concentrate on the various Development Control policies and is expected to be complete by the end of 2022. Part two will address Settlement Hierarchy and allocation and we are hopeful it will be ready for adoption late in 2023.

Council Housing

Over the years Right-to-Buy has gradually reduced BDC housing stock. The Affordable Housing Programme looks to increase that by acquisition and new build. During 2021-22 the overall total BDC housing stock increased by 82 to 3,677.

Climate Change

Last year we told you about the work to identify areas where the Council could reduce its 'carbon footprint'.

The refuse collection fleet was identified as the largest element of the Council's carbon emissions, so we have changed to using Hydrotreated Vegetable Oil (HVO) for all refuse freighters. A project to recover backwash water at Kingfisher Pool has completed which reduces both energy and water consumption. Work has also started on the 'solar carports' in Sudbury's Kingfisher car park which will generate electricity not only to charge the car parked in the shade below, but also to provide additional energy to be used in the running of the Leisure Pool itself.

Waste and Recycling

COVID continued to present challenges, affecting collection crews and Household Waste Recycling Centres (HWRC) staffing. Fly tipping incidents have returned to pre-covid levels, but contamination of dry recyclables is still a problem. The Suffolk Waste Partnership has embarked on an awareness campaign to reduce the amount of glass in both blue and black bins. Glass is currently recycled via 'bring sites' – bottle banks and HWRCs.

Council tax

Babergh's element of Council Tax has gone up by £3.48 per year for an average (Band D) dwelling.

As a comparison, Mid Suffolk are the lowest in the County at £171.59, East Suffolk £177.34, West Suffolk £187.11 and Ipswich (Borough) £384.21.

Council Tax Rebate

The Government is providing funding for occupiers of properties in Council Tax Bands 1-D to receive a one-off 'energy rebate' of £150.

Neighbourhood Planning

I am delighted that Assington now has a formally-adopted Neighbourhood Plan. The efforts and determination of the NHP team cannot be overstated as the volunteer hours needed to complete the task are significant. I am sure that all residents of Assington will be grateful for those efforts which now give you all a statutory say in the planning process. Newton also had their plan adopted the same day, with Leavenheath and Little Cornard coming to the final stages of their own plans. When completed, Assington Ward will be the first Ward in the District to have all Parishes within it covered by Neighbourhood plans.

7. Police

Disappointingly, there was no report. Cllr Finch informed that he is on the SCC police panel and this they are attempting to address this issue

8. Mr S Thorogood (Assington Parish Council)

We have had a number of successes over the year due to the hard work of the Parish Councillors:

- We now have our Neighbourhood Plan in place, which is an enormous help with planning.
- We have responded to Planning applications in 16 locations within the village.
- The Consultation on Bramford to Twinstead Reinforcement has taken up an enormous amount of work for Cllr Howcroft, thank you Tony
- Work on the Road Safety improvements are well underway, led by Cllr Hill
- The Queen's Platinum Jubilee celebrations are an event we are all looking forward to.

I would like to once again thank Lee Parker and James Finch for their attendance at our meetings and for their willingness to support us and to offer help and advice when needed.

I would like to thank the Clerk and all the Parish councillors for their help and support over the last year.

1. And finally, my thanks to Simon White for auditing and ensuring we stay on the straight and narrow.

9. Mr B Cowlin (Assington Association)

The Assington Association is the not-for-profit organisation that funds the village magazine, the Assington News, which again published 10 editions throughout 2021 including a full colour edition in October with lovely pictures of the annual Village Fete and Horticultural Show. Each edition is also published on the Parish Council's website in full colour. Thanks again to our advertisers and generous contributions from individuals, the Parish Council and organisers of the Horticultural Show, our finances are still in reasonable order, although expenditure exceeded income in the year by about £230.

Our income from advertisers has been lower, as I forecast last year, largely as a result of the difficult trading conditions through the Covid epidemic and additional advertisers are being sought. The books have once again been audited by Ian Clark, whom we also thank. Thanks are due to all the contributors of articles and reports for the magazine, our advertisers and donors, and the volunteers who deliver each edition freely to every household in the parish. As ever, our

editor Bronwen Stacey looks forward to receiving your articles and reports please, by the 15th of the month.

10. Mr S King (Assington Village Charity)

At the end of last year's report I said we were looking for new members of the committee, and at the face-to-face AGM on 19th May 2021 we co-opted Zoë Laughton and Mark Hemingway. The officers were all re-elected with Stephen King as Chair, Claire Osborne as Secretary, Sue Sadler-Brunning as Treasurer and Louisa Symonds as Lettings Secretary.

