# NEWS



JUNE 2023



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



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

Appointments available Monday - Saturday

Tel: 01787 378178 Email: sudburyphysio@hotmail.co.uk 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.

## **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	Jenny Cutts	01787 211371
Assington Baby and Toddler Group	Rev Tricia Box	01787 227528
Assington Books, Village Hall (see post office for times)	Michelle Bourner	07954 221773
Assington Farmshop	Maxine Gardiner	01787 211610
Assington Post Office, Village Hall	Mon 1.30-3.30,	Wed 9-12
Assington Village Charity Secretary		
Boxford CEVC Primary School (office@boxford.suffolk.sch.uk)	Head: Mrs J Davies	01787 210332
Brownies, Boxford	Moira Grant	01787 211513
Church - Organist	Bronwen Stacey	01787 210354
Church - Reader	Dr John Symons	01787 211534
Church - Secretary	Emily Cartlidge	07967 724266
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 370011
Doctors surgery – Bures	Bures	01787 227529
Footpath Wardens	Paul & Cynthia Hollingsworth	01787 211620
Horticultural Society	Karen Wiles	
Leavenheath Cinema	Marion	01206 263301
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
david.wiles@live.co.uk	David Wiles	
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 (vicar@parishchuurch.co.uk)	The Revd Daniel Whiffin	01787 228292
Village Hall – Bookings	Karen Wiles	07983 002072
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	
Distributors	David & Ann Jarrett, Judy Bourner, Bryn Hurren & Lisa Brooks, Zoe Laughton,	
	Matthew Green, Ian Jordan, Jacqui Egglestone, Rose Symonds	
Printer	Indigo Ross Design & Print Ltd, Sudbury 01787 880 260 hello@indigoross.co.uk	
Auditor	Ian Clark, 01787 211133	



We are a local, family-run landscapers. We specialise in laying natural stone paving and other aspects of hard landscaping.

Check our website or social media for examples of our work and get in touch to see how we could bring your project to life.

01206 241 863 www.richardsonlandscapes.co.uk





Accredited Member



## **Transformational Coaching & Consultancy** For Individuals & Businesses

- DON'T FEEL FULLY MOTIVATED OR FULFILLED?
- IS LACK OF CLARITY/DIRECTION HOLDING YOU BACK?
- WANT TO ENHANCE LEADERSHIP SKILLS?

I help High Achievers, Entrepreneurs & Business owners consistently achieve success in their lives & businesses. I specialise in effective techniques to let go of unwanted, patterns & behaviours to create high performance individuals and teams.

- 1:1 EXECUTIVE COACHING PROGRAMS
- OVERCOME PERSONAL & BUSINESS CHALLENGES
- UNDERSTAND WHAT MOTIVATES YOUR WORKFORCE
- WORKSHOPS & MOTIVATIONAL GUEST SPEAKING

"Amy is an outstanding coach with a unique approach and outlook. Working with Amy will give you the tools to not only achieve financial goals but also unlock a better understanding of yourself"





amy@re-mindcoachingsolutions.com Tel: 07789 182210 www.re-mindcoachingsolutions.com





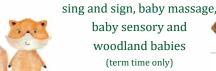
## Private Day Nursery

for children from 2 years. Forest School Sessions.

## **Holiday Clubs**

for children aged 4-8

Baby Classes (intro offers available)







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

Thursdays 6.30pm at Assington Village Hall

No audition necessary

First session free

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

> For more info go to www.happysounds.co.uk or call 07957 394780

# ASSINGTON CORONATION CELEBRATION MEMORIES

## **Compiled by David Wiles**



A good time, catch up and reminisce was had by all with a savoury and sweet high tea that had smoked salmon bleenies, home made sausage rolls and sandwiches, with sweet treats of cream scones with jam, strawberry tartlets and macarons. All accompanied by Prosecco and tea and coffee.

