

Suffolk Coast & Heaths

Spring/Summer 2016

FREE

Suffolk Coast & Heaths

Area of Outstanding Natural Beauty



Out and About in the AONB

Meet Anthony Cullen, internationally acclaimed photographer, based in beautiful Pin Mill

Page 4



Photo courtesy of Anthony Cullen, at Pin Mill



Apples and Pearmains

Scattered Orchards project bears fruit Page 3



Print of Sizewell Beach by Clare Curtis

Top Spots in the AONB

What's your favourite place? Pages 10-11



Photo courtesy of Monika Koch

Join In - Suffolk Coast!

Check out new opportunities on the Suffolk Coast Page 17

A Message from our Chairman



Welcome to the Spring/Summer 2016 edition of the Suffolk Coast & Heaths Area of Outstanding Natural Beauty (AONB) newspaper.

Pick up any newspaper these days and you will read the phrase 'investing for the future.' But here in the AONB we are investing

now – investing our time and money in a range of projects to ensure that we continue to support and nurture wildlife, sustain the people who live and work here, and welcome the visitors who are drawn to its natural beauty.

At the recent Landscapes for Life chairmen's conference, organised by the National Association for Areas of Outstanding Natural Beauty, Rory Stewart, the Parliamentary Under Secretary at the Department for Environment, Food & Rural Affairs (Defra), told us that "Protected Landscapes are at the heart of what Defra try to do."

Within these pages you can read of other immensely valuable examples of support, ensuring that the AONBs continue to be, in Rory Stewart's words, "astonishingly, movingly and staggeringly beautiful areas."

These include: over £500k invested in undergrounding low voltage power cables at Sutton Heath with a further £1m expected to invest over the next few years across the AONBs by UK Power Networks using the Ofgem allowance. In addition, we anticipate more landscape improvement projects from the £24m Landscape Enhancement Initiative, available nationally for AONBs and National Parks and operated by National Grid with the Ofgem fund for high voltage power lines (see page 8). This year, the AONB is managing almost £80k in grants for community and conservation projects, including the new Galloper Wind Farm Fund (see page 7).

We are very excited about two new schemes funded by the Coastal Community Fund - the conservation holidays taking place in the AONB, run by Wild Days Conservation and our Suffolk Coast Greeters, who are investing their time and expertise into making visitors feel especially welcome (see page 17).

And just as importantly, we are particularly pleased to see so many people volunteering their time to make the AONB a better place. Our thanks go to the regular volunteer teams, our footpath and other wardens, and those who turn out for Beachwatch and other projects.

We hope that you too will invest some of your time this Spring and Summer in getting out and about in our local Areas of Outstanding Natural Beauty. And if you are wondering where to begin, take a look at the centre pages for suggestions!

**Councillor David Wood, Chairman
Suffolk Coast & Heaths AONB Partnership**

Over the last four years the Suffolk Coast & Heaths AONB has hosted a £1m Heritage Lottery Fund project called Touching the Tide (TtT). Bill Jenman, Touching the Tide Project Manager, calls time.

Time's up for Touching the Tide

It's been great working with a wide range of organisations and individuals on a huge range of projects – everything from major nature reserve restoration work and community archaeological projects, to art workshops and training. The project aims to increase understanding about coastal change, getting people involved in the history and heritage of the Suffolk coast. TtT comes to an end this Spring, so it's a good time to look back over the highlights:

- We've had conversations with over 10,000 people.
- We've taken more local kids than you would have expected to the seaside for the first time in their lives
- The Orford Ness Lighthouse project featured a street parade, a writing competition, an exhibition, a film, and a finale concert; all amazingly successful.
- Our Martello Tower virtual reality tour is the first of its kind in the world.
- Finding 'Casket Girl' during the dig at Barbers Point has raised some very interesting questions about how and when the Saxons became Christian.
- The Felixstowe theatre production was great fun – who knew how glamorous Felixstowe was in the early 20th century?
- The dig and underwater work at Dunwich has pushed the origins of the town back into the Iron Age.
- The Doggerland project by Waveney and Blyth Arts was a fabulous collaboration between scientists and artists, exploring the lost Stone Age land under the North Sea.
- The Imagining Change series of art workshops were so popular we had to limit how many times any one person could take part!
- The TtT Film has been seen by well over 21,000 people and our website won an award for loveliness (yes, really, it did)
- We discovered that Kate Osborne, the TtT Project Officer, and Helen Taylor, our business support, had both missed their calling as Blue Peter presenters: their craft 'makes' have been a highlight of so many of our events
- All our Graduate Trainees went on to get full time professional jobs after gaining experience with us.

So have we increased understanding of coastal change? It's hard to tell, but the conversation does seem to have moved on over the last four years, not least because of the impact of the December 2013 tidal surge here. We've certainly changed the way people think about the issues, learned a lot more about the history of the coast and helped to conserve the things that make it special. Look at our website www.touchingthetide.org.uk to explore the project, and more of this coast, yourself.



Touching the Tide in photos, clockwise, from top: Children at the Long Shop Museum Halloween 2015, showing off their 'sea monster' angler fish (photo by AONB); Orford Seafaring Day 2013 (photo by Oliver Salathiel); Trench at the Dunwich Dig 2015 (photo by Sarah Groves); Landguard Community Open Day 2014 (photo by AONB) Bones at Barber's Point (photo by Oliver Salathiel).

AONBs Community Project: Scattered Orchards



Planting apple trees at Waldringfield, February 2016

AONB Countryside Officers Neil Lister and Emma Black are looking forward to reaping the harvest of new orchards created on the Suffolk Coast & Heaths and Dedham Vale.

Pippins, Pearmaines and Prunes!

An exciting Scattered Orchards project in Suffolk and Essex was delivered in 2015 and early 2016 by the Suffolk Coast & Heaths AONB and the Dedham Vale AONB and Stour Valley Project, with the support of many community organisations, AONB volunteers and residents.

The project involved planting five traditionally grown fruit and nut trees on publicly accessible land in parishes and towns in or near the AONBs. The aim was to provide a future investment that will 'keep on giving' by enriching biodiversity, adding interest to the landscape, providing a small but tasty community harvest, re-instating traditional fruit trees (including Suffolk/Essex varieties) and engaging with local people.

Suffolk and Essex once had many more orchards. The Suffolk Biodiversity Partnership estimates that since 1900 85% of small farm orchards in the county have disappeared. Some local fruit and nut varieties are now becoming scarce and orchards are disappearing from the landscape. Planting small groups of the more successful traditional fruit and nut trees on publicly accessible land means people can really benefit from the trees, enjoying the blossom in the spring, eating the fruit/nuts in the autumn and so on. The new trees will also provide habitats for a wide variety of wildlife.

This project brings local people together on their doorstep for a community initiative which will hopefully remain for future generations to enjoy and build on.

The scheme was widely promoted to local communities in the AONBs and became an almost overnight success, with many

organisations signing up. To help deliver the Scattered Orchard project, Emma and Neil trained volunteers to undertake the site surveys. These volunteers visited various sites, met with community contacts and advised on the number and variety of trees that should be planted. They also helped plant some of the trees. Without the support of our wonderful volunteers projects like this would be unable to happen.

The creation of the orchards took place early in 2016 with the planting of almost 170 traditional fruit and nut trees by local people at 34 locations across the Suffolk and Essex AONBs. These planting days were the ideal opportunity for communities to come together to celebrate the creation of their new orchards!

The Scattered Orchards Project has been funded by the Suffolk Coast & Heaths/Dedham Vale Area of Outstanding Natural Beauty Sustainable Development Funds and the Suffolk Coast & Heaths Amenity and Accessibility Fund.

Why Orchards?

Since the Roman occupation, fruit and vine species have been grown across the UK and orchards became an element of our landscape and heritage. Orchards connect habitats in fragmented landscapes. They, plus hedgerows and woodlands etc, act as stepping stones or corridors, helping many creatures to disperse, interact and avoid isolation which could otherwise lead to local extinction. This network of habitats is also important at the landscape scale to sustain the key views and character of the AONBs. Thanks to Scattered Orchards traditional orchards will become more of a key

part of the beauty of the Suffolk and Essex AONBs.

We recognise that some varieties fell from favour because they were not that good and more flavoursome or easier to deal with varieties came along. Scattered Orchards has therefore tried to plant those traditional, local varieties that could again become useful and popular. The AONBs liaised with the Suffolk Traditional Orchard Group (STOG) regarding appropriate fruit and nut varieties. STOG provided invaluable expertise and advice and played a key role in the project for which we are very grateful.

Orchards are a mosaic habitat. They contain elements of woodland, pasture, meadow grassland, are often bordered by hedgerows and may include areas of scrub. As good as each of these habitats is on its own, when combined in an orchard setting they create a potentially better wildlife haven. In Spring when the orchards are in full blossom the trees will provide a feast for local pollinators. This ensures a harvest (blossom needs to be pollinated to set fruit) and gives pollinating creatures a good supply of nectar and pollen. Depending on how the grassland around the trees is managed, this will also provide good forage for pollinators all summer long. The UK is seeing a decline in wild pollinators, so in a small way Scattered Orchards will help.

Once the human beneficiaries of the Scattered Orchards have baked their pies and boiled their sweet, luscious jam there will be some produce left for wildlife. Even the overripe, bruised,



Looking forward to next year's harvest

holed or slightly rotten stuff that we do not wish to eat ourselves will benefit thrushes, hedgehogs, butterflies and beetles. We recognise that human visitors to the orchards and their pets will need to look out for wasps (and perhaps hornets) at certain times of year, but this is a price worth paying for these creatures which do us a great favour as natural pest controllers. So, it will soon be time for apple pie, pear crumble, damson gin and plum jam! The communities participating in our Scattered Orchards project can really look forward to a feast of food, drink, wildlife and fine views.



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A Perfect Partnership

What's it like to make a living based in an Area of Outstanding Natural Beauty? CATHY SHELBOURNE meets Anthony Cullen, internationally acclaimed photographer, who does just that!

Stroll around Pin Mill at any time of the year, and chances are you will meet award-winning photographer Anthony Cullen – helping students on his photography courses, launching his boat from the sailing club, or enjoying a pint of Adnams in the Butt and Oyster pub!

The picturesque collection of colourful cottages, barges and boatyards that is Pin Mill, on the shores of the estuarine Orwell, in the Suffolk Coast & Heaths AONB, attracts visitors from all over the world. And eighteen years ago it drew Anthony and his family from London.

"We wanted to live somewhere surrounded by natural beauty. My wife Louise remembered Pin Mill as a magical place from her childhood, and when her parents moved to Suffolk, we decided to move too. We bought a house in Chelmondiston and managed, with our friend Brett, to secure the studio in Pin Mill with panoramic views over the village and river.

"What I love about Pin Mill is its timelessness. It's still a working port, and from my studio I can hear the hammering on the barges, the halyards clinking on the yachts – as well as the waders calling on the foreshore. It's an absolutely beautiful

place, constantly changing, and I want to share that with other people."

Seven years ago he set up his Photographic Day workshops. Participants arrive at Pin Mill from all over the country, and particularly London, for the monthly group courses, quarterly portrait and Photoshop workshops or one to one sessions in between times. After an introductory talk, he helps them photograph the shoreline below and the woods behind the studio, returning to share experiences and expertise, followed by a delicious lunch in the pub! He also runs his workshops at the Suffolk Food Hall, further up the river Orwell – with stunning views of the Orwell Bridge, surrounding landscape and lots of wildlife along the river. The day includes another delicious lunch, this time in the Cookhouse!

"To be able to work in that beauty is a privilege," he says. He also enjoys working for clients who are themselves based in the AONB, and in particular, Adnams (and not just because he likes their beer!). "They are an old family business based in Southwold, who are down to earth but also very aware of the environment, as demonstrated by their famous distribution centre and its sedum roof. I love working on photography shoots in the brewery house."