Government and local grants ensured that we ended the year with a surplus of £7,968, slightly less than last year. Income included £2,283 interest from investments, £525 from the recycling banks and a £226 donation from the Horticultural Show. The Parish Council paid for three professional standard table tennis tables which are now in use in a popular club meeting every Sunday evening.

The Playing Field was used regularly by football clubs, fielding one team from Stoke by Nayland and one from Cornard. An initiative to create an Assington football club is currently under development. The costs of maintaining the pitch at a playable level have increased, with the hours of use limited to between 6 and 8 hours per week.

Village Hall maintenance included repairs to a leaking shower and the veranda gutter. The convector heaters purchased during the Covid restrictions are not adequate for heating the main hall. They were an alternative to the air-conditioned heat blown into the hall though ceiling fans. The cost of heating oil has increased and is not good for the planet, lending more weight to finding alternative sources of energy and methods of heating.

Following the easing of Government regulations to avoid the spread of Covid-19 we decided to re-open the hall from 24th May 2021.

Lettings began to pick up in June although Covid notices were not removed until the end of August. At the time of writing all restrictions are off though hirers of the hall are still advised to use their own discretion in risk management.

Advertisements for the AGM open to all residents on the 18th May 2022 were placed in the Assington News last October and in the March and April issues this year.

11. Rev Simon White PCC

Two years on, the effects of the pandemic are finally dissipating: keeping people safe has been our priority. At Christmas the carol service was the last event cancelled because of Covid, Zoom and online services have come to an end, and now it's great that the church building is being used regularly again. And we have two weddings booked so far this year.

Eighteen local families are involved in Assington babies and toddlers who meet in the village hall twice a month under the leadership of Tricia Box.

We await the arrival of our new vicar Daniel Whiffin, who will be moving into the vicarage in Bures with his wife and young family.

Thanks are extended to those helping with ministry, pastoral work and the building and grounds. Thanks to the Parish Council for donations to support the churchyard.

We are looking forward to updating the building providing toilets and refreshments and also making it a better place for people to sit quietly.

Our Church is for all the people of Assington sharing our message of unconditional love.

12. Mrs J Cutts (Allotment Association)

Report written by outgoing Chairman Stephen King
Last year provided weather of every variety to result in unexpectedly good harvests, much of which was shown at the successful Horticultural Show on 22nd August.

All twelve plots were paid for such that the annual rent was covered. The Parish Council continues to pay for the upkeep of the exterior paths and water supply, for which the Association is very grateful. The Council kept the rent at £30 per plot.

One of our long-standing plotters, John Pinto, sadly died after an amazing, determined year of effort against cancer. Plot 7 sustained him enormously towards the end of his life. Three plots managed by people from outside the village were given up during the year for personal reasons. The vacant plots were taken on by new village residents from the waiting list.

The spring storms early this year wreaked havoc among the greenhouses and wooden structures. During the year there had been a noticeable increase in the amount of plastic, wood, cardboard, netting and wire used to construct compost heaps or suppress weeds, pigeons and other pests. Now that bonfires are not acceptable, rubbish must be removed from the site if it is not compostable.

The Association officers appointed at the AGM on 6th March 2022 are as follows - Jenny Cutts, elected without opposition as Chairperson,

to replace Stephen King who has stepped down after seven years in the post. Claire Osborne (Secretary) and Lisa Brooks (Treasurer) were re-elected without opposition.

On a personal note it has been very rewarding to have seen this site develop from the open meadow walked over by me and the late Chris Heseltine in 2014 into a thriving food producing space. Only one plot of the twelve is now cultivated by people from outside the village, and there is a waiting list.

13. Mr P & Mrs C Hollingsworth (Footpath Wardens)

Our Annual report concerning footpaths:

- Footpath 20 – the footpath between the wooden bridge and the kissing gate at Oatetch Grove where boggy ground has been a problem for many years has been upgraded. The footpath has been re-laid/re-surfaced. We are grateful for the Parish Council funding the project.
- Footpath 12 – opposite the bridleway to the church, the hand rail was damaged and was repaired
- Footpath 20 – At the junction with the A134, the missing finger sign on the footpath post was replaced
- Footpath 13 – the top rung of the stile was unstable. Suffolk county council referred this back to the landowner and the issue was rectified
- Footpath 12 – At the junction with 3 ways – the finger post has been knocked over and is rotten at the base. Reported and completion is outstanding/awaited.
- Various waymark posts have been re-positioned and firmly sited, where they have fallen over.