During the high tea I asked the attendees where they were at the time of the last coronation and received some great feedback from them as follows:

**Lily** remembered having a street party;

**Jean Evans,** watched the ceremony with 16 other kids on a 9 inch TV;

**Ann Warner** went to London by train the night before with her father and saw Her Majesty pass on her way back to the palace at Hyde Park Corner;

**Jean Hogger** was living in Great Sampford and had a family get together and watched all the ceremony on a 9 inch TV;

**Jean Benton** was in the house next to the old post office in Assington where Simon White lives and Mrs Tatiss let the village kids watch the ceremony on a small 9 inch TV in her front room:

**Ann Dickson** was living in Leavenheath, didnt watch it but attended a street party on the day.

Our commemoration plaque unveiler and oldest resident Bill Dickson was in Assington but working on the farm so did not see the event as he was working;

**Ann Jarrett** was sitting in the window of Debenham Freebody in Oxford Street in London and saw the gold state carriage go by;



**David Jarrett** was watching with his mother and father and two sisters at a village called Willian near Hitchen in Hertfordshire and saw the whole ceremony on a 9 inch TV;

**Joan Peacock** was living on the Isle of Wight and watched the ceremony at her next door neighbours on a 9 inch black and white tv;

**Sue Whitbread** was living with her parents at Westcliffe on Sea and watching on a small black and white tv;

**Simon Whitbread** was in Whitwell in Hertfordshire, saw the ceremony but used to look at the house chimneys to see who had the H shaped aeriel for the TV signal;



**Bob Cowlin** was at home in Epping, Essex and the family had just bought their first 9 inch TV, all huddling around it with neighbours watching events unfold; (sadly not in the photo here)

**Suki Cohen** was at school in Devon as a 17 year old and was cheering the event watching on the school tv:

**Carol Offen** lived in Hainault and watched on a 9 inch tv but won the street party fancy dress competition:

**Judy Bourner** was living in Burton on Trent and was taken out to countryside with other children to have a picnic to celebrate the coronation :

**Ted Nichols** (our "hand that shook the King's hand", and **flag-raiser**), was watching in Wickford in Essex with family members;

**Stephen King** watched with his family on a 9 inch TV in North London;

Great memories from everyone, and they will all remember this coronation celebration for sure.









#### **ELECTRICAL LTD**

## Domestic | Commercial | Industrial

We have over 34 years experience and offer a full range of services to suit all your electrical needs.

Call or email us today to discuss your requirements.

TEL: 07970 384576 info@ambroseelectrical.co.uk

Installation | Emergency Lighting | CCTV | Fire & Security





The Barn, Assington www.ambroseelectrical.co.uk





## Supporting you with your digestive health concerns

Have you put up with digestive symptoms for years?

Do you worry about how you are going to react to foods?

Are you fed up with unpredictable digestion?

Telephone: 01787 212394

Mobile: 07766 702363

www:hknutrition.co.uk

Email: helen@hknutrition.co.uk



Web Design
Motion Graphics
Logo Design
Illustration
Print Design
Photo Manipulation

hello@facetdesign.co.uk

## THINGS TO DO



## St Mary's Church, Bures

for babes and little ones and their parents/carers 20 mins of fun, bible story & songs followed by lots of play and tea/coffee

Wednesdays @ 2.15pm 14 June and 19 July





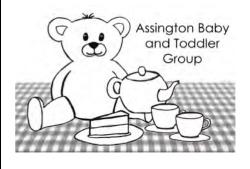
PAY AS YOU GO

# NEWTONS FARM INDOOR TENNIS

OPEN 7AM TO 10PM WISSINGTON, CO6 4LX 1 MILE FROM NAYLAND

£18/HOUR BOOK ONLINE

WWW.INDOORTENNISCOURT.CO.UK



Thank you for all your support and for making it such a friendly group.
We all love meeting together!

Twice a month on Thursdays in termtime 9.30-11.00 am
in the Village Hall at £3 per family

June 8 and 22 July 13 September 14

Do contact me: Revd Tricia Box 07747124592

SAVE THE DATE:

## 20th AUGUST HORTICULTURAL SHOW

Plans for the Horticultural show on Sunday 20th August are taking shape. There are a few changes to the baking and craft classes.