Many of Anthony's clients' photographic assignments take him far further than Suffolk. Next month he will be returning to China, to shoot Jaguars (of the automotive variety) in the interior. Just before Christmas he was in Dubai filming Jetman, Yves Rossy, racing across the sky, and then in Mumbai photographing a dabbawalla in a Jaguar XJ competing against a colleague delivering dabbas (boxes of home-cooked food) using more traditional transport (the Jaguar won).

His career as a photographer took off when he won *The Observer* Hodge Photographic Award in 1994. The Award was established in memory of photojournalist David Hodge, who was fatally injured whilst covering the Brixton riots, and it has helped launch many aspiring young photographers.



Whilst at university studying film and photography, Anthony joined a humanitarian trip to Bosnia. "I arrived in Mostar just after the bombings, and a doctor grabbed my arm and took me round the wards. I was so fearless; I had never experienced war and didn't know what to expect. I then carried on the assignment documenting concentration camp survivors rescued by the Red Cross arriving in Essex; what I saw became my winning portfolio."

He has worked as a freelance ever since, undertaking commissions for *The Guardian*, *The Observer*, *The Telegraph* and corporate clients such as Hayman's Gin and Bentley.

However far afield his work is, home for Anthony means his family, community, friends – and the sense of belonging that he gets from living in an area with people passionate about their surroundings. "It's wonderful that visitors to Pin Mill can enjoy this too – I love to see them spilling out of the pub, children paddling in the stream, families picnicking on the common. This is a place that can be used by everyone – as it should be."

All the photos on this page are of Pin Mill and were taken by Anthony Cullen. They are for sale on his website www.photographicday.com. The bird's eye view of Pin Mill was taken outside his Studio

Pottering around Pin Mill

Suffolk's most famous hamlet is the perfect place to potter around, whatever the weather. Anthony Cullen's Studio and Gallery is approached through the Wild Raspberry textiles and ceramics café www.wildraspberryonline.co.uk. If you are looking for something stronger, the Butt and Oyster www.debeninns.co.uk/buttandoyster serves a range of beers including Adnams, as well as food, in very scenic surroundings. Walkers can stride through the National Trust's woodland, past the community of barge owners on the foreshore. Cyclists can use the Pin Mill AONB Cycle Explorer sponsored by Adnams! www.suffolkcoastandheaths.org/publications. Dinghy sailors, yachts and bargemen might like to steer a course for the Pin Mill Sailing Club www.pmsc.org.uk, to the boatyards run by Webbs (tel: 01473 780291) or to Harry King www.kingsboatyard.co.uk. For further details on Anthony Cullen's photographic workshops and prints for sale, see www.photographicday.com or for information on his corporate and editorial work, take a look at www.anthonycullen.com.



Managing Water Holistically

The aim of the Suffolk Holistic Water Management Project is to consider water holistically, looking to manage this valuable resource so as to maximise its economic and environmental benefits and minimise flood risk.

There are now five working groups taking forward various aspects of the Holistic Water Management Project (HWMP): the Felixstowe Peninsula project; Reservoir Planning and Consents Streamlining Project; Debenham Flood Risk Management Project; Water Framework Directive (WFD) and Channel Improvement Project; and the Abstraction Reform (licence trading) Project.

Last November, thanks to the NFU, the project group were given the opportunity to discuss the project with Sarah Hendry, Director of Water and Flood Management at Defra, particularly focussing on the issues raised by the Felixstowe Peninsula project. She was very impressed with the partnership and the determination to succeed even if legislation and policy aren't always as helpful as they could be! Her visit to the area included farm visits to view practical local approaches to water management, including how farmers are working with water companies to share available water resources.

For more information see www.greensuffolk.org/hwmp



King's Fleet pump outfall

Grants to Minimise Flood Risk

Money to help protect homes in Essex against surface water flooding is now on offer through programme grants for local authorities, risk management authorities and organisations. The grants are part of Essex County Council's five-year Essex Flood Prevention Capital Programme.

Councillor Roger Hirst, Essex County Council Cabinet Member for Customer Services, Libraries, Planning and the Environment, said: "As a Lead Flood Authority, we have already identified a number of flood resilience schemes across the county to deliver before March 2016. Now, these grants are an opportunity for our flood partners to access financial support towards the delivery of their own capital and other eligible flood minimisation projects."

The partnership Programme Grant has been designed to work alongside the funding programmes of other risk management authorities and organisations involved in flood risk reduction in Essex, including councils, community groups, Environment Agency, water supply and sewerage companies, Essex Highways, Essex Fire and Rescue Service, voluntary organisations, charities and conservation bodies.

An Expression of Interest form can be found at www.essex.gov.uk/flooding or contact the Flood and Water Management Team on floods@essex.gov.uk.

Future Flood Risks A view from Neil Winship

Storms Abigail to Frank etc. elicit sympathy for those flooded, as did inundation of the Somerset Levels and our Suffolk Coast flooding in 2013. A wish to blame and seek greater protection is understandable, but we are warned that occasional overtopping of walls is expected. We may ask why, where and when.

Floods arise from excessive rain in a river's catchment area, from the sea when a storm surge coincides with a high astronomical tide, and from combinations of those factors.

Climate change is causing more rainstorms whose run-off must somehow drain in to the sea. If storm water pouring downriver meets a high sea level in the estuary, the water level is bound to rise. Walls may be overtopped. Storms, typically off Scotland, can blow water

down the North Sea. If that coincides with local low pressure, there may well be a storm surge adding to the astronomic tide.

The sea level is dominated by tides caused by the moon and the sun. Along our coast there are usually about 20 high spring tides per month. Since rainstorms and surges are not caused by the moon and the sun, the probability of the former coinciding with a high tide at a particular place, should be multiplied together to give the chance of local overtopping.

Clearly storms affecting the UK occur mostly in Winter so the probability of overtopping is higher than in Summer. Since the frequency of storms is increasing, the probability of coincidence and therefore overtopping is set to rise. The National Tidal and Sea Level Facility (NTSLF) and the Met Office model these factors and enable the Environment Agency to issue their remarkably reliable flood warnings. Anyone wishing to join in tailoring the predictions and forecasts to a particular place, is invited to e-mail me at neilwinship@directsave.net



The River Stour in flood at Dedham

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House sign collage prices

Portland limestone date stones (top left)
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Black slate monolith (bottom left)
800mm x 200mm x 30mm - £230. Hand drawn sans letters painted ivory with gilded dish.

Round plum riven slate sign (bottom right)
250mm diameter x 20mm - £195. Celtic letters and numbers painted light grey.

These prices include cutting of stone, preparing for carving, shaping and the plaques prepared for fixing. Delivery and installation costs depend to distance and work involved.

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Suffolk Master Composters

Meet Betsy Reid – master of all she composts! A keen and active environmentalist, Betsy is one of the original volunteers that make up Suffolk Master Composters, a group of enthusiastic educators trained to promote the many benefits of home composting and provide practical advice across the county.



Master Composters are supported by Suffolk Waste Partnership and Garden Organic and form part of an international network. Their activities are wide and varied – in 2015 Betsy and colleagues could be seen at shows, fetes and fairs and in schools throughout the county teaching people of all ages how to create their own compost from everyday garden and food waste, build their own wormeries, find the best composting systems and how to use it as a growing medium.



According to Betsy: "There are many ways into home-composting - some people respond to saving money by making and using their own fertiliser, or to reducing environmental impact by not sending their stuff away in big lorries. Other people enrich their immediate natural environment by dealing with garden 'waste' in situ, and some become entranced by the process and fall in love with all the critters they find."

Betsy has also been instrumental in creating Waldringfield's Community Composting project, the first of its kind in Suffolk, where four Master Composter volunteers are amongst a team helping residents reduce and process the food waste they create. She is currently supporting prisoners at Warren Hill prison's exemplary new vermiculture (worm farm) project. "Bringing people and the natural environment together in ways that are practical and manageable for their particular situations is fun for both me and the folks I talk to!"

If you are interested in becoming a Master Composter, or would like a visit from a volunteer please contact mastercomposters@suffolk.gov.uk or visit www.greensuffolk.org/recycling/reduce-and-reuse/home-composting/mastercomposters

Lightweight Bottles for Adnams

Next time you knock back a pint of Adnams, you can look at the bottle in a new light. One of the biggest businesses in the AONB, Adnams Brewery based at Southwold, has come up with a lightweight bottle that has an additional annual carbon saving of 100 tonnes thus removing 115 tonnes of glass from the waste stream. Adnams has partnered with glassmaker O-I to develop the UK's lightest branded 500ml glass premium ale bottle.

Benedict Orchard, environmental sustainability manager at Adnams, commented, "Constant environmental improvement is part of the DNA at Adnams. We wanted to see how far we could push our bottle as it is a key component of our overall carbon footprint." O-I's designers and manufacturing personnel at Harlow were able to shave weight off while retaining the distinctive shape and height of Adnams' bespoke bottles. For more information see www.adnams.co.uk



www.suffolkcoastandheaths.org

New Funding in the Wind

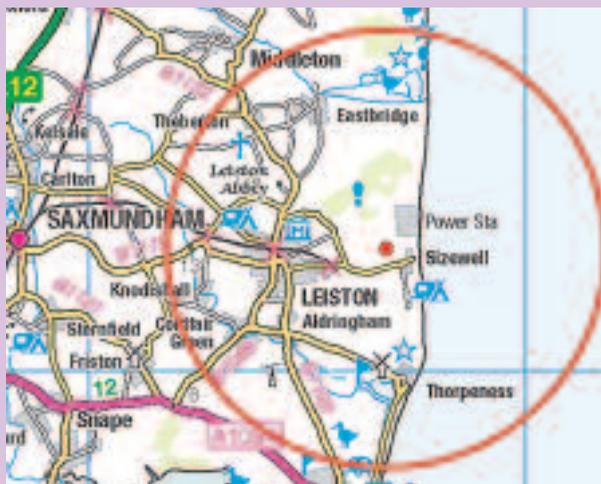
Launched in early 2016 the brand new Galloper Wind Farm Ltd (GWFL) Fund is aimed specifically at the communities in and around Leiston that undertake projects contributing to the appearance, setting, conservation, amenity, accessibility and enjoyment of the local area.



Toby Edmonds, GWFL Project Director said, "We are delighted that the Fund will benefit those areas closest to the onshore infrastructure of the wind farm and look forward to seeing it make a real long term difference to the area." Communities that could benefit over the next 17 years will be in a newly defined geographic area of 5km radius from Sizewell, including the villages of Leiston and Sizewell as well as Eastbridge, Theberton, Knodishall, Coldfair Green, Aldringham and Thorpeness.

The Fund is established alongside the development by Galloper Wind Farm Limited to build a substation and cabling and connection at Sizewell in association with its offshore wind farm. The offshore cabling comes ashore at Sizewell, to make a grid connection to existing National Grid infrastructure there, and the Galloper project signifies a major boost to the UK economy.

As part of this development a section 106 agreement has been made by Suffolk County Council, Suffolk Coastal District Council, the Ogilvie Estate and Galloper Wind Farm Limited. The agreement makes provision for a fund, managed by Suffolk Coast & Heaths AONB, which is agreed at £187,000 over 17 years, to be paid at £11,000 per annum, starting in 2016-17. There is an annual application process, with the next grants becoming available for 2017-18. Information at www.suffolkcoastandheaths.org/grants-and-funding



Camouflage, Pebbles and Eggs

Four Suffolk primary schools taking part in an Amenity and Accessibility Fund project with Sudbourne Park Printmakers learnt exciting new print techniques, and gained an understanding of the importance of the Little Tern. Children at Benhall, Bures, Earl Soham and Sandlings schools produced print images relating to the Little Tern, by exploring camouflage, pebbles and eggs. They used their wonderful drawings of the Little Tern, done in their classrooms, as reference for the three print processes: monotypes, press prints and transfer monoprints. The children thoroughly enjoyed their day, and a talk about the plight of the Little Tern by Catherine Mercer, the Graduate Trainee for Touching the Tide, was a very positive addition to the project. Jennifer Hall, www.sudbourneprintmakers.com

Get Snapping!



