

ASSINGTON

NEWS



JANUARY &
FEBRUARY 2022

CLUBS & ORGANISATIONS (useful numbers)

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

Allotments Secretary	Claire Osborne	07920 800108
Assington Baby and Toddler Group	Rev Tricia Box	01787 227528
Assington Books, Village Hall (see post office for times)	Michelle 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 (office@boxford.suffolk.sch.uk)	Head: Mrs J Davies	01787 210332
Brownies, Boxford	Moiria Grant	01787 211513
Church - Organist	Bronwen Stacey	01787 210354
Church - Reader	Dr John Symons	01787 211534
Church - Secretary	Emily Cartlidge	07976724266
Church - Treasurer	Ian Clark	01787 211133
Churchwarden	Roger Britcher	01787 211021
Churchwarden	Bronwen Stacey	01787 210354
Community Choir	Nettie Osman	07957 394780
County Councillor (james.finch@suffolk.gov.uk)	James Finch	01473 264993
District Councillor (Assington)	Lee Parker	01787 376073
Doctors surgery – Sudbury	Hardwicke House	01787 310000
Doctors surgery – Bures	Bures	01787 227529
Footpath Wardens	Paul & Cynthia Hollingsworth	01787 211620
Horticultural Society	Bryn Hurren	01787 210854
Leavenheath Cinema	Ken	01206 263266
Member of Parliament (james.cartlidge.mp@parliament.uk)	James Cartlidge	020 7219 4875
Parish Council	Simon Thorogood	01787 227400
bronwenstacey@btinternet.com	Bronwen Stacey	01787 210354
whitemkevin@me.com	Kevin White	07477 580561
tony@howcroft.net	Tony Howcroft	
hwallace58@gmail.com	Helen Wallace	01787 211162
i.jordan741@btinternet.com	Ian Jordan	
andrewpeterhill@hotmail.com	Andrew Hill	01787 827112
Parish Council - Clerk, (assingtonpc@yahoo.com)	Christine Hargan	01449 674727
Pub – The Shoulder of Mutton		01787 210334
Vicar (Associate Priest during the Interregnum)	The Revd Simon White	07572 418555
Village Hall – Bookings (louisa@moorsfarm.com)	Louisa Symons	01787 211534
Village Hall - Caretaker	Paul Battle	07473 933320
Womens Institute, Boxford (annie-phillips@hotmail.co.uk)	Annie Phillips	01787 211729

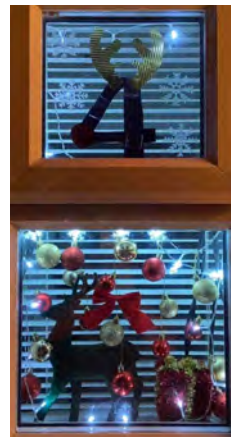
The Assington News is a community magazine funded primarily through adverts and donations, for which we are always most grateful.
ADVERTS. RATES pa : £20 for 1/8 size page advert, £35 for 1/4 page advert, £60 for 1/2 page advert, £120 for a full page advert.
Contact Bob Cowlin 01787 229955 Bank Account details for payments and donations: Account no: 01345159. Sort Code: 30 - 98 - 31.
 Please make cheques payable to the Assington Association.

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

Editor	Bronwen Stacey, 01787 210354, email bronwenstacey@btinternet.com
Treasurer	Bob Cowlin, 01787 229955, bob.cowlin@assingtonmill.com
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SOME OF OUR 2021 ADVENT WINDOWS

We were treated to some spectacular window dressings in the build-up to the big day.





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DECORATING THE VILLAGE CHRISTMAS TREE

Thanks go to Kayla and Eli Owen, who returned home one day to find the village Christmas Tree had been erected on the verge outside the Village Hall.

As they had decorated the tree in previous years, they knew what to do when they saw the baubles and decorations on their doorstep.....and so they leapt into action!

Well done both of you, you did a great job.

Thanks also to the two stalwart Parish Councillors (Chairman Cllr Simon Thorogood and Vice-chair Cllr Andrew Hill), who organised the tree and secured it in place (No photos of them though!).



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malcolmlong1@btinternet.com

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MONEY RAISED FOR CHARITIES



ROYAL BRITISH LEGION

ASSINGTON POPPY COLLECTION

Dear Village,
We had an amazing result from our Poppy Collection, this year ! Huge thanks to Linda and John, who did "Trojan" efforts collecting, and with whose help we raised £729.95 !! Fantastic !

This will go to help rehabilitate members of our Forces who have been damaged in mind or body, whilst serving in various parts of the World, on our behalf.

A BIG Thank You, to all the generous people of Assington who contributed to this wonderful Total.
A very, very Happy New Year to you all.

from Louisa Symons

ALSO FOR THE



The Remembrance Service offertory collection in Assington church on Sunday 14th November raised a fraction under £300, and the sum of £375 has been donated to the RBL, as the Gift Aid that will be claimed in due course was added to the total.

From Ian Clark, Church Treasurer.

THE CHILDREN'S SOCIETY CHRISTINGLE SERVICE



The offertory collection from the church Christingle Service on 5th December raised £188.75 for The Children's Society. When the Gift Aid to be reclaimed was added, the total of £236 was donated to the Children's Society.

from Ian Clark

SHELTER CAROL SINGING ROUND THE VILLAGE

On Wednesday, 22 December, singing around (part of) the village was well attended and vigorous ...(not necessarily very tuneful), but a lovely way to kick off Christmas.

The group of singers was larger than our previous carol-round, and we occasionally split into two near-by performances on opposite sides of the road, or in next-door driveways, in order to avoid a lack of synchronisation as the verses continued.....

Everyone enjoyed themselves, and hopefully, next year will be even better, (and louder and more synchronised?) and I hope will cover a larger area.

I am delighted to report that we raised £136.26 for SHELTER and I have sent off the cheque.

