

ASSHINGTON

NEWS



OCTOBER 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

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 (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
Fleece Jazz, Stoke by Nayland Hotel - www.fleecejazz.org.uk	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 (james.cartlidge.mp@parliament.uk)	James Cartlidge	020 7219 4875
Monday Night Art & Craft Club (janette.gunn@yahoo.com)	Nettie Osman	07957 394780
Parish Council	Simon Thorogood	01787 227400
bronwenstacey@btinternet.com	Bronwen Stacey	01787 210354
john@moorsfarm.com	John Symons	01787 211534
rosemarysymonds42@gmail.com	Rose Symonds	01787 229100
hwallace58@gmail.com	Helen Wallace	01787 211162
i.jordan741@btinternet.com	Ian Jordan	01787 211609
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 (steve.morley@btinternet.com)	Steve Morley	01787 227407
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

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

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NATURE WATCH

Jacqui Egglestone of Cootes Cottage took this photo of a male Stag beetle which she saw in June beside the track to Mill Farm.



On enquiring of the County records, this is the third time known of, for a Stag beetle in Assington, and the first backed up by a photo. It fits well with the occasional sightings at nearby High Road, Leavenheath, but previously was thought not to occur north of Nayland.

Colchester and Nayland are hot-spots for the Stag, which in this country appreciates the warmth of

towns! The white grubs are enormous, and found among dead roots of trees, where they live for several years.

In late July Bronwen Stacey spotted some Cinnebar Moth larvae on their single food plant, Ragwort.

A single food-plant is when the eggs of a particular species are only ever laid on one specific plant. Therefore, if that plant did not exist, the species would be likely to become endangered, in not actually extinct.



Ragwort often gets a bad press as a

result of the poisonous effect it can have to horses, in particular, and cattle if the dry leaves of ragwort plants get amongst the hay they are eating.

The cinnabar moth lays its eggs in large batches, of up to 150, on the lower leaves of ragwort and when the caterpillars



emerge (June to August) they eat their way up the plant. In August, the mature caterpillars leave the host plant and spin a cocoon in which to hibernate in the soil. They emerge the following summer (May to July) as adult moths when their boldly coloured red and black wings still advertise the poisons they contain making them safe from

attack by birds. 



At Tiger Hill, numerous large beetles are flying around at the moment, unusual ones include the various Burying Beetles, with their bold red and black stripes.

One sort has taken up residence in our bins, a different type flew in through an open window and straight into a spider's web - it seemed very happy when I put it in our compost bin. Another occasional sight is the Great Diving Beetle, first noticed by the loud noise when it flies into a parked car on a hot day; its misfortune is to mistake shiny surfaces for water.

It was lovely recently to see a toad locally, they are so scarce nowadays, and it would be great to hear of any other sightings.

How sad that no House Martins nested in Assington this year, though they did return to Bures. This loss is a real sign of the times, it's occurring internationally, and the main cause is known to be the massive loss of insects caused by pesticides - a loss which is starkly noticeable to anyone over fifty.

Bronwen also took this photograph of an Elephant Hawkmoth Lava on 9th September, whilst walking in local woodland.



The larvae eat leaves of willowherbs and bedstraws, but also visit gardens where they may eat fuchsia leaves. Although they feed at night, they often laze around on the stems of their food plant in the late afternoon sun. Through September and into October the larvae become fully fattened and pupate amongst the leaf litter on the ground, where they stay until the following summer.

The Elephant Hawk Moth is a beautiful pink colour with olive green parts. Its wingspan is about 60mm (or about 2 1/2 inches).

The adult moths fly by night and enjoy feeding on the flowers of honeysuckle, rhododendrons and willowherbs amongst other tubular nectar flowers. They can be found on the wing throughout the summer but by late summer we are probably more likely to find their caterpillars, or more correctly their larvae



Contributions from Nick Miller and Bronwen Stacey

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FREDA GRACE BRUNNING

Born 16th January 1936 to Harold and Irene "Polly" Grimsey. She was the eldest child with Joyce, Bill and Archie following on.

Freda grew up in Boxted, Essex where she was educated at the junior school in the village and then at St. Henena's in Colchester. Where she was so tall and willowy that her school friends called her Freda Whizz-By.

When she left school she went to work at Peaks in East Stockwell Street in Colchester where she was a seamstress. During her teenage years her and her friends would cycle to Nayland. Here she made friends with some of the children fostered by Nana Brunning. Through these friends she met Mark Brunning and they were soon married on the day before her 19th birthday.

They lived in Nayland with Nana Brunning for a short time before moving to a tied cottage in Wiston, then they moved to Assington.

Freda had three children Carol, Sally and Mark. In Assington Freda found good neighbours and many friends, particularly Jean Evans and Ann Warner. They worked together doing fruit and potato picking, sugar beet hoeing and what ever was available. Her favourite place to work was at Nayland on the farm run by the Slater family. It was demanding work but gave her a small claim to fame when their potato planting machine was demonstrated in the ITV program "Farming Diary", which was hosted at the time by John Slater.

Family holidays were always in the U.K. the early ones to Cornwall at Pentewan Sands and Mevagissey and later to Walcott in Norfolk.

Freda had Four Grand children Kerry and Lucy, Carols children and Lindsey and Gemma Sallys. Then came the great grand children Honey, Alfie, Erin, Emma, Caitlin, and Bertie. Freda was always happiest surrounded by family.