The children's section is divided into age groups with a few additional classes. Hopefully more children will have fun entering.

Don't forget the Scarecrow competition. If there are enough entries, we can have a scarecrow trail. My Bloody Butcher Tomatoes are doing well despite my paranoid behaviour taking them from the greenhouse to the house in all the cold snaps. The greenhouse is filling up with various types of Cucumber, Aubergine and Pepper. David is working hard on the allotment, disappearing for hours on end....That's a bonus, right? He tells me he is just waiting for the Butterfly invasion.

Hope to see you all at the show *Karen Wiles* 

### **GRAYHAM HOGGER**

Free local delivery

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

HORSE/ANIMAL FEED & BEDDING
HAY, HAYLAGE & STRAW
MUSHROOM COMPOST
SHAVINGS & HORSE-FEED

(Large and small bales)

GRAYHAM HOGGER TEL: 01787 210074 or 07860 536899

## ASSINGTON

## COUNTRY KITCHEN

Prop. Annie Reidy – Malcolm Long
OPEN 7 DAYS A WEEK
Mon/Sat – 9-4.30; Sun 10-4

Bookings: 01787 210242
<u>Anniereidy1@btinternet.com</u>
<u>malcolmlong1@btinternet.com</u>
<u>www.assingtoncountrykitchen.com</u>
<u>www.thebarnassington.com</u>



## JULES FLORIST

The Barn, The Street, CO10 5LW

Flowers for all occasions

Julie – 07979 676869 01787 211695

Email - Julieivory10@gmail.com

#### DANIEL ECUYER THATCHERS

#### MASTER THATCHER

## Long straw & water reed

(Free quotes for thatch owners)
Briars, Dyers Lane, Assington

01787 210252 or 07956 585133

ecuyerthatchers@gmail.com

## Duncan's Marquee Hire



#### WARNER LOG SUPPLIES LTD.

**Suppliers of seasoned firewood** 

DICK WARNER

Tel: 01206 579881

Mobile: 07860 255326

## **B**outique **print**

#### Wide Format Printers

PVC Banners

**Posters** 

**Retail Signage** 

Wallpapers

Vehicle Wraps

Vinyl Decal

Tel: Assington 212379 Email: duncan@boutiqueprint.co.uk

f

# ASSINGTON CORONATION CELEBRATIONS IN PICTURES 7th May 2023

David Wiles kindly volunteered to mastermind the Coronation Celebrations for the Village, and a huge thanks goes to him and his team of helpers, who made the day such a huge success (along with some sunny weather).

Not only did David arrange for food and drink vendors to be on hand to supply our every need during the afternoon and evening, but he single-handedly decorated the village hall, and set the tables ready for the party; many thanks also go to Kim King, who made the children's party such a whirlwind of pleasure.



David, with Karen his wife, made the food for the wonderful "Memories" afternoon tea, which everyone agreed was second to none. Dressed up in his finery, looking "the kippers knickers", David also served as the waiter for the event.



David organised the beautiful new plaque to commemorate the Coronation, (see above and front cover), which was generously donated for the village by A N Onymous, and unveiled by our oldest resident, Bill Dickson, and he also set up the flag pole upon which Ted Nicholls raised the Coronation flag.

Thanks to the many other people who helped behind the scenes to make the day so successful: Karen Wiles, Simon Whitbread, Simon White, Bronwen and Jeff Stacey Nigel Finch, and Ted Nicholls.

Thanks also to Nettie and Dave for the fab live music into the early evening.



REMEMBER: You can see the Assington News in Colour, on **assington.onesuffolk.net** 





The Tipsy Tricycle and the "Decorate a Crown" activity





















































## MEADOW

PLUMBING

Plumbing and heating engineer with over 20 years' experience. Providing a friendly, reliable and professional service with an emphasis on high standards of workmanship and conscientiousness.

- Full bathroom suite installation (inc. design and management)
- Boiler installation, replacement and maintenance
- Full heating system installation and upgrade
- Hot water cylinder upgrade and replacement
- Power flushing
- All general plumbing
- Sean: 07983 403 289
- meadowgraceph@gmail.com
- instagram.com/meadowgraceph





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



at The Barn, Assington

www.littlegemsinteriors.co.uk 01787 210951

## PARISH CHURCH NEWS



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



Dear Friends.

