

ASSINGTON

NEWS



NOVEMBER 2021

CLUBS & ORGANISATIONS (useful numbers)

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

Allotments Secretary	Claire Osborne	07920 800108
Assington 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
Monday Night Art & Craft Club (janette.gunn@yahoo.com)	Nettie Osman	07957 394780
Parish Council	Simon Thorogood	01787 227400
bronwenstacey@btinternet.com	Bronwen Stacey	01787 210354
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	01787 211609
andrewpeterhill@hotmail.com	Andrew Hill	01787 827112
Parish Council - Clerk, (assingtonpc@yahoo.com)	Christine Hargan	01449 674727
Pub – The Shoulder of Mutton		01787 210334
Vicar (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. Contact Bob Cowlin 01787 229955
Bank Account details for payments and donations: Account no: 01345159. Sort Code: 30 - 98 - 31.

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PARISH CHURCH NEWS

Letter from Murray Emerson, Reader for the Benefice of Bures with Assington and Little Cornard



Remember, Remember

"Remember, remember, the 5th of November...." So goes the old rhyme about the Gunpowder Plot of 1605. November certainly seems to be a month for remembering, because we also remember 11th November 1918, the end of World War 1.

Now, of course, we remember all those who died in both World Wars on each 11th November and other conflicts since then. What heroes many of them were.

50 years ago, I went to a youth meeting at our church. The speaker was an ordinary looking, middle-aged man. His name was Branse Burbridge. He spoke about his work for a Christian organisation called Scripture Union. I talked to him briefly afterwards. He showed great interest in me as a person but gently batted away any questions about himself.

It was only years after that I discovered that this man was the most successful night fighter pilot in RAF history. During World War 2 Wing Commander Branse Burbridge had destroyed 21 enemy aircraft. He had been decorated with the DFC and Bar and the DSO and Bar. Apparently, his only comment when someone asked him about his exploits was, "Well, someone had to do it"!

On 11th November we especially remember such heroes, without whom we would not be living in the freedom we so often take for granted in this country.

But Branse Burbridge would tell us that we should also remember further back in history – to what his Master did for him on the Cross. That sacrifice gave Branse the courage to fly without fear, knowing that if he was killed, he would go straight to Heaven.
Now, that is something worth remembering....

Assington Church now has its own website.

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



Saint Edmund
King & Martyr
Assington



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

Schedule of services at Assington Church in November



Sunday 7th November at 10.30am
Holy Communion

Sunday 14th November at 10.30am
Remembrance Service



Sunday 21st November at 10.30am
All Age Service

*Sunday morning zoom service at 9.15 am-9.45am
when there is no service in Church*

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

07572 418555



REMEMBRANCE SUNDAY SERVICE

At 10.30am on Sunday, 14 November the Remembrance Service will take place in Assington Church.

As on previous occasions there are plans to have a parade along The Street, the British Legion standard, borne by David Wiles, ending up at the church for the Service.

Everyone is welcome to join at any stage of the commemoration.



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

£9 Pay as you go each week
or
£32 for 4 classes @ £8 class

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

Contact: Anna Clayton annacclayton@hotmail.co.uk
07811229266

Please bring your own mat

PUMP FARM

From Ellie Mead



Until the recent renovations at the Shoulder of Mutton pub a photograph hung at the bar of two men sitting in the pub. These men were Clink and his great friend Jim Irving who lived at Assington Mill. The two men met every night at the Shoulder to put the world to rights.

It would be great to see if the photo still exists.

Editor's Note:

Very sadly, owing to ill health, this is Ellie's last article for The Assington News. We thank her very much for entertaining us with a variety of interesting articles, information and anecdotes over past editions, and wish her well.

Pump Farm is now owned by the Ryes School but it has an interesting history and has been owned by some interesting characters.

Commander Clinkard, known as Clink, lived there with his family in the 1970s and his daughter Susie, AKA Clare, in her 2008 book 'Circuits' wrote (page 55):

'Winter 1951

Clare's father had been a lieutenant commander fighting in World War Two after joining the Royal Navy straight from naval training college in Britain. John Bird had been born in New Zealand in 1921. He had accompanied his parents and sister to Brussels as a teenager when his father obtained a post there, something connected to the government. She wasn't too sure what the post had involved, but knew that her father had greatly enjoyed leaving New Zealand and entering the more exciting world of ships, booze and male camaraderie, not to mention attention of the female variety that revolved around the Royal Naval training college at that time. There's not a lot can match up to a man in uniform. One of his fellow cadets had been a young Prince Philip. The two had often shared stories of their dreams for the future. In later years they would keep up the occasional correspondence. Philip's eventual path taking a vastly different course from the plans they had made back in the days of masculine banter in the large, shared dormitories.