When Freda lost Mark it took a long while to come to terms with it but her good friend helped her through. They soon got into the habit of going on the bus to Colchester or Sudbury and having meals out together.

Freda was delighted when Lindsey moved back to the village with her family as then there were four generations all in Assington.



When Freda became ill with cancer she did her best to fight it but soon she was in a bad way. She decided to go to Melford Court Nursing Home, where she got stronger and bounced back; she was knitting doing activities with the other residents and coming out with the family for coffee etc,

Sadly she lost her battle with cancer on the 17th August.

We will all miss her so much.

From Sally and family.

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Assington Pilates Class.

Tuesday evening (starting 6th 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
07811229266

Maximum 12 people (whilst covid restrictions apply)

Please bring your own mat

THINGS TO DO

St Mary's Church in Chilton is a beautiful red brick stone and flint 15th century church with a 16th century tower which sat in the middle of fields and was only accessible by foot. Over the years the Industrial Estate has become a close neighbour which has meant access and parking enabling more people to visit.



The Church is open daily between 10am and 4pm and the Friends Group are now starting to put on events again.

The first this year will be a **Victorian Magic Lantern Show on Saturday 9th October at 7pm with free entry**, then on **Friday 22nd October at 8pm Jazz in the Church.**

This Jazz Saxophone and Piano duo from Scotland have had enormous success over many years including at the Edinburgh Fringe Festival and are now touring again in the UK. Tickets are £10 and free for under 16's accompanied by an adult.



For more information or to book your ticket contact David Tibbetts-Chaplin on 07933 783683/ djtibby@outlook.com. www.visitchurches.org.uk/whatson

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New to the village - MONDAY NIGHT ART & CRAFT CLUB

Did you spend lockdown discovering new creative talents you didn't know you had? Maybe you just enjoyed the process, and are ready to meet likeminded people? Perhaps you've been painting or crafting for a while, and would like to swap ideas with people, and get new inspiration.

Monday Night Art & Craft Club is an informal gathering of people from Assington and surrounding villages, and we opened our doors at the Village Hall for the first time on Monday 6th Sept, at 6.30pm. We mostly work together sharing tips and ideas, and occasionally have guest speakers, and will run trips to galleries and exhibitions. There will also be an opportunity to take part in art and craft fairs, for those that wish to sell their work.

This is an entirely separate group to the Assington Group Of Artists, many thanks to Belinda King for giving us her blessing to go ahead. Monday Night places are limited and booking is essential, if you'd like to come along please email janette.gunn@yahoo.com with ART CLUB as the subject header.

HAPPYSOUNDS COMMUNITY CHOIR AT THE VILLAGE FETE

The Choir spent the Summer rehearsing hard for their first post-Lockdown concert, which took place on Sat 4th September at the Village Fete.



They sing a mixture of pop songs to backing tracks, and no audition is needed to join.

The group is back rehearsing at the Village Hall on Thursdays at 6.30pm, and we are

having a new intake of members, ready for the Christmas period, where we sing in Care Homes and at charity fundraisers - restrictions permitting. We have a Charity concert planned on 23rd December. **If you'd like to join**, please go to www.happysounds.co.uk and send a message with the word **CHOIR** in the subject header.

LEAVENHEATH VILLAGE HALL CINEMA

NOMADLAND (12A)

SATURDAY 2ND OCTOBER

Film starts 7.30pm

With a 20 minute interval

Please book early to avoid being disappointed

Tickets £3.50 per Adult and £2.00 per young person

Telephone: Marion (01206 263301) for tickets

Refreshments available before the film starts and during the interval.

Proceeds towards LVH Capital Project Fund



OCTOBER DATES:
Oct 14th and 21st

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, Thursdays 9.30 - 11.00 am, at £3 per family.

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

01787 227528 or 07747 124592



FUNGUS FORAY SUNDAY 24TH OCTOBER at 2pm

TIGER HILL, ASSINGTON

On the Wormingford Road, towards Arger Fen.

The gateway is among trees, between Moors Farm and the water-splash.

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all ages are welcome, but please don't bring excitable dogs.**



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HARVEST IN ASSINGTON, AND OUR FOODBANK COLLECTION



Our Harvest Service will take place in St Edmund's Church at 10.30am on Sunday, 17th October. As always, the church is beautifully decorated with the fruits of harvest, seasonal flowers and foliage. Please do join us for this annual celebration.

Most Harvest services are held earlier, usually in September, but, traditionally, Assington's harvest was linked particularly to the apple harvest, reflecting the large apple orchards which stretched across much of the centre of the village until fairly recently. That's not to say that we don't have a number of local farms which focus predominantly on cereal and vegetable crops: we do! See the photos above and below, taken from the top of our garden during harvesting in August. Farmers work very hard throughout the year, battling the many foibles of the weather and everything else life throws at them; we are fortunate to still live in an area where we are able to see man and woman at work with nature on our doorstep.



However, some people living comparatively close to us, in and around Sudbury, are not so fortunate. The Vineyard Church runs the Storehouse foodbank in Sudbury. The Storehouse foodbank benefits from working closely with a number of local supermarkets, to collect food donations from members of the public, and also from the supermarkets themselves. Many of us probably make donations regularly in this way when we are doing our food shopping.

Over the last couple of years the demand for food from families struggling to make ends meet has increased greatly.