From John Symons



Shelter helps people in housing need by providing advice and practical assistance, and fights for better investment in housing and for laws and policies to improve the lives of people who are victims of bad landlords, or homelessness.

Shelter is a registered charity that campaigns to end homelessness and bad housing in Great Britain. It gives advice, information and advocacy to people in need, and tackles the root causes of bad housing by lobbying government and local authorities for new laws and policies to improve the lives of homeless and badly housed people.

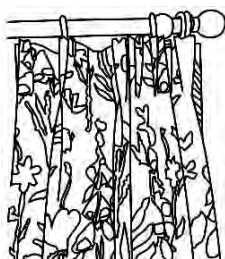
The charity Shelter was founded in 1966, out of the work on behalf of homeless people then being carried on in Notting Hill in London. The launch of Shelter hugely benefited from the coincidental screening, in November 1966, of the BBC television play *Cathy Come Home* ten days before Shelter's launch. The film led to a public outcry and calls for action after its transmission, as it highlighted the plight of the homeless in Britain. Shelter was set up by the Rev Bruce Kenrick after forming the Notting Hill Housing Trust in 1963.

The Children's Society

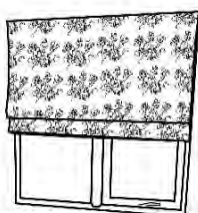
The Children's Society, founded 140 years ago, is a national charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect.

The Society supports them through their most serious life challenges and campaigns tirelessly for the big social changes that will improve the lives of those who need hope most.

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Jacqui Egglestone
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07770 520198
jacqui@littleshousedesigns.co.uk
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PLOUGH MONDAY AN OLD LOCAL CUSTOM

On Monday, 10th January it was Plough Monday.

Plough Monday is the name given to the first Monday after January 6th, (ie, after the Twelve Days of Christmas, also



known as Epiphany), and it marked the resumption of agricultural work after the Christmas festivities.

The areas in which the celebrations were most common were in the east midlands and East Anglia and it is in this area today that most of the revivals are carried out, often on a weekend in early to mid January. It was also common for church ceremonies involving blessing the plough to take place either on Plough Monday or the Sunday immediately before.

In some areas of England it was common for the farm labourers to tour the villages with their plough in a money-raising trip, perhaps with singing, mumming plays and dancing or even parading a Straw Bear; the participants commonly disguised themselves with costumes or by blacking their faces with soot, perhaps so that they could not be identified if they ploughed up the gardens of householders unwilling to make contributions.

A ploughman was not at the bottom of the farm-workers' pecking order. The job was skilled, and good ploughmen were always in demand. The ploughman was paid very little cash – not more than a few pounds a year – but received substantial allowances including (for example) "a house, garden, a cow, 'the produce of 1,000 yards of potatoes', '... 60 bushels of oats, 18 bushels of barley, 6 bushels of peas ...'". To say that he worked hard for these allowances - the value of which 'may be estimated as not exceeding £26 a year' - would be an understatement of monumental proportions.

'In exchange for the above 'considerations' ... a ploughman was obliged to take charge of, and work one pair of horses, in every requisite operation connected with the farm; - he must attend the stable every morning, noon, and night, to give food to the horses; - he must take his turn with the ploughmen to remain at home on Sunday to give food to the horses; - he must work in winter as long as there was daylight, and in summer ten hours a day in the fields, and in seed-time and harvest his hours of labour were unlimited; - he must supply a female labourer to work as farm labour in all seasons, and for the same time as himself, when required; and for whose labours he receives eightpence or tenpence a day, when she was employed, according to the rate of wages; this female must reap corn during harvest, as rent for the house and garden, for which she received the ordinary victuals allowed in harvest; - his own family must feed his cow in winter; - and he must work his garden only at leisure hours.'

Interestingly, many local Assington villagers worked on farms ploughing and undertaking all heavy tasks with horses until around 1938, when tractors began to be introduced for ploughing and drilling, and horses continued to be used for sugar beet and harrowing up behind the drill. (Fields would still be hoed manually by several men.)

Records from the 1911 Census show that the majority of young men who left Assington for war in 1914, and didn't

return, had been farm labourers, or had an agriculturally-related role. Many of the fathers of these young men were classified as 'horsemen', who were skilled at managing horses and being older, were strong enough to undertake the heavy work associated with them. A couple of fathers were actual farmers.



NORFOLK PLOUGH PUDDING FOR PLOUGH MONDAY

A traditional English savoury steamed pudding that originates from Norfolk in East Anglia. It is a fabulous dish for mid-winter, a hearty and simple recipe that uses a few key ingredients and which makes the most of the cheaper cuts of meat. It's made with suet crust pastry which is steamed for several hours .

Ingredients:

- 225g SR flour
- Pinch of salt
- 100g shredded suet
- 400g sausage-meat (or skinned sausages)
- 100g diced smoked bacon (or smoked lardons)
- 1 large onion (peeled and diced)
- 1 teaspoon freshly chopped sage (or 1/4 teaspoon dried sage)

Method:

- 1 Grease a 2 pint pudding basin
- 2 Mix the flour, salt, suet together in a large bowl and then add sufficient cold water to make a soft but not sticky dough.
- 3 Turn the dough out onto a floured board and roll out. Use 2/3 of the dough to line the pudding basin, leaving the remaining dough for the lid.
- 4 Mix the sausage-meat, bacon, onion and sage together and pack it into the dough lined pudding basin.
- 5 Cover with the dough lid, wetting the edge of the pastry and nipping it together to make a tight seal. Cover the lid with a piece of buttered grease-proof paper, then cover securely with tinfoil, leaving some space for the pudding to expand.
- 6 Place the pudding basin into a large saucepan (or in a steamer) and fill the pan.
- 7 Steam for 4 hours, making sure you regularly top the water up with boiling water.
- 8 Remove the foil and grease-proof paper and invert the pudding basin onto a serving plate. Cut the pudding into wedges and serve hot with mashed potatoes, seasonal greens and gravy.

Enjoy!

