

Suffolk Coast & Heaths

Spring/Summer 2019

FREE

Suffolk Coast & Heaths



Area of Outstanding Natural Beauty

Understanding Nature's Value

Our photography competition challenges you to help us communicate why the natural environment is important to us, see page 10



Bales © Tony Pick



Hutchison Ports UK take part each year at the Landguard Viewing Area, Felixstowe

Beachwatch litter picks pick up!

Read more on page 4



Planning in a Designated Landscape
Our review of the event is on page 9

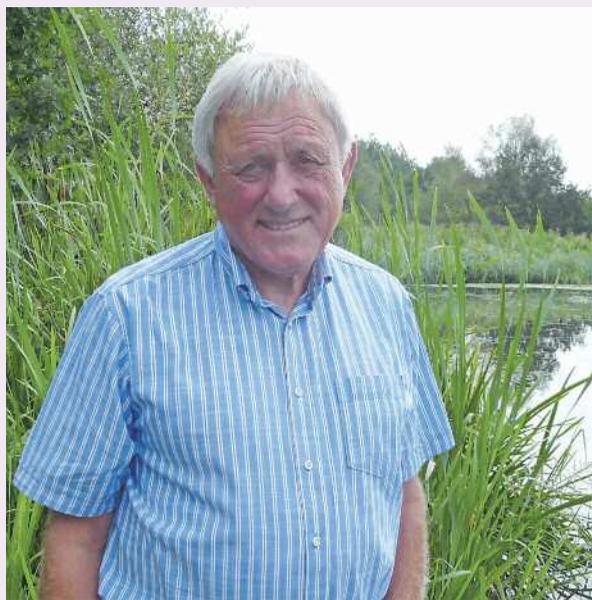


In this edition:

- Plastic and micro-plastics
- Boats and butterflies
- Undergrounding and openings

River Aude © Chris Allen

A Message from Our Chairman



When we launched the 2018-2023 Management Plan in December I said:

"I see more and more that the resonance in the work of the AONB Partnership and Team is done to benefit everyone in this outstanding landscape. I believe this is the most important Management Plan we've ever released, bearing in mind the pressures the AONB faces from all sides. I challenge all our Partnership, and particularly the Local Authorities, to take the management and conservation of our nationally designated landscape seriously and to face up to their responsibilities as statutory consultees under the CRoW Act."

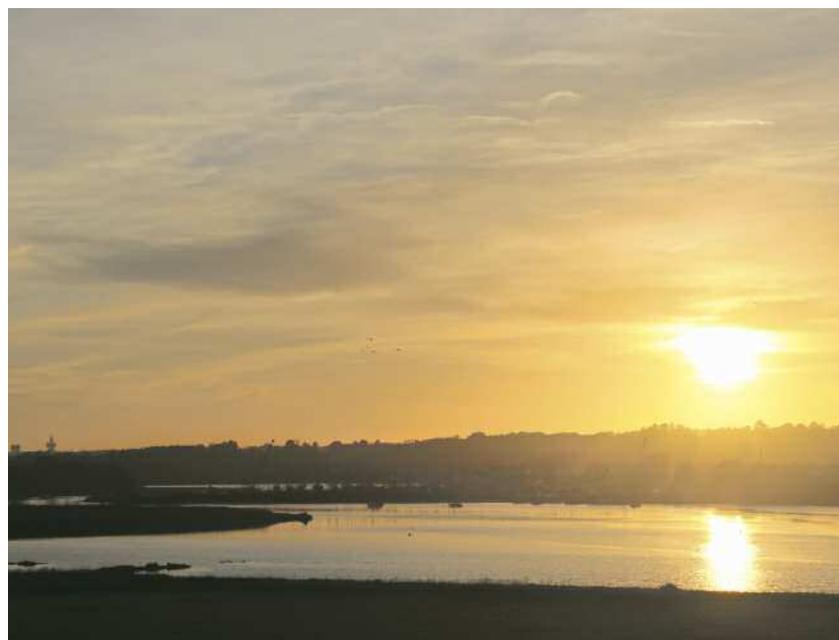
As I write, the consultations for the major developments by energy companies on the coast are being held and we will once again be waiting to hear how our own, AONB Partnership and local people's responses will be considered, bearing in mind the above point of view. At this same time, as part of Defra's 25 Year Environment Plan, designated landscapes are being reviewed – the report is due out in the autumn – and we are facing changes to agri-environment schemes and unknown impacts on the Suffolk Coast & Heaths landscape and farming. The Review will address how AONBs and National Parks are funded, their role in planning, their status and how boundary reviews are carried out.

What we are also seeing is much welcomed recognition of our outstanding landscapes by so many across the AONB as we face these changes. The wonderful AONB and Partner volunteers and the AONB staff team work tirelessly at practical conservation and a range of other enhancements. We are extremely pleased to be working with UK Power Networks on undergrounding schemes (see page 8) and with The Suffolk Coast DMO on improvements for visitors – recent figures show that the visitor economy is worth over £210m in the AONB, up 6% in two years.

We held a much-praised Planning in a Designated Landscape event in January (see page 9) and are looking forward to hosting the National Association for AONBs national conference in July, in the anniversary year of the 1949 Access to the Countryside Act that began the AONB and National Park story. We are also looking ahead to our own anniversary in 2020 of 50 years since Suffolk Coast and Heaths was formed.

Councillor David Wood, Chairman Suffolk Coast & Heaths AONB Partnership

Taking History into the Future at Sutton Hoo



Sutton Hoo has been closed since Autumn 2018 for visitor development of a new experience and a completely new way of discovering this ancient site. The property will be re-opening from Easter offering some early opportunities to see behind the scenes as work on the transformation project continues. Tranmer House and the new-look Exhibition Hall will be completed during the summer.

Visitors who come along during the early days will be able to see much of the transformation work continuing, such as the construction of the viewing tower, as well as exploring a new walking trail through the beautiful and varied landscape of the estate. Apathly named the River View Walk, it winds through wooded areas not previously accessible and opens up to reveal stunning views of the River Deben and Woodbridge whilst showing the importance of the connection of the river to the Sutton Hoo story.

Visitors will also be able to enjoy viewing the new full scale interpretation of the Sutton Hoo ship as well as crafting demonstrations, storytelling and a series of events based around the theme 'A Landscape Speaks'. There will of course also be opportunities to hear more about the project, take a look at the National Trust's plans for the site and meet the team behind the work. See www.nationaltrust.org.uk/suttonhoo for details.