We have periodically walked the footpaths and trimmed hedgerows to ensure that all signs remain visible.

After storm Eunice, many odd branches fell (some quite large) and we removed these to verges to ensure that the footpaths were safe and accessible, as soon as possible.

We have requested some replacement direction discs, as many have seen better days and are either missing, damaged or badly faded. During 2021, Eugene Corkhill retired and we thanked him accordingly. Suffolk County council have appointed a new contractor to fulfill the needs. Thanks to Paul and Cynthia thanks to Andrew.

14. Mrs H Wallace Neighbourhood plan

Most of 2021 was affected by restrictions which delayed progress but referendum date finally arrived and on 2nd March 2022 all was ready and we were notified that 94.5% voted in favour. As Lee mentioned, the plan was officially adopted, has full legal basis and will guide the parish council in the planning. Thank you to all Assington residents for their time and support. The dedicated plan team worked tirelessly. Lee confirmed a future skeleton team will be required to keep the plan up-to-date for reviews, but the lion's share of the work is complete.

15. Question: Mark Watts hopes to create Assington Football club

and is seeking village support as he has become stuck with facilities in the Village Hall, which has only one dressing room, whereas under the Suffolk or Essex league rules, venues need three separate dressing rooms. Is there a way that the Parish could support to him to create two additional dressing rooms for community use?

Fred from Assington Autos is happy to sponsor the team, and would provide three containers to be used as dressing rooms, but containers are not ideal and would require showers. There appears to be no possibility of external funding.

Answer: Any Parish Council support would need to be discussed at a full Parish Council meeting. However, the Village Hall does not belong to the Parish Council, therefore any decision would rest with the Village Charity. CClr Finch suggested that Nayland has a hall with the necessary facilities.

The meeting closed at 20:13.

ASSINGTON VILLAGE CLEAN UP

From Bryn Hurren

Just a few lines in thanks for all those who have been coming out to take part in the village litter pick, which hopefully is still going on, especially those who tackled the two major roads to the north of the village.

If we ever do that again, I will try to get some proper highway notices as this escapade is probably a bit beyond the call of duty and even highway safety.

Having said that, we did get many friendly toots, waves and smiles and even congratulations from one gentleman who actually stopped his landrover to lean out and say Thank you for your efforts, also that he could not believe how many sacks we had filled.

Although not normal to pick out individuals, I feel I should mention Bill Milner of this parish at this point, as I see him picking litter along both sides of the A134 on so many occasions and I am sure that our task would have been so much worse without his contribution.

In total we picked 31 full sacks and I am sure that several volunteers also put individual sacks into their black bins for collection with the general waste, that goes to our EFW plant at Gt Blakenham to make electricity that we sell to the national grid to power our homes.

Items collected included the normal array of food wrappers, cans, bottles (many partly filled with a very pale solution) car parts, highway signage, sandbags and even a steel safe with a drilled out lock that has been reported to 101 police helpline.

If anyone sees any litter in the future please feel free to help collect it in and dispose of it in the correct way, although we do all sometimes get irate and blame others for the mess, we do have to remember that some comes accidentally off passing lorries or is blown out of bins in these current high winds. We live at the moment in a highly packaged society and this is a price we have to pay.

Many Thanks Everyone. Super Effort. Bryn.

IT HAPPENS IF YOU WAIT LONG ENOUGH.....

From Stephen King

"Moved by chance to live here fifty years ago, to bring up our children, educate them at good local state schools, enjoy the peace and tranquillity of rural life, find good and lasting friends and neighbours, enjoy some public transport (off and on) and various village activities.

The only request we made as we carefully shepherded our children round the hazardous bend at Hill Farm was to put the speed limit down to 20 mph but it fell on deaf ears.

Somehow we all survived, and now fifty years later, faced with the increasing population and traffic, new housing, heavy industry, new facilities and streets worthy of a small town, we are having to decide whether to stay and concede defeat or leave to find another village which reflects the rural nature we so much enjoy, in the hope that the planners will react more quickly to our suggestions.

By the way there is a plan NOW to put the speed limit down to 20 mph!"

THINGS TO DO



Leavenheath Village Hall Cinema SAT 7TH MAY : MRS LOWRY AND SON

Arrive 7.00pm Film starts 7.30pm

Please book early to avoid being disappointed

Tickets £3.50 per Adult and £2.00 per young person

You can now reserve your seat online at

www.leavenheath.org.uk

Telephone: Marion (01206 263301) for tickets

Refreshments (wine, beer, soft drinks, coffee,

tea will be available before the film starts

and ice creams during the interval.

