

# ASSIGNMENT

## NEWS



AUGUST/SEPTEMBER 2021

# CLUBS & ORGANISATIONS (useful numbers)

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

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

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

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

Front Cover Photograph by: Bronwen Stacey

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

# ASSINGTON HORTICULTURAL SHOW 22nd AUGUST at 2pm



## Reminder from Bryn Hurren

Final preparations for this year's show are now in place and brochures have been delivered to every house in the village. As always this is a show for every person in the village and we hope that everyone young and old will take part, we have a large variety of classes and skills and if everyone in the village can just enter a class or two, we will have a great event.

We are once again hiring the large marque from our neighbours in Kersey and will split the show exhibits between that and the village hall, or just in the marque if restrictions tighten up again.

Please follow brochure instructions and bring entries to the show between 8.30 -10.30am. on the morning of the show and come back for prizegiving at 2.00pm.

We hope to have the ice cream van and VH teas and coffees for refreshments as well as a couple of stalls for locals to sell their wares to make the show even more interesting, as well as an open section for nearby villagers to take part as well. While it has been a difficult year for gardening, we hope that enough crops will survive the slugs, snails and moles to make a lovely show and that the craft and baking sections will bring out the best in all of us.

Please don't be afraid to enter as this show is for beginners as well as the more experienced and you could be rewarded with a first prize.

We will have a raffle at the end of the show following the results and prizegiving, if you are able to donate a prize to help fill the raffle table, please leave it at the Farm Shop or bring it on the day. Any donations will be very welcome.

As in other years this show will be run in conjunction with the **annual scarecrow competition** when we hope the whole village will take part, after such a difficult 18 months it will be nice to see the village coming and competing together.

See you on 22nd August.

## 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

\*\*\*\*\*

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

\*\*\*\*\*

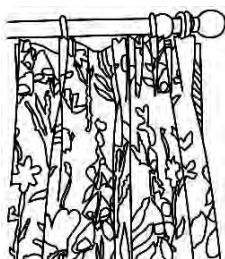
2020	mm	max	min
JAN	33.5	10 C	-5°C
FEB	56	11°C	-3°C
MAR	21	14°C	-5°C
APR	22	23°C	-1°C
MAY	5.5	27°C	-2.5°C
JUNE	50	28°C	+2°C
JULY	58	30°C	6°C
AUG	109	32°C	4°C
SEP	25.5	27°C	5°C
OCT	110	14°C	2°C
NOV	33	14°C	-4°C
DEC	102.5	10°C	-5°C

\*\*\*\*\*

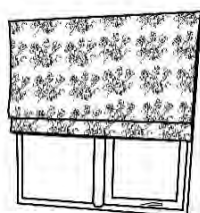
2021	mm	max	min
JAN	89	10°C	-5.5°C
FEB	34	14°C	-7°C
MAR	26	20°C	-3°C
APR	1	15°C	-5°C
MAY	78.1	25°C	-2.5°C
JUNE	55.2	30°C	+3°C



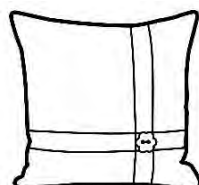
# Little House Designs



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



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



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

Jacqui Egglestone  
01787 211154  
07770 520198  
[jacqui@littleshousedesigns.co.uk](mailto:jacqui@littleshousedesigns.co.uk)  
[littleshousedesigns.co.uk](http://littleshousedesigns.co.uk)



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

at The Barn, Assington



[www.littlegemsinteriors.co.uk](http://www.littlegemsinteriors.co.uk)  
01787 210951

# SESAW NEWS

After another July downpour some of our bedraggled ladies could be heard laughing and chatting as they exercised the rescued dogs in the garden. Bev has been helping at SESA W for three years in between caring for her own horses. She thinks people don't realise that cleaning kennels is mucky, hard work particularly in the winter, "the TV programmes make it look so glamorous".

Seven years ago, Debbie chose to work four full days a week leaving a day for volunteering. She says it is rewarding to spend time with the dogs, building their trust through kindness. "Everyone is so friendly and it is wonderful to see the dogs go to new, loving homes." Enthusiastic helpers, Judy and Ivy agree, they both help with animal care, sorting donated goods and fundraising.

Despite the tough times, no matter what they've been through, our volunteers keep coming for love of the animals. After suffering an arm injury in the Spring, Debbie recruited her husband as chauffeur cum dog walker for a few weeks!

We are lucky to have equally dedicated volunteers each day but the numbers are dwindling due to various life changes. If you have what it takes to care for the animals, help with general maintenance or assist with fundraising, please contact us and don't forget to leave your phone number. Despite yet another shower, the tired friends still look happy as they head for home and the resident dogs head for the kitchen, including me, Kenny (the Boss) Chihuahua.

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





**A K SMITH**

## **PLASTERING**

**Established 1986**

**Ceilings, Walls, Floors  
Lime Plastering Undertaken**

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

**Keith:  
Assington 212352/07808 027 116**




***Nails by Grace***  
***Beauty Therapist***

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

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

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

I will look forward to hearing from you.