Here in Assington we collect food donations at the Harvest celebration, and deliver them up to the Foodbank. Currently the list of items which they need are as follows:

- | | |
|---|--|
| <p>Baked Beans
 Tinned Spaghetti
 Macaroni Cheese
 Soup (basic flavours)
 Crisps
 Snack Bars
 Hot Dogs
 Ravioli
 Meatballs
 Tinned Potatoes
 Tuna
 Pot Noodles
 Biscuits</p> | <p>and also domestic and personal items including:</p> <p>bleach
 surface cleaner
 toilet rolls
 laundry tabs/pods
 toothpaste
 deodorant
 shampoo
 shower gel</p> |
|---|--|

If you are able to donate such items, **we should be most grateful if you would bring them along to the Harvest Service in Church. We very much hope and look forward to seeing you then.**

Not only do the donations make a lovely 'modern day' equivalent to the more traditional fruit and veg box of our childhood, but they also demonstrate our celebration and giving thanks for the harvest which gives us our supply of food throughout the year; they also make such a difference to the lives of others, which of course is the true spirit of the reason we do this.

If you are not able to join us at the church service, but wish to donate items to our Assington Collection for the foodbank,

there will also be a collection box in the Farm Shop at The Barns, until Saturday, 16th October.

Thank you all so much in advance for your generosity.



No Assington Harvest Supper this year.

Unfortunately there will be **no** Harvest Supper this year on the Friday before the Harvest Church Service.

We will miss very much having this wonderfully communal annual event. However, after much debate and soul-searching, it was felt that it would be more sensible to wait until next year before we once again offer this evening of seasonal supper and live entertainment. We hope that you will all understand, and join us instead at the Sunday Service.



As the Editor of the The Assington News, I would like to say a huge "thank you" to all those people who have made contributions to the magazine, through their 'regular' items, occasional photographs, and financial donations, during the past year. Without your continued support, it would be but a feeble effort. All contributions are very much appreciated. **BS**

THE VILLAGE FETE

Held on Saturday 4th September

A wonderful day was had by all! There was a fantastic turnout, the weather behaved itself, and it was so good to see everyone enjoying themselves, to be able to meet and have a chat with friends and neighbours.

Thank you to everyone who rose to the challenge and ran stands on the day: there was a huge variety of stalls and entertainments for everyone of all ages; we even had a



vintage bus, to bring back memories for those of older generations.

A huge thank you to the ladies who organised and ran the afternoon teas and cakes, which were as popular as ever, affording people the opportunity for a gentle relaxation.

The Raffle was a huge success, thanks to: Ted, for his brilliant organisational skills, and sorting everything out on the day;

Simon Dane, for using his contact list so successfully for sponsors of the day in general, and for generously printing the raffle tickets.

To those who volunteered to collect raffle money and stubs; And to everyone for their generous participation.



Nettie and the Happy Sounds Community Choir performed a selection of songs, which almost brought everything to a stand-still, whilst we appreciated the singing. Well done and thanks to all concerned, for entertaining us.

All in all, it was a day to remember.

A total of just over £3,000 was raised, which will be a great help in our efforts to maintain the church and its work.



The fete was followed by an early(-ish) evening bring and share BBQ. The children enjoyed a game of cricket with much throwing and excited shouting, and the (somewhat) weary adults soon brightened up after a glass of wine, and hummed or sang along to the popular songs played by Takin' Time during the open mic session. It made for a relaxing wind-down to a lovely day.

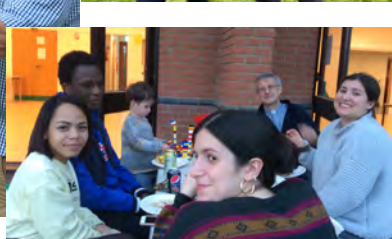
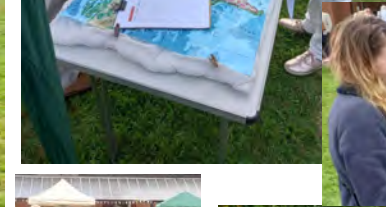


Assington Fete Raffle: Winning Tickets notification

- 1st prize: ticket no.2075
- 2nd prize: 2890
- 3rd prize: 1669
- 4th prize: 2756
- 5th prize: 2005
- 6th prize: 2526
- 7th prize: 2220

All winners were either present when the draw was made or contacted on the day of the fete and all prizes were claimed or delivered. The PCC would like to thank all businesses and individuals that sponsored prizes. These include David Burr, Assington Autos, Warner Log Supplies, Assington Farm Shop, MTM, LS Eaves, and Assington Country Kitchen. thanks also to everyone who supported the raffle, which raised a record total of £1, 438 for the church.

from Ian Clark



ASSINGTON HORTICULTURAL SHOW

The 44th Horticultural Show, which was held on Sunday 22nd of August was a wonderful "village" event providing an opportunity for everyone to meet and greet, and to enjoy sharing the wonderful sight of displays of vegetables and fruit, plants and flowers, cakes, breads and jams and photos, arts and crafts.



Our thanks go once again to Bryn Hurren and the whole team who have worked so hard to bring us this show, in what

are still challenging times for putting on community events. And what a show it was! Once again, it was combined with the annual Scarecrow Competition, which provided us with entertainment seeing the variety of subjects and the skill with which they were made.