John's own destination took a while to get to, but eventually he was to leave the navy and concentrate on making a contented living tinkering with vintage cars, as Clare's mother had disparagingly put it.

John's favourite cars were Alvises. As a young lad, he had collected pictures, articles, and books of men racing these vintage motors in New Zealand, and in more recent years had visited roughly-put-together tracks to watch the old cars pit themselves against each other, even taking to the wheel himself when some friend or other had allowed him a go. When he left New Zealand that was the one thing he missed.'

I also quote from Jerv Jordan's mothers memories of living there with an account of the fire which destroyed the buildings in 1969/1970.

When Clink died in the late 1980s the farm was purchased by Ryes School.

ASSINGTON TABLE TENNIS CLUB

SUNDAYS, 6pm-9pm

A new table tennis club has been formed and will meet every Sunday evening at the village hall between 6pm and 9pm.

The inaugural meeting was held on Sunday 26th September and was well attended. The club is open to Assington residents of all ages and abilities. It's a friendly club and its aim is to become a social hub for the village as well as to provide some gentle exercise. We have two professional standard tables as well as bats and balls, so just turn up and play.

It is a non-profit making operation and a £3 weekly fee is payable to cover costs.

Now the nights are drawing in do consider coming along, you'll be more than welcome.

If you have any queries contact either Steve Betts or Brin Edwards at:-

assingtontabletennis@gmail.com




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THE HEALTH COLUMN

COMMON SPORTS INJURIES AND HOW TO PREVENT THEM

PART 2

From Anna Clayton

Back pain

The back is a complex and simple structure at the same time. A column that contains your neural structures whilst providing stability to the trunk and a way to transmit upper body weight and loads to the pelvis and lower limbs. It is designed to be mobile in all ranges – forwards, backwards, side to side, twisting and combined movements of these. Some segments are more mobile than others and in people there are normal variations in the curves in the spine.

Pain can also occur for many reasons:

- Posture – tightness in some areas, weakness and under-utilised muscles in other areas (think front of the body/back of the body as we sit a lot) can make muscles shorter, weaker and tighter and trigger pain either from prolonged stretch (ie they aren't happy, please move) or from excessive movement beyond a happy range
- Nerve irritation – pinching of the nerves from bulges in discs, sprains to muscles, inflammation from muscle tears can all trigger the nerves to protect the surrounding structures (mostly legitimately) and force you to prevent movement whilst they settle- anti-inflammatory medication and gentle movement to keep mobile within comfortable ranges will help
- Chronic pain – here the body triggers pain without necessarily having a fresh injury cause for pain, restricted movement or guarding of a muscle or structure. The brain/neural system can become sensitised (think overprotective worrier) and often trigger pain because it doesn't differentiate well between previous injury movement and a new altered movement. Often pain leads to reduced movement and stiffness in joints, the joints can then also trigger tightness in muscles, which when stretched fire off stretch receptors in the muscles. These signals are interpreted by the brain and it decides a potential threat is imminent and issues you pain. This may not be due to inflammation but can become a habit where we then relearn a movement pattern and behaviour that is not a useful one. It is reversible with graded movement and re-educating the brain to accept increased movement is actually physiologically normal and ok!
- Muscle spasm – tightness in the muscles when suddenly overstretched will fire off the stretch receptors of the muscles and (legitimately) warrant pain to protect until this has eased. Try not to load the muscle more, stretch and offload with non weightbearing activities like swimming
- Overloading – too much demand on the back and muscles, too soon, will see the body reach its tolerance/capacity to be in a happy place. Scale things back and build up gradually.
- Deconditioning/increased weight – if you have had time off due to illness, family commitments, your weight has increased for whatever reason, this will increase the load through the muscles, ligaments, nerves and joints of the spinal column. The brunt of which tends to be felt in the lower back. Introduce gentle regular movements to strengthen and stretch with some aerobic exercise to balance out how the body is moved and build up slowly. A lot of pain is because we load the body with inadequate

strength or mobility, which it will do to a point and then either fatigue or fail in the form of aches and pains.

- Altered movement patterns – these link with chronic pain (above) bad habits may be developed if we are lazy and/or if resistance is too high for correct movement range to be completed. This can make us move differently and often not in a good way. Check posture and form – use a mirror or a trainer/friend to see how you are moving, or even film yourself, what you feel you are doing and what you are doing can be very different things!