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

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

# **Ventanilla Blinds**

**Conservatory Blinds - Day and Night Blinds**

**Rollers - Verticals - Roman - Pleated**

**Wooden, Faux Wood & Metal Venetians**

**Sheer Rollers - Blackout Blinds**

**Perfect Fit Pleated, Roller & Venetian**

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

**01787 313677 or 07966 371963**

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

# ASSINGTON THICKS

From Nick Miller

## Part 1

Assington Thicks is among Suffolk's largest woods, and has a tremendous showing of wildlife. Very sadly however, the Nightingales and Dormice formerly found here have dwindled and now vanished, which is part of a national trend, and conifers and muntjac have suppressed so much of the undergrowth. Those problems are steadily being reduced though, and the benefits can readily be seen, especially in numbers of wild flowers.

The "rides" have very pretty displays of Bugle, Lesser Spearwort, Wood Sorrel and Yellow Pimpernel in late spring,



with Yellow Rattle and

Devil's-bit Scabious in summer.



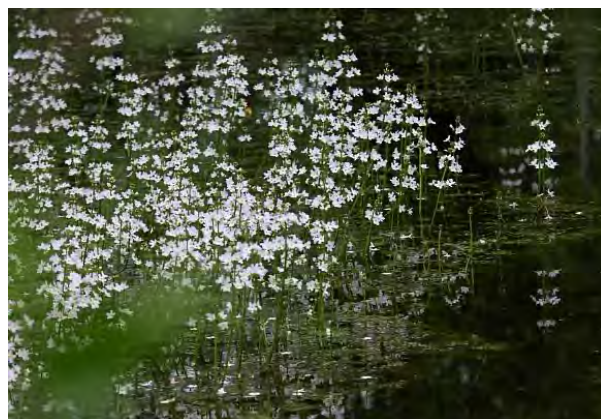
In the area to the right of the wood entrance, the spring showing of Wood Anemones is very fine, followed by Wood Spurge, and further along the east edge are Bluebells, Violets, Primroses and Tutsan (otherwise known as Hypericum androsaemum or shrubby St John's Wort), Pictured right)



Scarce Sedges, Woodrushes and Ferns abound.



There are an exceptional number of ponds, and those nearest the middle of the wood have Water Crowfoot, with exceptional displays through the summer of that unusual flower, the Water Violet.



The breathtaking expanse of Foxgloves over the south-west part of the wood is the result of clearing conifers; whether the display will be so strong next summer is uncertain. Along the track to the wood, Bladder Campions can be seen.

Cherry trees provide white blossom in spring, and splashes of red in autumn. Butterflies benefit from the mix of woodland and grassland, and we are lucky indeed to have a few specimens each year of White Admiral and



Silver-washed Fritillary,



along with Purple Hairstreak, Small Copper, Small Heath and others. Dragonflies and Damselflies are plentiful, mainly around the ponds.

Many familiar birds breed here, and there are Woodcock,



Tawny Owl,



Nuthatch,



Marsh Tits, Tree Creeper, Siskin and Garden Warblers amongst many others.

**Wardale Williams**

THE OPTICIANS

INDEPENDENT • EXPERIENCED • PROFESSIONAL

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

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



**Boxstore**

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

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



# SQUARE HAUNTING

## A Book by Francesca Wade (2020)

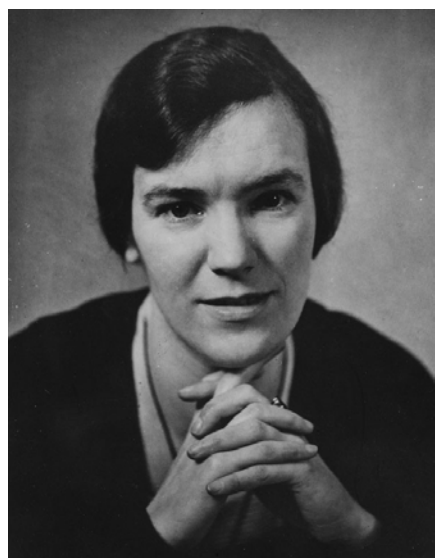
### From Ellie Mead

In the 1930s five women flitted in and out of lodgings in London's Mecklenburgh Square. These women were:



HD  
(Hilda Doolittle;  
American  
Modernist poet)

Jane Ellen Harrison (Classical scholar and linguist, once dubbed the cleverest woman in England)



Eileen Power  
(Economic Historian  
and Medievalist)

Dorothy L Sayers  
(creator of Lord Peter  
Wimsey and his  
crime solving  
sidekick, Harriet Vane)



Virginia Woolf  
(well we know all about  
her!)

Wade's book takes its title  
from a  
1925 diary entry, in which  
Woolf extols the pleasures  
of "street sauntering and

square haunting".

These women were not all resident in the square at the same time, hence the additional sense of them 'haunting' the square. They took over rooms from each other and sometimes partners too. We hear as much about their romantic entanglements and their strivings for 'modern' unconventional relationships as their academic achievements.

What they did have in common was a fierce and determined drive towards independence and the desire for, in Woolf's words 'A Room of their own' where they could write and study. They strove to evade the expectations of marriage and children in favour of a career.