Allison Girling

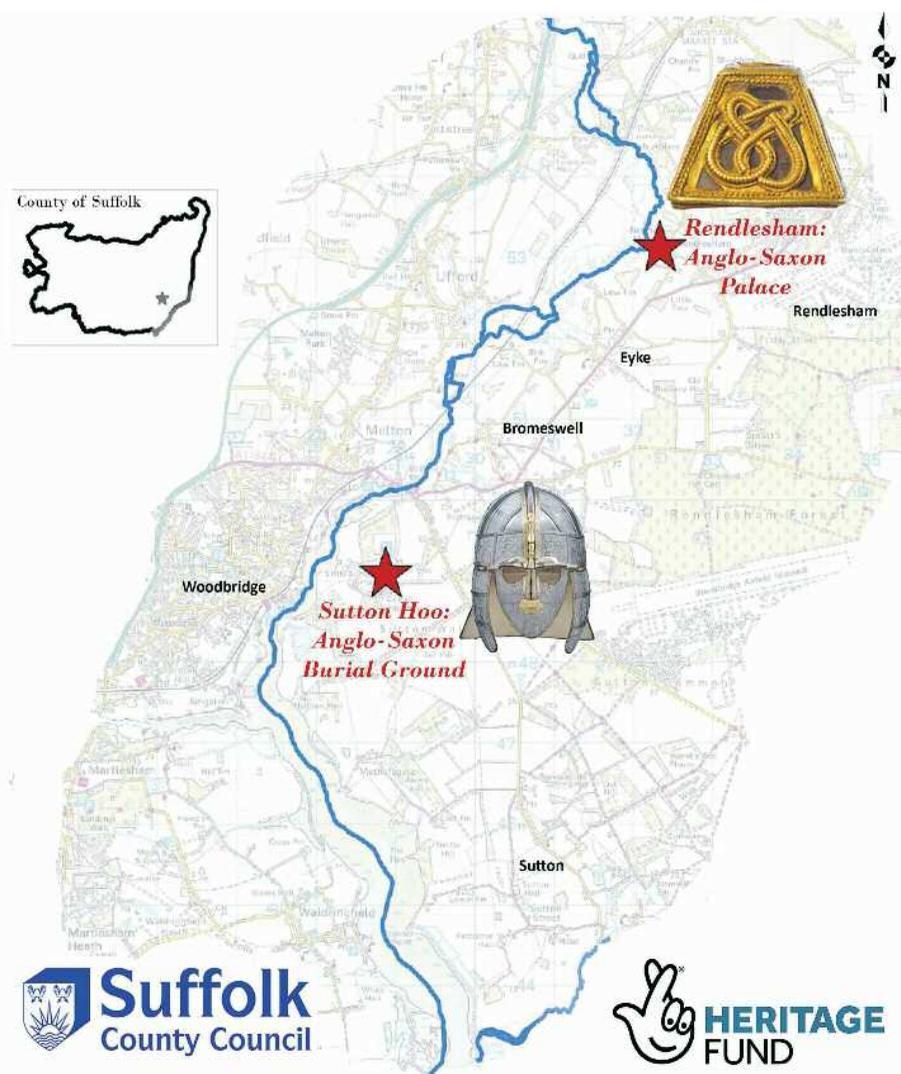
Rendlesham Revealed

Suffolk County Council Archaeological Service are planning a new community archaeology project after successfully securing a Stage 1 National Lottery Heritage Fund grant and the project's development phase is now well underway.

Rendlesham Revealed will explore the internationally significant archaeology of the Deben valley, which lies in the heart of the Anglo-Saxon kingdom of East Anglia, home to the royal burial ground of Sutton Hoo and the royal settlement at Rendlesham. We will work with local and national partners to engage the local communities of south-east Suffolk and Ipswich in on-site survey, excavation and conservation, allowing the public to learn new skills for the future as well as enjoy new experiences through experimental archaeology, workshops and exhibitions.

Together we will connect the unique stories of the royal sites of Rendlesham and Sutton Hoo, putting them into the context of the wider Anglo-Saxon communities of which they were part. During this one-year development phase, we are conducting a desk-based archaeological assessment on the project area, undertaking consultation with stakeholders and the public, as well as planning trial training sessions for the public in geophysical survey and fieldwalking. A Stage 2 application to the National Lottery Heritage Fund will be submitted in summer 2019 seeking a further c.£500,000 to fund the project's delivery phase which is expected to run from 2020-2023. Find out how you can get involved from heritage.suffolk.gov.uk/rendleshamrevealed.

Alice Saunders



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Building Resilience at Dingle Marshes

Over the twenty years that the Suffolk Wildlife Trust and RSPB have owned Dingle Marshes the site has been inundated by the sea many times.

In January 2017 a surge tide breached the shingle ridge at one of the former marsh ditches creating a very deep inlet that flowed at all states of tide. The volume of water flowing through the gap prevented any natural sealing occurring and around 60ha of freshwater marsh was covered in salt water for nearly three months. The breach was eventually sealed by the Environment Agency using a bulldozer.

Meetings involving SWT, RSPB, Natural England, Environment Agency and the local authority Coastal Partnership were held to discuss and plan the future of the site. Solutions were explored as to preventing permanent breaches occurring which then involve expensive and damaging intervention. Old ditch lines running east west from the river through the shingle ridge are where permanent breaches are likely to occur. It was decided the first course of action was to block the ditches with clay bunds at the same time creating new saline lagoons to replace those lost to encroaching shingle.

Planning permission was obtained from Suffolk Coastal District Council, along with permits and consents from the Environment Agency and the Water Management Alliance. Funding was obtained from Suffolk Coasts & Heaths AONB Amenity and Accessibility Fund and Dunwich Town Trust and the works were completed early in November 2018. A surge tide in January 2019 tested the system overtopping the ridge and flooding the entire site but not causing a breach.



Work continues on a plan to make the site more resilient in the future and maintain as much freshwater habitat as is possible for the benefit of breeding and wintering waders and wildfowl and at the same time allowing the site to change.

Alan Miller

Havergate Island – Natural Flood Management



Increased frequency of storm driven surge tides, combined with higher tides, has led to the seawalls at RSPB Havergate Island eroding noticeably and paths being washed away. The aim of the Natural Flood Management (NFM) project is to take some of the pressure off the outer defences during surge tides and storms.

Havergate has the lowest walls in the Alde-Ore Estuary, so floods regularly. During the tidal surge in December 2013, a 150m section of

seawall breached into Dovey's lagoon (the southernmost lagoon). It was decided to intentionally lower, widen and reinforce the wall, creating a spillway (also known as a sill) and provide flood storage in a managed way. After numerous overtopping events proved the spillway concept worked the RSPB decided to construct a larger spillway to protect the rest of the island.

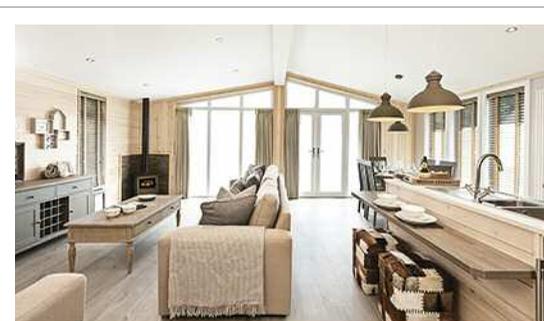
Excavators quickly and efficiently lowered and re-profiled the wall to the rear of main lagoon before moving onto the lagoons to re-shape the eroded old nesting islands, creating new larger features that should greatly improve and enhance the main lagoon. RSPB staff and volunteers, with some extra help from the Environment Agency, then started the tough job of laying out the wire netting on the lowered seawall. This stabilises the wall and once the grass has grown through, it will be able to withstand hours of overtopping.

In total it took 3 months with 2 excavators, 2 tractors, 200 rolls of wire, 10 ferry trips and 2,300 metal pins to complete the project. The project was part funded by the Environment Agency as part of Defra's £15m Natural Flood Management Programme, Landfill Tax Fund through Viridor Credits and by the Pamela Matthews Charitable Trust.

Our vision for Havergate Island is to maintain the internationally important habitats and keep species secure and sustainable for as long as possible, whilst working with nature and climate change, www.rspb.org.uk.

Aaron Howe

www.suffolkcoastandheaths.org



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Beachwatch in Suffolk

Great British Beach Clean



The results of the national Marine Conservation Society Great British Beach Clean 2018 were published at the end of 2018, and it made impressive reading. From 14-17 September thousands and thousands of people headed to hundreds of UK beaches with one thing in mind – to make a dent in the amount of litter covering our coastline.

