

# ASSIGNMENT

NEWS



MARCH 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](mailto: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 ( <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 - 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
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:whitemkevin@me.com">whitemkevin@me.com</a>	Kevin White	07477 580561
<a href="mailto:tony@howcroft.net">tony@howcroft.net</a>	Tony Howcroft	
<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	
<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 (Associate Priest during the Interregnum)	The Revd Simon White	07572 418555
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

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# WELCOME TO MARCH

This year, 1st March is Shrove Tuesday, ....or, as we like to call it, Pancake Day.

Shrove Tuesday is always exactly 47 days before Easter Sunday, and is the day before Ash Wednesday, which marks the start of Lent.

The word Shrove is derived from the verb Shrive, which means to absolve: ancient christian tradition was to make a point of self-examination, considering what wrongs individuals may need to repent of, and what amendments they could make in order to atone for their sins.

The atonement began on Ash Wednesday, when people in the church would wear sackcloth and their foreheads would be marked with a cross in ash. Rather than fast, during the 40 days of Lent we are nowadays encouraged to "give something up" - such as chocolate, or (in the olden days), smoking; this period of 'fasting' or doing without something which we enjoy is intended to make us feel more righteous, in preparation for the important Christian time of Easter.

Traditionally, therefore, people had to eat up all their 'naughty' foods which they enjoyed, all their foods which contain fat, or rich food on Shrove Tuesday, in readiness for their lenten diet, or 'fast'.



We continue this tradition when we make pancakes, which use fat (lard or oil), flour, eggs, a pinch of salt, and water (or milk). During the cooking of the layer of pancake mixture, we toss it into the air so that it lands once again in the frying pan, but this time upside down, so that both sides are cooked evenly.

Its a simple recipe, which, once mastered without the need for a total redecoration of the kitchen, can be enjoyed with a topping of fresh lemon juice and a sprinkling of sugar, or, golden syrup, or blueberries and cream.....make it what you will.



# SESAW NEWS

Spring has definitely arrived. The birds are singing, the flowers



are blooming, the dewy grass is steaming in the morning sun and there is an air of quiet optimism as the volunteers prepare for our first proper fundraising event in two years. Yes, we will be back with our Easter Fair at the Old School, Long Melford, CO10 9DX on Sunday 3rd April.

Expect the usual wide selection of stalls, crafts, flowers and plants, raffle, Jeanette's Terrific Tombola, and yummy homemade cakes and snacks. Do come along between 10am to 3pm, you'll get a warm welcome from all of us including Frank Payne who will be selling and signing copies of his autobiographical books. Our Octogenarian has led an interesting life and has plenty of tales to tell. His story begins in Blitz torn London and progresses through National Service and onto careers in journalism and football.

Speaking of sport, the Nayland 10K family-friendly fun event takes place on Sunday 10th July, starting at Little Garth School, Nayland, CO6 4JR. Once again, SESAW is one of the charities benefitting from this extremely popular, multi-terrain run through the beautiful Constable countryside. Routes for all ages and abilities, book your place now at [www.nayland10k.co.uk](http://www.nayland10k.co.uk)

That reminds me, it's time for my daily run around the garden now the grass is dry. A wet undercarriage is extremely uncomfortable if you are a vertically challenged dog like me, Kenny (the Boss) Chihuahua.

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

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## IN THESE DIFFICULT TIMES

If you are worried about how to afford the increases in your household bills, help is at hand.

The church at local level has been awarded grant money to be made available to assist local cases of financial hardship. You do not need to be a church-goer to receive help in this way - the offer is there **for everyone**.

**The deadline for this assistance is 31st March, so don't hold back if you think you qualify:**

- This offer of financial assistance is to support immediate needs, for example, energy, food, other essentials for living and so on;
- There is a maximum of £500 per household (ensuring no duplication of offers from other charities using the same fund) – preferably by paying a bill directly.
- PLEASE REMEMBER: If ongoing **fuel poverty** is experienced, please note the existence of the **Surviving Winter Fund**;
- The Fund needs to be used by 31st March, and so will be offered on a **first come, first served basis**.