Suffolk Wildlife Trust's Annual Photography Competition was launched at Easter, with a range of new categories, judges and prizes. "The competition is about

captivating people and inspiring them to take action for the natural world," says Development Manager Michael Strand. "Last year 15% of the images were submitted by under 20 year olds and five of the category winners were first-time competition entrants so there is a good chance to catch the eye of our judges. The competition is free to enter and everyone's photographs are welcome."



To enter your images and find out all the details please go to: www.suffolkphotography.org

Photo by Kathy Langbridge, who was the competition judges' winner and the public's favourite in 2015.



Growing Homes for Wildlife



Wildlife brings joy and company into our lives. The interconnected web of creatures, and the places they live in, supports our lives and livelihoods. In June 2015, a new voluntary organisation was set up in Felixstowe to promote wildlife conservation so that everyone can participate. Felixstowe's Community Nature Reserve was founded by Dr Adrian Cooper to encourage gardeners, allotment owners and window-box owners to grow as many wildlife-friendly plants as possible. Although Felixstowe's Community Nature Reserve is an independent voluntary organisation, they often work alongside other groups eg Suffolk Wildlife Trust, East Suffolk Greenprint Forum and Felixstowe Forward, to promote the idea that we can all take responsibility for local wildlife, and we can all get involved.

If everyone in Felixstowe took part - even by devoting only a few square feet of their land - the collective effect on wildlife across Felixstowe would create a community nature reserve. The more communities in and near the Area of Outstanding Natural Beauty that adopt this approach the greater the effect will be.

There are many resources available: www.facebook.com/FelixstoweCommunityNatureReserve, Suffolk Wildlife Trust's wildlife focused site: www.suffolkwildlifetrust.org/gardens and www.plantlife.org.uk



Val Armstrong and Jennifer Hall show the children of Bures Primary School the two monoprints they had just made. Inset: A pupil from Bures Primary School prepares her Little Tern image for a press print.



Environment Minister Rory Stewart witnessed the signing of an Accord by Jim Bailey, Chairman, National Parks England and Philip Hygate, Chairman, National Association for AONBs

Landscapes for Life

Rory Stewart, Parliamentary Under-Secretary at the Department for Environment, Food & Rural Affairs (Defra), told AONB and National Park Chairmen at the annual one day Landscapes for Life chairmen's conference in November 2015 organised by the National Association for AONBs (NAAONBs) that "Protected Landscapes are at the heart of what Defra try to do."

He added that AONBs are "astonishingly, movingly and staggeringly beautiful areas," and that "we must not forget the genius of the words Area of Outstanding Natural Beauty." The Minister was at the conference to witness the signing of an Accord between the NAAONB and National Parks England. The Accord builds on past informal work and more recent closer collaboration, and resulted in the publication of *So Much More Than The View* earlier last year.

The Minister's support follows the Chancellor's Autumn Statement 2015 in which George Osborne announced that "Funding for National Parks and Areas of Outstanding Natural Beauty will [also] be protected." Elizabeth Truss, Defra Secretary of State and MP for South West Norfolk, re-enforced this in her Open Environment speech, outlining the department's focus on a plan for continuous improvement. "Like the environment, it will be a living thing - because we will always be learning.... harnessing the British passion for nature and giving people the tools to achieve improvements themselves. We are calling this approach Open Environment."

The theme of the chairmen's conference was *Protected Landscapes: We Mean Business* and invited speakers included Nigel Chapman and David Wood, chairmen from the Dedham Vale and Suffolk Coast & Heaths AONB advisory committees respectively, who gave presentations on the value and relevance of the AONB designation to projects undertaken with local businesses. Attendees also heard about National Grid's Landscape Enhancement Initiative. The AONB chairmen invited the minister to visit the Suffolk/Essex AONBs in 2016 with the enticement of fish and chips on Aldeburgh beach.



Outstanding Week 17-25th September 2016

Keeping it Special

A view by Simon Amstutz, AONB Manager



I am often asked... "What is an Area of Outstanding Natural Beauty, what do you actually do, and why do you do it?" The brief answer is that an AONB is an area of land that has been deemed so important to society that it is designated by Government.

What we do relates to protecting the natural beauty of the area, by influencing planning policy and consents, facilitating projects that enhance the areas landscape and wildlife, and informing as many people as possible about the special qualities of the area. When people enquire why I do my job, I ask them to think of their favourite place in the AONB. The response is often a view, a walk or a glimpse of wildlife and I can then bounce off their interest to discuss our work.

We are a publically funded team - 75% of our core costs for the AONB work come from central Government with the rest from local Government. Every pound we take from the public purse we match with another pound from sponsorship, donations, grant applications and income generation to deliver project work, thus doubling our 'turnover' and ability to conserve and enhance this special area.

The team has reduced its costs through restructuring, moving office, and developing our volunteer support (by around 35%). We have maintained a very active staff team and a grant scheme, known as the Sustainable Development Fund, to communities to improve the environmental, social and economic aspects of the AONB.

A recent publication commissioned by National Parks England and the National Association for AONBs (*So Much More Than The View*) revealed that the value of internationally special areas like the Dedham Vale AONB and the Suffolk Coast & Heaths AONB to the national economy was over £20 billion annually. The core AONB

team cost society as little as 6p per person per year.

The value of these landscapes includes the health benefits that they can provide. Numerous studies demonstrate that physical and mental health can be improved through access to natural spaces, and our AONBs can be enjoyed without damaging the very essence of what makes it so special.

What does the AONB team actually do? Firstly we should acknowledge that the staff team is accountable to a Joint Advisory Committee team made up of local councillors that provides a scrutiny function on expenditure and business planning. Behind that lies the AONB Partnership, made up of representatives of environmental, business and agricultural interests.

The staff team works in a number of ways. It intervenes in the planning system, working to ensure the development that does go ahead contributes to the natural beauty and special qualities of the area. We run a team of dedicated and amazing volunteers that undertake a variety of environmental project work. We also support parish councils and community groups to undertake projects that enhance their local area.

The staff team seeks to improve the understanding of what is an historic landscape, facilitating archaeological projects, often funded from external partners. We aim to communicate what is so special about the area through our website, a bi annual newspaper and through a series of public events including the ever popular annual forum. We also work on transport related schemes and projects to help our wildlife. It is widely reported that 60% of our recorded wildlife is in decline and the AONB team has facilitated projects to help barn owls, otters, the native black poplar tree and bats, as well as undertaking habitat management of grasslands and saltmarshes, planting trees and hedgerows and clearing invasive scrub from delicate habitats that help our less well known species of wildlife.

So in answer to my original question ... what do you actually do? For such a small team my answer is... an awful lot! I think that the team makes the AONBs in Suffolk and north Essex a better place for residents, businesses, visitors and wildlife alike. A superb natural environment helps our rural economy and literally makes us all healthier.

Extracted from article written for the Colne-Stour Countryside Association newsletter, February 2016



Sutton - Before and After

UK Power Networks have now completed a £500k scheme to remove 5km of overhead power lines and replace with underground cable at Sutton Heath and Common, near Woodbridge. The Heath (owned by Suffolk Coastal District Council) and the Common (owned by the Broxstead Estate), are managed by SCDC and Suffolk Wildlife Trust. It is a special place for wildlife and offers miles of footpaths for people to explore this rare lowland heath habitat. It joins a list of several completed schemes in the Suffolk Coast & Heaths and Dedham Vale AONBs. More schemes are proposed for the future, thanks to a special allowance from electricity regulator Ofgem to improve visual amenity in National Parks and Areas of Outstanding Natural Beauty. Explore this area with our Sutton Heath Explorer Guide - downloadable from the AONB website.

Landscape Enhancement Initiative

National Grid's Landscape Enhancement Initiative is a new strand within their Visual Impact Provision project. This allowance from Ofgem has an ambition to provide up to £24 million over six years (2015 to March 2021) to reduce the visual impact of National Grid's existing infrastructure and improve the related visual quality of the landscape.

While some views of transmission lines may be screened or softened, in cases where it may not be possible to address the impacts of the electricity line directly, it might be feasible to shift the balance of the impacts by enhancing the local environment in other ways.

We're in the early stages of considering projects within the Suffolk Coast & Heaths and Dedham Vale AONBs that will fit the scope of this initiative, and hope to be putting forward schemes to enhance biodiversity, restore historic landscape features or improve recreation opportunities.

For more information about the Landscape Enhancement Initiative see: www2.nationalgrid.com/UK/In-your-area/Visual-Impact-Provision Or if you have a particular project idea you would like to put forward for consideration, please contact Paula Booth at the AONB team.

Two recent reports reveal how tourism and the local economy reap rewards from our AONBs

Areas of Outstanding Natural Benefits

What's free to enter, open all year round, costs society less than £1 per person per annum, and lies within half an hour's travel of more than two thirds of the population of England?

Yes, it's an Area of Outstanding Natural Beauty or National Park – and in Suffolk and Essex we have two of these 'economic powerhouses,' so-named by a new report from Destination Research. The report may have a serious title – Economic Impact of Tourism – but it reinforces the message of the catchier So Much More Than the View publication jointly produced by England's AONBs and National Parks to demonstrate their value and relevance.

"Put the two together," writes John Grant, respected environment correspondent for the East Anglian Daily Times, "and you have ample evidence of just how lucky Suffolk and Essex are to be able to boast of not one but two much-loved and treasured Areas of Outstanding Natural Beauty. That's lucky in terms of the economy, lucky in terms of wildlife and lucky in terms of public access."

Overall, these economic powerhouses contribute more than £200 billion to the national economy. Locally, our two

AONBs bring in almost a quarter of a billion pounds. "Although the designated areas are relatively small in terms of area," says Simon Amstutz, Dedham Vale AONB and Stour Valley, and Suffolk Coast & Heaths Manager, "they punch well above their weight in terms of natural beauty and contribution to economic recovery. These figures have shown an increase since 2013 of more than £2m in the Suffolk Coast & Heaths, and in the Dedham Vale AONB an increase of £7m since 2010."

There are many reasons for the increases, but the role of the landscapes in supporting economic growth is invaluable. "Protecting our landscapes is imperative," adds Simon. "It's not just about the value of tourism and the related employment. The ability of our businesses to recruit and retain the best staff, and attract interested and aware visitors can only be sustained by maintaining our outstanding landscapes and the opportunities they provide for quality leisure time and outdoor activity."

John continues: "The pulling power that lures tourists to the two cherished areas is based on a wide variety of characteristics... Dedham Vale which includes Constable Country features attractive lowland English landscapes on the Suffolk-Essex border... The larger Suffolk Coast & Heaths includes scenic estuaries, ancient heaths, windswept beaches and historic towns and villages, and is especially noted for its virtually unrivalled range of wildlife species.

Rightly regarded as a treasured national resource, they provide a base for businesses that rely on a high-quality environment, creative and sporting inspiration, homes for people and wildlife, food and drink and life-enhancing experiences for millions of people of all ages."

For more information about recreation in the AONBs please see the publications pages of www.dedhamvalestourvalley.org and www.suffolkcoastandheaths.org for a range of walking and cycling guides, or take the Outstanding Landscapes Quiz (link from the websites) to learn about the natural and cultural heritage of each AONB.



Tracey Brinkley took on the role of Tourism Development Officer at Babergh and Mid Suffolk District Councils in October 2015. She says: "The starting point for the two councils is the Babergh and Mid Suffolk Visitor Destination Plan which was produced by AECOM in May 2015. You can view the report which is in two parts, and lots more information about the Tourism Development work, on our website www.babergh.gov.uk/business/economic-development/tourism-development-in-babergh-and-mid-suffolk/

"I would be really pleased to hear from anyone who is interested in being involved further – either in our stakeholder workshops or the creation of a Tourism Action Group in your area. We are also looking at creating Tourism Character Areas (TCA) which have a business led Tourism Action Group (TAG).