Proceeds towards LVH Capital Project Fund (Charity No 262816)



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MALCOLM 01206 263301

STEVE 01787 211153

BARRY 01787 370225

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NAYLAND OPEN GARDENS

SUNDAY
12th JUNE

2022

2pm-6pm

TEAS in the Village Hall

Tickets £5 (children free)

in advance from:

www.naylandevents.org

or on the day at

the Gardens or Hall

www.naylandconservation.org.uk

ASSINGTON Table Tennis Club

meets every Sunday evening at the village hall.
We have 3 professional level tables and a wide
range of playing ability.

We are an encouraging, friendly club and would
welcome new members .

The sessions are Sundays from 6-9pm
and there is a fee of £3.00 per person.

ASSINGTON VILLAGE CHARITY

The Annual General Meeting (AGM) of the
Charity is to be held on

Wednesday 18th May 2022

at 6 p.m. in the village hall.

The term of office of all members of the
committee will end at the end of the AGM.
They may be re-elected or re-appointed.

All inhabitants of the village of 18 years
and upward are allowed to attend
and vote at the meeting.

For more information contact

Stephen King (Chair) on 01787 210932

or sjking@btinternet.co

The Friends and Trustees of St Mary's Church, Church Field Road, Chilton have arranged three exciting events for May and the Jubilee.

On the **Thursday 19th May**, This is My Theatre will be performing
A Comedy of Errors. Shakespeare's comedy about separated family
and mistaken identity will start at 7.30pm with doors opening at 7pm. **£15
for adults £12 for children**, for more information and to book tickets at
thisismytheatre.com

A new talk by Charlie Haylock about how he became the dialect coach for
Ralph Fiennes in the Netflix film "The Dig" will be on **Saturday 28th May**
doors opening at 7pm, tickets are **£10 and available online**
at visitchurches.org.uk/whatson

To celebrate the Platinum Jubilee on Saturday and Sunday **4th and
5th June**, a Collectors Exhibition will be held in St Mary's. There will be a
display of things people like to collect, a book stall and refreshments.

Free entry on both days 10am to 4pm.

For more information on any of the events please contact Jane on 07392 086936 or
email jhatton@theccct.org.uk

MORE THINGS TO DO

LEAVENHEATH PLATINUM JUBILEE CELEBRATION

Saturday 4th June 11.30am

Fun Day & Picnic on Leavenheath Village Green to celebrate the Jubilee.

Attractions include:-

music for dancing, Happy Sounds Community Choir, the Leavenup Band, Karate demo, Gymnastics, a Games Bus, Magician, craft stalls, games, cream Teas, fire engine, beer tent, big raffle, first prize £200, Hampers, Photo Shoot Voucher and many more.

Free entry and free parking



Thank you Thank you for all your support and for making it such a happy and friendly space for families to meet together!

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, on Thursdays
9.30 - 11.00 am during term time, at £3 per family.

Here are the dates for the remainder of summer
May 12 and 26, June 9 and 23, July 14

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

01787 227528 or 07747 124592

Sudbury Farmers Market on the last Friday of each month:
May 27

HAPPYSOUNDS AND SHANTYFOLK AT THE QUAY - TICKETS NOW ON SALE!

Assington's Choir has been rehearsing new material for their forthcoming Summer concerts, one of which is a fundraiser for the Quay Theatre on 17th June. It's their first ever concert

in a proper theatre setting so it would be wonderful if you could come along and offer your support, while helping raise money for the Quay. Also on the bill are ShantyFolk, featuring Assington's own Ian Clark, performing a wonderful selection of songs from the sea, so it promises to be a fantastic evening of entertainment. Tickets are £12 and available from the Quay's website <http://www.quaysudbury.com>

You can also hear the Choir at Leavenheath's Jubilee celebrations on the Leavenheath playing field on the 4th June, and at Sudbury Town Hall on 2nd July.