PARISH CHURCH NEWS



Letter from the Rev Mary Cantacuzene

Bures with Assington and Little Cornard

Dear Friends



This month is when we hope that deepest winter is behind us and we can start to look forward to the first signs of spring. Life has been difficult and worrying lately for so many people and I'm sure we sometimes think, so how does this life really work then? What is the cause of all this suffering; what is the point? We are so busy looking at the fine detail of our lives that we can't pull back, blur our eyes and look at the big picture to get the overall effect. The Weavers' Prayer seeks to explain how God, unseen, works for good in our lives:

***My life is but a weaving between my Lord and me
I cannot see the colours He works so steadily.
Oft times He weaves-in sorrow and I, in foolish pride,
Forget He sees the upper, and I, the underside.***

***Not till the looms are silent and the shuttles cease to fly
Shall God unroll the canvas and explain the reason why.
The dark threads are as needful in the Weaver's skilful hands
As the threads of gold and silver in the pattern He has planned.***

Like trusting children, can we put our hands into God's hand and let Him show us the way? In one sense we don't have much choice; life will just happen anyway; but to thank Him in advance for all He has done and all He continues to do is a good place to start. Let's all try to be thankful, and putting our own disappointments aside, do all we can to help others on their path.

With love in Him, **Mary**



Saint Edmund
King & Martyr
Assington



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

FEBRUARY SERVICES IN ASSINGTON CHURCH

6TH FEBRUARY @ 10.30am Holy Communion and Baptism

20th FEBRUARY @ 10.30am Morning Prayer: All Age Service

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

**FEBRUARY SERVICES
IN
THE BENEFICE**

13th Feb:
10.30am Bures: Holy Communion

10.30am Little Cornard: Morning Prayer

27th Feb:
10.30am Bures: All Age Service

10.30am Little Cornard: Holy Communion

Reader: Dr John Symons 211534
Associate Priest Rev Simon White
07572 418555
Organist: Bronwen Stacey 210354
Sec: Emily Cartlidge 07976 724266
Treasurer: Ian Clark 211133

Churchwardens:

Roger Britcher 211021
Bronwen Stacey 210354

NEW YEAR THOUGHTS

By Sylvia Gaspar

2022 is well and truly launched. We often think of these first few months as the gateway to the year. I like taking photos of gateways or doorways when I'm out and about. One is the beautiful brick archway giving a glimpse of a path lined with rambling roses on the wall and flowering shrubs and plants at its foot.

Then there is the narrow archway of stone at Bamburgh Castle reached by way of narrow stone steps. A glimpse through this one reveals a flatter open space which once was the place of refuge and comparative safety in times of battle.

And there is closed wooden door with ivy growing around it. What is beyond? Am I curious enough to open it or am I too anxious about what I find on the other side?

One of my favourites is the narrow gate on the fellside path with a finger post confirming I'm right to go through it.



How do you see the gateway to the New Year? Will it lead to a rose lined pathway or a steep climb that leads to better times? Is it a closed door and you're not sure what will be beyond, good or bad or a bit of both? Or is it the fellside gate. The next bit of the path is clear for a nice walk in the fresh air. Can't guarantee sunshine nor do we know what is beyond the gentle slope we start on. But there is the fingerpost that reassures us of our direction.

Whatever gateway you would like your year to start with, one thing is true for all of us. Jesus says 'I am the way, follow me'. He also says 'I am the truth and the life'. If we follow him, he tells us the destination is to know God and to know life is worth living whatever the path is like on the way.

My new path is being a Reader in the Benefice. Whatever yours is may you have courage, joy and peace as you follow it.

ASSINGTON RAINFALL AND TEMPERATURES

Bill Milner (rainfall)

and Bob Cowlin (temperatures)

HISTORY: 2016 TOTAL 599.5

2017 TOTAL 571

2018 TOTAL 559

2019 TOTAL 597

2020 TOTAL 636

2021 TOTAL 582.3

2018	mm	max	min
JAN	60.5	11°C	-3°C
FEB	41	9°C	-8°C
MAR	74	14°C	-5°C
APR	49.5	26.5°C	+1°C
MAY	38.5	27°C	+0.5°C
JUNE	1.5	31°C	5°C
JULY	19.5	36°C	10°C
AUG	83	35°C	6°C
SEP	29	25°C	-0.5°C
OCT	30.5	23°C	-2°C
NOV	75	13°C	-4°C
DEC	57	13°C	-5°C

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

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

2021	mm	max	min
JAN	89	10°C	-5.5°C
FEB	34	14°C	-7°C
MAR	26	20°C	-3°C
APR	1	15°C	-5°C
MAY	78.1	25°C	-2.5°C
JUNE	55.2	30°C	+3°C
JULY	72	28°C	7°C
AUG	29	24°C	5°C
SEP	28.5	27°C	3°C
OCT	74.5	18°C	1°C
NOV	27	13°C	-3°C
DEC	68	12°C	-6°C

ASSINGTON PARISH COUNCIL

Matters of interest discussed at the Meeting held in the Village Hall on Monday 29 November 2021

Present:

Councillors Thorogood (Chair), Hill (Vice Chair), Wallace, Howcroft, Jordon

In attendance: CCllr James Finch, Christine Hargan (Clerk)

Apologies for absence:

Cllrs Stacey, Kevin White

DCllr Lee Parker

Receive declarations of Interest and request for dispensation from Councillors:

None

■ Agree Minutes

of Assington Parish Council meetings held on Monday 27th September, 11 October and 25 October 2021

It was resolved to agree the minutes of all three meetings, signed by the Chair.

■ Public Forum

to include reports from Suffolk County Council and Babergh District Council

Questions from the CCllr Report

Lorry Review – whilst the community is anxious about movements to/from Assington Autos, it was noted that the village does not have an issue with lorries using the roads as a thoroughfare or short-cut. It was therefore agreed to respond to that effect.