The nearby London School of Economics was in its infancy at this time. Founded in 1895 by Beatrice and Sidney Webb and George Bernard Shaw and admitting both men and women from its inception at a time when women were struggling to have their degrees recognised at Cambridge, although Oxford did so; women were not granted degrees as Cambridge until the surprisingly late date of 1948.

I was fascinated to learn about the lives of these women, their thoughts, hopes, aspirations and not insignificant academic and literary achievements in a world where men very much still had the upper hand.

In the final chapter Woolf's descriptions of Blitzed London in wartime struck a chord as having much in common with a London living under the shadow of Covid in 2020. In fact so inspired was I by their stories that I rang my local bookshop: The Open Road at Stoke by Nayland to enquire as the availability of Eileen Power's Medieval People and Dorothy L Sayer's Gaudy Night.

А Б В Г  
Ё Ж З И

In fact I almost felt the urge to commence learning Russian as did Jane Ellen Harrison in her 70s! These inspirational women gave me the sense that anything is possible if only one sets one's mind to it.

# ASSINGTON COMMUNITY SPEEDWATCH UPDATE

## Update to 15<sup>th</sup> July

From David Wiles and Andrew Hill



It's fair to say we weren't sure how the Speedwatch initiative would be received by drivers at first, and so it's been great to have people give the thumbs up, stopping to thank the team for volunteering and even people from neighbouring villages pulling up to ask us to go on their patch!

The majority of drivers slow down as soon as they see the yellow jackets and signs, but nonetheless 24 drivers have been reported for speeding in the three weeks since the group started. Pleasingly a number of drivers clocked speeding have since been seen passing through the village well under the limit.

The highest speed recorded so far is 43mph (on three separate occasions.) Coincidentally, 43mph is often given as the impact speed at which a pedestrian stands virtually no chance of survival ([brake.org.uk](http://brake.org.uk)).

---

Total drivers reported (all Hme)	<b>24</b>
----------------------------------	-----------

Drivers reported (last week)	12
------------------------------	----

Highest Speed recorded (all time)	<b>43mph</b>
-----------------------------------	--------------

Highest Speed (last week)	40mph
---------------------------	-------

Most speeders in one hour	6
---------------------------	---

---

Some people have asked about Marshalls Green, Rose Green and Further Street. While we did ask the police to include these, we were not permitted to do Speedwatch in these locations due to the speed limit being too high, or because of there not being any safe location to operate from. The hope is that over time fewer and fewer drivers will be seen speeding until the point that the group becomes redundant. We are quite some way away from that yet, though!

New volunteers are welcome and if you would like to join the Speedwatch group, please contact the Parish Clerk

([assingtonPC@yahoo.com](mailto:assingtonPC@yahoo.com)).

# NEIGHBOURHOOD PLAN UPDATE



From Helen Wallace

## Chair of Assington NP Team

I am delighted to inform you that on 5 July at Babergh cabinet meeting Assington Draft Neighbourhood Plan was approved to go forward to the final stage of referendum.

Currently the draft plan is being made ready for the referendum by bringing it up to date to the final copy with the required changes recommended by the independent examiner. Babergh will then organise the referendum. At this stage we do not have a date for the referendum but there is some indication it could be in August.

The referendum follows the same rules as an election in that everyone on the electoral register within the parish of Assington will be eligible to vote on the plan. If the referendum vote shows local support in favour of the plan then Assington Neighbourhood Plan will proceed to adoption by Babergh District Council.

The Neighbourhood Plan team and Parish Council look forward to that day.



# THE LAST BOXFORD SCHOOL NEWS From Callie Bradbury



The end of the school year has finally come and year 6 (my class) have been doing some exciting things:

We have been working with a theatre company to produce a film (Joseph and the technicolour dreamcoat). We had five days to learn our lines and to film the show, luckily we managed to complete everything we needed to do in time.

We have also got some very cosy leavers jumpers which you can get in a wide range of colours, it's looked so good when our class were all together wearing different coloured jumpers. almost everyone in the class said they were so cosy and fluffy, and the colours were great.

We also had a leavers service with Father Rob, and we were all given a cross made of an olive tree that came from Bethlehem.  
And much, much more!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

The last three days of the school year (14<sup>th</sup> July, 15<sup>th</sup> July and 16<sup>th</sup> July), the children of Yr6 going to TGS (including me) are transition days and we have just finished our first day of transition which a lot of people enjoyed very much. Throughout the days we will be meeting the teachers and new friends, we will also be exploring the school and finding our way around. And more...

Unfortunately, this will be my last Assington news and I just have to say thank you very much for reading my articles, I am very grateful.

*Thank you very much to Callie for her interesting and newsy articles. We wish her good luck in her new school next term.*  
Editor



# SUFFOLK CHURCHES RIDE AND STRIDE EVENT 11th September



This Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all round the country are out making money for their local county Churches Trust.

The idea started in Suffolk, and consistently Suffolk has headed the table of funds raised. The Ride and Stride is the main source of income to Suffolk Historic Churches Trust to enable it to make grants to churches and chapels of all denominations towards repair and restoration costs.

Participants are sponsored for each place of worship visited between 9.00am and 5.00pm on Ride and Stride Day or, with a donation, regardless of the number of churches visited. The money raised by each cyclist or walker is shared equally between the Suffolk Historic Churches Trust and the place of worship nominated by the participant.