ALSO: AT THE QUAY THEATRE IN MAY

3rd - 7th May @ 7.45pm: Under Milk Wood

11th @ 7.30pm: Martin Carthy

13th and 14th @ 7.30pm: Gainsborough and the Modern Woman

18th - 21st @ 7.30pm: Bad Girls The Musical

22nd @ 2pm: Swan Lake ROH Season

26th @ 7.30pm:

An audience without Jake Thakray

28th @ 7.30pm : Alternative Eighties Night

31st @ 2pm: Eddy the Teddy's Day Out (children)



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A VIEW FROM AROUND THE BEND

Oh you lovely, lovely people, just a few days after the last newsletter went out, I opened my side door to let out Henry for his morning stroll and found two televisions on my step, accompanied by a note and number saying that if I gave sparky from Wormingford a call, he would come out and tune them in for me, although I have never heard of Wormingford I did find out from Steve that it is in fact not a veterinary medicine and is in fact the neighboring village to Assington. I duly rang the number provided and Sparky said that he would come out to me the following Sunday and did not need paying but that I could cook him a nice breakfast in return for his labours. I gratefully accepted the offer and got some extra eggs, bacon and porridge from farmshop along with crushed oats and oatmilk, in case Sparky was a veggie.

The knock as arranged came on the door last Sunday and I opened it, to see a giant of a man standing there, he was about seven foot tall and probably even further around his tummy, he cracked his head on a high beam and headbutted all the lightbulbs in getting into my cottage but once he had got used to the gloom he helped me position the first TV onto a side table in my main living room and worked on it while I cooked his first breakfast, two more followed as the work progressed and by the time the indoor ariel was up and a beautiful picture emerged, he was on cereals, this TV he said had over 200 different channels, so I will watch a different one every evening when I come in from the garden, up to 17 at the moment which seems to be a rehash of things I watched 20 yrs ago. The smaller TV was positioned out in the back conservatory for when the nights draw in again as I often sit out there to get the last of the daylight. He even got the ancient black and white one going and we got that upstairs to my bedroom, I have no working light up there, so would not be able to see the colours anyway. We finished the morning with coffee and the very last of my remaining biscuits and chocolates and we said goodbye with a handshake, he was apparently going to his next job in Polstead where he was expecting lunch.

Spent the rest of the day recovering from the excitement and wondering what I am going to eat for the rest of this month, will scrape together what change I have left and venture up to farmshop and restock what I can afford, I have to say that Maxines eggs are so warm, fresh and lovely, I am sure she must lay them herself. So good to have quality supplies so local.

Still no luck with getting the bus to Sudbury, young Mathew down the road says I should try standing on the other side of the road. What good does he think that will do, does he think I am stupid. Will try again next month when have hopefully recovered my composure. I did have a letter in the post from someone called Bobbie who said they would call in and take me in to Sudbury one day on the right bus, we will see what that brings, I just hope that if this offer is genuine he doesn't expect lunch or supper.

Still so worried about Henry, I have put his basket on the top of the new TV so that he can get the warmth from the tube, but he is now so fat and podgy that he can no longer make his way up there unaided and I have to lift him up at night and down again in the morning. Must get to Sudbury next month to find a vet and get him some worm pills, seems he has a blockage as not feeding him so much now, just needs a good clearout I guess as otherwise he seems really well.

I also need to get to woolies as I brought a fishing rod from there some 20 yrs ago which has not landed a single fish and I think I could get my money back on that.

Bloody road closed again, why? I walked up three times to chat to roadworkers, but found nobody on site at all and folks just driving through between signs like at Brands Hatch, although I don't drive, it does give me a feeling of being

trapped as I couldn't leave the village even if I wanted too, with all this mayhem going on. Old Bill from down yonder, who I met coming from the other way on the last trip, said when he was a lad all the roads were kept up perfect and his dad's old Austin 7 never had a puncture or suffered any damage from potholes or the like, I do tend to agree, trips to the seaside were peaceful and uneventful, whereas nowadays folks just seem to sit in big jams with holdups at each end. We agreed to continue to discuss the problems at a halfway house which could be the Foxes Den when it opens.

Trying to cut down some brambles and clear the garden a bit more in my spare time, seems since I gave up working, I have no time for anything any more, always so busy.

I am determined to grow more of my own food to cut down on expenses and live more organically, also hoping to be able to put something in the show and win a prize, I did try to enter some potatoes a few years ago but when I saw the ones from farmer Tim which were twice the size of the ones I had entered, I took mine off the table and popped them back in my pocket and slipped out and went home. I will try to get some horse poo from the heap up Barracks and smother the plants in that, to make them grow big and have another go.

Would be so exiting to win a prize and get some cash.

So many exiting plans and so much to do now that summer is near Bhhhhrrrr.

No time to go over to the Mutton any more, Not sure if I will even have time to even write this column next month. Sorry Bronwyn, just joking, I will find time somehow. Just so much to do.