If you, or anybody you know needs some help at this time with food or energy bills etc, please do contact us, and mention **The Suffolk Community Foundation**.

Your enquiry will be handled in strict confidentiality, of course. Please contact

Dr John Symons: 01787 211534  
or email: [john@moorsfarm.com](mailto:john@moorsfarm.com)

mentioning The Suffolk Community Foundation.

\*\*\*\*\*

## A NEW CONTRIBUTOR TO THE MAGAZINE.....

Over the years that I have been the editor of the Assington News, I have often appealed for contributions and articles to include, to keep the publication interesting and alive.

After the last appeal an old gentleman hobbled up to our house and poked a rather scruffy note through our door saying "he could rite sumthing that we would all like for our mag."

I have replied by telephone in the affirmative and politely told him to go ahead.



He seems very nice really and I think he lives somewhere near the pub as I frequently see him sitting outside, although never with a drink.



Let's hope it's interesting and it will be nice to hear what he has to say and welcome him to Assington, as we would anyone who wishes to contribute.

Bronwen.

\*\*\*\*\*

## ROBERT BAMFORD



Robert Bamford was born on 16 June 1883 at **Daws Hall Lamarsh** in Essex. He attended Sherborne School as a day boy from May 1897 to April 1900.

Robert Bamford was a British engineer who, with Lionel Walker Birch Martin founded Bamford & Martin Ltd at 16 Henniker Place in West Kensington on 15 January 1913. Within a year the first car to be named Aston Martin was created by Martin by fitting a four-cylinder Coventry-Simplex engine to the chassis of a 1908 Isotta-Fraschini.

The company's name became Aston Martin in 1914, following one of Lionel Martin's successful runs at the Aston Hill Climb in Buckinghamshire.

They produced their first Aston-Martin car, the *Coal Scuttle*, in March 1915. Robert Bamford was the engineer of the partnership.

But full production could not start because of the outbreak of World War 1. Martin joined the Navy and Bamford the Royal Army Service Corps. All machinery was sold to the Sopwith Aviation Company.

During the First World War Robert served for one year as a private in The London Regiment, 25th (County of London) Cyclist Battalion, and then as a lieutenant with the Army Service Corps (RASC), Mechanical Transport.

After the war, the company relocated to London in 1920 and a new car was designed with the Aston Martin name. That same year Bamford left the company.

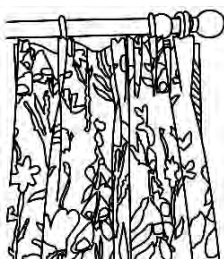
In 1924 the company went bankrupt and was refinanced by new owners. The company failed again in 1925 and the factory closed in 1926 with Lionel Martin leaving.

In the mid-1920s the company would undergo many changes of ownership.

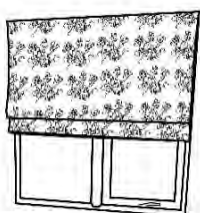
It was largely through the ownership of David Brown Ltd. of Huddersfield, who bought Aston-Martin for £20,500 (£820,000 current value) in 1947, that Aston-Martin became the company renowned during the 1950s, and became famous as the James Bond car of choice.

Robert Bamford was inducted into the Automotive Hall of Fame in 2013.

# Little House Designs



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

Jacqui Egglestone  
01787 211154  
07770 520198  
[jacqui@littleshousedesigns.co.uk](mailto:jacqui@littleshousedesigns.co.uk)  
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# PAUL McDONALD IS RUNNING IN THE LONDON LANDMARK HALF-MARATHON



Hello, my name is Paul McDonald, I live in Orchard Road, and on the 3<sup>rd</sup> April I'm running in the London Landmark Half Marathon event in order to raise funds for the Wilderness Foundation (<https://wildernessfoundation.org.uk/>)

## WILDERNESS FOUNDATION UK

It's a charity that I do voluntary work for, and is situated in Chatham Green, near Chelmsford. It does amazing work to support members of the community suffering from a wide range of issues, by utilising the outdoors as a positive path towards wellbeing.