Just short of 15,000 volunteers – double the number in 2017 – cleaned and surveyed 494 beaches around the UK coast (155 more than in 2017), making the 2018 Great British Beach Clean the biggest ever. The scheme has come a long way since the first campaign was launched in 1993 and this was a great 25th birthday present for MCS. Finally beach cleaning is cool and mainstream - and we're delighted.

So what's next? The public know how important pollution-free beaches and seas are, now we must ride on this momentum and ensure governments make the right decisions when it comes to stemming the single-use plastic tide.

Gathering data about the individual items of litter is crucial, and this is where the MCS schemes come in. The information collected by volunteers over the last 25 years has helped make some of the most significant impacts on beach litter ever – the plastic bag charge, microplastics banned in personal care products, better wet wipe labelling, and massive support for a tax on 'on the go' plastic single use items.

But it's not job done. We need to keep gathering more and more data to wage war on other types of beach litter, and everyone should help. You can run your own beach clean event or find out more about campaigns from www.mcsuk.org/beachwatch.

Lynn Allen



Team from Fred Olsen, Ipswich who took part for the first time on the River Orwell and enjoyed it so much they are taking part again this year!

2018 Suffolk Results:

In the Great British Beach Clean in September there were 24 events and an average of 325.6 items were found and removed from the beach for every 100m surveyed.

- 664 volunteers took part
- 46.2 hours were spent surveying
- 812.8 volunteer hours were donated during GBBC 2018
- 2540m of beach were surveyed
- 68.5 bin bags were filled
- 184.1 kg of rubbish was collected
- 7804 items in total were cleared off our beaches

The full Beachwatch Suffolk results are available from the AONB.



The Suffolk Coast & Heaths AONB event, at SWT Simpson's Saltings Nature Reserve, alongside the River Alde at Hollesley

Beachwatch Comparison: What Has Changed Since 2005

In 1993 the Marine Conservation Society UK launched their first campaigns to clean Britain's beaches. In 2005 10,098 metres of Suffolk's beaches were cleaned by 138 volunteers. In Suffolk in 2018 there were 10 times as many volunteers – over 1,300 cleaning 6,400 metres of beach – so we wanted to look at what the trends have been in Suffolk since 2005 (using MCS Suffolk data), by looking at three main areas.

Numbers of Volunteers

Between 2006 and 2017 there was a steady average of about 750 volunteers, regularly turning out year on year to do beach litter picks. In 2018 there was a sudden increase to 1,323, due, we think, to more awareness by MCS UK and the Blue Planet Programme. Beach cleans were finally mainstream. We hope this upward trend continues.

Length of Beach

In 2018 we surveyed the least length of beach so far, cleaning 6,487m. 2008 was the most at 57,218m, and the nine years from 2006 to 2014 were regularly the most. Why are we seeming to do less distance? One

reason is that MCS now stipulate that teams only need to record litter from 100m of beach, but can still collect litter from beyond the survey area, as many teams do. Another contributing factor is that more communities and members of the public are organising non-MCS Beachwatch beach cleans, and in larger groups.

Amount of Plastic Litter

But the important question is, has more or less plastic litter been picked up? Our data seems to show that each volunteer picked up on average a similar amount plastic litter each time, each year. We therefore conclude that with more volunteers involved it means MORE plastic has been collected, and just as much is being found on our beaches.

Since 2005 a total of 319,796 pieces of the top ten items have been collected on Suffolk beaches, and those top ten found items have consistently been plastic of some sort.

Stephanie Poole

Blitz the Beach Mini Beach Cleans

Come along and help the team at National Trust Dunwich Heath care for the mile of beach visited by many people all year round – from dog walkers braving the winter winds to families enjoying ice creams and jumping over waves in summer.

In 2019 we launch a mini beach clean initiative to encourage visitors to help protect the environment and wildlife habitats here on the Suffolk coast. We have three large blue buckets available to collect from the Visitor Information Centre (during opening times) after which you can head to the beach and spend as long as you want collecting as much litter as possible. When you have finished return the filled bucket and you'll be rewarded with a free tea or coffee from the tearoom. As well as these mini beach cleans, you can join our two Beachwatch events in the spring and autumn supporting the national Marine Conservation Society campaigns. We hope to see you here at Dunwich Heath soon.

Alison Joseph



Paddle Your Own Canoe?

Whilst waiting for developments in the Jetty Lane Project a group of young people from Just 42, the charity that provides after-school support for young people in the area, have not been idle. They have taken advantage of the Woodbridge Riverside Trust's Longshed woodworking facility to begin their own boatbuilding project. In a joint project that began in October half a dozen teenagers set out to build a simple, flat-bottomed 'Pirogue' canoe with fold up seats and make their own paddle... then they will learn to use both!

For a couple of hours each week, the group meets in the Longshed, guided by members of WRT, helped by members of Just42. They have tackled the mysteries of laying out, cutting and joining components for the plywood canoe and it has been inspiring to see how they have learned the skills needed for marking, cutting and shaping their individual paddles, and to see their individual and collective confidence grow.



© Tim Curtis



© Carolyn Gibbins

Another project is building the first St Ayles skiff in the Longshed workshop. The 22ft clinker-built, 4-oared skiffs are constructed and rowed by people of all ages and gender. The current craft is being assembled by a small group of local enthusiasts, and anyone with an interest in woodworking can take part, experienced or not.

A new Woodbridge Coastal Rowing Club has been set up for people who want to row the new skiff on the River Deben. The new club joins an established network of coastal rowing clubs in Norfolk and Essex and around much of the UK coast.

WRT is very pleased that these first projects were supported through the Suffolk Coastal District Council Enabling Communities Exemplar Programme and a generous donation from the makers of video Life on the Deben.

When the canoe and the skiff slide down the slipway, they will be the first craft wholly constructed on the old Whisstocks site for well-nigh 50 years. They will represent the successful culmination of an enduring struggle by a dedicated group of people not to lose the traditional use of the historic waterfront alongside the Tide Mill, that is so important to Woodbridge.

www.WoodbridgeRiversideTrust.org.

Andrea Leech

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5 May - Hurdle Making

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Suffolk Coast & Heaths Area of Outstanding Natural Beauty (AONB) Highlights

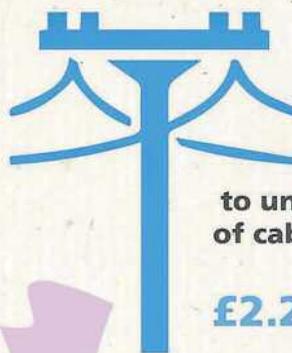
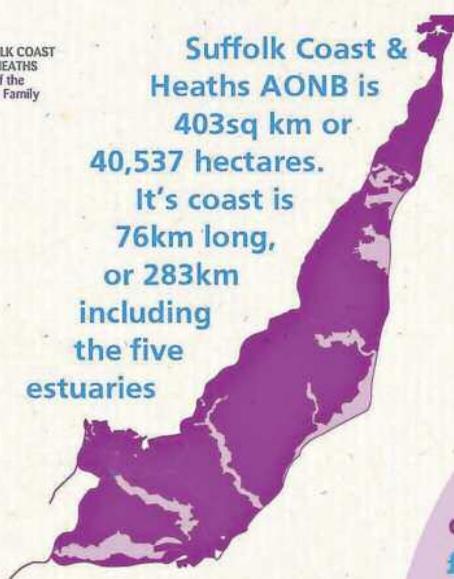


Landscapes for life
SUFFOLK COAST AND HEATHS
One of the AONB Family

34% of the AONB has a wildlife designation, including 11,487 hectares of Sites of Special Scientific Interest



Suffolk Coast & Heaths AONB is 403sq km or 40,537 hectares. It's coast is 76km long, or 283km including the five estuaries



The AONB team has worked with UK Power Networks and local landowners to underground 19km of cable in six schemes totalling **£2.24m** since 2008.