Hundreds of places of worship are open during the day, to greet and register cyclists, walkers, (or nowadays, drivers), and to offer them refreshments. Many participants enjoy the opportunity to look around many historic and interesting churches.

Jeff Stacey is the Assington church co-ordinator, and always gratefully receives sponsorship in exchange for his cycle ride which he rides in a different part of the county every time. He usually cycles approximately 50 miles, and guarantees to visit ten churches, so his kind sponsors know what they are letting themselves in for. Other keen cyclists in the village also often take part: James Cartlidge raised a wonderful amount from his ride last year, and (Rev) Simon White usually pedals round the Sudbury diocese, come rain or shine!




If you are interested in taking part this year, why not make a little family group day out of it (weather permitting - which it doesn't always!!). If you are interested, do contact Jeff, who will be able to supply you with all the details and the relevant forms etc:

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

# NEWS FROM THE HAPPYSOUNDS CHOIR

With the latest news from the Government regarding stage 4 of the roadmap, we're excited to announce that we can now rehearse indoors again!

We've spent the last couple of months singing in a garden,  a farmyard and a pub marquee (!!)

but will be back at Assington Village Hall from Thursday 22nd July at 6.30pm. We sing a mixture of popular songs from the 1950's to the present day, and have a few charity and care home concerts lined up for later in the year.

It's a really fun group and we are opening the doors to a limited amount of new members. If you'd like to come and give it a try, the first session is free, but you'll need to pre-book. Please call Nettie on 07957 394780 for more info or go to the contact page at [www.happysounds.co.uk](http://www.happysounds.co.uk)



**St Edmund's Church**

# **VILLAGE FETE**

**4th September  
at 2pm**

with the  
**RAFFLE** draw at 4pm

As always the main objective of the fete is to have a lovely village event without breaking the bank. BUT as ever, the costs associated with our lovely and historic church have to be met, (and this last year has seen fewer services and much reduced income).

The raffle hopes to bridge the gap, as it has for several years.

The **raffle prizes** are excellent, thanks to the many generous sponsors, and include:

**Cash prizes of £100 and £50  
Three Harrods Hampers  
A Log Delivery  
Linden Lady Chocolates  
Car Valet  
Silk Ties**

We know that the pandemic has caused many people to suffer financially, and there is of course no obligation to buy the tickets.

If you are able to help us, 2 books of raffle tickets, with 5 tickets per book, ( or just £1 per ticket if you want fewer) has been delivered along with the Assington News magazine.

As in previous years, appointed village volunteers will call during the following two weeks to collect your raffle stubs with your name and telephone number written on, and money.

Alternative payment methods for your contributions have been set up as follows:

A cheque or cash in an envelope (along with your stub with your contact details) may be posted through the door at

‘Skimbles’, The Street, Assington, (opposite the track to The Thicks)

or

Pay online at: Barclays, Sort code 20-83-50      Account no 00123773 Ref: Assington PCC

How ever you decide to contribute, we thank you very much, your help is greatly appreciated.

Please **do come** to the fete, lots of **fun for all the family**.

**See the poster opposite** for all the details.

In the early evening, after the fete, there is a bring-and-share BBQ at the Village Hall, when we can relax and the children can play disorganised cricket. **All Welcome.**

Many thanks to our Raffle and Fete **sponsors** (in alphabetical order) to whom we are extremely grateful:

**Assington Autos, David Burr, L S Eaves, Linden Lady, Louis Latour,  
MTP Tool Hire, Stephen Walters, Warner Logs.**



# **ASSINGTON CHURCH FETE**

## **ON**

# **SATURDAY 4TH SEPTEMBER**

**2pm**  
**at the Village Hall**

**Big prize Raffle**  
**Afternoon Teas**  
**HappySounds Community Choir**  
**Children 's Games**  
**Stands and Stalls**  
**Books and Bric a Brac**  
**and more.....**

*Please Note,  
this is a  
**cash only**  
event*

**followed by a Bring and Share BBQ**  
**and open mic session**

**6pm onwards ALL WELCOME**

**information and donations Simon White 07572418555;**  
**Roger Britcher 211021 (bottles tombola);**  
**Ted Nicholls 210998 (Raffle)**

## KEMPSON GARDEN SERVICES

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

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

*For complete & professional garden care:*

2 Woodfields, The Street, Assington

T: 01787 212394 M: 07733 134789

fred.kempson@gmail.com

www.kempson-gardenservices.co.uk



**Specialists in handmade  
rugs and carpets**

**Restoration & cleaning workshop**

Open Monday to Saturday, 10am – 5.30pm

The Old White Hart, Long Melford, CO10 9HX

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

## R SMITH ELECTRICAL SERVICES

ALL ELECTRICAL WORK UNDERTAKEN

CLEAN, HONEST, RELIABLE

*Please call Ryan on*

**07981 528948**

**OR**

**01787 212352**

**www.rsmithelectrical.co.uk**



Assington Pilates Class.