The Wilderness Foundation runs education and therapy programmes to help young people and adults reconnect to society and themselves through outdoor facilitation adventures, therapy and mentoring. The programmes highlight the positive impact of wild nature on personal and social wellbeing.

I am 65 years old and have run just one half-marathon previously, so its not an easy task to run it. I will be undertaking my training around Assington, so any dog walkers who see me please say hello!

It would be great if members of the community could get behind the charity and the run. I've raised over £500 in the first week and hope to hit my target of £1000, and support from the village would certainly help that. The Shoulder of Mutton have already kindly sponsored me, and any donation, large or small from my fellow villagers, would be really appreciated for what is a great cause.

If you would like to support Paul in this magnificent effort, the QR code and alternatively, the just giving link are set out below.

<https://www.justgiving.com/fundraising/paul-mcdonald15>



We wish Paul every success with his charity run.



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# PARISH CHURCH NEWS



Saint Edmund  
King & Martyr  
Assington



## Letter from Murray Emmerson,

Reader,  
Bures with  
Assington and  
Little Cornard



Dear Friends

Just the other day, I went into my garden shed and, mentally, I kicked myself. There on the table was, what looked like, a mouldy lump. I picked it up and found that, in fact, it was a decaying daffodil bulb. I'd forgotten to plant it last October! I'd bought 50. The other 49 have been in the ground for 5 months. Now, their bright green leaves have burst out of the ground. Their yellow, trumpet-shaped flowers are in the garden, glowing like lanterns.

That sorry lump on my table should currently be doing the same, if only I'd planted it!

Enfolding a daffodil bulb in soil produces a wonderful effect. The bulb changes completely. The soil invigorates it. It becomes a totally new creation.

2000 years ago, a man stated that, by being plunged into the right surroundings, we humans can also be totally changed. He wrote, "Anyone who is IN Christ has become a new creation. The old life has gone. The new has begun." Being IN the soil turns an ugly bulb into a beautiful flower. Likewise, with us. Being IN Christ – knowing his forgiveness, being cocooned in his care, filled with his Spirit – will change us completely.

The writer of those words proved to be a living example of that.

OUTSIDE Christ, Saul was a sadistic, murdering ethnic-cleanser.

IN Christ, St Paul (his new name), became a shining light to his generation, and to all future ones as well. It is the season of Lent – a time for reflection.

We see the daffodils all around us. Let's learn from them. Planted firmly - IN Christ – we can turn (like St Paul) from a humble bulb into a thing of beauty. The choice is ours.

**Murray.**

The Baptism of  
**Harriet Louisa May**  
took place at St Edmunds on  
Sunday, 6 February 2022.

We welcome baby Harriet into  
the Church.



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



## MARCH SERVICES IN ASSINGTON CHURCH everyone welcome!

**6TH MARCH @ 10.30am Holy Communion**

**27th MARCH @ 10.30am MOTHERING SUNDAY  
All Age Service**

Please contact [office@parishchurch.co.uk](mailto:office@parishchurch.co.uk) or  
telephone 01787 227407 for more details

\*\*\*\*\*

## OTHER MARCH SERVICES IN THE BENEFICE

**13th March:**

**10.30am Bures:** Holy Communion

**10.30am Little Cornard:** Morning Worship

**20th March:**

**10.30am Bures:** Holy Communion

**27th March:**

**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

# ASSINGTON PARISH COUNCIL

## Matters of interest discussed at the meeting held in the Village Hall on Monday 31st January 2022

**Present:** Simon Thorogood (Chair), Andrew Hill (Vice Chair), Councillors Tony Howcroft, Bronwen Stacey, Helen Wallace, Kevin White

**In attendance:** CCllr James Finch, DCllr Lee Parker Christine Hargan (Clerk) and 4 members of the public

**Apologies for absence :** Cllr Ian Jordon

### ■ Declarations of Interest and requests for dispensation

Cllr Howcroft made clear that he would not comment on planning item DC/21/06912 given a potential conflict.