"These Action Groups would also be vital in working with other areas, and neighbouring towns to create other initiatives that encourage visitors to travel through the area and stay longer. The report particularly highlights some key themes which can be exploited for the area – those being Wool Towns and the Gainsborough and Constable connections."

Contact Tracey on 01449 724637
tracey.brinkley@baberghmidsuffolk.gov.uk
www.babergh.gov.uk
www.midsuffolk.gov.uk



The natural benefits of the AONBs. Top Right: a nature visit to the River Stour; and the charming cottages of Stratford St Mary. Above: the Dunwich Dynamo cycle run attracts entrants from all over the world, and finishes at dawn on Dunwich beach.

Photo by Cathy Shelbourne

Photo supplied by the River Stour Trust

The economic value of tourism in the AONB

Suffolk Coast & Heaths Area of Outstanding Natural Beauty

Total value of tourism to the local economy in 2014: £191.8m
 Total number of trips: 4,028,128 (day trips: 3,719,828; 'staying' 308,300)
 No. of full-time equivalent jobs indirectly supported: 3,104; directly supported: 4,243

Dedham Vale Area of Outstanding Natural Beauty

Total value of tourism to the local economy in 2014: £52.2m
 Total number of trips: 820,500 (day trips: 718,500; 'staying' 102,000)
 No. of full-time equivalent jobs indirectly supported: 834; directly supported: 1,162



Shingle Garden Thorpeness and Sizewell

Clare Curtis, Printmaker/Illustrator

Here is a wonderful shingle garden and if you time it right you can catch the sea kale in full flower: mound after mound of frothy white flowers with the scent of honey. You have to walk to get there and part of the footpath on towards Sizewell is through a tunnel of blackthorn, shaped and pruned by the sea wind. Eventually you come out on Sizewell beach and walk amongst the fishing boats and winches until you reach Sizewell cafe and a welcome cup of tea.

Castle House in Dedham

**Elli Constantatou,
Tourism Marketing and
PR Manager, Visit Essex**



Castle House was the home of artist Sir Alfred Munnings, who lived there from 1920 until his death in 1959. Although he travelled widely fulfilling commissions around the UK and abroad, it's clear from his memoirs and letters that he was always homesick for Dedham and once you have visited the area you will understand why. As well as viewing the largest single collection of the artist's work, which includes many local landscapes as well as his more famous equestrian portraits, you can explore Castle House and admire his beautifully restored Tudor and Georgian home. Don't miss Munnings' garden studio, much as it was when the artist was in residence, and the delightful Garden Café is a must for a home cooked lunch or afternoon tea.

www.munningsmuseum.org.uk

Stour Valley Path between Stoke by Nayland and Thorington Street

**Will Akast, Catchment Delivery
Manager - Suffolk, Environment Agency**



This is my favourite section of the whole Stour Valley Path. It passes through some particularly beautiful countryside and you feel on top of the world as you get stunning views of the Box, Brett and Stour valleys in this short section of path. It is magical at any time of year; I have walked it in 30C and -2C and I still love it. It's accessible on foot from Stoke by Nayland, where there are great pubs and a brilliant village shop to supply refreshments. There is also a wonderful second hand bookshop in which to spend time after being outside.

Two views of Arger Fen

**Nigel Chapman,
Chairman, Dedham
Vale AONB and Stour
Valley Joint Advisory
Committee (JAC)**



As a youngster in the 1950s I always looked forward to the Spring and the opportunity to go with my grandparents in their Morris 14 to the 'Bluebell Woods' at Assington and, perhaps, hear the cuckoo too! We would park as best we could on the roadside and scramble through to the woods. Nowadays this area is part of the Arger Fen and Spouses Vale nature reserve, owned and managed by Suffolk Wildlife Trust; a fascinating mosaic of ancient woodland, alongside fen meadow and regenerating woodland. There are basic car parking facilities on site and marked trails through what is now an extensive reserve. But it is as much a joy for me today as it was then!

Justine Paul, Suffolk Market Events



Arger Fen is one of my favourite places to visit especially during those early spring days when the woodland floor is literally covered in a blue carpet. No surprise that the other name for Arger Fen is the 'Bluebell

Wood'. This stunning nature reserve, located about 7 miles from Sudbury, really is the perfect place for a family walk. The track starts out through ancient woodlands which soon become pine trees before opening out into grasslands and meadow. Across the meadows and you are back into woodlands which meander down to the river's edge, a perfect wild garlic spot in March!

Full details can be found at
www.suffolkwildlifetrust.org

Dunwich Heath

**Andy Jefferies,
Wild Days Conservation**



Dunwich Heath is the location for the first of our new wildlife conservation and research holidays on the Suffolk Coast. From the clifftop the view encompasses the huge range of habitats that make this area one of the finest wildlife sites anywhere in Britain. The beach is the golden strand connecting the mysterious vegetated shingle of Orford Ness, Minsmere's wetlands and the sandy slopes below. The cliff is the final stand of the heathland giving way to woodland, which spreads inland from the easily accessible National Trust centre. And all this from the cosy lookout, complete with tea and scones!

St Botolph's Church, Iken

**Dr Richard Hoggett, Senior Archaeological
Officer, Suffolk County Council**



Iken church stands on the site of one of the oldest recorded churches in Suffolk and deserves to be better known as one of the key sites in East Anglia's history. The Anglo-Saxon Chronicle for the year AD 654 records that a missionary called Botolph began to build a church at 'Icanho', barely a generation after East Anglia's first contact with Christianity. 'Ho' is an Anglo-Saxon term for a spur of land and the church sits on a narrow promontory in the River Alde. Although much of the area to the east has now been reclaimed, approaching from the west along the footpath from Snape Maltings still gives a strong sense of its riverine setting. The original wooden church was rebuilt in stone after the Norman conquest, but archaeological excavations conducted in and around the church in 1977 revealed earlier structures relating to Botolph's church. A large piece of an Anglo-Saxon carved stone cross-shaft (a rare and important find in Suffolk) was also discovered built into the base of the tower – this was carefully removed and is now displayed in the church for all to see.

Rowley Wood (formerly Cherry Wood) Stoke by Nayland

Simon Amstutz, AONB Manager

This is a place to reflect on life. Just off the Stour Valley Path you can get glimpses of the outstanding Stour Valley landscape while enjoying the intimate feel and closeness to nature amongst the ancient trees. From the church take the footpaths south and follow the signs www.stokebynaylandprimaryschool.org.uk/our-community/rowley-wood

Shotley Peninsula

**David Wood, Chairman,
Suffolk Coast & Heaths
AONB Partnership**



My favourite place has to be the Shotley Peninsula. I enjoy the contrast between the two rivers - the hustle and bustle of the Orwell and the quiet solitude of the Stour. Highlights for me are the creeks, the feeling of drifting back in time at Pin Mill, cycling around Alton Water, quiet walks along the river banks, watching divisions [parades] at the Royal Hospital School and eating, drinking and socialising in the local pubs.

Minsmere sluice chapel, Eastbridge

**Simon Amstutz,
AONB Manager**



Many senses are touched here where the Suffolk Coast Path meets the track from the village of Eastbridge. There's a feeling of awe at the dynamic coast, a sense of history - the chapel dates to pre-1500 and was subsequently used to camouflage a pillbox – and a sense of remoteness and the power of nature. This is an outstanding landscape and heritage. To get there, follow the footpath east from just north of the Eel's Foot pub in Eastbridge. Don't forget to download our excellent pub guide walk at: www.suffolkcoastandheaths.org/assets/Publications/Pub-Walks/SCH-PubWalks-09-Eastbridge.pdf

Saltmarshes

Liz Ferretti, writer and freelance journalist



I have a bit of a thing about saltmarsh. My favourite patches of this precious habitat are on the Alde and Ore, south of Orford and round into the Butley River. They are easily reached along river walls. Saltmarsh changes daily as the tide fills the sinuous mud channels, leaving interesting flotsam and jetsam behind, the water reflecting what's going on in the sky. Saltmarsh also changes through the seasons. I watch for the first signs of samphire, after that there's sea purslane, pink thrift bobbing about and later in the summer, great carpets of sea lavender.



Southwold

Anthony Cullen, Photographer, Photographic Day

Apart from Pin Mill (see feature on page 4), the other place in the AONB that stands out for me is Southwold and in particular the buildings, locations and people of Adnams. Over the past ten years I've photographed various aspects of this company and always loved the beauty of its locations, the heritage of its buildings and the down to earth and genuine nature of everyone I've worked with. Whether it's the brewery and distillery at East Green or the sedum roof of the distribution centre there's always something to inspire a creative and natural shot. It's also relatively easy to get a slice of it yourself on the frequent brewery and distillery tours. Southwold has incredible seascapes, with its great pier and old worn down groins and easy access to Walberswick and Dunwich which both boast amazing views and of course wildlife. Southwold is very accessible by car, bike, foot and even by boat, with a harbour and moorings on the outskirts of the town. www.tours.adnams.co.uk
www.southwoldpier.co.uk

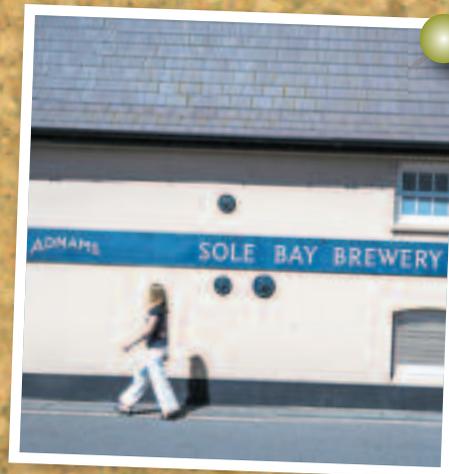


Photo for Adnams, Southwold, by Anthony Cullen

Flatford

Amanda Bond, Visit Suffolk



Straddling the border of Suffolk and Essex, Flatford, also known as Constable Country, is completely awe-inspiring. With its stunning landscape it's easy to understand why John Constable was once influenced by its beauty. There are many walks to explore in the area including two long distance trails, plus some more convenient, shorter paths around Flatford Mill, Willy Lott's House and other famous locations. Or grab a bike and follow the 'Painters' Trail'. Whether your exertions are by foot or by bike, treat yourself to the freshest cakes and coffee around at the National Trust's Riverside tea room, which opens up onto the magical vistas. Getting there couldn't be easier or more eco-friendly. Hop on a 'Bike & Go' at Manningtree Railway Station and begin your journey around Constable Country straightaway.

www.bikeandgo.co.uk/blog/bike-go-exploringconstable-country
www.dedhamvalestourvalley.org/publications/guide-to-the-aonb