As someone who spends their working life in front of a computer, in a largely windowless office, I don't stop to look around and marvel at the countryside as much as I could.

During the pandemic our office in Colchester was severely decluttered to help us keep it sterile but that left it bland. A couple of events, that I won't go into, left morale a little low, prompting us to look for ways to help cheer things up in a place where we spend a lot of time with people who have become friends as well as work colleagues. It was suggested we should bring in some plants to help us all better connect with nature, the idea being to "bring the outside in", ever aware that some are happy to leave the outside...outside. So, to make the office a little greener various plants were bought to see what would thrive given little daylight and only sporadic care. Some have flourished while others are clearly unhappy. One plant brought with it a small swarm of bugs that then flew around the office until it was banished. I am glad to report that "re-greening" our office has been a success and has done it's little bit to improve the mental health of all who work there.

We are fortunate to be surrounded by countryside with our churchyard's local treasures. Many churchyards are surviving fragments of meadow that serve as island refuges for plants and wildlife, as well as the wide variety of mosses and lichens which can be found on old stonework. They are often the most ancient enclosed piece of land in our parishes, with grassland that has re-seeded naturally for hundreds, if not thousands, of years. Never having been ploughed or treated with fertilizer or herbicides our churchyards can act as Noah's arcs for flora and fauna that can then spread further afield from these havens.

A local farmer once told me that he wasn't very impressed with God because he thought that farmers and scientists had done a much better job developing better varieties of crops that grew more quickly and were more resistant to disease. It was one of those moments when I was completely stumped as to what to say next until I remembered that St Paul had answered the question when he wrote to the Corinthians saying, "I planted, Apollos watered, but God gave the growth." He later wrote, "For we are God's servants, working together; you are God's field, God's building"

We are called to be stewards of all we see and, for many, we get a glimpse of God in the beauty that surrounds us. Best wishes,

Simon

## JUNE 2023 SERVICES IN ASSINGTON



4th JUNE @ 10.30am MORNING WORSHIP

18th JUNE @ 10.30am HOLY COMMUNION

THE CHURCH IS OPEN FOR VISITORS
ON SATURDAYS AND SUNDAYS,
and at other times by arrangement with key holders.

The date has been set for the Village Church Fete:

Saturday 2nd September

Saturday 2nd September SAVE THE DATE

Vicar: Daniel Whiffin 01787 228292

email: vicar@parishchurch.co.uk

Associate Priest Rev Simon White 07572 418555
Reader: Dr John Symons 211534
Churchwardens: Roger Britcher 211021
Bronwen Stacey 210354

Organist: Bronwen Stacey 210354 Secretary: Emily Cartlidge 07967 724266

Treasurer: Ian Clark 211133



Saint Edmund King & Martyr Assington



Assington church has its own website. The full address is https://assington\_church.org.uk

## **AKSMITH**

## **PLASTERING**

Established 1986

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

For References see Website www.aksmithplastering.co.uk

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



**FORMERLY NAILS BY GRACE** 

I'm Grace Crimmin, a fully qualified Beauty Therapist with over 10 years' experience in Salons and Spas.

I offer a wide variety of treatments from my treatment room in Newton, including Body Massages, Facials, Manicures, Pedicures, Waxing and more!

I look forward to hearing from you.

www.beauty-bygrace.co.uk



07484 648932

## 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

## **SESAW NEWS**

My mission, this month, is to find a home for two retired racing greyhounds that tower over me and have languished at SESAW for over a year.



Bodie and Mikey, aged five and four respectively could be separated but that would be a shame as they have always been together. They need an experienced home with no cats, two on-lead walks a day and a comfy sofa. If you have room in your heart and home for these beautiful creatures, please leave a phone message or email with your contact details.

If you, like me, are not an early riser, here are two events for you! We will be selling various items at a Boot Sale on the Football Ground in Long Melford, CO10 9JY, 2.30pm on 9th June.