Shoulder pain

The shoulder is a joint that sacrifices stability for mobility. It allows us to reach, throw, carry, and transmit load.

A vast amount of muscles interacts – neck, upper back and chest and the small stabilising rotator cuff muscles deeper around the ball and socket joint.

Often shoulder pain can be referred neck (nerve or muscle, but typically nerve) pain so get that checked if it radiates to the shoulder/elbow or hand.

Injuries can be triggered from an over stretch/reach/heavy lift or too much body loading.

Racquet sports are classic impingement movements that repetition or inadequate shoulder strength/stability can lead to inflammation or irritation to the small rotator cuff muscles that pinch between 2 bony parts of the shoulder girdle – the ball of the humerus and the acromion of the shoulder blade.

A painful arc is a typical presentation with pain around 90 degrees sideways lift (abduction), turning the arm in can also make this sore.

There are bursa in the arm that protect between bone and tendon structures, these can become inflamed.

Tendinopathies can develop with overloading and the capsule can tighten, restricting movement and developing into a frozen shoulder.

Causes are similar to the previous injuries = posture, repetition of activities, load, strength and stability and muscle balance (or imbalance) around the joint.

The shoulder girdle (arm, shoulder blade, collar bone) can move less well if the mid upper back is stiff so mobilising this over the back of a chair or a foam roller can help.

Building up with resistance exercises -light weight and pain free resistance for rotator cuff strength is key, functional movement and mobility/stretching can prevent occurrence of issues.

How you can benefit from regular sports massages

How foam rolling can help you stay injury-free

Foam rolling can help to mobilise connective and soft tissues (muscles/tendons) that stretching alone or gentle massage, doesn't quite achieve.

How glue activation can help you stay injury-free

Activating the gluteal muscles (buttock) can provide a good foundation for support through functional movements. Squatting, sit to stand, lunges and other dynamic movements like hops, jumps and running all require an adequate level of glute strength and contraction/control through the movement to maintain good upper and lower body postures. You can see how this deteriorates as we age and people start to push themselves out of chairs. The ability to activate the glutes helps to propel us upwards from sitting and forwards when walking. We only lose hip extension from the age of 75 so it should be something we maintain throughout adult years. A Trendelenburg gait is developed if the glutes don't adequately support the pelvis as we transfer load from side to side. Here it can dip or drop as the ligaments and joint takes up the slack in the movement as the muscles have not done their job.

Shoulder/glute bridging is a good way to improve this, pelvic tilting in sitting, standing or lying, glutes squeeze even (as you read this) will keep the muscles engaged and contracting statically, if not through a range a when you squat.



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THINGS TO DO IN NOVEMBER



Leavenheath Village Hall Cinema



Melford Christmas Community Market

**The Old School,
The Green, Long Melford.**

Thursday 25th November

10am – 1pm

Free entry

LAST MARKET BEFORE CHRISTMAS

Cakes, cards, art, crafts, chutneys, jewellery,
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Starring: Alison Steadman, Dave Johns

SATURDAY 6th NOVEMBER 2021

Arrive 7.00pm Film starts 7.30pm 2020 (12A) Drama, Romance

1hr 42 mins with 20 mins interval

Please book early to avoid being disappointed

Tickets £3.50 per Adult and £2.00 per young person

You can now book 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)



Assington Baby and Toddler Group

Great for us all to meet together again and for the children to play and sing and listen to stories! Why not join us in November:
**11th November
25th November**

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 of our future autumn/early winter sessions:

November 11th, 25th December 9th, 16th
January 13th, 27th

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

Nayland with Wissington Community Council's

BONFIRE AND FIREWORKS

NOVEMBER 5TH

NAYLAND VILLAGE HALL PLAYING FIELD

Limited parking in village & at the Anchor Inn's Horkesley Road car park CO6 4JL
Please walk if you can. Disabled parking only at Village Hall CO6 4JH

Adults £6 - Children £2 - TICKETS IN ADVANCE ONLY
from <https://naylandevents.org> or Nayland Post Office

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REMEMBRANCE DAY VILLAGE PARADE

**SUNDAY 14TH
NOVEMBER**



The good health of all permitting, there will be a parade through the village, terminating at the Village Remembrance Service on Sunday 14th November. Church for the 14th November.

As on previous occasions, the plans for the village Remembrance Sunday Parade are as follows: David Wiles will bear the Union Standard through the village on behalf of the Royal British Legion.