■ Planning Applications

- ❖ [DC/21/06155](#) Land North of Assington Barn The Street Non-Material Amendment sought following approval of reserved matters DC/21/02556 - Re-positioning of Plot 1 dwelling house and garage, it was resolved to issue a no comment.

■ Status of Planning applications

- ❖ [DC/21/05299](#) The Field House Barracks Road Assington CO10 5LP outline planning permission for 2 no 4 bed houses – refused
- ❖ [DC/21/05464](#) The Nook 7 Heseltine Close Assington CO10 5AL Construction of new vehicular access – awaiting decision. The applicant has revised the surfacing of the drive in line with the Parish Council's recommendations.
- ❖ [DC/21/02579](#) Update on Assington Autos Planning Application – awaiting decision awaiting update from Lee Parker. The applicant has supplied answers to questions posed by the District Council, however, the Environmental team are awaiting more information.

■ Appeals

- ❖ [AP/21/00109](#) DC/21/00510 Land To The East Of The Barn, Assington Barns The Street Assington CO10 5LW – appeal against refused planning application. It was agreed that the Clerk would draft a response reaffirming the Parish Council's previous comments and send to Councillors for approval.

- ❖ [AP/21/00110](#) Erection of 18No dwellings (comprising 10No three bed bungalows, 1 No four bed bungalow and 7 No one bed almshouse type units for older persons) (re-submission of DC/19/04391) | Land East Of Assington Barns The Street Assington CO10 5LW

■ Clerk's Report

- Agree actions on Correspondence and emails circulated to the Councillors by the Clerk,
- The Police Review following discussion it was agreed that Cllr Jordan would draft a response.
- The meeting resolved that the Clerk should add Cllr Howcroft to the bank mandate, He will raise payments to be authorised by one other signatory following consultation with the Clerk.

Agree any actions required after reviewing the Clerk's Report

■ Finance

- ❖ From the RFO report authorise payments made/to be made and note income received since the September meeting

The following payments were agreed:

Gardens Arb £756

Suffolk County Council £8,217.16 - From CIL Budget

Richardson Landscapes £3,228 - From CIL Budget

Clerk Salary £843.04

Clerk expenses £833.46 including computer, scanner, associated office software, stationery and travel to 5 meetings

HMRC £13.85

The Clerk will reclaim VAT from the above payments prior to the next meeting.

Review reconciliation of accounts against bank statement and the statement of accounts vs budget.

- ❖ Following discussion it was resolved to amend the monthly reports. The Clerk will remove all names from income/expenditure made since previous meeting to comply with Data Protection and record them within cells in the Finance spreadsheet. There will be two reports in the future, the first will combine the budget with all income and expenditure for current and previous financial year, the totals will include bank balances/statement values. The second will relate to CIL income and expenditure.

■ Update on Addresses for the Orchard Gardens development.

Cllr Hill to discuss failure of BDC to follow their procedures relating to street naming with DCllr Parker.

■ Update on National Grid Bramford to Twinstead Tee

A public meeting has been provisionally agreed with James Cartledge on February 18th. Final date and venue to be confirmed.

■ Update on Neighbourhood Plan

Cllr Wallace reported that a referendum date from BDC is awaited

■ Update on Footpaths

The footpath wardens report was received, and discussed in relation to public funding. The footpath Update from the wardens is reported separately on the following page.

■ Motorcycles have been ridden through the Thicks, at speed, and cycles are being ridden through the wood after dark.

Clerk to send phone number of Mr Thompson Assington Thicks to Cllr Thorogood

■ Draft Budget for 2022/23,

The draft budget was discussed and amended and will be included on the website.

■ Draft Precept for 2022/23

Will be finalised during the January meeting and the form will be signed and sent to BDC following the meeting.

■ Projects

❖ **Update on the proposed works on speed reduction:**
Cllr Hill has proposed some amendments to the scheme to SCC with revisions and an agreed price expected soon. Total costs will be around £30k. Cllr Hill was thanked for all of his work on the project.

❖ **Update on the works to improve drainage to public footpath No. 20;**
Work Completed.

❖ **Update on the proposed Jubilee Green :**
Cllr Hill has been unable to secure a designer to undertake the work at no charge, it was resolved to pay for a design and to apply for a licence, from BDC to undertake works for the proposed garden. Following discussion it was acknowledged that a village sign would cost around £6k

■ **Next scheduled APC meeting** to be held on
Monday 31st January 2022

Dates of meetings in 2022

31 January	28 March	23 May
25 July	26 September	28 November

ASSINGTON NEIGHBOURHOOD PLAN UPDATE:



Good News for 2022

We are pleased to announce that

A referendum relating to the Assington Neighbourhood Plan will be held on Thursday 24 February 2022

Further to publishing the Referendum Information Statement on 15 January, Babergh and Mid Suffolk Electoral Services team are now in the process of organise the referendum. This referendum follows the same process as for any other local government election in that a Notice of Referendum is published on Babergh and Mid Suffolk website with all the details, following which every person eligible to vote will be sent a polling card, informing them of what to do on 24 Feb. People can then attend the polling station and place their yes or no vote in private, or send in a postal vote if they are normally registered for one. The votes will be counted the following day and the results announced.

See the panel opposite from BDC setting out the formal statement.

Assington Neighbourhood Plan



Referendum Information Statement

A referendum relating to the Assington Neighbourhood Plan will be held on

Thursday 24 February 2022.

The Assington Neighbourhood Plan 2018 - 2036 contains planning policies for the use and development of land within the designated area.

There is a statutory process which must be followed before a neighbourhood plan can be 'made' (adopted). That involves holding a **referendum, which is conducted in accordance with procedures similar to those used at local government elections.**

Those entitled to vote will be asked to answer 'Yes' or 'No' to the following question:

'Do you want Babergh District Council to use the Neighbourhood Plan for Assington to help it decide planning applications in the neighbourhood area?'

If more than 50% vote 'yes', then Babergh District Council will be legally obliged to 'make' (adopt) this neighbourhood plan as part of its planning framework.