Vegetated Shingle is an important and rare habitat. The AONB has c. 20% of Britain's resource

£ Grants totalling **£70,263** were awarded to 32 community groups, supporting **£336,442** worth of conservation and activity (2018-19)



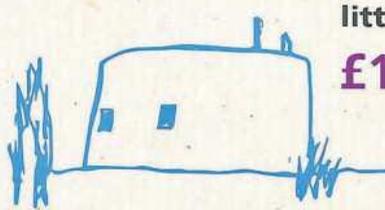
Volunteers worked **2,169** days doing practical conservation work and beach litter picks, valued at **£108,450** (2017)

x10
AONBs provide excellent value. Every public **£1** invested is turned into **£10** by the AONB Partnership

4 million people visited the Suffolk Coast in 2017, supporting a visitor economy of over **£210m** (up 6% since 2015)



The AONB has responded to **5** Nationally Significant Infrastructure Projects, several Local Plans and in detail to **35** planning applications (2017-18)



There are **676** listed buildings and **40** scheduled monuments

There are **664km** of Public Rights of Way, including three Long Distance Paths totalling **256km**

December 2018

Walks to the Suffolk Coast by Train and Bus



This year the Ipswich-to-Lowestoft East Suffolk Line railway will celebrate its 160th birthday. Less than 60 years ago it was slated for complete closure by Dr. Beeching and today the line is enjoying record patronage. Along with its sister railway between Ipswich and Felixstowe, both lines pass through Suffolk Coast and Heaths AONB at several locations, and at each it's possible to explore coast and countryside through a series of station-to-station walks.

All the routes are waymarked with the East Suffolk Lines logo and range in length from 1.5 to 14 miles. The newest walk passes through the magnificent Holywells Park in

Ipswich providing spectacular views of the River Orwell on the way to Trimley station and Trimley Marshes. Several routes explore the wide expanse of the Deben estuary near Felixstowe. From Melton station there are three walks: a short riverside stroll to Woodbridge ending at the picturesque Tide Mill, a circular route leading to the National Trust's world-famous archaeological site at Sutton Hoo, and a linear ramble northward taking in the lovely church at Ufford on the way to Wickham Market station at Campsea Ashe with its welcoming cafe.

Combining the train and bus, one can explore 9.5 miles of some of Suffolk's finest scenery between Saxmundham station and Aldeburgh, including extensive woodlands and marshy meadows on a walk which incorporates the famous Sailors' Path.

Free downloadable maps and key-point directions for each walk are available at www.eastsuffolklines.co.uk/walks

Aaron Taffera

www.suffolkcoastandheaths.org

Solar Panels Installed at Minsmere

The RSPB is demonstrating its commitment to reducing global carbon dioxide emissions, by installing a series of solar panels across several RSPB reserves, including Minsmere in Suffolk. At Minsmere a low south-facing bank along the northern edge of the car park is perfect for installing a large ground array of solar PV (photovoltaic) panels.



Not only is this location perfect for the panels, but their installation provides additional habitat for one of our more unusual insects. Antlions excavate their burrows in loose sand in south facing areas under overhanging shelter. They were first found nesting in the UK along the southern edge of the Minsmere visitor centre in 1996 and are still confined in the UK to the areas around Minsmere and Holkham in North Norfolk. These panels provide a large area of new habitat close to existing colonies and should help to increase the population of this local speciality still further.

The RSPB is striving to reduce the carbon dioxide emissions from its reserve buildings by 50%, and at Minsmere it is anticipated these solar PV panels could produce as much as 90% of the electricity required for the visitor centre, while the RSPB can also take advantage of the government's last remaining Feed-in-Tariff scheme, which will support the investment and help to deliver more for nature.

Ian Barthorpe

State of the AONBs



It's an exciting time to be working in the AONB world. The Government has recently closed its consultation on a Designated Landscape Review, the Suffolk Coast & Heaths AONB boundary review process is nearing an end, the AONB team has secured some significant funds to develop our work and the AONB Partnerships are considering consultations relating to Nationally Significant Infrastructure Projects relating to the 'Suffolk's Energy Coast'.

The AONB's advisory committee has recently commissioned a

'State of AONB' report. This report will help us further understand the qualities of the AONB and the condition of its landscape. It is a timely piece of work with the imminent changes to Agri-Environment support that will change land management decisions as the United Kingdom leaves the EU. The work will help us develop future management plans and identify key areas to develop work to ensure that the AONB's Natural Beauty is conserved and enhanced for future generations.

The AONBs are as always indebted to its volunteers. In the Dedham Vale AONB and Stour Valley, volunteers contributed nearly 1,000 days on habitat management, access and wardening work. In the Suffolk Coast & Heaths AONB the outstanding Beachwatch programme produced some superb results. There were 24 events; 664 volunteers took part; 2,540m of beach was surveyed; 68.5 bin bags were filled; 184.1 kg of rubbish was collected; 7,804 items in total were cleared off the beach. An average of 325.6 items were found and removed for every 100m of beach surveyed.

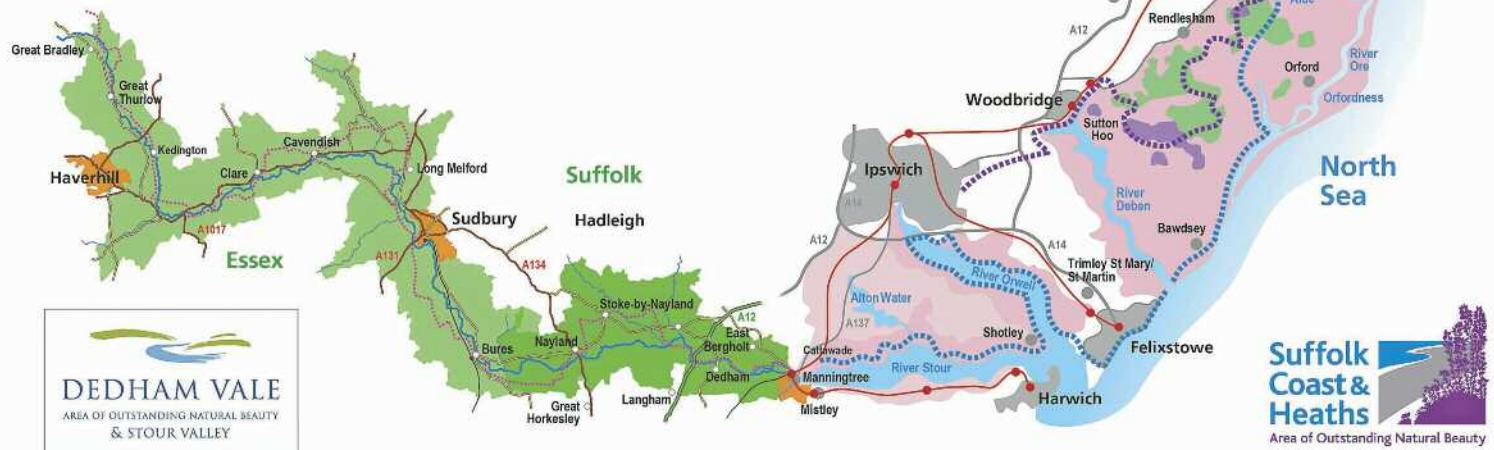
The AONB staff team have been working hard to secure funds for projects that will enable us to conserve and enhance the AONBs. Over £1m has been secured as part of a 'stage 1' pass for undergrounding low voltage power cables, £142,000 for a project to enhance the tourism offer and £71,000 for environmental enhancements for the River Stour.