His route will start at Rose Green at 9.45am, from whence he will progress at slow pace through the village, along The Street, and up to the Church, arriving at approximately 10.15am.



Everyone is invited to join David in this parade, although for those who may not be able to walk far, please do drive to church for the Service. The Church service offertory will be donated to the Royal British Legion.

When everyone is inside the church, the Service will commence with the parade of the standard into church.

This year David will also have NHS ribbons attached to the union standard to remember NHS staff who lost their lives to Covid, in their service to others.



ROYAL BRITISH LEGION

This year has seen the 100th anniversary of the Royal British Legion, which was first formed in 1921.

During the past year we have also been uplifted by the magnificent achievements of Captain Sir Tom Moore, and saddened by his death aged 100.

At this time we also remember members of our armed forces who have served and lost their lives in other conflicts, or continue to suffer as a result; those who served in Afghanistan will be at the forefront of many people's minds.

ASSINGTON RAINFALL AND TEMPERATURES

Bill Milner and Bob Cowlin

2016 TOTAL 599.5
2017 TOTAL 571
2018 TOTAL 559
2019 TOTAL 597
2020 TOTAL 636

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



HARVEST FESTIVAL and VILLAGE FOODBANK COLLECTION



How lovely it was to see so many people in church to celebrate the harvest on Sunday 17th October. It was especially nice to see parents and toddlers, who helped to bring some of the donated produce up the aisle during the final traditional hymn, "We Plough The Fields", and equally nice to be able welcome some old (in the nicest possible way) familiar faces we hadn't seen for quite some time.

The congregation appeared to be delighted to be in church for the first "communal celebration service" since the Covid pandemic put



a stop to such activities, and sang the hymns with gusto - it is good to be able to belt it out loudly to the accompaniment of a church organ!



As always, the church was trimmed and decorated beautifully with garlands, fruit, and flower arrangements; thanks to everyone who helped to make it look so special.



And while we are on the subject of how the church looks, our very grateful thanks to the volunteers who come and clean the church prior to each service, sweeping up the debris and polishing to keep it looking inviting.

And finally, a huge **thank you** everyone who donated food for delivery up to the Sudbury Storehouse food bank. Although boxes and tins etc don't make such a pretty visual display as in bygone years when fruit and veg in prettily-decorated shoe boxes were the order of the day, we were delighted to receive such a tremendous amount of produce, which will, I feel sure, be welcomed with open arms by the Foodbank.



The amount of food collected has been well-packed and consolidated, and you can see from the photo below, that it completely filled the entire back half of the old X3 jalopy when it was packed ready for delivery on the following day.

Thank you and bless you all for your generosity.



ASSINGTON PARISH COUNCIL

Matters of Interest Discussed at the meetings held in the Village Hall on 27 September 2021 and 11 October 2021

Meeting held on 27/09/2021:

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

Cllr Finch detailed his report as follows:

- Covid numbers still high and regular testing remains important
- The council is offering support to Afghan Refugees and Border Control Kent
- Youth projects have been awarded £240k across the county
- Suffolk is seeking county devolution talks with the government in light of the levelling up agenda
- The Fostering and adoption virtual process has been successful and will continue.
- Removal of unmade footpath outside the village shop in The Street: the footpath was removed mainly to construct the new access (approximately 18m). Unfortunately a short section was removed (approximately 5 meters) for the drainage associated with the works. However, the design incorporated a new footway construction with a dropped crossing on the access linking to the footpath south of the site.

■ Finance

- All income and expenditure agreed as per the Finance report.
- Cllr Hill requested a change of format for the financials to show a reconciliation of the closing balance to opening balance during the year to date. This will be facilitated by the council's recent move to banking electronically.
- Councillors noted that the pot of CIL money is increasing and that there were a number of potential projects for the money to be spent on. It was agreed that Cllr Hill would track CIL projects and expenditure.
- **Financial Controls.**
Electronic banking is working well, but it was agreed that the clerk would amend the bank mandate to ensure two Councillors must approve online transactions. Cheques will continue to be approved/signed by two Councillors.

■ Planning

It was agreed that the planning discussion would form part of the public forum.

Status of Planning applications

- ❖ [DC/21/02579](#) Assington Autos Cotton Wood Barracks Road Assington CO10 5LP. Awaiting decision. Cllr Hill has chased Babergh to receive an update on the status of this still undetermined planning application. A range of documents have been requested by BDC from the applicant but there is no evidence of it being received on the Babergh Planning Portal. It was agreed the Clerk would construct a single paragraph note to BDC.