### ■ Minutes of the previous meeting

The minutes of the meeting held on 29 November 2021, were agreed and thus signed by the Chair.

### ■ Public Forum

\*DCllr Parker advised that the cabinet provisionally agreed a 2% increase council tax, and the rent for council tenants would be increased to £95 a week.

\*Locality budget £500 is still available, Clerk was advised to approach Cllr Parker for details on how to make an effective claim.

\*Members of the public made comments:

❖Care farm Point of note – the landlord intends to object to the application on terms on non-compliance. The group have been given notice to vacate site during December 2022.

❖Jubilee celebrations, 9 volunteers are ready and willing to organise the event, or assist the Parish Council.; Dedicate a site for Jubilee Garde; suggested a plaque, commemorating the oldest and youngest residents on Jubilee day.;

An event/party for children on the playing field;

❖Speed watch team requested larger community speed watch signs. It was resolved to review following completion of the scheme by highways.

### ■ Planning

**Members considered the following Planning applications:**

❖DC/22/00196 Erection of a two storey front extension; erection of first floor extension over existing bathroom and a cart lodge. Three Ways Barracks Road Assington Suffolk CO10 5LP

It was resolved to support this application

❖DC/22/00027 Application for Listed Building Consent - Erection of single storey side/rear Shamrock Farm Marshalls Green Assington Suffolk CO10 5LS

It was resolved to support this application

❖DC/22/00026 Householder Application - Erection of single storey side/rear extension(following demolition of conservatory). Shamrock Farm Marshalls Green Assington Suffolk CO10 5LS

It was resolved to support this application.

❖DC/21/06912 Change of use from agricultural to use Class F1(a) (Learning and Non-Residential Institutions) and siting of 2no portacabins and 1no storage container. Land At Assington Fruit Farm The Street Assington Suffolk CO10 5LW .

Following extensive discussion, it was resolved to Object to the new planning application given that the new expiry of the permission was not clear, and because operators have received notice from the landlord that they must vacate the site by December. Therefore the PC would support an

eight month extension to the existing permission to allow the charity sufficient time to relocate.

❖AP/22/00009 **Appeal:** Application for Outline Planning Permission (some matters reserved, access to be considered) Town and Country Planning Act 1990. - Erection of 2 No one and a half storey dwellings with detached garages and new vehicular access from Barracks Road. The Field House Barracks Road Assington Suffolk CO10 5LP  
No change to previous comments

❖DC/22/00461 Full Planning Application - Erection of 1No single storey dwelling, detached garage and new vehicular access. Land At Orchard Road Assington Suffolk  
As this application was received too late for the publication of the agenda, formal discussion of this was postponed until a further meeting is convened to discuss it.

### ■ Status of Planning applications

❖DC/21/06155 Re-positioning of Plot 1 dwellinghouse and garage Land North Of Assington Barn, Granted

❖DC/21/05464 The Nook 7 Heseltine Close Assington Suffolk CO10 5AL Granted

❖Residents in Vicary estate have been offered sections of meadow land behind their properties to purchase and wondered in advance whether the PC would support applications to change of use to garden. Cllr Thorogood to investigate and report back to the next meeting.

### ■ Update on the Neighbourhood plan

The referendum date is 24<sup>th</sup> February, and 51% of votes cast will need to be 'yes' for it to become part of planning law. The referendum will be held in the village hall and organised by Babergh. It was resolved to obtain two additional hard copies of the Neighbourhood plan following the election.

### ■ Finance

#### ❖Budget for 2022/23

It was resolved to set the budget as per the schedule within the Finance Report (please see the website for details)

#### ❖Precept for 2022/23

It was resolved to set the Precept at £10,000. The Chair and Clerk signed the form to be returned to Babergh District Council.