Applications have also been submitted for a grant of £250,000 for landscape enhancements such as creation of scrapes, access improvements and wildlife watching facilities.

The AONB team was delighted that we attracted over 150 delegates to our planning event: Planning in a Designated Landscape: Guides, Rules and Tools. The buzz after each speaker was really encouraging. The fact that so many people from local authorities, Non-Government Organisations and community groups found the time to come and learn about AONB planning issues can only support improved decision making in the future.

The AONB team is really looking forward to the next few months. The Suffolk Coast & Heaths and Dedham Vale AONBs will be hosting the national Landscapes for Life conference in July. The Designated Landscapes Review will report. The AONB team will deliver projects around 25 years of the Stour Valley Path, 50 years of AONB designation and a plastics project. Perhaps most eagerly awaited is whether the Secretary of State for the environment will confirm the outcome of the Suffolk Coast & Heaths boundary variation project.

A personal view from manager of the AONB staff team, Simon Amstutz



Bringing Down the Wires

Thanks to local land owners our work with UK Power Networks to remove visually intrusive overhead electricity infrastructure from the landscape in both Dedham Vale AONB and Suffolk Coast & Heaths AONB is making great progress.

In Dedham Vale AONB a proposal to remove 6.5 km of overhead wires and almost 100 poles between Stoke by Nayland and Polstead has taken a significant step forward. At the end of 2018 a Regional Steering Group, set up by UK Power Networks to agree priority areas for investment, pledged just over £1 million for this project. The proposal is dependent on land owner permissions, so we are now contacting all those involved seeking their views and arranging site visits where needed. Only when all land owner permissions are in place can the proposal go back to the Regional Undergrounding Steering Group to decide if the pledged funding is secured. This is potentially a tremendous investment in our beautiful Box Valley and Dedham Vale landscape.

In Suffolk Coast & Heaths AONB long-awaited ground works started on the £400,000 Shingle Street undergrounding project. Before the 3.2 km of overhead lines and their poles can be removed from this stunning location, cabling and ground-level structures first need to be put in place. Ground works started winter 2018/2019 and will continue later this autumn 2019. The final stage will be the lines and poles coming down shortly after that.

This spring our AONB Student Placement, Steph Poole, is working with volunteers to take part in a comprehensive survey of overhead lines in Dedham Vale AONB to help determine priority areas for future undergrounding. Wires will be assessed according to their impact on landscape character, visual amenity, setting of historic features and impact on wildlife.

Proposals to underground overhead power lines can originate from parish councils, community groups or private individuals. We're always keen to hear about any lines which you feel could be considered for any future funding that becomes available.

Claire Cadman



Overhead wires in the picturesque Box Valley



We work with land owners and UK Power Networks to achieve landscape improvements

Planning in a Designated Event – Guides, Rules and Tools



The AONB team hosted an informative planning event at the University of Suffolk on 25 January 2019. 160 delegates including architects, landscape architects, Councillors and planners attended. The key purpose was to raise awareness about key planning issues within designated landscapes in Essex and Suffolk.

The half day event focused on four themes; Duty of Regard, Natural Beauty and Special Qualities, Tranquillity and Use of Colour in Development.

Nigel Chapman, Chairman of the Dedham Vale AONB and Stour Valley Joint Advisory Committee opened proceedings with an introduction on why AONB designation is so important.

Duty of Regard

Richard Bate, from Green Balance Consultancy, explained the legislative framework governing AONBs. Richard clarified legal responsibilities on public bodies under the Duty of Regard as required by Section 85 of the Countryside & Rights of Way Act 2000. He highlighted how public bodies can demonstrate compliance with the Duty for example by ensuring that planning decisions affecting AONBs are properly considered, explained and recorded in committee reports, and using AONB Management Plans to help inform decision making.

Richard also explained the planning tests to be met in paragraph 172 of the National Planning Policy Framework to conserve AONBs and discussed the importance of properly applying the tests to avoid the risk of Judicial Review.

Natural Beauty and Special Qualities

Alison Framer's presentation focused on how to deliver appropriate change in AONBs and referenced several documents to help improve understanding about Natural Beauty and Special Qualities. These included Natural England's 2011 Guidance Assessing Designated Landscapes, AONB Management Plans and Landscape Character Assessments.

Alison explored using the above information to deliver appropriate change. For her, good design, fit in the landscape, scale, mass, colour and materials are important issues to consider when proposing change not only in AONBs but in all landscapes.

Tranquillity

Peter Cosgrove's presentation covered various Tranquillity Modelling examples completed nationally and locally on the River Deben. He explored factors that define tranquillity such as presence of semi-natural habitat, a general absence of development and apparent lack of human activity.

Peter's presentation highlighted the limitations of current tranquillity modelling and the measures employed to improve the models' value to aid decision making.

Use of Colour in Development

The last presentation by Jem Waygood explored the Use of Colour in Development in AONBs. Jem has produced two fabulous Use of Colour Guides for the Dedham Vale and the Suffolk Coast & Heaths AONBs which were formally launched at the planning event.

Jem talked delegates through his methodology for the developed colour palettes in the guides which are based on colours recorded across the landscape character areas making up the AONBs. He also discussed a project in the Malvern Hills AONB that he was involved with where he applied the colour guide principles to the design and delivery of a new secondary school.

Delegates also took part in lively Q & A sessions which were brilliantly chaired by Councillor Susan Harvey.

A record of proceedings and the presentations from the event are available from the Planning pages of www.suffolkcoastandheaths.org and www.dedhamvalestourvalley.org.

Beverley McClean



L-R Nigel Chapman, Susan Harvey, Richard Bate, Alison Farmer, Peter Cosgrove, Jem Waygood



Sample colour chart for Suffolk Coast & Heaths



Sample colour chart for Dedham Vale

"There is a subtlety of character that we need to be tuning into and understanding to make decisions; where things are positioned in relation to other things; when you add something to the landscape how the balance of patterns might be affected."

Alison Farmer

"Beautiful landscapes like the AONBs are not wonderful places by chance. Lots of people have worked hard to keep them like that,"

Richard Bate

"We're not replicating nature but trying to find colours that will work well with the landscape so they feel grounded. When you've established the existing palette and start to develop new colours that work with it you can integrate it so that it feels like it belongs in that location." might be affected."

Jem Waygood

"Whether we reside, visit or work in the AONB we benefit from them. They provide recreation and relaxation (like a Natural Health Service), sustain a quality environment, and complement a thriving business sector."

Nigel Chapman

"An eye-opening morning, interesting and useful in different ways: the colour works were inspiring and I loved the idea of being paid to go out with a colour fan!"

Edward Jackson, freelance environment consultant

"Tranquillity. Wow! What a subject, one I hadn't even considered in the planning sense, enhanced by listing the factors (other than noise) that affect it."

John Norman, The Ipswich Society

Understanding Nature's Value: Photography Competition

We've heard a lot about the importance of the natural world in recent months. Blue Planet II shocked people into acting to reduce their plastic waste. We've marvelled at the life history of lions and be drawn into survival stories of baby penguins in David Attenborough's latest BBC documentary 'Dynasties'.