Members of the public gave their concerns regarding ongoing noise and pollution issues not improving and made clear that a detailed noise assessment was crucial to the planning application. They stated that the Environment Agency appeared to be failing in its basic duties. Members of the public also noted that the volume of business is the reason that the problems currently exist and alleged that the site was operating well above the 2,500 tonnes allowed by its licence. Cllr Finch questioned whether the issue is that they are operating

without the appropriate licences. Councillors discussed the concerns and voiced an expectation that the planned waste returns audit to be conducted by the Environment Agency will bring clarity to the situation. The Environment Agency have scored the site as non-compliant in regards to non-submission of waste returns and are escalating their response to obtain this data. There may be a need in future to report the Environment Agency to the Ombudsman regarding their failure to properly regulate the site but it was agreed to give the agency more time before proceeding with this.

- ❖ [DC/21/05299](#) The Field House Barracks Road Assington Suffolk CO10 5LP
Outline planning permission for 2 no 4 bed houses. An informal discussion was briefly held. However, given that the application was only received that day, the Clerk advised that there is a legal requirement to formally advertise and discuss this application at a future meeting. It was agreed that this would occur on Mon 11th October 2021.

- ❖ Further planning issues:
BDC appear to have failed to follow correct process for the naming of streets in Orchard Gardens, (i.e. to consult with the Parish Council) and Cllr Hill will contact DCllr Parker to request he ensures this oversight is not repeated.

- National Grid Bramford to Twinstead Tee.
Cllr Finch reported that the formal consultation has been delayed until January 2022. The County Council requires visual representation of the tract from Bramford to Twinstead. A formal consultation is to take place with subsequent planning. The Parish Council agreed with SCC's approach. DEFRA AONB planning officer has stated that their preference is to use pylons except within an AONB. Cllr Finch wants this extended to include "within sight of an AONB" – this would then include some sections currently proposed to affect Assington parish. Clerk to write to Cllr Finch, Richard Rout and James Cartledge requesting political pressure is applied to avoid having further pylons through Assington. Cllr Howcroft to suggest wording.

■ Neighbourhood Plan.

Councillors expressed disappointment that BDC now appear to be holding up the process of having the Neighbourhood Plan fully 'made'. No date has been given for a referendum despite Babergh Cabinet approving it on 5th July. Councillors agreed that Cllr Hill would follow up this matter with DCllr Parker.

■ Insurance quotations

Our current insurer is no longer providing cover to Parish Councils. It was agreed to accept Zurich quotation for a one year term and minute that further options regarding insurance is to be explored in 9 months' time.

■ Projects

- Proposed works on speed reduction
This is now progressing and a design is being drafted by Suffolk Highways to include: 30 mph speed limit beyond Rose Green, 20 mph limit in the central Street (where people walk on road), school slow signs around Pump Farm and kerbing around Rose Green and Threeways. Design fees £7k which will come from the CIL budget. Cllr Hill to liaise with Highways regarding the kerbing which needs to be substantial and possibly cambered to minimise lorry damage.
- Works to improve drainage to Public Footpath no 20.
Richardson Landscapes provided the best quotation and they have, therefore, been awarded the job which is expected to be started in October.

- Jubilee Garden

To create a green space in the centre of the village to commemorate the Queen's Jubilee next year and to allow for the erection of a village sign. Cllr Hill will seek a local designer to scope the work prior to gaining County Council approval for the scheme to place objects such as seating and a village sign on the land.

- Highways Issues

Cllr Hill gave a brief update on Speedwatch activities and asked Councillors whether permanent large signs should be erected in the village to notify drivers of the activity. Councillors decided that these signs would be ugly, urbanising and unlikely to change driver behaviour and therefore stated they should not be erected.

- Quiet Lanes

Quiet lanes project is delayed due to resourcing at Suffolk Highways but is expected to progress in the coming months. The Wormingford Road quiet lane will go only up to the ford due to objections received from residents in Bures parish. Cllr Wallace raised the issue of the deterioration of the kerbing at the entry to Marshalls Green but after a discussion it was agreed that so long as the lane is used by HGVs it is going to be very difficult to maintain the kerb in good condition, and would not be an effective use of parish funds to do so.