As someone who only enters a few classes, and yet know how stressful that is, I am always lost in envy at the number of entries which some people achieve! Just managing to get things there in one piece is difficult enough! Well done to all those who entered, you are an inspiration to us all, and it was a real treat to see and be able to appreciate the fruits of your labours.

Here is Bryn's Report:

Assington Horticultural Show Report from Sunday 22nd August 2021.



Although the weekends weather was somewhat hit and miss, the rain held off for the team of helpers to erect the marquee on the Friday evening and to kit it out along with the village hall on the Saturday evening. Thank you to all who helped with these tasks, and to the **sponsors**, for their generous support.

The growing season has been very traumatic this year with a very cold spring start to the growing season and with more than the usual crop of pests, diseases and unwanted visitors to the allotment, that is pigeons, slugs, snails and moles, not people, who are always welcome to visit. I am sure that most gardeners have suffered the same problems during the current year.

Despite this my prayers were answered on deadline day as the letter box clattered over and over again as entries to the show fell on to the doormat, each one was met with a cheer from myself and a groan from Lisa who was trying to log and process then before bedtime. Some had to wait until Saturday, which saved frayed tempers and more tiredness.

The show itself was again a good success with an increased number of entries and visitors, the open section was not well supported, maybe due to lack of awareness and confusion but we will hopefully persevere with it next year to give it a chance to get on its feet and become established. The main show had increased entries in fruit, veg and baking, with slightly reduced numbers in flower entries, due to the heavy rain I am sure. Young people's entries struggled a little but the quality was good with many well thought out and crafted entries entered.



A good pointer is that many entries were from new residents to the village who tried with maybe a couple of entries and it can be hoped that they support the event again next year with more entries and that also other residents dip their toe in the water to once again make our annual show a success. Next years show will be on Sunday 21st August and will follow similar format, although we will try to bring in new innovations if we can to make it more attractive.

The schedule will have one or two changes to it which we will publish on the Assington Community Facebook page in mid October. At the time of writing the total sum raised from the show is £428.00. which will be equally divided this year between our Village Hall and Newsletter charities.

Please reserve the date for next years show in your diaries as this event is well worth attending and supporting and it would be nice

to keep it expanding for all who enjoy living in our village.

Many Thanks From

Bryn, Lisa and all who help on the day and throughout the year to make this show a success.

The Prize winners, as judged by a panel of independent judges on the day, were as follows:

- ◆ SCARECROW COMPETITION CUP : "the Gardener" by David and Karen Whymark at 8 Woodfield.
- ◆ SUMMER COTTAGE SHIELD: Bryn Hurren
- ◆ WARNER FLORAL BOWL: Bryn Hurren
- ◆ HESELTINE CUP: Bryn Hurren
- ◆ SPRINGFIELD AUTO SHIELD: David Wiles
- ◆ HEWITT JUNIOR CUP: Kayla Owen
- ◆ ASSINGTON MILL CUP: Karen Wiles
- ◆ GURDON CATS CUP: Andrew Warner
- ◆ PROCTOR CUP: Brin Edwards
- ◆ THE BEEFY DECANTER: Jessica Lock
- ◆ AMOS AND WINIFRED DIGBETTER DISASTER PRIZE: Andrew Warner
- ◆ THE ASSINGTON CHARITY MILLENNIUM TRAY: Mary Debenham
- ◆ CASH PRIZE FOR FIRST TIME ENTRANT WITH MOST POINTS: Karen Benson
- ◆ OPEN SECTION, MOST POINTS: Bryn Hurren
- ◆ CLASS 27/28: Bryn Hurren
- ◆ JOHN SMITH SMURF CUP for best allotment : Joint winners: Claire Osborne and Bryn Hurren.

CONGRATULATIONS TO ALL THE WINNERS.







PARISH CHURCH NEWS



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

*Letter from the Revd Steve Morley,
Now Retired Vicar
Bures with Assington and Little Cornard*



Dear Friends
Angela and I would like to say a huge “thank you” for all the many thoughtful messages, cards and gifts we have received to mark my retirement and for the incredibly generous ‘farewell’ cheque from the benefice. We were overwhelmed by your kindness.

We are also grateful to God for the opportunity to minister among such a lovely bunch of people and for the precious friendships with which we have been blessed along the way. We have many happy memories of the benefice which will always be a little patch of Suffolk very close to our hearts.

Our move went well and most of the boxes have now been unpacked and things given a home. So we are ready to welcome visitors from the east, if anyone should ever be passing this way on a visit to the West Country. My email and mobile phone numbers remain as before.

With blessings and best wishes
Steve

Since the retirement of our Vicar, we are in what is known as an “interregnum”. This means that we are without an official vicar until a new one is appointed for our Benefice of the three churches, Assington, Bures and Little Cornard.

The recruitment process is lengthy, and it is not expected that a new vicar will be in place until well into 2022!



In the meantime, we are happy to say that we are not without vicars! We have Mary Catacuzene, and



Simon White, both of whom are ordained priests, taking the strain.

To assist them we have three lay Readers:



John,
Andrew
and
Murray,



all of whom play the leading role in taking services across the Benefice.

However, as a result of the reduction in vicars, the number of services in all the three churches will be reduced. On the current Service Rota there are two services per month in Assington’s Church of St Edmund, King and Martyr. The other two Services are currently via Zoom, for half an hour on the alternate Sunday mornings. Please see the notices on this page for details.