Lamarsh, near Bures

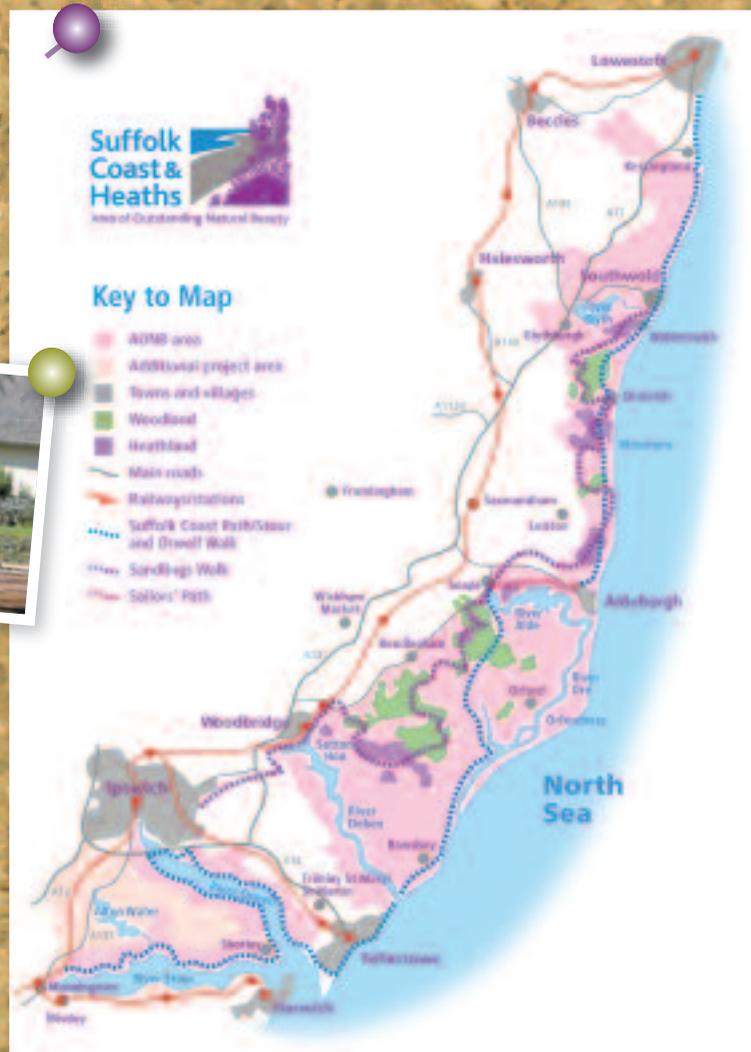


Robert Erith, Chairman, Dedham Vale AONB & Stour Valley Partnership

Lamarsh is a tiny, little-known village with 25% of its 82 dwellings grade 2 listed. The attractive farmland and woodland stretches down to the Stour with tiny sunken lanes and a network of footpaths connecting with Alphamstone, Bures and the Stour Valley path. Bures station is 1 mile away. Look out for these four special places: the Grade 1 Church of the Holy Innocents, with its Norman round tower dating from 1140 or earlier which is open all daylight hours. www.lamarshchurch.org.uk; Daws Hall which features in a painting by John Constable, and has a fascinating garden and nature reserve, with open days for the National Garden Scheme. www.dawshallnature.co.uk; Shrubs Farm with gardens open, by appointment only, from May to October with glorious views over the Stour valley and a collection of 70 varieties of oak. The large thatched, timber C18th barn is where refreshments are provided. A grass maze, collection of Bronze Age burial urns, and the only Black Rhinoceros in Essex are amongst other curiosities. www.shrubsfarm.co.uk; and The Lamarsh Lion, a traditional pub and hostelry since 1305, with glorious views over the valley.

Out and About in the AONBs

We asked people who work in the AONB where they would recommend to visit. Let us know your thoughts on these places - and if you have any favourites of your own.



A selection of events

APRIL

Saturday 9
Saturday 23 to Sunday 22 May
Saturday 16, Sunday 24
Friday 29 to Monday 2 May

Photography Days | Havergate Island, Orford | www.wasuffolk.co.uk
Alde Valley Spring Festival | Great Glemham | www.aldevalleyspringfestival.co.uk
Local Birding Tours | Sizewell, Westleton and Tunstall | Alex Bass, localbirding@aol.com
Wild Days Conservation | 3 night Suffolk Coast Research and Conservation Working Holiday Dunwich & Minsmere | www.wilddaysconservation.org/holidays/suffolk-spring-break

MAY

Sunday 1 (and other dates)
To Saturday 7

Local Birding Tours | Snape Maltings and Iken | Alex Bass | localbirding@aol.com
Magic of Minsmere weekend walks | Minsmere | www.rspb.org.uk/discoverandenjoynature/seenature/events
May Fair | Suffolk Wildlife Trust, Foxburrow Farm | www.suffolkwildlifetrust.org

Sunday 8
Thursday 12

Dedham Vale & Stour Valley Forum: Wonders of the Outstanding Landscape | The Venture Centre, Lawford, Manningtree | www.dedhamvalestourvalley.org
Suffolk Walking Festival | Throughout Suffolk | www.suffolkwalkingfestival.co.uk
4th Bury St Edmunds to Clare Challenge | Finish at Clare | www.positivestepspt.co.uk/bury-to-clare-challenge

Saturday 14 to Sunday 5 June
Sunday 15

Hadleigh Show | Hadleigh | www.hadleighshow.co.uk
Dragon Boat Festival | Oulton Broad, Lowestoft | www.dragonboatfestivals.co.uk
PhotoEast: A new world class photography festival for Suffolk | Suffolk wide | Ipswich and Halesworth | photoeast.co.uk/programme

Saturday 21
Sunday 22
Tuesday 24 to Saturday 25 June

BBC Springwatch | Three weeks of broadcasts RSPB Minsmere | www.bbc.co.uk/programmes/b007qgm3
Spring Walks - Deben Marathon | Spring walks organised by Woodbridge Rotary Club | Woodbridge | www.woodbridgerotary.org.uk
Spring Walks - Around Woodbridge | organised by Woodbridge Rotary Club | Woodbridge | www.woodbridgerotary.org.uk

End May to early June

Sunday 29

Monday 30

JUNE

Wednesday 1 to Thursday 2
Sunday 12
Friday 10 to Sunday 16
Saturday 18
Sunday 26

Suffolk Show | Trinity Park, Ipswich | www.suffolkshow.co.uk
Taste of Sudbury Food and Drink Festival | Sudbury | www.tasteofsudbury.co.uk
Aldeburgh Festival | Snape and Aldeburgh | www.aldeburgh.co.uk
Great East Swim | Alton Water | www.greatrun.org/great-swim/great-east-swim
Orwell Walk, Run & Cycle - organised by Ipswich East Rotary Club | Gainsborough Sports Centre, Ipswich | www.orwellwalk.co.uk
Pigs Gone Wild Art Trail | Ipswich | www.pigsgonewild.co.uk

Monday 27 to Friday 2 Sept

JULY

Monday 4 to Tuesday 5 TBC
Wednesday 6 to Sunday 10
Thursday 14 to Sunday 17
Saturday 16
Saturday 23 to Sunday 24
Various dates

Flavours of Summer | Henham Park, near Southwold | henhampark.com/events
Bures Music Festival | Bures | www.buresmusicfestival.com
Latitude Festival | Henham Park, near Southwold | www.latitudefestival.com
Photography Days | Havergate Island, Orford | www.wasuffolk.co.uk
Felixstowe Carnival | Felixstowe | www.felixstowecarnival.org
Local Birding Tours | Various places | Alex Bass, localbirding@aol.com

AUGUST

Monday 15
Friday 19

Aldeburgh Carnival | Aldeburgh | www.aldeburghcarnival.com
Thorpeness Regatta and Fireworks | Thorpeness | aldringham.onesuffolk.net/news-events-and-items-of-interest/events/thorpeness-regatta-and-fireworks-2
5th Cider and Wine Festival | Dedham Vale Vineyard | www.dedhamvalevineyard.com/events/cider-wine-festival
Photography Days | Havergate Island, Orford | www.wasuffolk.co.uk
Big Wild Sleep Out | Havergate Island, Orford | www.wasuffolk.co.uk

Saturday 27 to Sunday 28

Saturday 27
Sunday 28 to Monday 29

SEPTEMBER

Friday 16 to Sunday 19

Great British Beach Clean - numerous litter & survey groups | Suffolk Coast | www.mcsuk.org/beachwatch
Outstanding Week - National AONB Family | National plus local events | www.landscapesforlifeevents.org.uk
Photography Days | Havergate Island, Orford | www.wasuffolk.co.uk
Aldeburgh Food and Drink Festival | Snape Maltings | www.aldeburghfoodanddrink.co.uk
Fringe Festival, Aldeburgh Food and Drink - including walks | Throughout east Suffolk | www.aldeburghfoodanddrink.co.uk/festival-fringe
Wild Days Conservation - 6 night Suffolk coast research and conservation working holiday | Orford and Havergate | wilddaysconservation.org/holidays/location/suffolk

Saturday 17 to Sunday 25

Saturday 17
Saturday 24 & Sunday 25

Saturday 24 to Sunday 9 Oct

Saturday 24 to Saturday 1 Oct

OCTOBER

Throughout early Oct
Sunday 9 to Saturday 15

Westleton Heath Red Deer Rut | Westleton Heath
Wild Days Conservation - 6 night Suffolk coast research and conservation working holiday | Dunwich, Minsmere and Walberswick | wilddaysconservation.org/holidays/location/suffolk
Photography Days | Havergate Island, Orford | www.wasuffolk.co.uk

Saturday 19 & Sunday 20

THROUGHOUT THE YEAR

Walks with the Suffolk Wildlife Trust | various | www.suffolkwildlifetrust.org
Suffolk Market Events | monthly, several locations | Lavenham, Nayland and Sudbury | www.suffolkmarketevents.co.uk
Nightjars over the Heath Walks | Suffolk Sandlings | www.wasuffolk.co.uk
Walking Football | Kirkley and Pakefield FC, Lowestoft and Felixstowe | www.suffolkfa.com/more/walking-football
Ramblers, Walking Groups and Guided Walks | Throughout both AONBs
Including Stour Valley, Alde Valley, Sudbury, Waveney www.ramblers.org.uk/go-walking/group-finder; Lavenham www.discoverlavenham.co.uk/guided-walks, Flatford www.nationaltrust.org.uk/flatford and Haverhill www.havac-walkers.co.uk

Tourist Information Centres

Aldeburgh: 48 High Street, Aldeburgh, Suffolk IP15 5AB
T 01728 453637 E atic@eastssuffolk.gov.uk
www.suffolkcoastal.gov.uk/yourfreetime/tourism/tics

Bury St Edmunds: Apex, Charter Square, Bury St Edmunds, Suffolk IP33 3FD T 01284 764667
E tic@westssuffolk.gov.uk
www.visit-burystedmunds.co.uk/tourist-information

Ipswich: St Stephen's Church, St Stephen's Lane, Ipswich, Suffolk IP1 1DP T 01473 258070 E tourist@ipswich.gov.uk
www.allaboutipswich.com/business-working/find-a-business/740/Tourist-Information-Centre

Lavenham: Lady Street, Lavenham, Suffolk CO10 9RA
T 01787 248207 E lavenhamtic@babbergh.gov.uk
www.heartofsuffolk.co.uk/tourist-information-centres-2/

Stowmarket: Museum of East Anglian Life, Stowmarket, Suffolk IP14 1DL T 01449 676800
E southwold.tic@waveney.gov.uk
www.heartofsuffolk.co.uk/tourist-information-centres-2

Sudbury: Sudbury Library, Market Hill, Sudbury Suffolk CO10 0TL T 01787 881320
E sudburytic@sudburytowncouncil.co.uk
www.heartofsuffolk.co.uk/tourist-information-centres-2

Useful Websites for Visitors

Suffolk Coast & Heaths AONB
www.suffolkcoastandheaths.org

Dedham Vale AONB and Stour Valley Project
www.dedhamvalestourvalley.org

Touching the Tide www.touchingthetide.org.uk and
www.touchingthetide.org.uk/events

www.visitessex.com | www.visitsuffolk.com
www.thesuffolkcoast.co.uk | www.heartofsuffolk.co.uk
www.suffolktouristguide.com | www.visit-suffolkcoast.co.uk
www.insidesuffolk.com | www.visit-suffolkcountryside.co.uk
www.visitwaveneyvalley.co.uk | www.visitfelixstowe.co.uk
www.discoverlowestoft.co.uk

Wild Days Conservation holidays
www.wilddaysconservation.org

RSPB www.rspb.org.uk/discoverandenjoynature/see-nature/reserves/guide/m/minsmere

National Trust www.nationaltrust.org.uk/days-out/regioneastofengland/in-and-around-suffolk

Suffolk Wildlife Trust www.suffolkwildlifetrust.org



Outstanding Week 17-25th September 2016

Nationally the AONB Family is celebrating their Outstanding Landscapes Week 17-15 September 2016 to promote all 46 of the Areas of Outstanding Natural Beauty (AONBs). We are extremely lucky that in Suffolk & Essex we have TWO Outstanding Landscapes, and it is the areas of Dedham Vale and the Stour Valley and the Suffolk Coast and Heaths that we will be joining in the celebrations in September! Look out for our special event being held that week, plus we will be out and about as much as possible to highlight the benefits of the landscapes to the people who live and play in the AONBs. If you are planning an event that is during Outstanding Week 17- 25 September please get in touch as we would be happy to help you to promote Outstanding Week too: putting your event on the national database; sharing the logos with you; and offering AONB leaflets for you to distribute.