Stay Well and be Good. **Esra.**



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NAPIT



ASSINGTON CHURCH'S "TEA AND WC" PROJECT

You have got to admit, it's long overdue.....These days, everybody expects to be able to pop to the loo if necessary, even if that is during a church service. And it would be lovely to have a basic kitchen facility also, (with an actual tap and sink!), for the after-service refreshments.

A while ago members of the church PCC were formally informed that Valerie Lock had generously remembered the Church in her will, and had left a legacy for a special fabric project, which we have decided to use to "kick-start" the church tower conversion Project.

It has taken us some time to work through various aspects of what we hope to achieve, but we are now at the stage of being able to begin the project in earnest:

We realise that the work required to (hopefully) convert the base of the church tower into a room, which will contain an accessible WC and a small kitchen facility. Obviously there will need to be a huge amount of planning behind the scenes, and, once a new vicar is here and in place, we will be able to seek official permission (a faculty) for an architect's plans, and commence fund-raising.

Don't worry, you will be informed when the time comes how much we are hoping to raise and how you can help to fill the coffers!Be warned, it isn't going to be cheap.

In the meantime, Anna Clayton has been the first person to actually personally "raise money" for the Tea and WC Project. She has raised it through her Pilates Classes, which she runs in the Village Hall.

We are hugely grateful to her, for her energy and good will, and thank her so much for all her continued support and exceptional generosity. She is truly an inspiration .

Here she tells you all about it:

Assington Pilates Class

Tuesday evening

7.00 - 7.45pm

Physiotherapist led class (no prior Pilates experience needed)

£9 Pay as you go
Or

£32 for a block of 4 classes

Contact: annacclayton@hotmail.co.uk

07811229266

Please bring your own mat.

50% donated to the Valerie Lock Church Fund to install Kitchen/toilet facilities.

MONEY RAISED From Anna Clayton

The amount raised from Pilates Classes from 6th July 2021 to 5th April 2022 for the " TEA AND WC PROJECT" is £429.50 and that will be increased to £536.88 with gift aid (as it will come from me as a taxpayer.)

The same amount of money will be donated to the Pinc and Steel UK charity which myself and my colleague Hayley Jarvill are East of England reps. This should enable us to locally fund 5 cancer patients to participate in an exercise class over the course of 10 weeks. Exercise has been shown to have excellent benefits with regards prehabilitation and rehabilitation of cancer treatment (before, during and after all types of treatments and/or surgery). Continuing with or returning to exercise at any stage of treatment helps encourage people to continue or return to their normal hobbies and interests by maintaining or improving strength, mobility and cardiovascular health whilst reducing some of the side effects of treatments.

Classes continue to run as per the advert and thanks to those who have attended.

ASSINGTON RAINFALL AND TEMPERATURES

Bill Milner (rainfall)

and Bob Cowlin (temperatures)

HISTORY: 2016 TOTAL 599.5

2017 TOTAL 571

2018 TOTAL 559

2019 TOTAL 597

2020 TOTAL 636

2021 TOTAL 582.3

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
JUNE	1.5	31°C	5°C
JULY	19.5	36°C	10°C
AUG	83	35°C	6°C
SEP	29	25°C	-0.5°C
OCT	30.5	23°C	-2°C
NOV	75	13°C	-4°C
DEC	57	13°C	-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
JUNE	55.2	30°C	+3°C
JULY	72	28°C	7°C
AUG	29	24°C	5°C
SEP	28.5	27°C	3°C
OCT	74.5	18°C	1°C
NOV	27	13°C	-3°C
DEC	68	12°C	-6°C

2022	mm	max	min
JAN	7	12°C	-6.5°C
FEB	46	13°C	-4°C
MAR	29	18°C	-2°C

NATURE WATCH



This year, you can hardly have avoided being aware of The Queen's Green Canopy tree planting initiative. In celebration of The Queen's Platinum Jubilee and in conjunction with a number of wildlife and conservation charities, the Canopy will create a network of individual trees, avenues, copses and whole woodlands in honour of The Queen's service and the legacy she has built. This will create a green legacy of its own, with every tree planted bringing benefits for people, wildlife and climate, now and for the future.

In addition, there is a push this year for us to increase the number of blossom trees: Blossom supports wildlife, and as nature and wildlife benefits from orchards, so do we. Noticing nature among the colourful canopies whether alone or with friends and family can provide joy and comfort. Blossoming trees provide shelter and food throughout the year. For wildlife out and about at the start of spring, such as bees, the trees are a great source of pollen. Later in the year, the autumn fruit that grows from blossom provides a feast for thrushes and blackbirds, which also hunt for insects among the blossom. Even badgers eat the fruit that falls to the ground.