A person is entitled to vote in the referendum if;

- He or She is entitled to vote in a local government election in the referendum area; and
- He or She has an address at which they are registered to vote within the Referendum area and are over the age of 18 years on the date of poll.

The referendum area is identical to that which was originally designated as the Neighbourhood Plan Area and follows the parish boundary. A map can be found within the referendum version of the Plan (see link further below).

Expenses can be incurred by an individual or body during the referendum period for referendum purposes but are subject to a limit calculated to be £2,386.90

The number of persons entitled to vote in the referendum by reference to which that limit has been calculated is 422

Copies of the specified documents (meaning those listed below) can be viewed by following the appropriate links or by going to www.babergh.gov.uk/AssingtonNP

- The referendum version of the [Assington Neighbourhood Plan](#)
- The [Independent Examiner's Report](#) on the submission draft version of the Plan
- The [Written Representations](#) and the [Parish Council Response](#), both of which were submitted to the Independent Examiner
- A [Decision Statement](#) (first published on 20 July 2021) which confirms that, subject to modification, the draft Plan meets the basic conditions and other legislative requirements, and that it can proceed to referendum, *and*
- A Statement that sets out general information relating to neighbourhood plan referendum (*this document*).

Printed copies have also been deposited at the Shoulder of Mutton Pub and Assington Country Kitchen store where they can be viewed on request during normal opening hours.

*The Counting Officer, Babergh District Council
Dated: Monday 17 January 2022*

FOOTPATH WARDENS' REPORT



From Cynthia and Paul Hollingsworth

1. The footpath between the wooden bridge and the kissing gate at Oatetch Grove where boggy ground has been a problem for many years has been upgraded. The footpath has been re-laid/re-surfaced. This project was paid for by the Parish Council, using CIL** money.

Thanks go to Mark Richardson of Richardson Landscapes who carried out the work, and to the Parish Council for authorisation of the work.

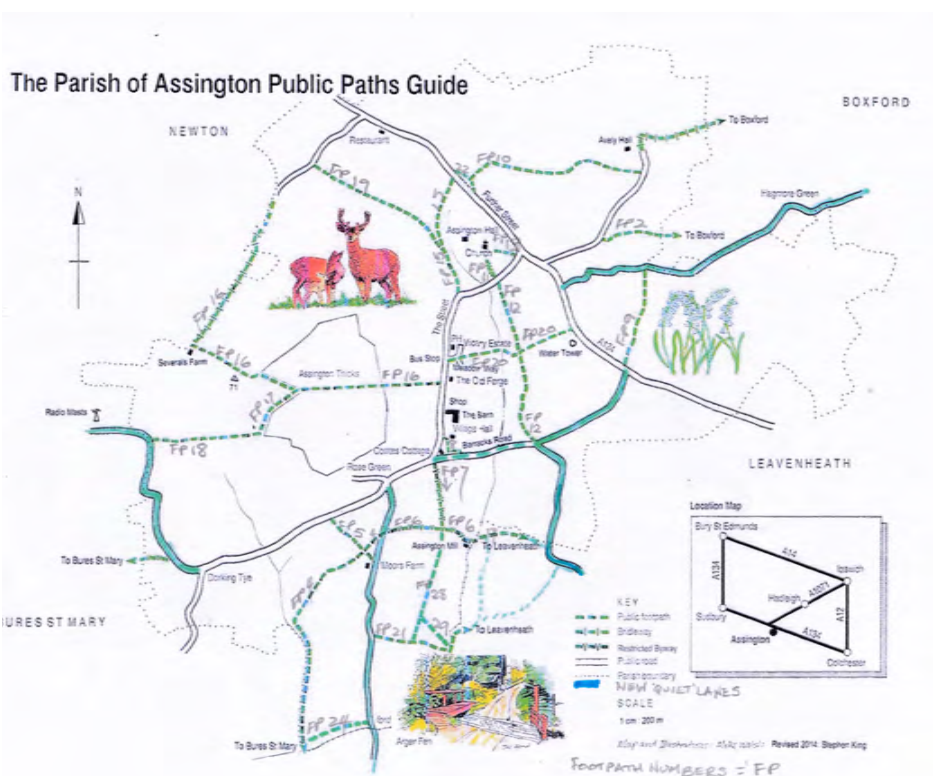
2. Damage to hand rail on footpath 12 opposite the track to the church, has been reported.

3. The missing finger sign on the footpath post at the junction of the A134 and footpath 20 has been reported on.

Paul and Cynthia Hollingsworth
Footpath Wardens

** explanation

CIL money is a Parish council fund comprising contributions made by developers when new housing is built, and which is 'ringfenced' to be used only for certain projects which will benefit the community in the round. With this criteria in mind, it is anticipated that most of the CIL money will be spent on achieving outcomes which have been identified in the Neighbourhood Plan as issues which should be addressed for the benefit of Assington residents.



The Parish Council is hugely grateful to Paul and Cynthia for all time and efforts which they expend on behalf of the local community in walking the footpaths regularly and ensuring their maintenance and upkeep to such a high degree. Now that CIL money is available, this long-overdue remedial work to the boggy part of FP 20 has been made possible, with their help.

THINGS TO DO



Assington Baby
and Toddler
Group

It's been great to meet
up throughout the
autumn.

Thank you for all your
support and wishing
you a happy and
healthy New Year!

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 winter:

January 13 and 27
February 10 and 24 March 10 and 24

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

DAWS HALL

SNOWDROP OPEN DAYS

**30 January 6, 13,
20 February**

11am - 3pm

Join us in greeting the first signs of spring and explore the stunning blanket of white snowdrops that spreads between the hilltop woodland of the nature reserve. Refreshments available and activities for children.

Entry: Adults £7,
Children £2 (Under 5s free)

No booking required, sorry we
can't allow dogs on site.