- Questions to the Chair

- The budget setting process was discussed and it was agreed to discuss budget in November and written framework for approving charity donations to organisations directly benefiting the community to be discussed in January. Cllr Stacey undertook to share the council's policy on charitable donations to new Councillors.
- It was agreed that the Clerk will chase BDC for an update on dog bins

Meeting held on 11/10/2021

The extraordinary meeting was convened according to regulations in order to discuss planning applications:

- Planning

- ✦ Councillors reviewed Planning Application -
- **DC/21/05464** | Full Planning Application - Construction of new vehicular access from The Street together with alterations to drive at The Nook 7 Heseltine Close, and resolved to object to this application on the following points:
 - The application is not clear on surface materials to be used but suggests hardstanding/non porous tarmac or similar. This will have a detrimental urbanising impact on the locality.
 - This area of The Street already has a serious flood problem, with water run off flowing down towards Centuries and St Edmunds properties north of the site, causing significant flooding. The proposal will create a significant new area of hardstanding flowing onto The Street, and while a channel drain is incorporated into the design, this appears to flow to an existing soakaway which is already overloaded.
 - Babergh Policy CS11 states that the cumulative impact of development within villages and within the functional cluster of villages is a material consideration when assessing proposals in respect of "social, physical and environmental impacts." In this case, the cumulative impact of another 7-8m wide hardstanding entrance onto the street (along with one for the three properties to be

built adjacent to the application and a further one recently created for new access to the Orchard Gardens estate) will add to an urbanising impact, which would be at odds with the rural setting of the property and the setting of the adjacent listed building, Centuries.

- Councillors noted the applicant's right to create an additional access to the new property and would view an entrance, utilising porous materials to negate the flood risk more favourably as it will have a less urbanising appearance which is more in keeping with the village.
- ✦ Councillors reviewed Planning Application -
- **DC/21/05299** | Application for Outline Planning Permission (some matters reserved, access to be considered) Town and Country Planning Act 1990. - Erection of 2 x one and a half storey dwellings with detached garages and new vehicular access from Barracks Road, and resolved to object to this application on the following points:
 - The application is sited outside the built up area boundary, and therefore is in conflict with ASSN1 of the Assington Neighbourhood Plan. The proposal is not for an essential worker as defined by national planning practice guidelines and is therefore also in conflict with ASSN2.
 - The proposal is in a special landscape area and does not appear to "protect or enhance" the special landscape qualities of the locality and therefore is in conflict with ASSN12. The proposal would have a moderate impact on protected view 12 as defined in ASSN13 of the Neighbourhood plan, which seeks to preserve the rural setting of Barracks Road.
 - Insufficient detail is given in the application to determine biodiversity impact. No demonstrable improvement in biodiversity is offered and therefore the application is in conflict with ASSN16. The only obvious change is the removal of a large section of valuable hedging on the road front.
 - The rural setting of listed cottages 'Partridge Row' would be negatively impacted to a moderate extent by the application and it is therefore in conflict with ASSN17 of the neighbourhood plan.
 - Councillors noted that whilst The Field House east of the site was granted planning permission some years prior, this was at a time when the Neighbourhood Plan did not carry significant weight and also when Babergh could not demonstrate a five year housing land supply. Neither of these factors are currently true.

- Questions to the Chair

- Agreed in principle to purchase IT equipment for the Clerk. A budget for purchase of computer in the region of £500 for computer with a standard Microsoft software package and security software Responsibility for choice of equipment was delegated to Cllrs Stacey and Thorogood. Clerk to forward information acquired from her son and research already undertaken.
- Update from Cllr Parker that BDC Neighbourhood plan team are struggling for resources. They have to organise a referendum.
- Assington Autos no further update.

■ Next Scheduled Meeting to be held on Monday 29th November 2021

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NATURE WATCH

FROM NICK MILLER

Raven sightings continue irregularly. I've had a few sightings close enough to see the slight hook to the beak, and diamond-shaped tail, that distinguish this huge strong-flying, aerobatic bird from the Carrion Crow. The call is deeper and harsher, at its best, but is sometimes hard to tell - I rarely hear it nearby.

In September I felt fairly sure - but not certain - that I'd seen four together over Arger Fen - then a few days later came this from Nettie at Rose Green:

Nettie said she'd been seeing three, maybe four Ravens on nearby fields every day for a fortnight, and at first wondered what the noise was - they sounded like pigs grunting! On 8th Sept they were in the conifers directly above her compost bins, where pigeons nest. All four were right above her head while turning the compost, an amazing experience. No coincidence says Nettie, that next day, the garden was strewn with empty pigeon egg shells!