Crab apple trees and Dessert and Cooking apple trees all fit into the "Three Bonus" category:

- beautiful blossom in early Spring,
- followed by beautifully decorative fruits,
- the fruits can then be eaten or made into a variety of delicacies such as crab-apple jelly, mint, apple pies or crumbles;

and can be obtained in a wide variety of sizes and types, such as step-over cordons which can be a garden divider, miniature trees for planters, trees on a smaller scale rootstock for smaller gardens or spaces, or the full-blown, too-high-to-reach-the-top trees for orchard style areas.

Cherry trees also come in a bewildering variety of types and size and shape.

One kind which is little-seen is the Bird Cherry.

Prunus Padus: A stunning, scented show-stopper of a tree. In spring, nectar-loving animals flock to this beautiful tree for its almond-scented blossom.

Sometimes sold in a different version as hedging, mature trees can grow to 25 metres. Its flowers are clustered along short stalks, botanically known as racemes. The flowers, which appear in April, are held in clusters, somewhat like the lilac blooms, and are hermaphrodite, meaning each flower has both male and female parts. They are heavily scented, white with five petals, and measure 8–15mm across. The sweet, nectar-rich flowers are very popular with bees which are drawn



to them for an early supply of food and pollen. After flowering, bitter dark fruits develop which are loved by birds and small mammals but are not edible for humans. The foliage also provides food for a range of insects, particularly the caterpillars of many species of moth, but is considered toxic to livestock. Unlike wild cherry, bird cherry does not produce root suckers.

Bird cherry is not to be confused with: Wild cherry (*Prunus avium*), sour cherry (*Prunus cerasus*) and cherry plum (*Prunus cerasifera*).

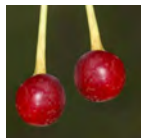
Wild Cherry (*Prunus Avium*): one of the prettiest of native trees, is relished by gardeners and wildlife. Mature trees can grow to 30m and live for up to 60 years. The shiny bark is a deep reddish-brown with prominent cream-coloured horizontal lines called lenticels. The second part of its botanical name –

avium – refers to birds which play a role in the tree's propagation by eating the cherries and dispersing the seed. These wild Cherries form a complimentary part of our beautiful local bluebell woods, flowering at the same time.

Sour Cherry (*Prunus Cerasus*): Morello is one of this species. This tree, which is smaller than the sweet cherry tree can reach 10m high, and gives a glorious display of blossom in hedgerows and woods. Its acidic fruits range from bright red to almost black, round with a fleshy layer, are adored by birds.



Cherry Plum (*Prunus Cerasifera*): early spring-flowerer and ancestor of the domestic plum, this cherry tree grows to 8m and its yellow or red cherry-like fruits may be eaten raw or made into wines or jams.



In addition to the above, and not mentioned here, are the 'ornamental' cherry trees, the Japanese Sakura or Kwanzan trees, which have huge variety of types of blossom and shape and forms of tree, suitable for residential areas.

DIARY DATE REMINDER: ASSINGTON HORTICULTURAL SHOW Sunday 21st August 2022 Combined with the Scarecrow Weekend

This will be the 45th horticultural show held in Assington village hall.

No time to lose: beat those weeds before they take over!

You need to grow it before you can "show" it..... Start your planning and your planting before its too late!

As always there will be a chance for young and old to exhibit what they have grown, constructed, baked or photographed during this past year.

The wonderful shows and Scarecrow competitions have delighted the village residents over the past few years, and have provided much enjoyment during some darker moments for us all. Such traditional village events are a trademark of what makes Assington so special to us all, and provide an opportunity for both new and old friends and acquaintances to have a chin-wag (and a cup of tea).

Of course, the back-breaking effort for real gardeners and allotment-holders is part of the pleasure and the pain.

For some of us more "fair weather" gardeners, just trot out on the morning and pick half the plums off your tree in an endeavour to find six "matching" fruits! Then you have to spend the remainder of the week making jam with the other plums which didn't make the grade!

We hope to see an increased entry into the show, which, once again, will be raising funds for our village charities, so do come and join us and take part.





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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)

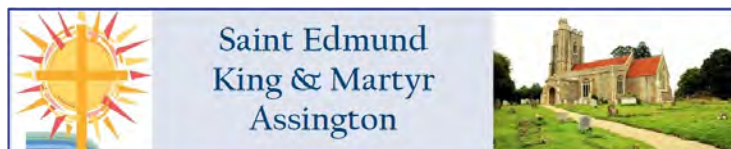
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PARISH CHURCH NEWS



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

Letter from Sylvia Gaspar, Reader at Bures with Assington and Little Cornard

Dear Friends

It's May, let's bring back the Maypole! Wouldn't it be good to learn to dance it on village greens and city centres! I know what you're thinking:



that sounds old hat and folky and we don't have a village green at Assington.