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

7.00-7.45pm

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

£9 Pay as you go each week

or

£32 for 4 classes @ £8 class

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

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

Maximum 12 people (whilst covid restrictions apply)

Please bring your own mat



# AN ACCOUNT OF “THE LETTING OF SHOOTING RIGHTS” AT ARGER FEN

## From notes made by Dr Grace Griffith in 1964

*With thanks to Ellie Mead for the notes.*

### Some Background to Dr Grace Griffith

Her story begins in 1917:

“ In 1917 I came as Medical Officer to the East Anglian Sanatorium, Nayland (Wiston parish) under Dr Jane Walker, the foundress and Superintendent-owner of the Sanatorium for the treatment of Tuberculosis.

I lived and worked at the Sanatorium until December 1918 when I left and took up a general practice in Bures.

This Practice had been vacated by a doctor who took over the Practice nominally from the widow of Dr Gosling. While at Bures this doctor had failed to carry on the work or surgery at the doctor's house – Bay Tree in Bures High St. He was a chronic alcoholic and when an epidemic of diphtheria broke out in the village and several cases died the County MOH stepped in and opened a temporary infectious hospital at White House, Bures. The doctor, having been asked to attend a WSCC meeting to explain his failure to look after patients, disappeared, leaving no trace of his further movements.

When Dr Bygott the MOH investigated the doctor's house and surgery all effects, instruments, dispensary and furniture had gone leaving an empty house. The widow of Dr Gosling, (the previous Practice holder) sold the house to Mr Alan Pettit and he had living with him his sister Jane and their cousin Grace Pettit.

In December 1918 I saw the widow Mrs Gosling who said she had nothing to sell now that the “rogue” doctor had cleared everything out, the medical equipment had been taken and the house sold to the Pettits.

David my husband (Capt RAMC) was in Aleppo having been with Major Allenby's army through Palestine until the Turks fell out of the war in Oct 1918.

I settled in Bures to re-build a medical practice till he returned hoping he would like a country practice where he could begin again after his return to civilian life on his release from the army.

### Arger Fen

From the time I had lived at the Sanatorium. I had walked all over the Arger Fen district many times and had botanised and studied the ecology and all that I could add of geological and other factors in the district.

In 1927 I rented No 48 The Warren from Assington Hall Estate – then belonging to Lord Cranworth, and when the Assington Estate was sold in 1937 I bought it as Lot 55: Kedge's Wood and cottage with Well sold by Knights of Stowmarket. Lot 55 had 10 acres of woodland and some meadow apportioned with the cottage. My intimacy with the neighbourhood gave me the opportunity of learning the following facts.

In 1917 Arger Fen wood belonged to William Garrad of Brook House, Bures Hamlet. Gazely Gate Farm, and the small cottage at the top of the hill near Overhall farm were his farm and cottage.

During 1917 and 1918 when I walked over that district the woods were kept by a whole time woodsman who kept the woods clear of dead wood, felled necessary timber, re-planted bare patches and pruned trees to make them free of knotty branches to improve their wood value, thus the fine cherry trees were lopped of any branches; forced to grow up straight

and free of knots for 60 – 70ft. This practice continued until about 1927-30.

When William Garrad died in 1926 the woods were sold to Charles Deaves, a builder in Bures Hamlet. He had 2 woodmen working in the woods: Sidney Eves of Brook Street, Bures, and Ernest Broyd of Lamarsh. During those years they cut down and sawed up unto planks oak trees in the woods. From these planks, when seasoned, the shingles were cut to re-roof the tower and spire of Mount Bures church and which are its present roofing (as in 1964).

After Charles Deaves' death the woods went to his cousin at Nayland, William Deaves, a builder and timber merchant. When William Deaves died the woods were the property of his son. In 1957, Wilfred Deaves son of William, wanted to sell off the timber to realise on the woods and the Forestry Commission was asked to take over and replant.

At that time the 1957-58 enquiry by Preservation and Nature Conservancy Societies etc were anxious to preserve the flora and fauna of the area ( it is now designated as an Ancient Woodland ) and their representatives met Mr Backhouse the Conservation Officer for the Forestry Commission to work out a scheme to suit both interests. The whole district was designated and scheduled as an Area of Special Scientific Interest and when the Forestry Commission began replanting (after fencing in the area) they had a special duty to care for the unique character of the plant and other life there.

In 1960/ 61 the West Suffolk County Council wanted to cover in the stream crossing the road. However, as some believed this would have been undesirable from the point of view of preservation of the flora and fauna and SSI designation, this was the subject of meetings between the representative of the Highways Sub-committee of the West Suffolk County Council and the Rural Preservation Societies and all whose interests came into the matter. The ford was left as before, the County Council dropped the scheme for covering it over by a road, and it remained the watersplash/ford we see today.

Prior to September 1964 there had not been any organised shooting in the woods – for more than 5-6 times in any season. Shooting was “let” to Mr Douglas Church, seed merchant in Bures and others, and they never shot over the woods on a Sunday since they shot for Game which was not allowed by law to be shot on a Sunday.