### ■ Highways Update

The final plans were received following the meeting with CCllr Finch and are entering in consultation until 18<sup>th</sup> February.. A Quotation for the work is awaited.

❖The Police were concerned about 30 mph restriction extending beyond Rose Green but Suffolk Highways will manage these concerns.

❖The police also raised concern over compliance with the 20mph with no pinch points or physical restrictors, and as a result, gateways entering and exiting the village were recommended.

❖Clearer signage would be provided on Barracks Road. The council was reminded that road safety was the most prominent concern to come out of the neighbourhood plan consultations, and that the proposals were broadly in line with Community Actions CA3 and CA4. A proposal to accept the design was heard from Cllr Hill and seconded by Cllr Wallace.

A proposal to delegate authority to Cllr Hill and Cllr Thorogood to approve costs of up to £22,000 for the works was heard from Cllr White and seconded by Cllr Stacey. Both proposals were accepted unanimously.

### ■ Quiet Lanes, Suffolk

Progressing but awaiting signs from Suffolk Highways.

### ■ Queen's Platinum Jubilee

#### ❖Village Celebrations

Fantastic support from the village. Cllr Stacey has booked the village hall all day on Friday 3rd June.

Various ideas were discussed and a working party would be formed with community volunteers. Cllr Stacey agreed to be



the Parish Council representative. It was resolved to provisionally budget a contribution of £500 and additional help with licences if required. The focus of the budget is for entertainment rather than gifts.

❖ **Jubilee Green** – Cllr Hill produced a plan for proposed work and will apply for a licence from BDC, Clerk to draft response to DCllr Parker, asking for contribution toward the work and it was resolved that a spend £6-7,000 would be made from CIL funds. Cllr Hill was thanked for all of his work on the project.

#### ■ **Bramford to Twinstead Tee**

DCllr Parker disappointed that National Grid will not progress with face to face meetings, and would escalate.

Consultation documents had arrived. Nothing had changed for Assington. CCllr Finch assured the community that the third line toward Norwich would avoid the village.

It was noted that National Grid have been invisible throughout the entire process.

Meeting via zoom on 7 February with Little Cornard PC: Cllr Stacey would take questions to the meeting as emailed by Cllr Howcroft

#### ■ **Questions to the Chair**

❖ Possible purchase of land to retain meadowland in the village to the rear of Warner Close.

Should the land be marketed in the future it could be considered as a purchase from available Grants and CIL funding

❖ Assington Autos, while noting that conditions on existing planning consent may potentially be flouted, supporting documentary evidence was difficult to obtain,

#### ■ **Next scheduled APC meeting will be held on Monday 28<sup>th</sup> March 2022 at 7.30pm.**

The meeting was closed at 10:06pm

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## **NATIONAL GRID CONSULTATION ON THE BRAMFORD TO TWINSTAD REINFORCEMENT PROGRAMME**

We are currently in a brief period of public consultation on this important and emotive subject,  
**which ends on 21 March 2022.**

The proposal (in brief) is to remove the existing smaller set of pylons carrying 132kV cables, and to replace these through the parish of Assington with larger pylons carrying a 400kV line. This means that there will be two lines of large pylons along the stretch of the Parish.

There will be two Cable Sealing End compounds in our area: one in Leavenheath to the immediate West of Boxford Fruit Farm, the second to the South of Workhouse Green.

In the areas of AONB and the Stour Valley, to the East and West of Assington respectively, the new cables will be undergrounded. The two Cable Sealing End compounds



*a proposed Cable Sealing End compound*

mentioned above are the sites where the cable changes from underground to overground.

Inevitably, for all concerned where the reinforcement work takes place, there will be disruption for local residents during the time the project is undertaken.

Until very recently, National Grid were proposing to undertake all consultations via methods other than via face to face meetings; this approach has now been modified, and therefore the Parish Council has very recently been involved in a flurry of activity and last-minute meetings of various kinds. We continue to meet with other local and affected Parish Councils in order to formulate and agree a united combined response to NG.