Contact Cathy Smith at the AONB team.

Great East Swim

Challenge yourself this summer when visiting Suffolk's AONBs -and take an exhilarating dip in the open water of the picturesque Alton Water Reservoir near Ipswich at the Great East Swim on Saturday 18th June. The swim attracts over 2,000 participants, who don their wetsuits and get back to nature swimming in the great outdoors. It's designed for swimmers of all abilities. As well as half mile courses suitable for beginners and young people aged 12 and over, there are one mile, two mile and even five and ten kilometre courses to test the most intrepid of swimmers. Visit www.greatswim.org for details of how to enter, training before the event and activities on the day.



Are your boots made for walking?

Suffolk Walking Festival

14th May-5th June

This year sees the 9th annual Suffolk Walking Festival, and a packed programme of over 70 walks will provide local residents and visitors with the perfect opportunity to explore the AONBs and beyond. The programme is an eclectic mix of walks, with lengths ranging from 1.5 to 60 miles, exploring various themes including history, architecture, mindfulness, photography and even Pilates!

The Suffolk Walking Festival will be launched at the beautiful RSPB Minsmere on 14th May, with a selection of refreshments, music, special guests and four launch walks led by RSPB volunteers. This will also be the launch of Suffolk's Year of Walking 2016-17 (see right) and in celebration, the programme includes a range of Challenge Walks for both experienced and novice walkers, emphasising the benefits for mental and physical health.

The Classic Challenge is a 60 mile walk spread over five days, which meanders along the Suffolk Coast Path between Lowestoft and Felixstowe. If this is not quite demanding enough, perhaps The Mega Challenge might suit? Supported by members of the AONB team, walkers are invited to walk the 60 mile coastal path in just 24 hours! Or how about The Mini Challenge Walk: three beautiful walks, exploring three of Suffolk's rivers, over three consecutive days.

To view the full programme and book tickets for the walking festival, please visit www.suffolkwalkingfestival.co.uk



Suffolk's Year of Walking: Come along for the stride!

Suffolk is an inspiring and beautiful county to walk in with approximately 3,500 miles of public footpaths spanning the coastline inland to the Brecks and Fenlands. Our landscape, rights of way, footpaths, coastal path, circular walks, long distance routes, organised walks, green spaces, and parks combine to make Suffolk a wonderful, walking-friendly county.

Suffolk's Year of Walking will be launched on Saturday 14th May 2016 and will celebrate walking in Suffolk, promoting walking events and encouraging new walking opportunities.

Walking Facts and Benefits

- Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Walking one mile will take just 15 minutes of exercise at 4mph and you will burn up to 100 calories. Walking is ideal for people of all ages and fitness levels who want to be more active.
- Walking can help you shape up – you use 200 muscles each time you take a step and walking two miles a day, 3 times a week can help reduce weight by around 1lb every three weeks.
- Walk your way to a clearer head – 30 minutes walking a day can reduce symptoms of depression by 36% and a survey by Mind found that 71% of people experienced a decrease in levels of depression after going for a walk outdoors.
- Walking for the environment – it makes the air cleaner. Around 17kg of carbon can be saved per person per year by walking to work



- Regular walking has been shown to reduce the risk of chronic illness, such as heart disease, type 2 diabetes, respiratory diseases, stroke and some cancers

and can also be a great way of reducing social isolation and improving mental health.

Get involved with Suffolk's Year of Walking



Suffolk's Year of Walking will celebrate and inspire walking in Suffolk. We want to know about the walks you enjoy in the county so we can promote them for others to enjoy too. The Year of Walking website www.suffolkyearofwalking.co.uk will showcase many walks and events happening across the county.

You can email SuffolkYoW@suffolk.gov.uk or join the discussion on social media #WalkSuffolk. We also welcome photographs for use on the website and social media if you'd like to send them in. Together we can make a real difference to our health, our happiness and our environment. Come along for the stride!

Adam Baker, Most Active County Project Manager

Look out for these three walks led by the AONB team:

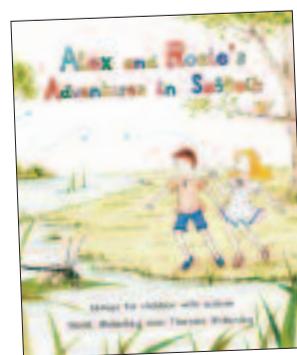
Three Valleys Walk - 16th May. A ramble through the Stour, Brett and Box Valleys. This wonderful circular walk starts in the historic village of Stoke-By-Nayland, and passes through Nayland, crossing the Rivers Box and Stour and including views over the Brett Valley.

Exploring the Upper River Stour - 24th May. A circular walk along the Stour Valley Path and water meadows, and then exploring the arable plateau, rolling Suffolk landscape and wide open vistas of the exposed clay lands.

A Walk, a Path and What Made Them - 30th May at Thorpeness. A circular walk exploring sections of the Sandlings Walk and Suffolk Coast Path. Discover how heaths are created and encounter the challenges and joys of living on the coast.

Local Birding Tours

Also on the Suffolk coast and at Flatford you can join local expert Alex Bass of Local Birding Tours for a range of guided wildlife walking tours. Contact him at localbirding@aol.com 07974 400892 to find out about his range of tours at a variety of locations!



Out and About with Alex and Rosie

Autism and Nature have published a 48 page illustrated story book for younger children with autism and related disabilities. Alex and Rosie's Adventures in Suffolk follows two children as they visit the natural places featured in their recent publication Visiting the Suffolk countryside: a guide for parents and teachers of children with autism.

The book features clear and attractive illustrations, simple language and Widgit symbols for children with speech and language difficulties who rely on visual supports. It should help autistic children to understand and visualise what they might see and experience in the countryside, and what activities they might undertake at particular places.

Natural places visited by Alex and Rosie include Flatford hamlet, Arger Fen, RSPB Minsmere and Lackford Lakes. Both books are free of charge and available from Autism Suffolk and Activities Unlimited. www.autismandnature.org.uk www.activities-unlimited.co.uk

Alex and Rosie's Adventures in Suffolk was sponsored by Dedham Vale AONB and Suffolk Coast & Heaths AONB; Activities Unlimited; and the Martineau Fund and Bluebell Fund (with the support of Suffolk Community Foundation).

David Blakesley, Autism and Nature

Walking Through Time

Suffolk-based events organiser Wild Adventures under

Wild Adventures under Suffolk's Skies

Suffolk's Skies, with support from the Suffolk Coast and Heaths AONB's Sustainable Development Fund, have just run their first series of Wild Adventure Walks. The guided walks explore the hidden stories behind wildlife, coastal landscape and culture. With different lengths and levels of challenge, participants could take a photography workshop en route, simply 'lean back' and hear musical sounds whilst strolling in beautiful landscape, or even spend a night in the wild, on Suffolk's only island, Havergate.

A taster of the new events will be available as part of the 2016 Suffolk Walking Festival, with walks ranging from hidden WWII structures to rare birds. More on www.WASuffolk.co.uk



Actions going forward

The summer of 2015 was marked by completion of the Deben Estuary Plan (DEP). It represents a remarkable consensus of community and individual views; the joined-up approach brings together different interests and recognises the interrelationships between the river systems, the needs and aspirations of communities and the ecological integrity of a unique environment.

Suffolk Coastal District Council (SCDC) as the Planning Authority has endorsed the Plan. It is a material consideration in relevant planning decisions in the plan area and Suffolk County Council and the Regional Flood and Coastal Committee also endorsed the document as the principle strategic plan for flood risk management in the estuary.

One of the most important pieces of work now under way follows on from a specially commissioned report *Natural Capital – saltmarsh restoration on the Deben Estuary*. The report forms the basis on which the DEP, working with Karen Thomas from the East Suffolk Internal Drainage Board and Paul Mackie from SCDC, are looking at new ways of funding saltmarsh restoration by tapping into the natural value of the estuary environment. This approach recognises that the saltmarsh has a value in terms of carbon capture as well as delivering important, natural flood risk benefits, providing worthwhile fish breeding and feeding habitat and comprising a significant element of the coastal landscape that appeals so much to visitors. By seeking investors in these different aspects of the estuary it is hoped that funds can be raised to help us sustain an important environment.

Practical work to maintain and improve the level of flood protection continues. Both the Environment Agency and Internal Drainage Board are working with landowners to ensure estuary walls offer a good level of protection. Government money is not easy to secure but it is hoped that work on walls at Shottisham and Bawdsey will soon be underway.

DEP's Access Group has been looking closely at the Plan policies which deal with recreation. Picking up the aim to 'support appropriate access to the estuary for all' they are exploring opportunities for improved disabled access as well as working with the AONB to increase our understanding of the best ways 'to identify, value and retain tranquil areas of the estuary which provide a sense of peace and wellbeing'.

If you would like to know more about the Deben Estuary Plan contact christine.block@suffolkcoastal.gov.uk

Saltmarsh Conference - a First for Suffolk

On 8th October 2015 Suffolk Coast & Heaths AONB hosted a major conference at Snape Maltings to examine the current understanding of saltmarsh, its response to changing climatic conditions and the up to date scientific research into its behaviour.

"That first conversation Simon Read and I had on his houseboat on the Deben about hosting a conference on saltmarsh seems a long time ago now," says Haidee Stephens, the AONB Suffolk Estuaries Officer. "I remember a swell of enthusiasm at Simon's idea - the thought of creating an intensely interesting experience, for a whole day, in a showcase event for Suffolk, where local people might chat over coffee with academics from afar and an audience brought together by a common interest in this special, precious habitat could hear the science of the moment, and the practical experiences of seasoned project managers from across the country. And, I'm pleased to say, on the day, that's how it happened."

Simon Read is Professor of Fine Art at Middlesex University. "We were utterly delighted that all of our speakers responded so enthusiastically to the invitation and generously stayed around to ensure that the quality of the debate fulfilled our expectations."

"Professor Andrew Watkinson, University of East Anglia and former chair of LWEC (Living with Environmental Change), chaired the event and led the discussions. Angus Garbutt of the Centre for Hydrology and Ecology and Bangor University gave the keynote speech followed by Tom Tew from the Environment Bank who explored with us how the value of saltmarsh as an ecosystem service might provide a model for investment and therefore an income stream to fund management projects."



Saltmarsh at Slaughden near Aldeburgh; and degraded saltmarsh (below).

"We continued with a series of presentations: the threatened ecology of saltmarsh by Sue Rees of Natural England, Dr Iris Moeller of Cambridge University presented her unique research on the resilience of saltmarsh vegetation in surge conditions and its effect to protect flood defences."

"Colin Scott (ABP Mer) presented a range of engineering approaches to intertidal restoration and creation. Colin worked upon the ambitious Wallasea Island project in Essex and Lymington harbour in Hampshire."

"After lunch there was an opportunity to discuss a number of case studies carried out within the Suffolk Coast & Heaths AONB, followed by presentations of specific managed realignment projects including Tim McGrath of the Wildfowl and Wetlands Trust on the new Steart Peninsula flood alleviation wetland in Somerset and Andrew Excell of Suffolk Wildlife Trust upon the accidental realignment of Hazelwood Marsh on the River Alde."

"There was further discussion of the use of dredging spoil as recharge material for saltmarsh restoration with particular reference to the project carried out for Lymington Harbour and Suffolk Yacht Harbour, followed by Karen Thomas of East Suffolk IDB, who reflected upon the Suffolk perspective, with particular emphasis upon the vital role that the community does and must play in order to ensure success."