### “Shooting in Arger Fen”

In September 1964 shooting began at 7am and it was evident that the noise and frequency of the guns was something new and different. In October or early November I went out to church for the 8am service and saw a large Bedford Dormobile or Thames van parked on the roadside on the Arger Fen woods side....later on as I returned I saw a man carrying a gun along the grass verge on the roadside. I stopped and asked him how he came to be shooting there. He replied in broken English that he had a right to be there. At that time I knew nothing of the story of the ‘let’ for shooting. I returned to the van later: a youth of 17 or so sat inside eating a roll of bread, tomatoes and hard boiled egg, and he had peeled an orange. The peel had been thrown out on the road, and so I told him to get out and pick it up, which he did. He was not English and, like the first man was possibly, I thought, Sicilian, Italian or Maltese.

I contacted a number of people in connection with this shooting in Arger Fen Woods and Wright's Plantation during the season of 1964-65 as follows:

The local police and Superintendent Key at Sudbury; The Chief of West Suffolk County Police at Bury St Edmunds; Colonel Heyland of Gazely Gate; Mr Noble and sons at Overhall Cottage; Mr Backhouse, Forestry Commission, Cambridge; Terence Bird (owner Wright's Plantation); Mr Garthwaite Liason Office Forestry and Nature Conservancy...” and many more local people.

**Editor's note: no further information as to the outcome of this saga, which was obviously of great importance to Dr Griffith, and of historical local record, reference and interest.**

  
**Peter Robb**

**PAINTING, DECORATING,  
FURNITURE PAINTING AND  
PAPER HANGING SERVICE**

***Interior & Exterior***

**T: 01787 379778**

**M: 07941 463104**

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

***See examples of my work on***



**BRYN HURREN**

*Specialist in  
Handmade Traditional  
Furniture*



**Est. 1975**

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

**Free Quotations**

**Tel: 01787 210854  
Mobile: 07771 508348  
[www.barnworkshop.co.uk](http://www.barnworkshop.co.uk)**



**Sudbury  
Physiotherapy Centre**  
& Complementary Health

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

**Appointments available Monday - Saturday**

**Tel: 01787 378178**

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

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

**8 Cornard Road • Sudbury • CO10 2XA**

**ASSINGTON GARAGE**

**TEL: 01787 211010**

**Servicing & MOT repairs**  
***Tests arranged***

**Welding & spraying**

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

**Stockist of wiper blades &  
bulbs.**



## THINGS TO DO AND DIARY DATES

### Assington Horticultural Show

**Sunday 22nd August  
at the  
Village Hall  
2pm**

*Please bring your entries  
8.30am - 10.30am*

### ASSINGTON CHURCH FETE *Sat 4<sup>th</sup> September*

*Tea Ladies in Desperate Need*



*Anyone willing to make cakes  
would be much appreciated*

*Please deliver cakes to the Village hall  
on Sat morning*

*Cakes can be collected on the Morning of the Fete  
Please Phone the week before to arrange:*

*Tel: 210 433 or 211 641*



### Assington Baby and Toddler Group

At last!

So good to be open  
again! Great for us all  
to meet together and  
for the children to play  
and sing and listen to  
stories!

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.

Here are the dates for autumn/early winter:

September 9<sup>th</sup>, 23<sup>rd</sup> October 14<sup>th</sup>, 21<sup>st</sup>

November 11<sup>th</sup>, 25<sup>th</sup> December 9<sup>th</sup>, 16<sup>th</sup> January 13<sup>th</sup>, 27<sup>th</sup>

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



## RICHARDSON LANDSCAPES

richardsonlandscapes.co.uk  
07742 696766

Undertaking all areas of domestic and commercial landscaping, including:

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

See our website for examples of our work.

Call Mark for a quote!



## Private Day Nursery

for children from 2 years.  
Forest School Sessions.

## Holiday Clubs

for children aged 4-8

## Baby Classes (intro offers available)

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



WWW.WOODLANDSNURSERYKERSEYMILL.CO.UK

## Nick Peasland

ARCHITECTURAL  
SERVICES

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

### Creative Design Solutions for all types of Building & Development Projects

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

Listed Building Specialists

Industrial, Office & Commercial Projects Undertaken

Agricultural Buildings and Stables

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



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

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

No audition necessary

First session free

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

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

## MORE THINGS TO DO



*The final performance by This Is My Theatre (TIMT) in St Peters church in Market Hill, Sudbury before it closes for renovation in September will be*

***The Secret Garden***

***on***

***Wednesday 11th August.***

*Two performances are available on the day at 5pm or 7.30pm. For more information and to book tickets: [www.thisismytheatre.com](http://www.thisismytheatre.com)*

*The performance will follow all the Government guidelines and a full refund will be given if the event has to be cancelled, but with recent Government announcements we anticipate that we will be able to go ahead as planned.*

***The Secret Garden*** is a magical children's tale by Frances Hodgson Burnett's which the whole family will love with folk music woven through this stage adaptation:

*When Mary Lennox's parents die suddenly, she is sent to live with her uncle at his country estate in the Yorkshire moors, a far distant place to India where she grew up a spoiled and self-centred child. Mary soon discovers friendship and laughter with Martha the housemaid and Ben the gardener and when a friendly robin helps her discover a secret garden, life for all those at the estate will alter for the better.....*