Schedule of services at Assington Church in October

Sunday 3rd October at 10.30am Holy Communion

Sunday 17th October at 10.30am:

Harvest Festival

*Sunday morning zoom services
at 9.15 am - 9.45am alternate with Church
Services.*

*Please get in contact if you would like to receive
invitations: 07572 418555*

TWO “FIRSTS” SINCE COVID

We are delighted to announce that the first wedding and the first baptism since the outbreak of the pandemic caused havoc with such celebrations have been held over the summer:



On Friday, 30th July the Wedding of Rachel Bellenie and Dean Elliott Kingham took place.



Also our congratulations to Ed and Laura Crossman (Nee Laura Ellis, formerly of The Hollies, the Street), whose little girl Roberta (Bobby) was Baptised in St Edmund’s on 5th September.

Reader:	Dr John Symons	211534
Assistant		
Priest	Rev Simon White	07572 418555
Organist:	Bronwen Stacey	210354
Sec:	Emily Cartlidge	07976 724266
Treasurer:	Ian Clark	211133
Churchwardens:		
	Roger Britcher	211021
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ASSINGTON PARISH COUNCIL

Matters or Interest Discussed at the meeting held in the Village Hall on 26 July 2021

■ Appointment of Parish Councillor

Kevin White has been appointed to replace Cllr Rose Symonds. Proposed Cllr Thorogood, 2nd Cllr Howcroft

■ Public Forum to include reports from Suffolk County Council and Babergh District Council.

County Councillor Finch reported on

- COVID numbers increasing
- Spending on and Independent Review of Special educational needs services
- Easing of Recycling restrictions
- Suffolk Fire and Rescue Service fleet additions
- Fostering and Adoption sessions for the Stour Valley.

DCllr Parker explained his role for benefit of new Councillors

- Congratulations for getting the Neighbourhood plan through to referendum.
- Bell View in Sudbury on the agenda for planning meeting 29 July 2021
- The houses built without permission at Bures to be reduced in size rather than full demolition.
- He has been granted a Locality budget and is accepting requests funds for projects.

■ Meeting with SCC Highways on 4th August

C Cllr Finch, Highways Officer David Chenery, Cllr Hill and Cllr Stacey to meet on site in the village to discuss relevant outstanding matters relating to traffic and speed through the village. Parish Councillors will also use this opportunity to undertake the formal walk of the parish to inspect assets.

■ Planning

- ◆ Planning application DC/21/02579 Assington Autos, Barracks Road : Awaiting decision

The Councillors reviewed the following planning applications :

- ◆ DC/21/02696 4 The Gurdons : two storey side and first floor rear extension, conversion of outbuilding and formation of driveway. It was agreed to enter a **No Comment** return.
- ◆ DC/21/03889 Meadowlea The Street: Erection of two storey rear extension, porch extension and new link between dwelling/existing garage. It was agreed to enter a **No Comment** return.
- ◆ DC/21/03366 Wrights Farm, Further Street: dropped kerb application. It was agreed to support this application.
- ◆ DC/19/04423 Hedge Land To The South Of No 10 The Gurdons:
Clerk to notify District Council that the hedge has been replaced by the householder with a non native hedge, in contravention of the planning stipulations.

■ Donations

The following donations were agreed:

- Headway £75
- Sudbury CA £100
- Boxford Primary School library fund £50

- **Speed watch** – Cllr Hill – speedwatch update, training complete and equipment acquired. Following a proposal

to purchase an item of modern speed equipment – about £200, this was agreed: proposed by Cllr Jordan and Seconded by Cllr Wallace.

■ The Festival of Suffolk 2022:

information and website www.Festivalofsuffolk.org
Organisers are seeking community champions.

■ Questions to the Chair

- “Jubilee Garden” – Following a suggestion from a resident,, that a garden is created in the centre of the parish on a small patch of council land, with a village sign, flagpole for celebrations, benches, grass, raised planters etc. Ythe idea was supported in principle but the details need to be clarified at a later date.
- Cllr Wallace raised issue of increasing amount of CIL money and requested we nominate a Cllr to lead on this now we are back to full complement and to look at spending it on projects. To be discussed at the September meeting.
- A name for the new road leading from Orchard Gardens development sign, near the farm shop was queried, as it is procedural for the PC to be involved in the naming of new roads, and it is understood that the residents have already been given an address. Clerk to contact the Planning Department at Babergh.
- Cllr Howcroft asked if the agenda could be re-ordered so that planning issues be discussed directly after the Public forum reports so that the CCllr and Cllr do not have to wait until the end of the meeting. Also requested that hyperlinks to planning applications be placed on future agendas to the relevant planning applications.

■ Next Scheduled APC meeting to be held on Monday 27th September 2021

UPDATES

FOOTPATH 20

The Footpath Wardens, Paul and Cynthia Hollingsworth are pleased to report that Footpath 20, the path through the willow plantation is shortly going to be refurbished from the wooden bridge to the kissing gate. As many of you will be aware, that short stretch is prone to severe flooding in winter. The work, which is to be undertaken by Mark Richardson of Richardson Landscapes will ensure that for the next few years walkers will not need wellies to walk through the area.

IT DOES PAY TO ADVERTISE!