SAVE THE DATE:

Put the 2022 Horticultural
Show Date in your diary:
Sunday 21st August



Leavenheath Village Hall Cinema

FILMS FOR 2022

SAT 08TH JAN – LOVE SARAH

(SAT 05TH FEB – THE LAST BUS)**

SAT 05TH MAR – DREAM HORSE

SAT 02ND APR – STILLWATER

SAT 07TH MAY – MRS LOWRY AND SON

**** The Village Hall Committee have
reluctantly decided to cancel the February
film, (THE LAST BUS) due to the virus.
Hopefully the Cinema will return in March, if
it is safe to do so. Thankyou**

Arrive 7.00pm Film starts 7.30pm

Please book early to avoid being disappointed

Tickets £3.50 per Adult and £2.00 per young person

You can now reserve your seat online at

www.leavenheath.org.uk

Telephone: Marion (01206 263301) for tickets

Refreshments (wine, beer, soft drinks, coffee,
tea will be available before the film starts
and ice creams during the interval.

Proceeds towards LVH Capital Project Fund (Charity No 262816)

Thursday 24th February 2022

Pop along to vote for the
Neighbourhood Plan



its final stage

is

the Referendum

by Babergh District Council

REMEMBER:

14th February

is St.Valentine's Day

**Why not celebrate with a special meal
'in' or 'out' ?**

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THE HEALTH COLUMN

By Anna Clayton

Though this will be read in February, we will have already successfully navigated our way through the joys of January... a month that gives us a generous 248 hours of daylight (if we're lucky), is the second month of winter (lasting what feels like 634 days) and the coldest month in the northern hemisphere. New year's resolutions last for an average of 36 days with the most common listed as losing weight, quitting smoking, and exercising more...

It is also often the month some people practice "Dry January", a movement to encourage people to quit drinking alcohol for the month and to encourage public health (and landlords will wish for 1st of Feb to arrive sooner rather than later).

Regardless of whether dry January was on your list of achievements in 2022, excess regular alcohol consumption is linked with more than 60 health conditions, including liver disease, high blood pressure, depression and seven types of cancer. Therefore, reducing alcohol intake does have some health benefits over the month, as listed on www.alcoholchange.org.uk and are always encouraged beyond the end of January.

Benefits include:

- Lowering blood pressure
- Reducing diabetes risk – lower blood sugar levels
- Lowering cholesterol
- Improved liver function
- Reducing levels of cancer-related proteins in the blood
- Improving skin/sleep/mental clarity
- (Added bonus = dropping the pounds and saving some pennies!)

Whilst prolonged excessive drinking increases the risks of developing the above issues, there are some health benefits to drinking alcohol which are summarised from www.piedmont.org/living-better/the-health-benefits-of-beer.

Wine is well known for antioxidant properties;



however beer also has such benefits.



Flavonoids in barley and hops are different from those in grapes - antioxidants are a good thing. Beer is also higher

than wine in protein and vitamin B. Beer also contains iron, calcium, phosphates and even fibre. *Journal of Agriculture and Food Chemistry*.

Studies evaluating the relative benefits of wine versus beer versus spirits suggest that moderate consumption of any alcoholic beverage is associated with lower rates of cardiovascular disease. *New England Journal of Medicine*.

Kidney stone development may be reduced by 41% for those drinking moderate amounts. Beers that contain a lot of hops - for example, pale ales - are rich in kidney health-promoting phytochemicals.

The soluble fibre in beer can help reduce your LDL or "bad" cholesterol, however, because alcohol interferes with the body's ability to absorb vitamins and minerals, it can also lessen the body's ability to burn stored fat. *American Heart Association: Circulation*.

Due to its high silicon content, beer may help to build stronger bones. Dietary silicon in the soluble form of orthosilicic acid

(OSA) may be important for the growth and development of bone and connective tissue and help reduce the risk of osteoporosis, a bone-thinning disease. *National Institutes of Health*.



Hops have a secret ingredient that can help improve cognitive function – Xanthohumol. It's a flavonoid that helps slow down the degradation process of memory. The chemical could help protect brain cells from oxidative damage associated with dementia. (Important note: The dosage used in the study was much higher than a human could possibly consume via beer. Research is still in early stages!) *Journal of Agriculture and Food Chemistry*.

Public Health advice will always encourage the reduction of activities and 'bad' habits that may lead us to develop poor health if they are maintained over a prolonged period, or to extremes. Most of us practice the 'in moderation, most of the time' approach and know our limits – it's about finding a balance in life.

There are also additional social benefits to consuming a beverage, specifically when frequenting a pub - in our case, The Shoulder of Mutton, as this ensures there is vital social interaction, and that is just as important to our overall health. With reports of loneliness/isolation in older generations and mental health issues in younger people, social interaction can only be a good thing.



Back in 2017, Oxford University researchers combined data with Campaign for Real Ale (CAMRA) – looking at whether the frequency of alcohol consumption or the type of venue affected peoples' social experiences and wellbeing. They found that people who have a 'local' that they visit regularly 'tend to feel more socially engaged and contented and are more likely to trust other members of their community'. This is not likely to be news to the 'Shoulder' regulars, but good to know there is research evidence to support it!

We are lucky we still have our local village pub, seen by many as a vital amenity in smaller communities, particularly when we consider how they play a part in the wider social makeup of the village by providing community support to people of all ages.

Whether you categorise yourself an occasional or regular drinker, older/younger, a dry January participant, or someone who goes to the pub for a chat, there are mental health, physical health (drinking in moderation...) and social benefits for interacting with other people over a glass of your favourite tipple ... and for those abstaining, there are always the increasingly popular non-alcoholic options (also available at the Shoulder!).

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HEDGEHOGS

Some of you may remember articles in the summer magazines of 2020 by Honey Reagan, telling us about two baby rescue hedgehogs, Harvey and Hattie, which were being looked after on the allotment area. There was also a follow-up article providing an update on Harvey and Hattie, and recounting the story of another un-named hedgehog which



they rescued in their garden. Here is a little reminder of the picture of Honey and brother Alfie at the time - two years is a long time and they have both

grown up such a lot in the past couple of years!