It's so often the case that we view the majesty of the natural world through glass screens. Does it not seem criminal to only appreciate natural beauty through bleary eyes, when we live, work and play in England's most outstanding landscapes? But just what is it about the heathlands, woods, estuaries, seas or fens that connects you with East Anglia's natural beauty? How do you value nature?

This is a difficult question to answer. But one we hope you can answer by submitting entries to our 'Nature's Value' photography competition.



Friday's supper is easily priced but how do you see nature's value

This competition is about more than just pretty pictures. We are looking to convey the value of nature and the importance of the environment through four categories; "Provisions" "Enjoying the Natural World", "Processes" and "Regulating". This is no easy task, so we are asking for all images to be accompanied by a caption to help illustrate values.

The competition is free to enter and runs until Monday 13 May 2019. We have some amazing prizes from: Festival Republic; Adnams; Suffolk Wildlife Trust; Moreton Hall; Banham Zoo; and PhotographyPrinting.co.uk. Full details including terms and conditions can be found at www.suffolkcoastandheaths.org/projects-and-partnerships/suffolk-marine-pioneer.

Winning entries will be exhibited at Woodbridge Longshed and Ipswich County Library in June, and we will showcase a selection of entries in the Autumn/Winter AONB newspaper.

Peter Cosgrove

Don't Lose Your Way

The Ramblers are seeking help to save our historic Rights of Way. There are well over 140,000 miles of public paths that criss-cross England and Wales. This network has evolved over centuries with many paths dating back to medieval times - or earlier! These paths link villages, hamlets, roads and towns - they describe how generations before us travelled to the pub, field or shops and reflect the changing patterns of human interaction with the landscape. To this day millions of people across our towns, cities and countryside use this fantastic network. However, miles and miles of our public paths are now unrecorded. For many reasons paths failed to appear on maps and people stopped walking on them, they overgrew or were built over and so became invisible. If they are not put on the map by 1 January 2026, they will be lost for ever. Find out more at www.ramblers.org.uk.

Get Food Savvy!

Did you know that more than one third of Suffolk's rubbish bins is food waste? Or that six in 10 residents don't plan their meals before shopping, 31% don't store potatoes correctly, meaning they go off quicker and 46% didn't know it's possible to freeze cheese?

The Food Savvy initiative between Suffolk and Norfolk councils and the environmental charity Hubbub is hoping to combat the food waste problem in our region. With the average family wasting around £810 of edible food per year, the food savvy campaign can help you cut down on unnecessary food waste and save money.

All Suffolk residents are invited to take on a 4-week Food Savvy challenge with a focus on planning and storage as well as exciting ways to use up leftovers, with the potential to save £70 a month.

This is the first time Norfolk and Suffolk councils have come together on a food initiative of this scale and aims to work across the community involving businesses, schools, community groups, as well as influencers like chefs, food celebrities, lifestyle bloggers and vloggers.

#Foodsavvy uses entertaining educational initiatives to provide advice about date label confusion and food storage dos and don'ts. 'Lunch Club', is working with major employees in the county, supporting staff to reduce food waste and plastic packaging at lunchtimes, and Bloggers and Vloggers will be looking at ways to cut down food waste.

To get involved visit www.foodsavvy.org.uk and follow #FoodSavvy on social media.

Caroline Fish, Suffolk Waste Services

Uncovering Hidden Treasures

What leaves 24 million footprints, uncovers hidden treasures and touches every corner of Suffolk every May? Now in its 12th year, the Suffolk Walking Festival has established itself as one of Britain's premier walking festivals with over 120 walks and events across the county, from dawn chorus to hidden orchids, from Arthur Ransome to John Constable, and from Anglo-Saxons to naval heritage. There's even murder, myths and a celebration of 25 years of the Stour Valley Path.



Highlights include a walk with Kite, who's day job is being the Orford Ness sheepdog. Kite will be joined by her shepherd owner to explain how sheep help manage the reserve for wildlife. On a Night Safari you'll enter an ancient woodland just after sun down to experience the wood's nocturnal life slowly waken (and get to talk to owls!). There really is something for everyone: short strolls, gentle rambles, long hikes; family walks, history walks, nature walks; story-telling, art lessons, photography courses; walks with boat trips, walks with breakfasts, walks with train rides.

This year also sees the second Fringe Festival, events where the walking takes a back seat to allow you to immerse yourself in the very heart of the Suffolk landscape, to capture or experience the countryside in new ways.

The 2019 Suffolk Walking Festival and Fringe is 11 May to 2 June. To find out more and buy tickets visit www.suffolkwalkingfestival.co.uk.

David Falk, Discover Suffolk

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A New Rhib on the Block

The Felixstowe Volunteer Coastal Patrol Rescue Service has been patrolling the waters of the AONB since 1997 and on average we cover some 3,000 miles each year on patrols and rescues in the Harwich approaches and its rivers.

In 2018 some 35 dangerous navigation, speeding and bylaw incidents were handled by the FVCPRS with an additional 84 potential rescue incidents involving 172 persons and animals, and five lives saved.



Readers may also recall the unfortunate local cetacean stranding's in 2017 in the River Ore and at Felixstowe. Our crews on routine patrol were the first to report, photograph and monitor the dead whales under their 'Fishes Royal' obligations for the Marine Coastguard Agency.

This year we launch our new build 4th generation 7.5m Ocean Pro rhib on patrol with 'Volunteer'. 'Last Orders' has the latest Suzuki lean-burn 115hp engines and a state of the art navigation suite, including integrated chart plotter, radar, high resolution camera, and a military spec thermal imaging camera (FLIR), giving exceptional night vision and able to pinpoint a person in the water at 450m or 1,500ft. www.felixstowecoastalpatrol.co.uk.

John Cresswell

Whose Lanes Are They Anyway

Strolling with beloved along a lane near you, which would you like to meet? Cars, cyclists, mobility scooters, horses, rambles, a Duke of Edinburgh group, tractor & trailer, grocery van, school bus, cows, walkers with dogs? Would that order be different if you were driving to shops & surgery?

The Minister for cycling, walking and local roads asked an audience to THINK how to make English roads safer and more widely accessible for walkers and cyclists. That led me to read the Highway Code after 60 years abstinence; Rule 206 for road users requiring extra care struck me: "...approaching pedestrians on narrow rural roads without a footway or footpath, always slow down and be prepared to stop if necessary, giving them plenty of room as you drive past". That is, the driver decides when he or she considers it is safe to drive on.

So Quiet Lanes Suffolk suggested that for narrow lanes it should be changed to "...approaching pedestrians and other vulnerable people on a signed Quiet Lane ...stop until the non-motorised user or users have passed your stationary vehicle or signalled that they are ready for you to drive past them."

If the vulnerable 'non-motorised user' (NMU) has the initiative, not the driver, then the game of chicken should end. NMU's today often wonder: *Is the driver going to slow right down or have I got to dissolve into the hedge; or unclip my bike shoes to stop in this gateway, or Crikey! Horse & I must jump the ditch NOW!*

Car-dependents may grumble, but such a rule for designated Quiet Lanes will not slow or hinder traffic on A, B and even C (single carriage-way) roads, where traffic is vital for our economic growth.

Encouragingly, Dr Therese Coffey MP endorsed our proposal to the Minister. Previously his spokes-person replied that the Department for Transport would 'need to be convinced that such a simple, quick and cheap change would improve access and safety.' Since when over fifty people have endorsed our campaign and more would help. Pending Suffolk's imminent review of its 2014 Cycling and Walking Strategies, we sought the opinion of SuffolkRoadSafe, which voiced the only opposition yet: The Head of the Constabulary Roads and Armed Policing Team opined, "...the current wording appears sound and fit for purpose, recommending care and caution from the driver. This is unambiguous, highlighting the risk and requiring a safe driving action in order to pass safely." Perhaps they are so taken by accidents on rural two-way (single-carriageway) roads and vehicle traffic, that they don't appreciate that some town's folk and villagers are too scared to exercise their rights of way along Suffolk's leafy lanes.