Following the advert for wardens at Tiger Hill nature reserve, two volunteers have been chosen to work together, Steven Smith of Bures, and Anna Austin of Colchester.

More volunteers are always welcome - however much time or how little! Phone Nick Miller 01787 227359.



TIGER HILL LOCAL NATURE RESERVE
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Contact: Sue Hooton, LNR Chairperson by email sue.hooton@phoenicop.coop. Booking required for our visit afternoons early July. Deadline for applications 24 July and online interviews 31 July 2021



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ASSINGTON THICKS

From Nick Miller

Part 2

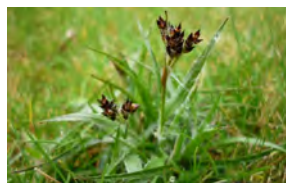
Though one of Suffolk's largest woods, the extent of Assington Thicks must have been altered at different times, as suggested by its geometric-shaped edges.



The first OS map, of the early 19th century, shows that scrub had sprung up all the way across to where the TV mast now is, presumably due to agricultural depression. Much of the wood's past use can still be seen today, for instance the many pits and ponds - an old map names it "Marl Pit Wood".

The Assington Estate would have owned the valuable timber trees, and required charcoal for brick-making,

villagers would have constantly been cutting coppice, and carrying home bundles of sticks and poles, for firewood, tool handles and hurdles. The wood varies in character, as the Anemones and Violets of the north-east part indicate ancient woodland on heavy clay, and other large areas are long-standing heath, with Bushgrass, Heath Speedwell and Woodrush.



The number of species is very great, as might be guessed from wood's size and variability, and **The Thicks is one of four County Wildlife Sites in Assington parish; the others being**

▼ **the Churchyard**, (some areas are left uncut for much of the summer, for wildlife habitat.)



▼ **the meadow below Vicary Estate,**

and Long Meadow below Moors Farm.

(of which sorry no photo -



When the Assington Estate was sold up in 1938, much or most of it was bought by Mr Stennet, timber merchant of Rougham, and great numbers of huge oaks were removed then and afterwards, with comprehensive felling prior to eventual purchase by the Forestry Commission. They made a succession of plantings of various conifers, with some Oak and Sweet Chestnut, throughout the wood from the late 50s to the 70s. As with so many ancient woods in that time, the rapid conifer growth produced a dark and silent effect, and with no light or air to dry them, the rides were mostly a morass.

The current owner from 1980, Mr Thompson, stopped the commercial shooting and has worked to produce the biodiverse wood we have today

***** ASSINGTON VILLAGE CHARITY

The Assington Village Charity manages the Village Hall, Playing Field and Playground of behalf of the Parish of Assington.

A bequest left to the village in 1991 by an Assington resident, the late Mrs. Dorothy Wilson, was to fund a new architect-designed building to replace the old village hall (situated opposite the school) providing that the village find a new site.

The existing Playing Field (made over to the village by Richard Heseltine of Willowtree Farm in 1968) was chosen and the new hall opened in 1993. The two separate charities for the hall and playing field were combined in 1999 and chaired by Richard's son Christopher until he retired in 2015. Dorothy Wilson's legacy was large enough to leave a substantial amount of capital which provides a regular source of investment income, but not enough to cover all the expenses.

A lengthy programme of refurbishment and renewal was started when Stephen King took over the chair. New LED lighting installed throughout the hall, repainting inside and out, shower room rebuilt, refurbished floor in main hall, new external drainage pump installed and soakaway built, new goal posts purchased, new CCTV system installed, new veranda roof built, Induction Loop and sound system installed, Children's Playground built, Recycling Banks installed.

As a result of all the expenditure the finances ran at a loss until last year when the Charity had to close the hall, playing field and playground in accordance with Covid-19 regulations. In a curious reversal of fortune the Government stepped in with grant aid for local communities which temporarily corrected the balance sheet.

Stephen King is retiring from the Charity and the Trustees are looking for a replacement. The chairperson needs to consider the object of the Charity which is, in the interests of social welfare, to improve the conditions of life of the inhabitants of the village. In practice this is a voluntary position and means being involved in the practical day-to-day running of the hall and playing field, with the help of a management committee, made up as follows:

- Chair: Stephen King (Trustee) 07870 632175
sjking@btinternet.com
- Secretary: Claire Osborne 07920 800108
- Treasure: Sue Sadler-Brunning
- Lettings Secretary: Louisa Symons (Trustee)
01787 211534
- Members:
- Nigel Finch (Trustee),
- Mark Hemingway;
- Zoë Laughton;
- Dr John Symons (Trustee)
- Caretaker: Paul Battle
- Cleaner: Stephanie Gould

THE HEALTH COLUMN

COMMON SPORTS INJURIES AND HOW TO PREVENT THEM

PART 1

From Anna Clayton

Common injuries from sporting activities (and from gardening or DIY) seen in physiotherapy clinics are **knee pain, back pain and shoulder pain**.

There are numerous ways we can move our bodies in slightly the wrong way that results in these injuries, as well as being different parts of the joint, or muscles, ligaments/tendons etc that act around it that can be affected also.

How these are treated to return you to your normal activities, but that is a whole other article. Here I cover some tips to maintain good body awareness/muscle strength and body control to help prevent them.