In addition, **there are plans for a Public Meeting in the Village Hall. Details on this will be announced shortly.**

This meeting may be useful to ensure that there is a co-ordinated line of response from residents.

Although the Parish Council will respond to National Grid in line with our corporate views it is also extremely important that all individuals respond to National Grid with their views on the proposals; as this is, in effect, a large Planning matter, in the same way, the more responses NG receive, the more it 'counts'. If they only receive one corporate response from APC on behalf of residents, it only counts as one response; if everyone in Assington responds in the consultation, it will count for a lot more!

If you want to look online, go to:

<https://www.nationalgrid.com/uk/electricity-transmission/network-and-infrastructure/bramford-twinstead/feedback>

There are also hard copy booklets of information available, in the village hall.

#### **Contact NG directly:**

You can get in touch with the project team by:

Phone: 0808 196 1515

Email:

[contact@bramford-twinstead.nationalgrid.com](mailto:contact@bramford-twinstead.nationalgrid.com)

Post: Freepost B TO T Reinforcement

When you do give your feedback on the proposals to NG, you may find that the questions in the questionnaire are frustrating, and that you want to say something totally different from their invited optional responses. If that is the case when the time comes, it is equally acceptable to just email your personal feedback, your views, your comments and wishes to: **[contact@bramford-twinstead.nationalgrid.com](mailto:contact@bramford-twinstead.nationalgrid.com)**

Alternatively, you may respond in the Questionnaire booklet, answering selectively in the areas of interest and importance to you; no need to complete all the questions throughout the booklet, unless you wish to.

All comments will be treated as part of the consultation response by National Grid.



## **ASSINGTON JUBILEE CELEBRATIONS!**

**FRIDAY 3rd JUNE**

**Save the date!**

**plans are already underway,**  
(although not yet fully formed and completed!)

**for a fun-packed family day,  
including**

traditional “street party” type events on the Village playing field,  
with picnics,  
races and competitions  
refreshment tent  
and

**A Barn Dance in the evening in the Village Hall**





## ASSINGTON JUBILEE CELEBRATIONS

on  
**FRIDAY 3rd JUNE**



IF YOU WOULD LIKE TO  
HELP WITH THE PLANS AND  
ARRANGEMENTS FOR THE  
DAY,

**Please** do come along to a  
meeting in the Village Hall  
on **Saturday**  
**5th March**  
**at 10.30am**

Other Village events to celebrate the Queen's Platinum Jubilee are going to take place at various times and places in the village during the year:



Bulb and wild flower planting



Tree planting

.....and.....



The Jubilee Garden to be sited centrally  
along The Street

## NATURE WATCH: Bee Orchids

Christine, the Assington Parish Clerk recently received this lovely email:

*Hi,  
I visited Assington this weekend and parked at the Village Hall, where I noticed several bee orchid rosettes on the bank.*

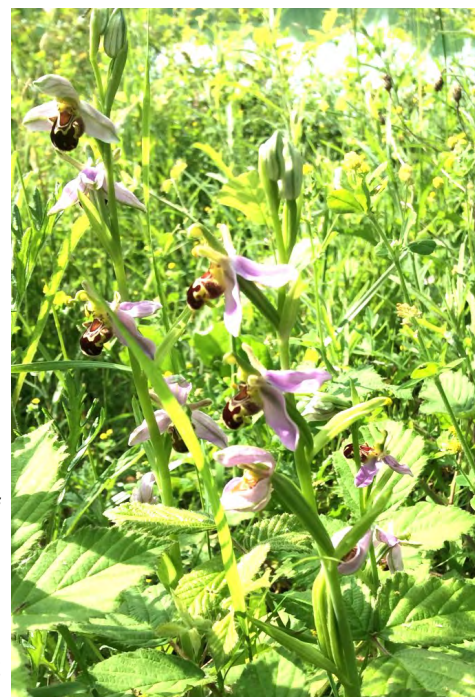


*I thought I'd let you know in case you weren't aware, as I'm sure the local residents would like to see them flower in summer! Photo attached if you're unsure what to look for.*

Best wishes ,                      Jake

Of course, we are absolutely delighted that we have such wonderful and (comparatively) rare plants growing in our midst, and we should be extremely sad if anything should happen to them.