Several have queried enforcement, but active policing is obviously out of the question. Offended NMUs however, could report registration numbers of offending vehicles, and QLS has a legal opinion that in the event of a driver being found guilty, being on a Quiet Lane could be an aggravating circumstance. Your opinions to neilwinship@directsave.net please.

Neil Winship



A typical Quiet Lane in Suffolk and...



...a few seconds later around the corner came the school bus. Imagine you were walking there; that driver habitually halts so why not others?

Microplastics Found Throughout the Deben

There is substantial evidence that microplastics are ubiquitous in marine ecosystems and a global environmental problem. However very few studies have explored microplastics in saltmarsh.

One of the Suffolk coast's most cherished environments, saltmarshes provide a wide range of 'ecosystem services' for society and nature. While on placement with the AONB team, I developed my dissertation project to investigate microplastics occurrence and distribution in the extensive, ecologically important and physically diverse saltmarsh of the Deben estuary.



In August 2018, 22 sediment samples were taken from a representation of four saltmarsh characteristics: fragmented, unfragmented, vegetated and unvegetated, in six locations around the Deben (Chart). In the laboratory at the University of the West of England I extracted microplastics from 10g of each sample via a density separation method to then examine under a microscope.

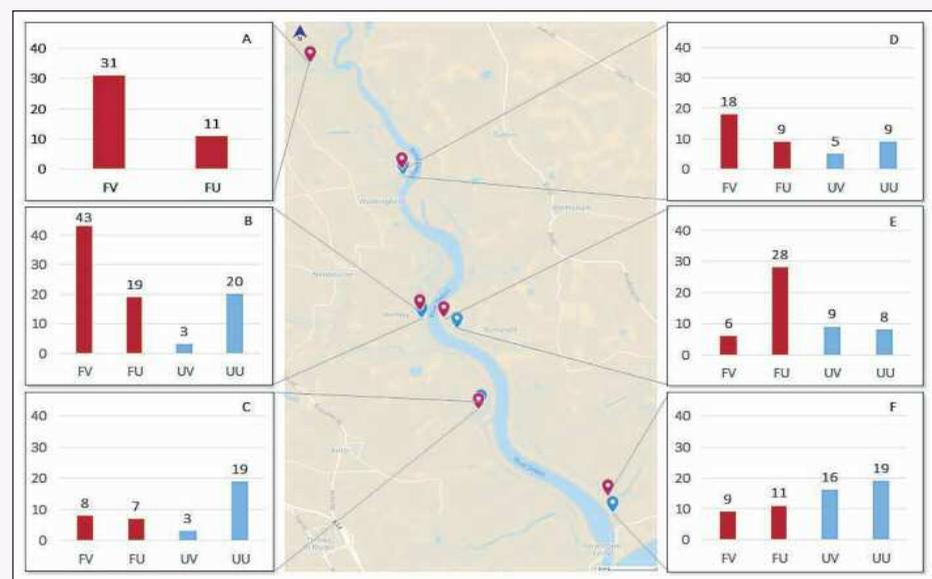


Chart: Deben saltmarsh sample locations, showing number of microplastic particles (Y axis) per 10g of sediment at: Martlesham Creek (A), Hemley (B), Falkenham (C), Waldringfield (D), Ramsholt (E) and Bawdsey (F). Saltmarsh categories (X axis): Fragmented Vegetated (FV), Fragmented Unvegetated (FU), Unfragmented Vegetated (UV), Unfragmented Unvegetated (UU). Red bars = fragmented saltmarsh, blue bars = unfragmented saltmarsh.

The results begin to suggest fragmented saltmarsh – thought to be less 'healthy' and more prone to erosion – may be more exposed to deposition of microplastics. My results showed that occurrence of microplastics in fragmented areas was higher compared with unfragmented areas.

My dissertation is ongoing to further analyse and develop hypotheses of why microplastics may occur more in these areas. But the fact that microplastics were present even in the tranquil and seemingly unspoilt saltmarsh of the Deben estuary, should provoke action to reduce plastics entering the marine ecosystem.

Will Eden, AONB Placement Student 2018

Aldeburgh's Amazing Swifts



Aristotle said, "one swallow does not a summer make", but around the world the return of the Swifts is heralded as the start of summer and a sign that the global migratory system is still working. From the UK to China, the Swifts' return from Africa is celebrated and no more so than in Beijing where Swifts are an integral part of the city's eco-system in view of the number of mosquitoes they eat during their short stay.

But a bit closer to home, we estimate that we had between 50 and 60 Swifts in Aldeburgh last year (as they don't land, they are a bit tricky to count!) and it is hoped that some of our new nest boxes will provide homes for these long distance travellers. Do pick up one of our Aerial Acrobats' leaflets from the seafront to follow the Nest Box trail around town.

Swifts can be seen in most of the towns and villages within our AONB and a growing awareness of their presence is encouraging more house owners to put up nest boxes to compensate for the loss of natural nesting sites as we block up the holes in our roofs.

Last year we were able to successfully release several rescued birds and if you do find a Swift on the ground this summer, go to our website www.aldeburghsamazingswifts.co.uk for advice on the action you should take. Please don't throw them up into the air or try to release them from an upstairs window – they may be just too tired or not yet ready to fly!

Alan Collett

Golfers Volunteer to Help Wildlife

Felixstowe Ferry Golf Club is situated at the mouth of the River Deben, right at the southern tip of the Suffolk Coast & Heaths AONB. There are areas, within and around the margins of the courses, that support a variety of wildlife. Whilst I have been playing, I have seen kingfishers, weasels, owls, partridges, frogs and toads, skylarks, southern marsh orchids, hares, and many other plants, birds and animals.

It is lovely to see such wildlife, and after a recent round I determined that I would see what I could do to give nature a helping hand. To cut a long story short, there is now a small group of golf club members who volunteer to do small tasks around these margins. I have been trying to organise what we do, helped by our Head Greenkeeper. I am learning about the habitats and the art of the possible thanks to advice from the Suffolk Wildlife Trust and knowledgeable members. Over the next two or three months I hope we will clear some small areas in dense grass to encourage Skylarks; build a range of bug hotels; and manage small areas of scrub and woodland. My thoughts are much more ambitious than this though and I hope that my small group will grow so that we can really make a difference. If anyone would like to help, contact 01394 286834.



Graham Popple



Helping People Become "Plastic Clever"

The Greenprint Forum's #PlasticAction project continues into 2019 with a call for community-spirited individuals to take action. Become a Plastic Action Champion to help the local organisations and communities of which you are a part to take a smart approach to the resources you consume, and the plastic waste generated, how to manage its correct disposal and recycling, proactively stopping plastic polluting the environment and reactively removing it when it does.

If you are trying to do your best to be "plastic clever" in your own daily life and – crucially – want to help others to do the same and are interested in finding out about how to become a Plastic Action Champion, please contact me via greenissues@eastsoffolk.gov.uk.

The Greenprint Forum, of which Suffolk Coast & Heaths AONB is a member, is a voluntary network facilitated by East Suffolk Council to help enable communities to take environmental action. The Forum's #PlasticAction campaign is resourced by East Suffolk Council and funded by the AONB and the East Suffolk Partnership. See www.eastsoffolk.gov.uk/environment/east-suffolk-greenprint-forum for details.