We will also have a stall and a Pets Corner at the Summer Fete on Leavenheath Village Green, CO6 4PY, 1pm on 17th June.

Do pop in to say hello if you fancy a trip out.

More volunteers are still needed to look after the dogs, cats,

rabbits and other small animals until the right persons comes along. If you would like to help or are looking for a new pet to complete your family, please visit our website or call in to see our many rescued animals.

We are open 10am to 1pm, Thursday to Sunday and look forward to seeing you. If you wait until lunchtime, you may even catch a glimpse of me, Kenny (the Boss)

Chihuahua! Suffolk & Essex Small Animal Welfare, Registered Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 or email info@sesaw.co.uk

#### **ASSINGTON RAINFALL AND TEMPERATURES**

Bill Milner (rainfall)

and Bob Cowlin (temperatures)

HISTORY annual rainfall:

2016	599.5		2017	5/1		
2018	559		2019	597		
2020	636		2021	582.3		
2022	419					
*****						

2018 2020 2022	559 636 419	2019 2021	597 582.3
2019 JAN FEB MAR APR MAY JUNE	<i>mm</i> 23.5 19.5 44 18.5 54 94.5	max 9°C 16°C 19°C 24°C 26°C 29°C	min -8°C -5°C -3°C -3°C +1°C 5°C
JAN FEB MAR APR MAY JUNE JULY AUG SEP OCT NOV DEC	mm 33.5 56 21 22 5.5 50 58 109 25.5 110 33 102.5	max 10 C 11°C 14°C 23°C 27°C 28°C 30°C 32°C 27°C 14°C 14°C 10°C	min -5°C -3°C -5°C -1°C -2.5°C +2°C 6°C 4°C 5°C 2°C -4°C -5°C
2021 JAN FEB MAR APR MAY JUNE JULY AUG SEP OCT NOV DEC	mm 89 34 26 1 78.1 55.2 72 29 28.5 74.5 27 68	10°C 14°C 20°C 15°C 25°C 30°C 28°C 24°C 27°C 18°C 13°C 12°C	min -5.5°C -7°C -3°C -5°C -2.5°C +3°C 7°C 5°C 3°C 1°C -3°C -6°C
JUNE JULY AUG SEPT OCT NOV DEC	mm 7 46 29 9.5 37 33.5 5 11.5 25 63 107.5 45	max 12°C 13°C 18°C 22°C 25°C 30°C 36.5°C 32°C 25°C 18°C 14°C 10°C	min -6.5°C -4°C -2°C -6°C 0°C 2°C 6°C 7°C 1°C 0°C -2°C -9.5°C

2023 mm max min JAN 10°C -7.5°C 41 14ºC -70C **FEB** 3 MAR 15°C -6.5°C 78 **APRIL** 18°C -2°C 65



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



## **Boxstore**

The Local
Self Storage
Company
For all domestic and
business needs

See website for details
www.boxstore.co.uk
tel: 01787 210350

## 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

# R SMITH ELECTRICAL SERVICES

ALL ELECTRICAL WORK UNDERTAKEN
CLEAN, HONEST, RELIABLE

Please call Ryan on

07981 528948

 $\mathbf{0R}$ 

01787 212352

www.rsmithelectrical.co.uk

Assington Pilates Class

Tuesday evening

7.00 - 7.45pm

Physiotherapist led class (no prior Pilates experience needed)

£9 Pay as you go Or

£32 for a block of 4 classes

Contact: annacclayton@hotmail.co.uk

07811229266

Please bring your own mat.

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





An Historic English Inn for comfortable, casual and refined dining Hours of Opening:

Wednesdays to Sundays 12 noon to 11pm

## THE SHOULDER WILL BE:

## **CLOSED ALL WEEK**

The Week from 5th - 11th June

for maintenance work

## Also

## **Closed Saturday 17th from 5pm onwards**

( private function)

For any Bookings or enquiries please contact via 01787 210 334 Or Info@shoulderofmuttonassington.co.uk