How to recognise a raven and distinguish it from other members of the crow family (ie corvids):



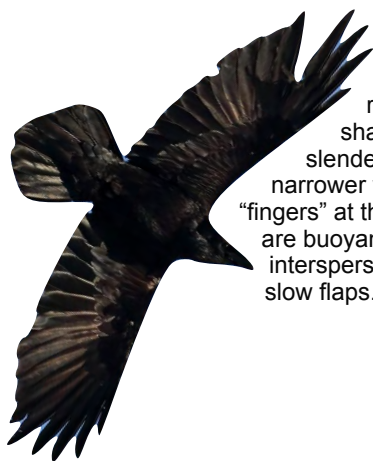
The common raven, also known as the western or northern raven, is a large all-black passerine bird. Found across the Northern Hemisphere, it is the most widely distributed of all corvids.

Lifespan in the wild: 10 – 15 years.
Wingspan: 100 – 150 cm (Adult)



Ravens are not just large but massive, with a thick neck, shaggy throat feathers, and a Bowie knife of a beak. However, Ravens aren't as social as crows; you tend to see them alone or in pairs, except at food sources like landfills. Ravens are confident, inquisitive birds that strut around or

occasionally bound forward with light, two-footed hops.



In flight, ravens have long, wedge-shaped tails. They're more slender than crows, with longer, narrower wings, and longer, thinner "fingers" at the wingtips. In flight they are buoyant and graceful, interspersing soaring, gliding, and slow flaps.

SESAW NEWS

At last people! Lots of them, painting, weeding, chatting and laughing. It was good to welcome a big work party from Axa Insurance last month. They tackled many jobs that have fallen by the wayside since Covid 19. We send them a big thank you and hope they were as glad to see us as we were to see them.

It was a particularly cold day when the humans came in for steaming hot cuppas and biscuits. My canine pals and I studied every crumb being quietly consumed until someone broke the silence with "Why don't dogs blink?" Haha, fooled you! We do blink, but the long soulful stare guilt trips most people into sharing a tasty treat. Apparently our meaningful looks stem from the way our ancestors, the wolves, communicated with each other.

SESAW volunteers are attending two festive events in November. Jeanette is back with her Terrific Tombola, 10-4pm on Saturday 13th November at Bridge Farm Barns, Monks Eleigh, IP7 7AY.



Sheila will have another classy selection of gifts at the Long Melford Christmas Community Market, 10-1pm on Thursday 25th November at the Old School, CO10 9DX. Both ladies take great care with presentation and value for money so please call in if you are able.

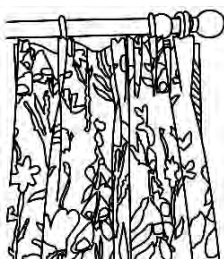
I'm confused since Mum said the clock went back, it hasn't moved from the kitchen which is where dinner will be waiting for me, Kenny (the Boss) Chihuahua.

For dogs, cats and other animals seeking a new home visit the [Sesaw Leavenheath](http://www.sesaw.co.uk) website

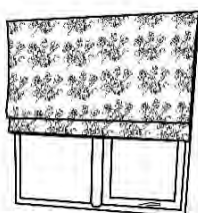
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ASSINGTON ADVENT WINDOWS

From Emily Cartlidge

This year, once again, after the huge success of last year, we are hoping that the village can take part in the Assington Advent windows,

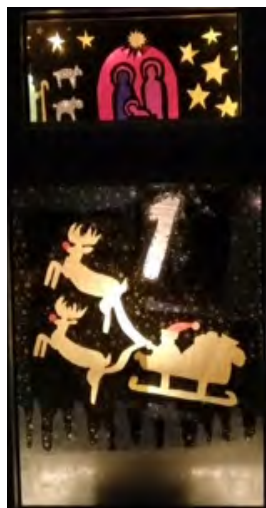
For those of you who are new to the village, each day in Advent sees a house 'reveal' a decorated window, like the little doors on an Advent calendar.

If you would like to take part, please email me at ec@emilycartlidge.com with your name, chosen date and your address.

This year for the first time, we are hoping to provide a map showing where all the participating Advent windows are so that you will be able to see them around the village.

See below:

A selection of Assington Advent windows from previous years - Editor.