The bee orchid, is sadly in decline – it takes between 5 - 8 years to grow and once picked, that's it. It's seeds never get a chance to germinate, and it's gone forever. Also, of course, they do not grow again if they have been uprooted and transplanted, as the conditions will not be the same as their original location, and they do not like being disturbed.



We must be careful to both enjoy them and protect them where they choose to grow; look out for their flowers in June. Please take a photograph of them if you can, and send it in to the Assington News, for publication.

As part of our "jubilee celebrations" to enhance the natural aspects of our beautiful village, we expect to plant other natural wild flowers in suitable locations, in the hope that we are both 'turning back the clock' to rejuvenate our depleted natural resources, and looking to the future, to help Assington continue to be a beautiful place long after we have gone.

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# THE HEALTH COLUMN

By Anna Clayton

## The Benefits of playing Table Tennis...

I have read that in 1901 two rival organisations were set up. The Table Tennis Association was first, and this was closely followed by the Ping Pong Association four days later.

It seems those associations have long disappeared but, while the two terms are interchangeable, the International Table Tennis Federation still prefers people to use the term 'table tennis' rather than 'Ping pong' when talking about the rules of the sport!

It is a sport that welcomes everyone, and Table Tennis England highlights 10 benefits of playing the game:

- Good for your health
- Easy on the body/joints
- There are no age barriers
- Everyone can play
- You can play anywhere
- You can play anytime (summer/winter/indoors/outdoors)
- It's affordable
- It's good for the brain
- It's sociable
- It's fun

It's a social activity and it brings out the competitive streak in many, there are also significant health benefits that don't require you to break into a sweat to achieve improvements...

- Enhanced motor functions. Not so much related to cars, but nerve and brain links that enable us to become coordinated, learn patterns of movement and memory of hand/eye coordination skills.
- Improved reflexes – Gross and fine muscle reflexes are challenged and improved over time with fast-paced movements over a relatively short distance.
- Hand eye coordination improves through a combination of mental alertness, concentration and some tactical strategy, the latter mostly where you are intending to hit the ball so that your opponent can't return it!
- Joint care. There is some movement involved side to side around the end of the table, but it doesn't typically require too much extreme movement or load through our joints (unless you have to bend to pick the ball up off the floor as often as I do?)

- Calorie burner – yes you read that right, as it is thought a 68kg person can burn 272 calories by playing table tennis for an hour. Never bad for stealthy weight management.
- Brain training. Increased motor skills as mentioned as well as cognitive awareness improve brain health. By anticipating an opponent's shot, a player uses the prefrontal cortex for strategic planning. The aerobic exercise from the physical activity of the game stimulates the hippocampus, the part of the brain that is responsible for allowing us to form and retain long-term facts and events. Some preliminary studies suggest it may help prevent dementia.
- Improved Balance – movement at different speeds and directions depending on the shots you are trying to hit or defend challenge foot and ankle muscles in addition to the lower leg nerves and muscles to help maintain or improve general balance.

It can be a marvel to watch the skill of a rally between two people standing at least 5 feet away from the table and hitting the ball to the very edge with seemingly minimal effort. Equally it can be quite surprising when a shot with such top spin bounces in completely the opposite direction to what you expected when on the receiving end. It can be easy to forget that some people have been playing for years and their coordination, reaction times and fine movement is well honed, but those new to table tennis must start somewhere and for most of us relative newbies, hitting the ball more than once is an achievement, if not with some incredibly comical and beginners luck fluke shots to add to the mix!

Table tennis caters for all ages and abilities and Assington has its own table tennis session, in the Village Hall every Sunday night 6.00pm-9.00pm (£3 per person) where you can play on one of the 3 brand new tables, and everyone mixes up to play different games.