KNEE PAIN

Typical activities to cause injury may include sports like tennis, badminton, hockey or football with sudden changes of direction. Cross fit, plyometric training, skipping can result in anterior (front) knee pain where the knee is subjected to more force on loading when landing. Here the quads (thighs) work eccentrically to control mobility and movement at the knee and help decelerate speed.

Jumping, twisting, hopping, lunging, squatting, sideways movement or even running backwards and running up/down hills or stairs are all movements our knees are subjected to but can trigger pain and injury resulting in time out from training. With adequate strength and stability you should be able to tolerate higher stress.

What happens at the joint:

The knee moves in one plane predominantly, like a hinge. There is stability from cruciate ligaments inside the knee that resist excessive forward/backward glide movement of the thigh on the shin and ligaments down each side of the knee prevent side to side movements. The thigh (femur) sits on the top of the tibia (shin) in a shallow structure called the meniscus which provides a smooth surface for the hinge movement.

Over stretching of the ligaments, whose primary role is to join bone to bone, will result in tearing in the fibres from small grade 1 tearing to full rupture where the connection is lost. Stability becomes an issue alongside pain and swelling. This can occur from a sideways blow to the knee or a loaded position combined with a twist. The latter typically also involves the meniscus and ligaments.

Occasionally with loaded movements ie jumps and landing, the patella tendon can be affected and cause anterior knee pain/swelling. This is a connection that extends from one of four thigh muscles, runs over the knee cap and attaches on the knobby bone just below your knee on the front of the shin.

Tendinopathies occur when the ability of the tendon to take the load exerted on it fails, either from excessive load (rupture is possible) or repeated aggravation. Here an inflammatory reaction occurs (although this is always up for debate and why some people argue pain is a tendinopathy and not a tendonitis) but the result is similar with pain and reduced function.

Possible Reasons for Occurrence of Tendinopathies:

- **Plain unlucky!**
- **Poor Joint Stability:** hypermobility of ligaments that 'give' more before they limit joint movement.
- **Poor balance and proprioception:** where your brain perceives your limb to be in relation to the rest of you. This is typically poor after an injury but improves with balance exercise to challenge your neural system as well as muscles.
- **Overtraining:** excessive repetitive loading can exceed your body's natural tolerance to loading and movement – graded progression is key.
- **Illness:** occasionally the body needs to be weaned back to higher intensity exercise and a prolonged period of rest can lead to some natural deconditioning -be kind to yourself when you go back.

Prevention

Proprioception training

Balance work. These activities challenge the whole lower leg (kinetic chain) from the trunk down for which the knee is an important connection point for the transference of weight to the ground.

Strength

Body weight. Anything that provides a resistance and loading through the muscles will give some muscle endurance or muscle strength training effects, depending on the repetitions or load. You can make it prescriptive with machines and move in one plane, or move in a more fluid range by combining multiple movements with Muscles of the lower leg are not stabilising the joint – think front and back of the body (quads/hamstrings, shin and calf muscles).

Trunk stability

People talk about core stability = it's something that a physio should be able to check you are engaging the lower abdominals correctly. It's not enough to suck your belly in and hold your breath as that is not drawing/engaging the lower abdominals into play. You want to feel as though the lower belly draws in towards the back of the spine without bringing your ribcage into the action. Maintain about 50% of a lower abdominal activation throughout your training exercises. It is advantageous to practice it whilst doing regular things, such as making the tea, brushing your teeth, checking your phone.

Sport specific activities and Functional training

Make your training relevant to what you are doing. There is no point doing loads of core work on your back if you need to keep stability when you stand and rotate the upper body. Use the movements of your sport and add resistance with above trunk activation and build a muscle memory with stability, with repetition, for those movements. Likewise for functional training: Move and challenge the body in different planes of movement – twist, reach, bend, squat. You can work specifically around a knee joint or a shoulder in defined ranges, then move to more global/larger movements that support the smaller specific movements.

Bands/weights

Resistance bands and weights provide loading and strength and improve muscle support and control of a joint. Repeated movement provides a muscle memory to a pattern of movement, but in the same way good habits of movement can be learned, bad movement patterns are possible. Check posture, technique and build up range and resistance gradually. Even if you have lifted a certain weight in a particular range pre-injury, the muscles may have atrophied/reduced their bulk or mass slightly and also not be quite on the ball as they once were. This is reversible and can be improved, but over time. *Part 2 continues next time*

MY SPONSORED RIDE AND STRIDE WALK 2021

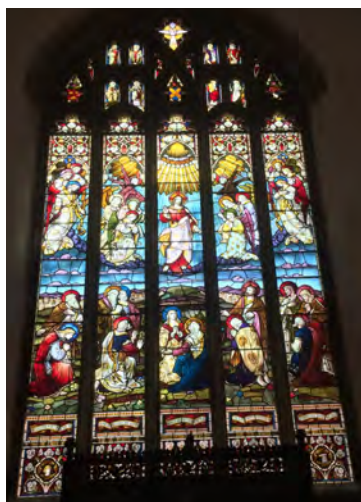
By Jeff Stacey

Saturday 11th September was the Ride and Stride day, an opportunity to visit Suffolk's beautiful churches whilst raising sponsorship money for the Suffolk Historic Churches Trust. Each year I like to explore a different area of the county and write about my trip in the Assington News. This year had a different twist as I was not able to cycle. Following Doctor's advice as I recover from a cycling accident, this year I did a stride, walking between ten churches in and around Sudbury.