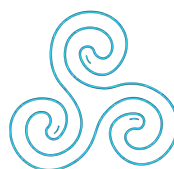
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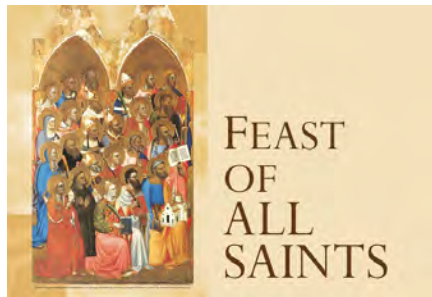
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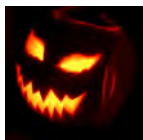
SAINTS DAYS IN NOVEMBER

1st November: All Saints Day



In the eighth century, Pope Gregory III designated 1st November as a time to honour all saints. This day became known as All Hallows' Day, or also known as All Saints' or Hallowmas.

The evening before All Hallows Day was known as All Hallows Eve, and later Hallowe'en. Over the centuries 31st October marked the end of summer and the harvest and 1st November marked the beginning of the dark, cold winter. On this night the boundary between the worlds of the living and the dead became blurred, and it was believed that the ghosts of the dead returned to earth. All Hallows Eve therefore became synonymous with returning spirits, and ghosts.



20th November: St Edmund, King and Martyr

Here in Assington we particularly remember St Edmund's Day on 20 November, because our village church is named in his memory.



As his story has been told here before, and I don't want to bore you (too much), I briefly recount his story below.

Born in either 841 or 842, St Edmund was an English King whose dominion spanned large parts of East Anglia.

Edmund became king of East Anglia around about 855 AD. In the Anglo-Saxon Chronicle's account, Edmund was the son of Æthelweard, king of East Anglia. Edmund inherited the throne from his father at the age of 14, and went on to rule East Anglia from around 855 to 869.

Long before Edmund became king, the people of East Anglia had to contend with marauding and deadly raids from the Vikings who predominantly sailed from Denmark. Their houses and farms were constantly ransacked by the Danes. The East Anglians called the invading Vikings the "Great Heathen Army". They were fearless Norse sailors who would rampage across the shores of both England and France. As a result, they earned the infamous title, the Scourge of England and France.

In one such raid, probably in 869 AD, King Edmund's army and defences were completely overrun. The King was taken prisoner by the Viking army. While in captivity, Edmund was constantly asked to renounce his Christian faith, but Edmund vehemently refused to do so. After several attempts, the Danes grew impatient and tied him to a tree. He was then shot with arrows, subsequently, decapitated and his body and head in different directions.

After his body was recovered by his followers, it was said that his head was fused back to his body, and thus the legend enabled him to attain sainthood and a relatively large cult following for over four centuries.

In 903 AD, Edmund's body was buried at the Anglo-Saxon settlement of Bedricsworth (or Beodericsworth) which is modern-day Bury St Edmunds. This burial place later became Bury of St Edmunds, and went on to serve as a shrine for the next three centuries or so.

Edmund's burial place achieved notoriety as a place of worship, receiving several visitors from all over Europe. Several English kings and rulers also frequented the place. In 1020, King Canute built a stone church (the Great Abbey Church) in honour of St Edmund. The shrine that housed Edmund's remains was decorated with gold and silver engravings. Canute also gave several handsome donations and offerings to the first abbots of the place. As time passed, the place came to be known as the Abbey of St Edmund.



King Edmund the Martyr's veneration started around the later part of the 10th century A.D. Many chroniclers have stated that it was exactly 30 years after his death. Similarly, from around that period onward Edmund, the Martyr, officially became the patron saint of England, and remained so until he lost this title to St George, during the reign of Edward III.

In reality, this change of patron saint of England actually began around the 12th century. Rather than visit the shrine of St Edmund, King Richard I preferred calling on the help of St George before going to war in the Third Crusade. Ever since then St George was increasingly regarded as the patron saint of England.

30th November: St Andrew's Day

Saint Andrew the Apostle was a Christian and the elder brother of Saint Peter – both became the first disciples of Jesus.



They were fisherman in Galilee, now modern-day Israel, when they were called by Jesus to follow him.

Like Jesus, Saint Andrew was ultimately martyred for his beliefs but is said to have refused a T-shape cross, deeming himself unworthy to be crucified in the same manner as Jesus Christ. Instead, he was nailed upon (or tied to) an X-shaped cross on 30 November 60AD in Greece, and thus the diagonal cross of the saltire was adopted as his symbol.

Records suggest Scotland adopted St Andrew as the patron saint by the year AD 1000.

In 1286, the Seal of the Guardians of Scotland (used to authenticate legal documents and communications) had a representation of St Andrew on his X-shaped cross.



In 1390, St Andrew first appeared as a national symbol on a coin of the realm, a five-shilling piece minted during the reign of Robert III.

Wardale Williams

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