I think we were all very interested and a little relieved to know that there were still a few hedgehogs around in the area, as we are told that their numbers have declined rapidly, and they are almost on the endangered list nowadays. There was also a little concern that the wildlife (including, of course, hedgehogs) which had previously had the freedom of living in the apple orchards and surrounding countryside would be deterred and/or prevented from living and roaming there when the new housing replaced their former homes and haunts.

Recently the Parish Council received some information relating to hedgehogs and the way in which people can facilitate their habitation and provide them with "highways" designed to give them access to back gardens and countryside via special supports for formal hedgehog holes in fences etc.



One of the best things you can do for the local Hedgehog population is allow them access in and out of your garden. A 12cm x 12cm hole is all they need. Encourage neighbours to do the same. Why not frame your access hole with one of our Hedgehog Highways!

Whilst we realise that hedgehogs are likely to be hibernating at this time of year to conserve their energy, we thought that we should publish this information to try to generate some interest from local residents:



An extract from the letter to Parish Councils is printed below:

"Hedgehogs R Us Highway Project"

With hedgehog numbers in decline and hedgehog awareness on the rise, there has never been a better time to invest in hedgehog conservation products.

A Hedgehog Highway is a 5 inch gap in a fence and is essential in the battle to prevent the extinction of our endangered spiky friends. This gap allows them access to forage for food and meet mates. A Highway surround raises awareness to their plight and encourages others to take part.

I am asking for each area of the UK to use a small portion of their assigned funds to purchase just ONE box of hedgehog highway surrounds and make them available for your residents to purchase. These could be situated in a local Council building, a Town Hall or even a Local Shop or Post Office.

Each box includes:

- * 50 Hedgehog Highway surrounds & 50 information leaflets
- * A display box & window sticker showing you are part of the project.

Each box of 50 units costs £150 & £7.50 postage. The project will be receiving a lot of publicity in the coming months via Social Media and I really hope that you choose to take part.

#HELPAHOG #BUYABOX

If you would like to purchase a box, Simply fill out the form and return it to:

HedgehogsRus@mail.com

My dream is to make the whole of the UK one giant Hedgehog Highway and for that dream to come true, it needs EVERYONE to take part."

Any questions please do not hesitate to get in touch and thank you for caring.
Linda Cook, Founder of Hedgehogs R Us

HedgehogsRus@mail.com

If you, as a local resident, are interested, please look out *in due course over the coming months* for further details via the website or the Parish Council news updates or the Assington PC website.



WINTER NATURE WATCH

At this time of year we are grateful for any signs of life in the garden, and any colour in the plant life is special, and to be celebrated.

If you haven't already got any of the following plants in your garden I recommend that you schedule them in to your planting scheme during the year, and look forward to seeing them appear to brighten up an otherwise dull corner next year at this time.

Iris Unguicularis

The pale and lovely Algerian iris is a rhizomatous plant native to Greece, Turkey, Western Syria and Tunisia (strangely, Algeria isn't mentioned!!)

Its scented flowers are a beautiful pale blue, with white and orange markings, and they defy the cold to appear from January to March. They are worth having for cut flowers at this time of year: cut the stems and take indoors just before the buds burst.

A evergreen plant, with rather tidy clumps of long straggling leaves, according to Vita Sackville-West, but don't let that put you off because it prefers a warm (south-facing) spot devoid



of rich soil or any type of manure etc, thriving in gravel, ashes, and any old mortar rubble, and which is rich in lime. According to Vita, the supply of lime is important, but otherwise starvation is practically all that this iris asks!

If your garden has heavy clay soil, grow these bulbs in pots of gritty compost instead. Place the pots in a sunny, sheltered place.

Wherever you plant it, beware of slugs!

For an easy form of *Iris unguicularis* to grow in your garden, try 'Mary Barnard', which has a Royal Horticultural Society Award of Garden Merit, but which has a particularly intense purple colouring.

Iris Reticulata

One of the earliest flowers of spring, blooming at the same time as snowdrops, chionodoxa and snow crocuses: The delicate-looking flowers are a deep bluey-purple-flecked with gold, although now there is a huge selection of colours and markings on the market.

Also known as the netted iris, because of the appearance of the bulb, which has a fibrous pattern like a miniature fishing-net.

It is native to the cold, and dry mountains of Turkey, Iraq, Iran and Russia, hence it even opens its buds above the snow.

The bulbs need a consistent supply of moisture during the spring, but should stay quite dry during the summer and autumn, as they will rot in heavy or wet (ie clay) soil. The ideal site to plant it is in a pocket of rather rich, though well-drained soil amongst stones or gravel.



Winter Aconite or Eranthis Hyemalis



Native to chalky woodlands in central Europe, it gets its name from its willingness to flower before everything else (hyemalis is Latin for winter-flowering). Coming into flower from early January into February, to exploit the short period of light before the tree canopy overshadows the woodland floor. In a more urban setting it grows well under shrubs and rose-bushes or around the base of deciduous trees in moisture-retentive soil, perhaps able to benefit from a leaf-mould cover when dormant.

Chionodoxa forbesii

Another blue-based early-flowering (Late Feb-March) bulb originating from Turkey. Chionodoxa are easy to grow in a sunny open spot, border, patio pot or rock garden. Each stem holds 2 or 3 white-eyed blue flowers in loose spikes.

A Scilla, they are suitable for naturalising where they can multiply to form generous drifts, or underplant beneath shrubs.



And last but not least, and last here for a special reason:

Snowdrops or Galanthus

These hardy, perennial, winter-flowering plants are usually heralded as the first sign of spring, as they push through frozen, snow-covered ground. There is an incredible range of snowdrops: different varieties feature flowers in different sizes,



single, double, with different markings, colour changes, early-flowering or unusual stem-colourings.

Snowdrops do best in a well-drained soil in light shade, similar to their native woodland habitat. However, they brighten any garden situation when they appear in the dark days of winter.