Daniel Wareing



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Heritage Garden at the Suffolk Punch

The Suffolk Heritage Garden was started in 2012 to conserve and display the hardy garden plants bred in Suffolk over the last century. It seems right to preserve these special plants in this age when new cultivars are being introduced and older varieties lost.



Many are unique to the county and some named after famous Suffolk people, such as *rosa Benjamin Britten* and *geranium Cedric Morris*. Sir Cedric Morris the artist bred many beautiful irises, some named after his friends or his pets! Some come with stories: George Hawthorne Chadburn had a special bicycle basket made to carry irises. He didn't tell his wife when in 1926 he paid twenty guineas for one rhizome!

The Garden is at the Suffolk Punch Trust and was ploughed by two Suffolk horses from the stud. Planting began in 2012 and a volunteer team has been adding new discoveries every year. There is a small orchard of Suffolk fruit trees, some of which have evocative names like Lord Stradbroke or St Edmunds Pippin. Suffolk Pink is a delicious crisp, early apple.

Wild flowers are gradually colonising the orchard which is cut at the end of July to let the seeds fall and be a habitat for pollinating insects. The garden became the first National County collection in 2016 and we hope to continue researching lost cultivars and ensuring the security of the plants by passing them to other gardens.

The garden is open to the public and we are also looking for volunteers to help manage the garden into the future www.suffolkpunchtrust.co.uk.

Margaret Wyllie

Sandlings Blues Bounced Back



Flying Silver-studded Blue butterflies flourished in the heat of 2018 and many of the colonies in the Sandlings produced high counts of these small, brilliant blue butterflies. Their flight season is in late June and July, when their nectar plant, Bell Heather, is blooming across the Suffolk heaths. But then, what happened in the drought? The extended dry period caused much of the heather to dry off and in its brittle state egg laying on suitable material by those adult butterflies must have been a tricky business. In 2019 we will again be surveying many of the colonies, particularly in the Dunwich and Minsmere area. If you would like to find out more about this special butterfly and take part in a Butterfly Conservation survey, contact Helen Saunders helens919@gmail.com.

Peter Maddison

Snape School Achieves RHS Garden Award

An incredible 52 GreenSnape community group volunteers including parents, teachers and pupils, turned out on a wintry Saturday morning last January to renovate Snape School's overgrown garden. Once the garden was ready to plant up the children really got into top gear. They carefully planned what fruit, vegetables and flowers to grow, working out quantities, yields and seed costings and putting their plan into operation.

Last summer saw the pupils enjoying cut flowers in the classroom and fresh vegetables cooked in the school kitchen, with surpluses sold for school funds, raising an impressive £400! They showcased their produce at the Aldeburgh Food and Drink Festival at Snape Maltings attracting lots of interest, especially from Bake Off's Prue Leith! They loved selling their produce and learned a lot about pricing and making a profit.

All this effort was well rewarded with the achievement of the RHS school gardening level 5 award, the highest level possible. The pupils had to be able to talk enthusiastically about their project, share their garden with the local community through open days, sales and events, pass on gardening skills, inform others of the plants growing and offer help with projects or gardening needs to the local community. The children love helping GreenSnape with our community planting projects and have learnt so much about the natural world, biodiversity and pollination. We're really proud that they've received this well deserved Garden Award – it's a pleasure to work with them!



Lesley Walduck

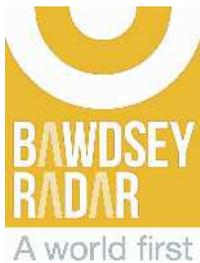
Bawdsey Radar Transmitter Block



Bawdsey Radar is where operational radar was developed that helped win the Battle of Britain. In 1936, the RAF established a top-secret scientific base at Bawdsey Manor, a remote location, perfect for developing the technology that would soon be helping to win the Battle of Britain.

Robert Watson-Watt, Arnold Wilkins, Taffy Bowen and many others worked at incredible speed at Bawdsey to make sure Britain was ready to defend herself. On September 24 1937, the first operational radar station in the world was ready. Transmitter and receiver towers appeared on the skyline and soon a chain of radar defence was built around the coast of Britain—a home chain.

Radar meant the RAF could spot enemy aircraft earlier than ever before and have their fighters ready and was a significant reason why the Battle of Britain was won and invasion averted.



RAF Bawdsey remained an important site through the second world war, training thousands of radar operators who went on to work around the country, including thousands of women who worked on the front line alongside men. During the Cold War, bloodhound missiles were sited at Bawdsey right up until 1991.

The 1937 Transmitter Block has been fully restored, thanks to the National Lottery Heritage Fund, Historic England and many funders. The interactive exhibition tells the story of Bawdsey, the women and men who worked here and the important place Bawdsey holds in British history. Further details www.bawdseyradar.org.uk

Lynette Burgess

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Enjoy a drink and pizza on our beach side terrace.

Sizewell Common | Leiston | Suffolk | IP16 4TU

Tel: 01728 830724

www.beachviewholidaypark.co.uk



Riverside Tearoom



Beautifully situated on the bank of the River Ore, with panoramic views across to Orford Ness. Riverside Tearoom offers some of the finest locally sourced produce for you to enjoy.

Light lunches, homemade soups, scones and cakes, seasonal specials, coffee's and teas all freshly prepared to order. Families very welcome.

Please see our website for opening times

Riverside Tearoom
 Orford Quay, Orford,
 Woodbridge IP12 2NU

01394 459797

www.riversidetearoomorford.co.uk



Exploring the Suffolk Coast & Heaths

A 'family' of guides are produced by the AONB team to encourage people to explore the Suffolk coast, estuaries, forests and heaths! The area is fantastic at all times of year, and experiencing the changing seasons and discovering the different outstanding landscapes and villages are more than enough reason to return again and again...

Using the historic Foot Ferries across the estuaries adds a different perspective to your explorations, and they take people, cycles and dogs!

There are many Walk Explorer guides free to download from the AONB website, from Kessingland down to Wrabness. Or buy the Cicerone guide to the Suffolk Coast Path, the Stour and Orwell Walk and the Sandlings Walk for £12.95 (plus P&P) from the AONB, for a longer challenge.

If cycling is your preferred outdoor experience, then we also have five Cycling Explorer Guides, also free to download. They range in distance from about 7 to 24 miles, with some short cuts for a more leisurely ride, or to take you on a longer ride of discovery there is the Suffolk Coast Cycle Route (£2.50 plus P&P).

Free the Trees!



Tree guards, plastic tubes, and mulch mats can be invaluable in helping to get plants established, but once they've done their job all too often they end up as plastic litter, often splitting off as unsightly fragments. The AONBs believe it is time to remove and collect these redundant items from our landscape, returning it to its best.

Do you own a piece of land with old tree guards which need removing?

Are you involved with community-owned land that could benefit from the clearing of these plastics?

We would love to hear from you to discuss if your land is suitable for this or other conservation projects.



Outstanding Week 21st-29th September 2019

Contacting the Team

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The AONB Team:

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Paula Booth - AONB Officer

Pete Cosgrove - Marine Pioneer Manager

Stephanie Poole - Voluntary Officer, Student

Tim Reid - River Stour Project Voluntary Officer



Key to Map

- AONB area
- Additional project area
- Towns and villages
- Woodland
- Heathland
- Main roads
- Railways/stations
- Suffolk Coast Path/Stour and Orwell Walk
- Sandlings Walk
- Sailors' Path



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