First call was the redundant church at Chilton, a small and attractive building, providing an oasis in the midst of the industrial estate. From there it was into the centre of Sudbury to work my round the variety of places of worship in the town. These varied from the large and prominent, like St Peter's in the Market Place, to those tucked away like the Quaker Meeting House to be found through some gates in Friar's Street. I think I must have arrived at St Gregory's at coffee morning time and it seemed like they did not want to exclude those greeting cyclists (and walkers) so moved it all to the church porch. There was a real party atmosphere when I arrived.



I like to look round the churches I visit and was rather taken by the stained glass portrayal of the dragon in the St George panel in a window in St Gregory's Church.



As well as enjoying the detail of the stained glass, the East window of All Saints provided a whole array of amazing colour.

From St John's Methodist church I was striding out along the road to Long Melford, but decided to forsake the traffic by cutting across Sudbury Water Meadows, through the grazing cows to join the old railway track.



This I followed all the way to Long Melford station, which is now a private residence. I called in at St Catherine's before heading on to my final call at Holy Trinity, Long Melford. As much as I had enjoyed the variety of the places I had visited I had left the best to last with its spectacular location and fabulous architecture. It was looking its best as they prepared for a wedding later that day and I was able to relax with a drink and listen to the organist practising as I waited for my lift

home.



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
JUNE	1.5	31°C	5°C
JULY	19.5	36°C	10°C
AUG	83	35°C	6°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

A SHORT HISTORY OF ASSINGTON GARAGE

By Ellie Mead

An aerial view taken in the early 1970s



In 1962 a local man called Gordon Mitcham purchased the plot of land on which the garage sits from Major Heseltine, it being part of his apple orchard. Mitcham established a garage on the site.

In 1973 the garage and bungalow were sold to Greenock Garages. During 1977 the garage was sold separately to the bungalow to Bernard Brasted.

Roy Earl then rented the garage from him. In 1981 Brasted



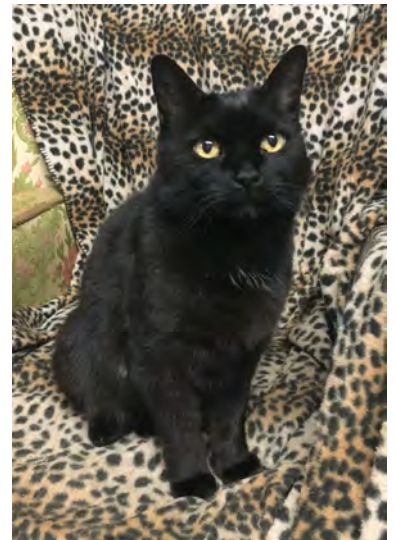
offered to sell Roy the garage and in order to do this he went in with Keith Egglestone, who, until his recent death, lived at Cootes Cottage and ran a bespoke Embroidery business called Top Marks on half the premises whilst Roy ran the garage. Originally petrol pumps dispensed fuel there. In about 1984 Egglestone sold his side to a developer and three houses were built

But Roy still works at the garage on a part time basis and undertakes a variety of repair jobs and servicing.



SESAW NEWS

Credit where it's due, that bumptious Chihuahua has acknowledged that, as a fine example of the species, I should present our October news because the 27th is National Black Cat Day.



Another annual celebration is Hedgehog Awareness Week in May but they need our help all the time, particularly during Guy Fawkes preparations. Please check for the little chaps under the bonfire BEFORE you set light to it.

This has been a bad year for fly strike with hedgehogs suffering horribly. Should you come across a hedgehog, particularly in daylight hours, please take it to a hedgehog rescue or bring it to SESAW immediately. Advance apologies to those with a sensitive stomach but many arrivals have been unfurled to reveal maggots eating them alive. Our prickly friends are now classified as vulnerable on the Mammal Society's Red List.



If "The Truth is Out There" stirs your imagination, an Autumn Charity Talk about UFO's by author Neil Nixon should interest you. The event takes place at Plough Corner Community Centre, Harwich Road, Little Clacton, CO16 9ND, 7.30pm on Saturday 16th October. It's just over twenty miles from Leavenheath, perhaps you could combine it with a trip to the seaside? Tickets £6 (concessions £2.50) from Susan Vousden on 01255 813511.

Whilst on the subject of the unexplained, please keep your black cats safe and your dogs calm as we approach Halloween and the firework season. Which reminds me, it's time to evade Mother's efforts to snare me indoors at nightfall so that's all from me, Ollie (the Black) Cat.

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

Craft Fair

Sunday 10th October
At Whatfield Village Hall
SAT NAV IP7 6QU

10.00am - 4.00pm

Refreshments available

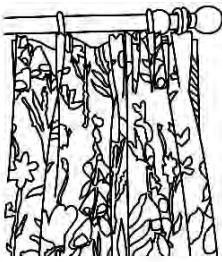


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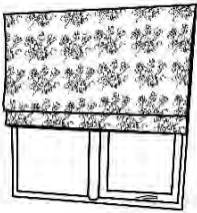
Lots of stalls selling a wide variety of crafts so come along, bring all your friends and family and start your Christmas shopping, buy birthday presents or just treat yourself.

All proceeds to go to Whatfield Primary School and Success After Stroke

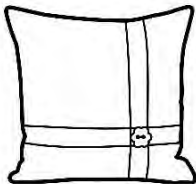
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