Many of us may have 'favourite' spots to visit to see banks of snowdrops, perhaps in the woodland gardens of a local cottage by a stream, or the annual Sible Hedingham Castle Snowdrop walk. But how many of us have visited the nearby Daws Hall?

DAWS HALL and the Daws Hall Trust Henny Road Lamarsh Essex CO8 5EX

Daws Hall is well known as an important East Anglian Nature Reserve and Environmental Education Centre. It also contains eight acres of gardens which have been created by Major Iain Grahame during the past fifty years.

Daws Hall is firmly placed in the history of the Stour Valley, natural and human. The house itself was painted by John Constable and once housed the village school; along the river are the remains of Pitmire Lock, a feature of canal engineering, and a mighty concrete 'pill box', one in a chain of WWII defensive emplacements constructed across East Anglia during the height of wartime invasion fears.

In the early 1960s, Major Iain Grahame purchased Daws Hall and started a Wildfowl Farm. From which grew the idea of a nature reserve that would provide a valuable educational resource for schools to visit. This became the charity, the Daws Hall Trust.

The Nature Reserve was established in 1981 and its full educational potential realised in 1985 with the opening of the Daws Hall Centre for Environmental Learning in what was the Hall's old coach house and stables. This was achieved through the enthusiastic and generous support of local people and other interested parties as much as Major Grahame's hard work and persuasive passion.

The gardens are also open to the general public on selected days each year and bookings can be made for guided tours by garden clubs and other groups and societies.

The reserve still retains a little of the Wildfowl Farm in the private Sanctuary Garden, a protective area where waterfowl species such as the endangered red-breasted goose (*Branta ruficollis*), and eider (*Somateria mollissima*) continue to thrive.

On open days the Sanctuary may be open to the public, by kind permission of the Major and Mrs. Grahame.

The year starts with a **Snowdrop Celebration**, and our display of these harbingers of spring, best seen 5-25th February, rivals anywhere else in East Anglia.

Snowdrop Sundays Open Days - 30 January and 6, 13, 20 February

11am - 3pm

Join in greeting the first signs of spring and explore the stunning blanket of white snowdrops that spreads between the hilltop woodland of the nature reserve. Refreshments available and activities for children.

Entry: Adults £7, Children £2 (Under 5s free)

Sadly, this area not wheelchair accessible.

Booking not required, sorry dogs not allowed.

During April and May there are thousands of spring bulbs,

including fritillaries, scillas, chinodoxas and several different species of tulip. Daws Hall is renowned for its collection of foxglove trees and these flower in May. Paulownia tomentosa is grown as standard trees and also coppiced to display their enormous leaves.

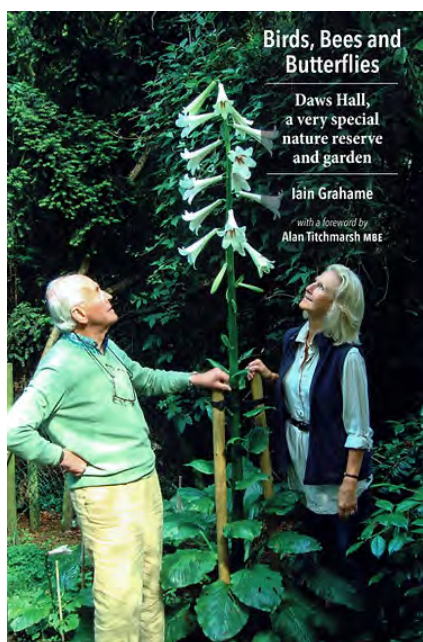
Summer at Daws Hall sees numerous unusual trees and plants at their best. These include the roses, of which there are over a hundred different varieties, predominantly species and old-fashioned roses. Almost all trees and shrubs at Daws Hall are clearly labelled.

Also on display throughout summer is an observation hive in our bee room. Honey from the Daws Hall bees is frequently for sale.

Autumn can best be described as 'a blaze of colour', when the collection of over fifty different acers and several different nysas can be seen at their best.

Apart from the snowdrop area in February the entire garden is accessible to wheelchairs.

If you would like to book a garden visit for a group, club or society please contact Major Grahame on 01787 269213.



If you recognise Major Grahame's wife, she is **Bunny Campione**, an English antiques expert known for her many appearances on the long running BBC television programme *Antiques Roadshow*, on which she has appeared since 1987.



Campione became known as "Bunny" as a young child after she was given a coat that had a hood with rabbit ears on it.

At an early stage of her career she began work at Sotheby's, where she remained for 23 years gaining a wide knowledge of antiques.



She was a senior consultant to Christie's, London until 2001. She lives on the Essex/Suffolk border with her husband Iain Grahame, whom she married on 7 July 2002.

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SESAW NEWS

We recently had the delightful experience of reuniting with his owner, a cat that was missing for about eighteen months. Kind people fed him until new neighbours realised he belonged to no one nearby. They asked Mother to check him for a microchip – and he was reunited with one happy owner who had given up hope of seeing their beloved pet again.

If you befriend a stray please ask a vet or rescue centre to scan for a chip and have your own cats microchipped, we are just as important to our humans as dogs are to their owners. Speaking of canines, we have a friendly pair of seven year old dogs looking for a home where they can be absolutely spoilt.

Dougie and Hazel love their cuddles but tend to tell other dogs off so would be better as the only pets. Hazel is rather bossy and Dougie's sight is poor but that does not stop him, although sometimes he returns from walks in someone's arms! If you can offer this delightful twosome a loving home with a very secure garden, please phone for an appointment to meet them.

That's enough from me, rest assured the chatty Chihuahua will be back next time, hopefully having learned that people sometimes need to read the feline point of view and a prime example of the superior species is 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



With thanks to Susan Hickman for these photographs of :
Fieldfares and a Redwing, in the Pyracantha.



We are grateful to receive any photos of wildlife, or scenery which you have taken in the Assington locality and which you would like to share .


Peter Robb

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