"This all but brought us to the end of the day's proceedings, with just time for Professor Tim O'Riordan of UEA to broaden the context through his own commentary and to lead an excellent open forum discussion with keen input from the audience."

For more information on the conference, including the papers, see www.suffolkcoastandheaths.org/estuaries/saltmarsh-conference-2015



From left to right: celebrating with mince pies and mulled wine; and the new steps to the Quarterdeck from the coastal footpath.

Award-winning Shotley

Shotley was the winner of the Babergh and Suffolk Village of the Year award in 2015. The village was recognised for its outstanding community spirit, and we have over 50 volunteer groups that cover a wide range of hobbies and activities.

We also won the Suffolk County Council Open Spaces Award for our work in looking after the many precious open spaces and amenities in and around the village, says **Gary Richens, Chairman of Shotley Stour Footpath Renovation Group**. A major feature of the Shotley bid for the awards was the work done

by many community volunteers in looking after and enhancing the eight acres of Woodland and 50 acres of mudflats located within the designated AONB - known as 'Shotley Heritage Park' - that was purchased by Shotley Parish Council in 2012. The purchase of the woodland and mudflats was helped by the funding assistance of Babergh District Council, Shotley Parish Council, our local Suffolk County Councillor (Councillor David Wood) and a Suffolk Coast & Heaths AONB Sustainable Development Grant.

Since 2012 we have renovated several woodland footpaths, installed 14 bird boxes, created an outdoor learning space (known as

the Quarterdeck), worked with the RSPB to install a 'mudflat information board' and planted a community orchard (trees funded by Suffolk Coast & Heaths AONB team). The local community has also donated 14 seating benches to the area, we have an additional eight picnic tables, and the whole area is clearly signposted to ensure that residents and visitors know where things are - for example the newly renovated tennis court, five-a-side pitch, netball area, kickwall and football pitch, located 200 metres from the Heritage Park.

It's a great achievement and our overall aim is to get people into the great outdoors where they can experience the beauty of nature itself.

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Foals at Suffolk Punch Trust

A visit to the Suffolk Punch Trust at Hollesley is a step back in time to Suffolk's rural farming past. It's the perfect place to meet our magnificent and rare Suffolk Punch heavy horses and understand the part they played in shaping the landscape of East Anglia.

Come in the Spring and Summer to see our beautiful new foals, a welcome addition to the twenty resident Suffolk Punch heavy horses. With fewer than 500 Suffolk Punches left in the UK they are on the Rare Breed Survival Trust's critically endangered list and all new additions are vital to the breed's survival.

Our Visitor Centre is open four days a week (Friday-Monday) from Easter and six days a week (closed Tuesday) in July and August. See too the heavy horses in training, vintage farm machinery, heritage museum, rare breed farm animals, and heritage garden, and take a ride in our tractor-trailer around the farm. Our café serves local homemade produce, and we hold many special events.

Katie Fenton, Chief Executive www.suffolkpunchtrust.org



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Landscape Provides Hope

Hollesley Primary School has been visiting HMP Hollesley Bay Colony, where the coastal landscape, walled garden and productive glass houses have provided wonderful learning opportunities for the pupils and many of the prisoners.

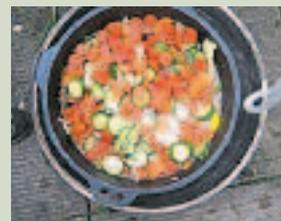
They picked tomatoes from vines 10 feet tall in the greenhouse then chopped vegetables for soup cooked in a Dutch oven. Apples and pears were pressed for juice and the leftover apple pulp fed to the chickens. "Best school trip ever! We got to do everything, just like the olden days!" announced one of the pupils.



The children brought kale seedlings back from the prison and these were planted out in the school garden. An artist worked with pupils on apple-inspired words and poems, alongside instructional writings and observational drawings of the press.

Aided by the prisoners, and a grant from the AONB, the children have produced a recipe booklet, and their poems and writing reflects their understanding of the coastal area, local enterprise and insights into the prisoners' life stories.

Yvonne Moores, Director
www.eastfeast.co.uk



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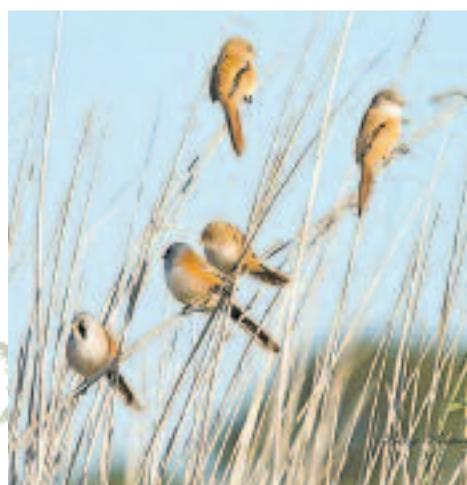


Photo by Barry Wentworth



Photo by Alan Miller

Bearded tits, and the completed sluice,
at the Hen Reedbeds

Hen Reedbeds

Situated on the north bank of the River Blyth, two miles west of Southwold, the Hen Reedbeds are a haven for wetland wildlife.

By 1997 there were only 11 booming male bitterns left in the UK and so an EU Life project part funded by the National Lottery was implemented to aid the recovery of this iconic species. The Hen Reedbeds was one of seven sites created by this project.

Construction was completed in 2000 and it became the first created reedbed in the UK to attract breeding bitterns. However, 15 years on, the reedbed needed some restoration, and after the damage caused by the December 2013 storm surge, major works took place in 2015.

Reedbeds are a pioneer habitat, and if left, will eventually dry out and gradually turn to scrubby woodland. Work is necessary to maintain them in optimal condition. A partnership with RSPB and Natural England secured landfill tax funding from WREN to carry out

works to restore the reedbeds at Minsmere, Easton and Hen Reedbeds. A new mere has been dug, existing dykes restored, leaking perimeter bunds sealed and the perimeter fence replaced with an anti-predator fence to keep livestock in and foxes out.

Visitors have not been forgotten and another landfill tax grant with match funding from the AONB has enabled the steps down the river wall to the hides to be replaced using recycled plastic. This material is guaranteed to have a minimum life of 25 years, is nonslip and saves more plastic waste going to landfill or incineration. It has been used across the site to construct viewing platforms, seats and bridges - all with the help of the sites volunteer wardens.

We now look forward to the 2016 breeding season when visitors should be able to enjoy booming bitterns, displaying marsh harriers, pinging bearded tits and if you are very lucky, a glimpse of an otter or water vole.

Alan Miller, North East Suffolk Sites Manager
www.suffolkwildlifetrust.org

Projects Progressing with the Coastal Communities Fund

Since April 2015 several local organisations have been involved in delivering projects on the Suffolk coast that will enhance the area both economically and culturally, building on the established cultural heritage that already draws in resident and visitor ££s. The grants totalling £490,000 come from the Government's Coastal Communities Fund (CCF), which is managed locally by Suffolk Coastal District Council. Projects will continue until the end of 2016.

Volunteer Tourism Suffolk Coast Greeters

Under the banner of Volunteer Tourism, the AONB team is developing three projects that will support the local skills of volunteers as well as encourage visitors to the area to support the conservation of the AONB.

Suffolk Coast Conservation Holidays

The AONB is excited to be bringing conservation holidays to the Suffolk coast, working with an East Anglian small business Wild Days Conservation.

These are holidays that people will enjoy, even when they're working hard and possibly getting muddy into the bargain! Three holidays are being run, in early May, September and October, and each will introduce people to a wide-ranging programme: surveying animals, checking nest boxes, and generally helping out with conservation jobs in this beautiful part of the UK. As Kathy Gill from Wild Days says: "It's a real backstage experience where you meet passionate experts and learn to contribute fully to their work in your holiday time." www.wilddaysconservation.org



Join In - Suffolk Coast

We believe that people who come to the area do so because they appreciate the diversity of natural and cultural heritage and love coming back here again and again because they enjoy its special unspoilt qualities. We are encouraging visitors to support the area by letting them know about some of the activities they can do while they visit – not only does the AONB have regular practical work parties that visitors can join in with (see page 18) but they can also join in with Beachwatch litter surveying activities or help out with other local organisations that might just need a helping hand sometimes!

Please contact Cathy Smith at the AONB.

We would like to talk to anyone interested in working with local volunteers or involved in local tourism to help spread the word about the fascinating new Suffolk Coast Greeters service and the Join In project so they can promote volunteering to their clients!

The Suffolk Coast Greeters programme, funded by the UK's Coastal Communities Fund, was launched in October 2015 and offers visitors the chance to book a 'Greet' with a local who knows and loves the area and wants to share a passion for his or her favourite topics, from heritage to wildlife, shopping to art or sports to cuisine.



Photo by Peter Eyles

We currently have 11 wonderful Greeters and would like to double this by summer. Perhaps you would like to be involved? Greets are booked and arranged in advance and can last as long as you and the visitors want (typically between two and four hours). On average across the Global Greeters Network greeters undertake just four greets per year.

The key is fun, low environmental impact exploration of the known and hidden treasures on the Suffolk Coast, and sharing experiences and tips via social media to further raise the profile and bring in visitors who love to give back when they visit.

The Suffolk Coast Greeters are part of the Global Greeter Network and adhere to their core values. When you become a Greeter we will provide you with an information pack and training and practice at greeting. Visitors initially contact the coordinator who will select a suitable Greeter based on availability, location, and interest. The Greeter liaises with the visitor directly to agree when, where and for how long they will meet and what they will explore together. You both share your experience via social media and/or feedback to the coordinator.

What are you waiting for?! Please contact Deborah Wargate at Suffolk Coastal/Waveney District Council on 01394 444747 or e-mail

suffolkcoastgreeters@gmail.com
See www.SuffolkCoastGreeters.org.uk
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Children's Viewing Sculpture

Following a competition in 2015 a winning design for a special viewing sculpture has been commissioned by Aldeburgh



Music for installation at Snape Maltings in 2016. The winning design is 'Myriad' by artist David Rickard and architect Germano Di Chello. Rickard and Di Chello have been awarded the £15,000 competition prize and Aldeburgh Music will work with them to build and install 'Myriad', using wherever possible local skills and suppliers. The project aims to attract more families with children to the Snape Maltings site on the Suffolk coast, offering a new way of viewing the stunning landscape of the Alde estuary.

Cllr Andy Smith of Suffolk Coastal District Council said: "The children's viewing sculpture at Snape Maltings is one of six exciting projects that Suffolk Coastal District Council is supporting as part of the Coastal Communities Fund programme, which aims to build a more robust tourism economy in East Suffolk. 'Myriad' will be an innovative, fun and beautiful addition to the Snape Maltings site and I look forward to seeing it built and enjoyed by families from the region and from further afield."

Food for Thought

As part of the Coastal Communities Fund grant Aldeburgh Food and Drink Festival is working on three food and drink projects which are all very exciting but entirely different. The aim is to reach a diverse audience and benefit local food and drink businesses across the Suffolk coast.

1. The Suffolk Food Trail is a new digital tool where individuals or businesses can build a trail to explore Suffolk with a strong foodie influence. It is free for a business to register and free to use.
2. The Suffolk Producers book looks at the county and its produce, including food producers, artisan craftsmen and talented local chefs.
3. The Young Producer Group consists of 11 individual businesses working together to promote Suffolk as a food rich county. One of their many events includes a Pop Up restaurant in London - a great way of taking the country to the city and showing others what Suffolk has to offer.

Jess Brown, Aldeburgh Food and Drink Festival
www.aldeburghfoodanddrink.co.uk



Members of the Young Producers group

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Thanks to our Volunteers

The Suffolk Coast & Heaths AONB Work Party Volunteers have been out in all weathers (as they always do!) on diverse construction, landscape and conservation tasks for the benefit of wildlife, recreation and local communities. From July 2015 to April 2016 we offered 25 tasks in which 73 volunteers took part. So, a big thank you to all our volunteers for their hard work.