**Churches  
Conservation  
Trust**

## The Framlingham Country Show

**21 August**

**Framlingham College  
Suffolk IP13 9EY**

**10.am - 5pm**

**Adults £9.50 Child £4.50**

**Under 5 years old free**

**Free parking and dogs welcome**

*Discounted tickets on line*

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

*Including*

*Festival of dogs*

*Falconry/dog and duck*

*Wrestling*

*Abba Tribute*

*Food and Drink festival*

*Acrobatics/The Zulus*

*Chainsaw competition*

*History*

**Assington Church  
Village Fete and Raffle  
Saturday 4th September  
at 2pm  
at the  
Village Hall and Playing  
Field**

**followed by early evening  
Village BBQ**



## GRAYHAM HOGGER

*Free local delivery*

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

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

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

## DANIEL ECUYER THATCHERS

### MASTER THATCHER

*Long straw & water reed*

(Free quotes for thatch owners)

Briars, Dyers Lane, Assington

**01787 210252 or 07956 585133**

ecuyerthatchers@gmail.com

## ASSINGTON COUNTRY KITCHEN

Prop. Annie Reidy – Malcolm Long

**OPEN 7 DAYS A WEEK**

**Mon/Sat – 9-4.30; Sun 10-4**

Bookings: 01787 210242

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

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

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

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

## BOXTED METHODIST SILVER BAND

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

*(Rehearsal Wednesdays 7.30)*

*Contact: Mrs Petter*

**07803 935688**

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



## WARNER LOG SUPPLIES LTD.

**Suppliers of seasoned firewood**

**DICK WARNER**

**Tel: 01206 579881**

**Mobile: 07860 255326**

## JULES FLORIST

The Barn, The Street, CO10 5LW

*Flowers for all occasions*

Julie – 07979 676869

01787 211695

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

## Boutiqueprint

Latex wide format printers & decals

PVC Banners

Posters

Retail Signage

Wallpapers

Vehicle Wraps

Vinyl Decal

Tel: Assington 212379

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

# THE HEALTH COLUMN

## From Anna Clayton

### Continuing Information on the Menopause Part 2: Exploring further the symptoms

#### **Brain Fog:**

Memory and Cognitive function can be affected which has a knock-on effect to confidence levels.

Hot flushes can affect concentration levels.

Studies show that women are more likely to develop Alzheimer's compared with men. It has been established in some studies that Alzheimer's may be worsened by taking HRT, although if HRT is taken before Alzheimer's is established or diagnosed, then it can have a preventative effect.

Women are more likely to develop depression after the menopause.

#### **Skin and hair changes:**

There is a reduction of collagen (a protein found in skin, muscles, tendons, and bone that provides structure and strength). Face creams that claim to improve collagen are generally ineffective!

Subcutaneous fat reduces under the surface of the skin.

Reduced melanocytes result in sun damage to skin.

Increased hair fallout is a further possible change.

Iron supplements can help with all the above.

#### **Internal changes:**

Deterioration in oestrogen levels means that it is quite a common issue for tissue quality to change and atrophy resulting in drying. As women are sexually active for much longer than they were in the past, such symptoms can be more noticeable.

Pain on penetration can sometimes also be an issue due to decline in tissue quality,

The natural vaginal ecosystem can be disturbed and lead to issues such as bacterial vaginosis.

#### **Bladder:**

Bladder function can be affected as it is formed from the same type of embryological cells as the vagina, and therefore it is just as oestrogen-dependent.

#### **Stress Incontinence**

can develop with reduced pelvic floor strength and result in leakage when there is an increase in pressure around the trunk – when we cough, sneeze, or laugh.

Bladder and pelvic floor retraining can be relearned with guidance during a women's health physiotherapy appointment.

#### **Bowel changes:**

Irritable bowel or other associated changes (eg constipation) in your normal bowel function might be noted. Dietary/nutrition advice can help with the addition of supplements to support the gut and function. In addition, a holistic approach is often helpful to address any other triggers such as stress.

- ❖ Female sex hormones influence gut microbiome.
- ❖ Increased gut permeability and inflammation can occur.
- ❖ Probiotics in diet can reduce bone loss and help reabsorption.
- ❖ Hormone replacement (HRT) can improve bowel transit time and ease of passage.
- ❖ Improving nutrition elements such as blood sugar levels, magnesium, fibre, vitamin B12 and iron deficiency will help.

#### **Muscle mass loss (Sarcopenia)**

Muscle mass declines in the 4th and 5th decades of life unless you are actively exercising/active to maintain your current levels.

Muscle mass Loss = 12-14% each decade after age of 50

There are a number of causes of sarcopenia, which include:

Ageing and inactivity

Sub optimal nutrition

Inflammation

Endocrine/hormone issues

Corticosteroids

Low concentration of oxygen in the blood (for example anaemia)

#### **Bone mass reduction**

Causes of reduced bone mass during menopause:

- ❖ Ageing
- ❖ Inactivity, specifically a reduction in weight bearing activity (walking, resistance exercise)
- ❖ Genetics (osteoporosis and family history)
- ❖ Other medical issues, for example long term use of steroids such as for treatment of asthma
- ❖ Smoking
- ❖ Low body weight
- ❖ Poor diet

The National Osteoporosis Foundation states 'for some women, bone loss happens faster than others. In fact, a woman can lose up to 20% of her bone density during the five – seven years following menopause. If you lose bone (density) quickly, you have greater chance of developing osteoporosis.