Well, I was tempted to start the May letter with some poetic lines about spring sunshine, cheering flowers, new life, new expectations. We do see it, it is around us and we are so grateful for the lift it gives us. But somehow there is little confidence it will last. And that is not just about the weather! We live in times of constant flux, the good and encouraging followed by negative and discouraging. Then another burst of kindness and creativity shines out and we try not to see the clouds on the horizon.

Our world is so interconnected. Happenings in one place ripple out wider than we'd ever expected. We are affected by the awful, depressing things of pandemics and war, wherever they start, but also by the generosity and self denial of people from across Europe as they respond to the desperate needs of Ukrainians.

So back to the Maypole. It is dressed with ribbons of many colours, some bright, others darker. The dancers circle round, then they weave in and out and the bright and dark get intertwined, no one colour dominant. What a springtime message that would be to us all. The good, the bad and the ugly will always be there weaving through our days. Let's not lose sight of the bright amongst the dark.

And every Maypole has a good strong pole that does not wobble or fall over whatever the dancers are doing. God offers us a certainty that, however the events of the world weave through life with bright and dark days, he will always be the constant source of truth and love. The new life given by Jesus and celebrated at Easter doesn't fade a week or two later but is the 'new normal' we have been looking for. Let's hold onto the ribbons of our lives confident they are anchored in the everlasting God.

With love, **Sylvia**

MAY SERVICES IN ASSINGTON CHURCH

8TH MAY @ 10.30am All Age Service with Holy Communion

15th MAY @ 10.30am All Age Service

Please contact office@parishchurch.co.uk or telephone 01787 227407 for details

MAY SERVICES ELSEWHERE IN THE BENEFICE

**1st MAY: BENEFICE AWAY WEEKEND
Bures: @ 10,30am Holy Communion**

**8th MAY
Bures @10.30am All Age service
Little Cornard @4.30pm Evensong**

**15th MAY
Bures @ 10.30am Holy Communion**

**22nd MAY
Bures @ 10.30am Holy Communion**

**29th MAY
10.30am Little Cornard: Benefice Communion**

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

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SESAW NEWS

“Didn’t we have a lovely time, the day we went to Long Melford?!” One of our volunteers was singing a parody of a Fiddlers’ Dram song after our Easter Fair last month. Not everyone remembers a 1970’s hit but the fantastic response to our event was reminiscent of our pre-pandemic fundraisers. Familiar friends (and dogs!) arrived to browse the stalls, enjoy a snack - and the icing on the cake? Nearly £4,500 raised including a generous donation from an anonymous supporter.

Mum said it would be too cold for me to attend because there was a constant flow of fresh air through the building to blow away the virus. It was fortunate that our volunteers were on hand to help rescue a fledgling found on a nearby footpath, popular with dog walkers. The fluffy bundle was quickly brought home to Mum who identified it as a Tawny owllet. It is coming along nicely and will eventually be returned to its home territory for a soft release.



The Baby owl one week later

animals one morning a week. Please leave a message on our answerphone or send an email if you would like to help.

There are still spaces on the Nayland 10K family-friendly run on Sunday 10th July, starting at Little Garth School, Nayland, CO6 4JR. This raises money for local charities including SESA W, there are routes to suit all ages and abilities through Areas of Outstanding Natural Beauty.

Book your place at www.nayland10k.co.uk

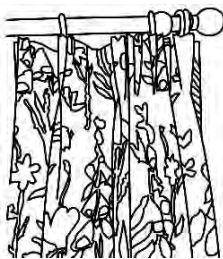
The only place I’m running to now is the kitchen where Mum is preparing dinner for all the dogs including me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029.
Stoke Road, Leavenheath, CO6 4PP 01787 210888
www.sesaw.co.uk

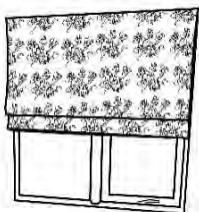


We are looking for more enthusiastic people to join our fundraising team and reliable volunteers to care for the

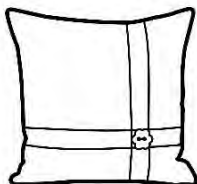
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If you have any ideas you would like to discuss, or want some help to create the look you are after, please don't hesitate to contact me.

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