Steve Betts and Bryn Edwards are the men to speak to – [assingtontabletennis@gmail.com](mailto:assingtontabletennis@gmail.com)

and I'll leave it to you to decide whether it is 'ping pong' or 'table tennis'...



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Please bring your own mat.

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

# THINGS TO DO

## DIARY DATE

Come along to the **Village Hall** on  
**Saturday**  
**5th March**  
at 10.30am

If you would like to help us  
with the plans and  
arrangements for the  
village  
**jubilee celebrations**

### Leavenheath Village Hall Cinema

#### FILMS FOR 2022

**SAT 05<sup>TH</sup> MAR – DREAM HORSE**

**SAT 02<sup>ND</sup> APR – STILLWATER**

**SAT 07<sup>TH</sup> MAY – MRS LOWRY AND SON**

Arrive 7.00pm Film starts 7.30pm

Please book early to avoid being disappointed

Tickets £3.50 per Adult and £2.00 per young person

You can now reserve your seat online at

[www.leavenheath.org.uk](http://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)



Assington Baby  
and Toddler  
Group

March dates:

10th March  
and  
24th March

Mums, dads, grandparents, carers and childminders living in  
and around Assington ... bring your little ones to an  
accompanied babies and toddlers group in the lovely, airy  
Village Hall.

Held twice a month, Thursdays 9.30 - 11.00 am, at £3 per family.

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

01787 227528 or 07747 124592

## St Mark's Gospel Live!

A dramatised recital by Gerald Osborne with Colin Heber-Percy

*"Gerald Osborne's brilliant acting brought the life and suffering of Jesus ALIVE"; "So much drama, a stunning performance"; "a remarkable evening . . . a tour de force".*

Tuesday 22 March, 2022  
7.00pm  
St Mary's Church, Bures

Free entry at the door: all welcome. Interval refreshments. Retiring collection

## ASSINGTON VILLAGE CHARITY

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

**Wednesday 18<sup>th</sup> May 2022**

at 6 p.m. in the village hall.

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

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

For more information contact Stephen King  
(Chair) on 01787 210932 or  
[sjking@btinternet.co](mailto:sjking@btinternet.co)

### Assington Table Tennis club

meets every Sunday evening at the village hall.

We have 3 professional level tables and a wide range of  
playing ability.

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

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

A Date for your diary:

**SESAW'S EASTER FAIR**  
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**SUNDAY, 3rd APRIL**

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# ASSINGTON HORTICULTURAL SHOW

**Sunday 21st August 2022**  
Combined with the  
**Scarecrow Weekend**

**From Bryn Hurren**

This will be the 45<sup>th</sup> horticultural show held in Assington and will likely be another dual event held in our lovely village hall and hired marquee.

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

The show is a very light hearted event and there will be classes for beginners and more experienced gardeners and craftsmen and women, young and old alike.



As gardening and growing your own, has now become a booming pastime and indeed, a necessity, due to the price and quality of fruit and vegetables, also the organic nature of what we eat has become an ever increasing concern, due to the presence of

pesticides and weedkillers it is so good that so many have taken on the challenge to garden and lead more healthy lifestyles.

We hope once again to see an increased entry into the show and keep this now well-established



village event on the calendar.

Once again the show will be raising funds for our village charities, so please come and take part.

Planting will start soon and if we do not eat everything at once, there will be something left to show and share with others.

Happy and Successful  
Gardening. **Bryn.**

## ASSINGTON RAINFALL AND TEMPERATURES

Bill Milner (rainfall)

and Bob Cowlin (temperatures)

HISTORY: 2016 TOTAL 599.5

2017 TOTAL 571

2018 TOTAL 559

2019 TOTAL 597

2020 TOTAL 636

2021 TOTAL 582.3

\*\*\*\*\*

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

\*\*\*\*\*

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

\*\*\*\*\*

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

\*\*\*\*\*

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

\*\*\*\*\*

2022	mm	max	min
JAN	7	12°C	-6.5°C



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