In August joint tasks were organised with Suffolk Wildlife Trust at their Levington Lagoon and Trimley Marshes reserves to help get these Orwell Estuary Reserves into top shape for the autumn and winter in half the usual time. Then we held a joint work party with the National Trust to clean up the foreshore at Pin Mill.

By the time you read this we should have made a great start to restoring another geological site in the AONB (a SSSI Crag Pit at Butley), raising the profile of geology in general. The geology is the 'canvas' for all the human, plant and animal activity that has formed our AONB, so it is fit and proper that we work to conserve and promote it.

Martlesham Recreation Ground received a sprucing up when we worked with local residents last October. At Henham Park, we pruned and gave 'tlc' to lots of young trees. Our work has been roundly praised by the landowner.

We have formed a successful partnership with Stanny Field Centre at Iken. Field Centre staff and volunteers have enthusiastically worked alongside Coast & Heaths volunteers to improve access to the reserve and to manage woodland and hedges. I can assure you that the wonderful bread and soup on offer has absolutely nothing to do with the attraction of working at this site!

Suffolk Coastal and Waveney's Footprints and our volunteers spent a happy day together raking cut grass off meadowland at Nacton foreshore to benefit wildflowers, bugs and birds.

Volunteer numbers remain low for some tasks and we welcome new volunteers to the team. And if you or your organisation has a suitable project and/or site that the AONB could potentially assist you with, please get in touch.

For a task to be included on the new programme it should meet AONB criteria to protect and enhance natural beauty. We cannot of course guarantee to work at all sites suggested, but we need your suggestions as a starting point!

Neil Lister, AONB Countryside Officer

Path Improvements

The Suffolk Coast & Heaths AONB Countryside Officers and volunteers have been carrying out a full survey of the Sandlings Walk and Suffolk Coast Path. Problems identified along these routes, such as obscured or missing signs, are now being addressed. Hardy volunteers from BT brushed aside some vile weather to overhaul the steps and handrails on the sea wall at East Lane, Bawdsey, on the Suffolk Coast Path.

We are also working on the route signage on the Stour & Orwell Walk following the volunteer survey completed in 2015. Volunteers from Skanska Infrastructure Services (pictured) spent a day installing and replacing waymark posts and generally improving signage on the Stour & Orwell Walk.

If you can help us to improve our long distance recreation routes, please contact **Countryside Officers Lynn Allen, Lynda Gilbert or Neil Lister.**



Keeping our Beaches Clean

Beachwatch and the Great British Beach Clean (GBBC) are two of the national beach litter surveying and cleaning schemes organised by the Marine Conservation Society (MCS). They are co-ordinated along the length of the Suffolk coast and estuaries by the Suffolk Coast & Heaths AONB.

Beachwatch surveys take place at quarterly intervals. This year the GBBC is on 16th-19th September. It's the UK contribution to the International Coastal Clean-Up in which over 90 counties take part.

Nationally these schemes continue to break records. Increasing numbers of volunteers are regularly surveying and cleaning beaches and estuaries around the UK. The sad news is that the quantity of litter found is also on the increase. Over the last 10 years there has been a 20% increase in the amount of litter found including plastic pieces, fishing line, food wrappers, plastic bottle caps, balloons and sewage related debris which is made up of wet wipes, cotton bud sticks, condoms, toilet fresheners and



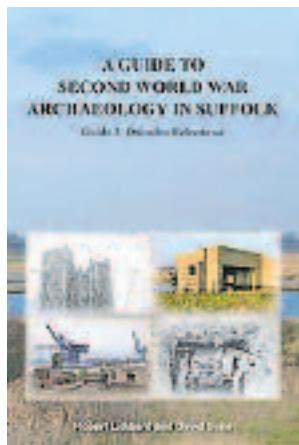
nappies. Plastic never biodegrades, it just breaks down into small pieces which do not disappear.

Despite record numbers of volunteers attending in some locations, other areas still require organisers and more volunteers. Two of the Suffolk Coast & Heaths' longest serving Beachwatch Organisers have stepped down from their roles and we would like to thank Linda Hawes who committed numerous hours to surveying and cleaning the beach at Aldeburgh and Alison Reeve who dedicated much time to Kessingland and Pakefield beaches. "It is a really enjoyable thing to do," says Alison, "and when I look back at photos you can see what a difference everyone's hard work has made." Many of the volunteers who were led by these two great

organisers are willing to help support a new organiser so if you are interested in becoming a Beachwatch organiser in these areas please contact the AONB.

This is your chance to do something positive for the environment – act locally and be part of something global! If you are unable to volunteer please remember that we can all help to conserve and enhance our natural environment by following a few simple rules: reduce use of plastic, reuse and recycle wherever possible, and take responsibility for safe disposal of all litter items whether at home, work or on holiday.

Lynda Gilbert and Lynn Allen, AONB Countryside Officers



Revealing the Buried Past

The unique and fragile landscape of the Suffolk Coast & Heaths AONB is home not only to a rich variety of wildlife, but also numerous archaeological and historical sites, some of which are nationally significant. Since 2014 a team of air photo interpreters from Norfolk County Council's Historic Environment Service have been systematically mapping archaeological sites and feeding their results into the Suffolk Historic Environment Record. The work is being undertaken as part of Historic England's National Mapping Programme and is supported by the Suffolk County Council Archaeological Service.

Using a range of aerial photographs of different dates and laser-scanned images of the ground, the mapping team have recorded sites ranging in date from the Neolithic period (4000–2350 BC) to the Cold War. Some of these sites are still visible as earthworks, including extensive Second World War military training areas at Westleton Walks, Dunwich Heath, Orford and Sudbourne. Others appear as cropmarks when buried archaeological features affect the rate of growth of crops planted over the top of them. The ploughed-out remains of numerous Bronze Age (2350–700 BC) burial mounds have been identified in this fashion at places such as Shottisham and Alderton.

The results of the project will enable Suffolk County Council to better protect archaeological sites within the AONB by improving understanding of their location, extent and character. This is particularly important in heathland areas, where sites may be hidden by vegetation and at risk from ground disturbance or development.

Details of the new sites are being made publicly available via the Suffolk Heritage Explorer website, which contains details of over 30,000 archaeological sites and finds from the county. Visitors to the website can also download a series of guidebooks about the coast's Second World War defences and follow links to a smartphone app containing guided walks around some of Suffolk's wartime coastal defences. The Suffolk Heritage Explorer can be found at www.heritage.suffolk.gov.uk

Dr Richard Hoggett, Senior Archaeological Officer, Suffolk County Council



Aldringham Anti-Landing - This vertical aerial photograph from 1996 shows a grid of Second World War antilanding trenches surviving earthworks on heathland at The Walks, Aldringham. In adjacent fields these have been destroyed by ploughing.

Alderton Ring Ditches - The dark circles in this photograph of Alderton are caused by crops growing over the ploughed-out remains of two Bronze Age (2300–700 BC) burial mounds. The circular ditches which surrounded the mounds hold more moisture than the surrounding soil and make the crops grow taller and ripen sooner.

WW2 Guidebooks - One of the series of four guidebooks about Suffolk's wartime coastal defences written by experts at the University of East Anglia which can be downloaded from the Suffolk Heritage Explorer website: www.heritage.suffolk.gov.uk

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These can be found on the Publications pages of our website and most can be downloaded for FREE. Some guides are for sale, so please order these by post, email or phone and send a cheque payable to Suffolk County Council, adding postage and packaging as per the guidelines on the Publications section of the website.



Reader Survey

We'd love to know what you think of this newspaper! Complete and return this survey to Cathy Smith, Communications, Funding and Development Officer, at the address above, or go to our website www.suffolkcoastandheaths.org for the opportunity to complete a more detailed survey. All entries with a name, address and e-mail contact will be added into a draw for a prize of a £30 book token and copies of all AONB guides.

1. Which sections/articles do you like best?
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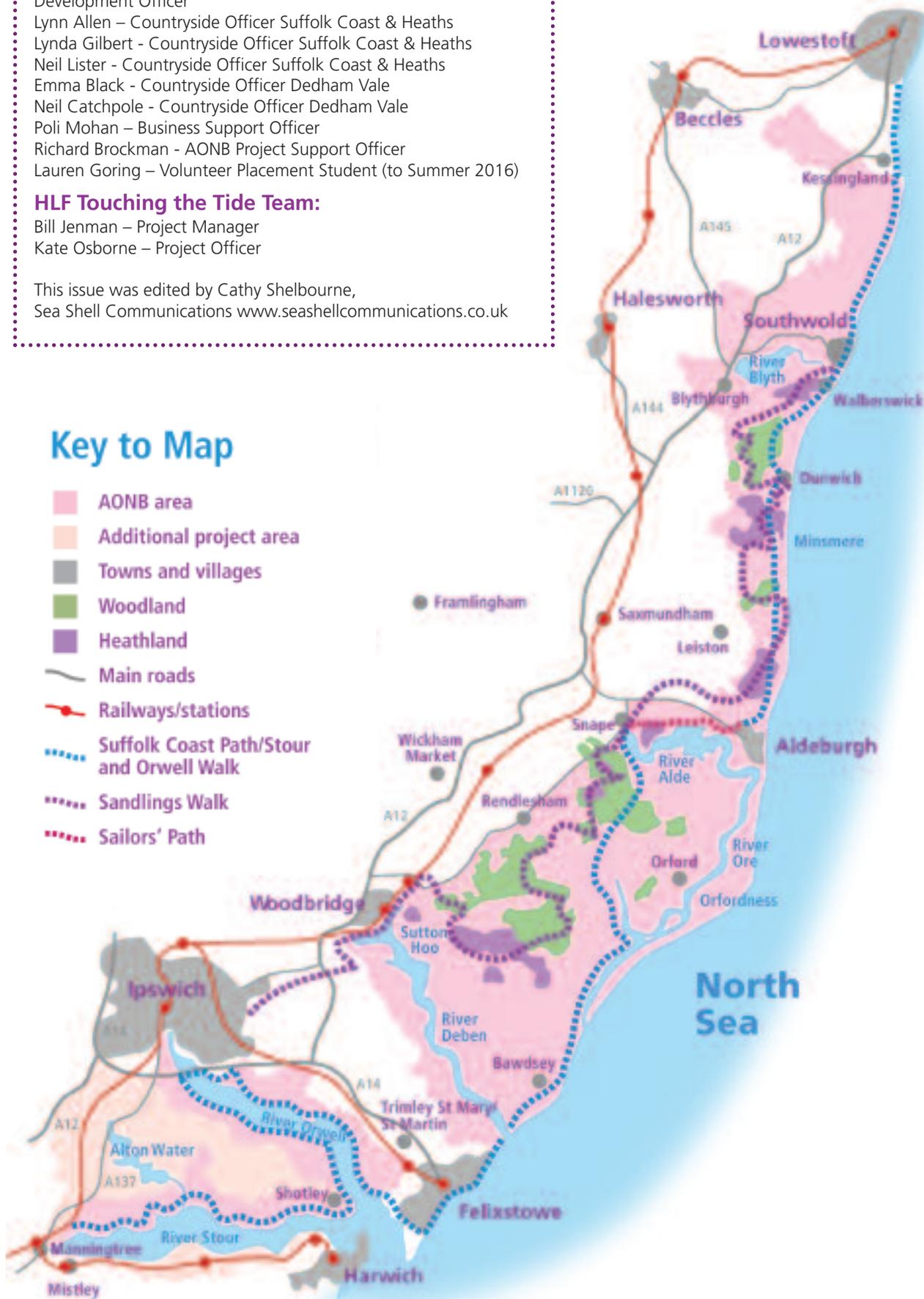
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This issue was edited by Cathy Shelbourne,
 Sea Shell Communications www.seashellcommunications.co.uk



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