#### **How can I improve my bone mass?**

Resistance/strength exercises tailored to you...**Pilates classes**, general fitness classes, weights, body weight exercises performed in a way that loads the body correctly; a personal programme can maintain or improve strength and loading which will help minimise the risk of developing osteoporosis.

#### **Sleep Hygiene**

Sleep is the method by which our bodies repair and recover from injury or illness. Sleep deprivation or a disturbed sleep pattern can influence this process and also affect hormone regulation, which can in turn lead to:

- ❖ Atherosclerosis in major arteries
- ❖ Reduced bone mass
- ❖ Cerebral function deterioration (brain fog)
- ❖ Skin and hair changes – possible thinner
- ❖ Atrophy of internal tissue
- ❖ Bladder and bowel changes
- ❖ Cardiovascular disease – after menopause incidence of heart attack raises in women to similar levels with men, but a reanalysis of a study found women beginning HRT near menopause had a significantly reduced risk of Coronary heart disease (CHD)

#### **What can I do to help myself?**

Have a **General Health check**:

Weight; Blood pressure; Other symptoms; check anaemia  
Thyroid function test; Vitamin D levels; Smear test and mammogram; Improving sleep hygiene.

#### **Possible treatment options may include:**

Make an informed choice – in discussion with your GP  
Acupuncture

HRT (oestrogen, progesterone or testosterone replacement via a patch, spray or gel); some people may experience side effects.

Resources:

<https://www.themenopausecharity.org/>

<https://thebms.org.uk/>

<https://www.positivepause.co.uk/>

**The one stop guide to menopause Book** <https://www.kathyabernethy.com/>

# PARISH CHURCH NEWS



**Assington Church now has its own website.**

The full address is '<https://assingtonchurch.org.uk>

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



Dear Friends

At the end of the Euros Final last month, after England had narrowly lost on penalties (sorry to re-ignite the pain for you football fans), the pundits on TV tried hard to strike up a positive note. "Well, they said, "It's only 16 months to the World Cup in Qatar and this young team can do well..." They were already looking to the future, to a new thing, a new kind of challenge. And I suppose we are all doing that right now as we tentatively emerge from most of the restrictions of lockdown with which we have lived for so much of the last year or more. We all hope we will be able to enjoy freedoms we have not experienced for some time, though maybe not the same extent (not for a while, anyway). But the excitement lies in the fact that we do have a sense of moving forward, on to the next thing that life has in store for us, on to the next phase.

This month sees my final church service as Vicar in the benefice, after which Angela and I will be moving to Somerset as I retire from full time parish ministry. We have spent a richly enjoyable seven years here, made many new and, I hope, lasting friendships, and this beautiful part of Suffolk has become a very special place for us both. I have thoroughly enjoyed my ministry here and of course there have been challenges, but they have been far outweighed by the many joys of working in our communities. So we would like to thank all of you who have made us feel so 'at home' here. We leave with so many happy memories.

Now we look forward to the next phase of the adventure with God. Angela has a new job as Business Manager of a primary school and I am looking forward to long walks on the Quantock Hills and a few Sunday lie-ins! And our churches and communities here look forward to an exciting future with a new Vicar sometime next year. Please pray for that person as he or she maybe contemplates their future even now; and please pray for Mary, Simon, and all the ministry team and churchwardens as they bear a greater burden of work and responsibility in the coming months.

"Look, says God, "I am doing a new thing!" (Isaiah 43: 19). God is in the business of always looking forward, always renewing and re-creating. It won't always be plain sailing, of course, but I'm sure God has exciting things in store for us all.

With love, blessings and best wishes  
Steve



**Schedule of services at Assington Church in**

**August and September:**

**AUGUST**

**Sunday 15th August at 10.30am Holy Communion**

*( On Sunday 1st August there will be a Benefice Service of Holy Communion at 10.30am at Bures )*

**SEPTEMBER**

**Sunday 5th September at 10.30am: a Baptism followed by Holy Communion**

**Sunday 19th September at 10.30am: Morning Prayer**

## Assington Church

Services have resumed. See notices for the schedule.

**zoom**  
Get Together

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

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

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

Email [office@parishchurch.co.uk](mailto:office@parishchurch.co.uk) if you want to receive regular news about what's happening or ring  
Revd Simon White - 07572 418555

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



# TIGER HILL LOCAL NATURE RESERVE

SE of Sudbury, Suffolk  
Woodland, Heathland and Grassland



## WE ARE LOOKING FOR A VOLUNTARY WARDEN

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

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

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



# **ASSINGTON CHURCH FETE**

## **ON**

# **SATURDAY 4TH SEPTEMBER**

**2pm**  
**at the Village Hall**

**Big prize Raffle**  
**Afternoon Teas**  
**HappySounds Community Choir**  
**Children 's Games**  
**Stands and Stalls**  
**Books and Bric a Brac**  
**and more.....**

*Please Note,  
this is a*  
**cash only**  
*event*

**followed by a Bring and Share BBQ**  
**and open mic session**

**6pm onwards ALL WELCOME**

**information and donations Simon White 07572418555;**  
**Roger Britcher 211021 (bottles tombola);**  
**Ted Nicholls 210998 (Raffle)**