

# Alex and Rosie's Suffolk Heritage Colouring Book



David Blakesley and Tharada Blakesley

# Alex and Rosie's Suffolk Heritage Colouring Book

Stories by David Blakesley

Illustrations by Tharada Blakesley

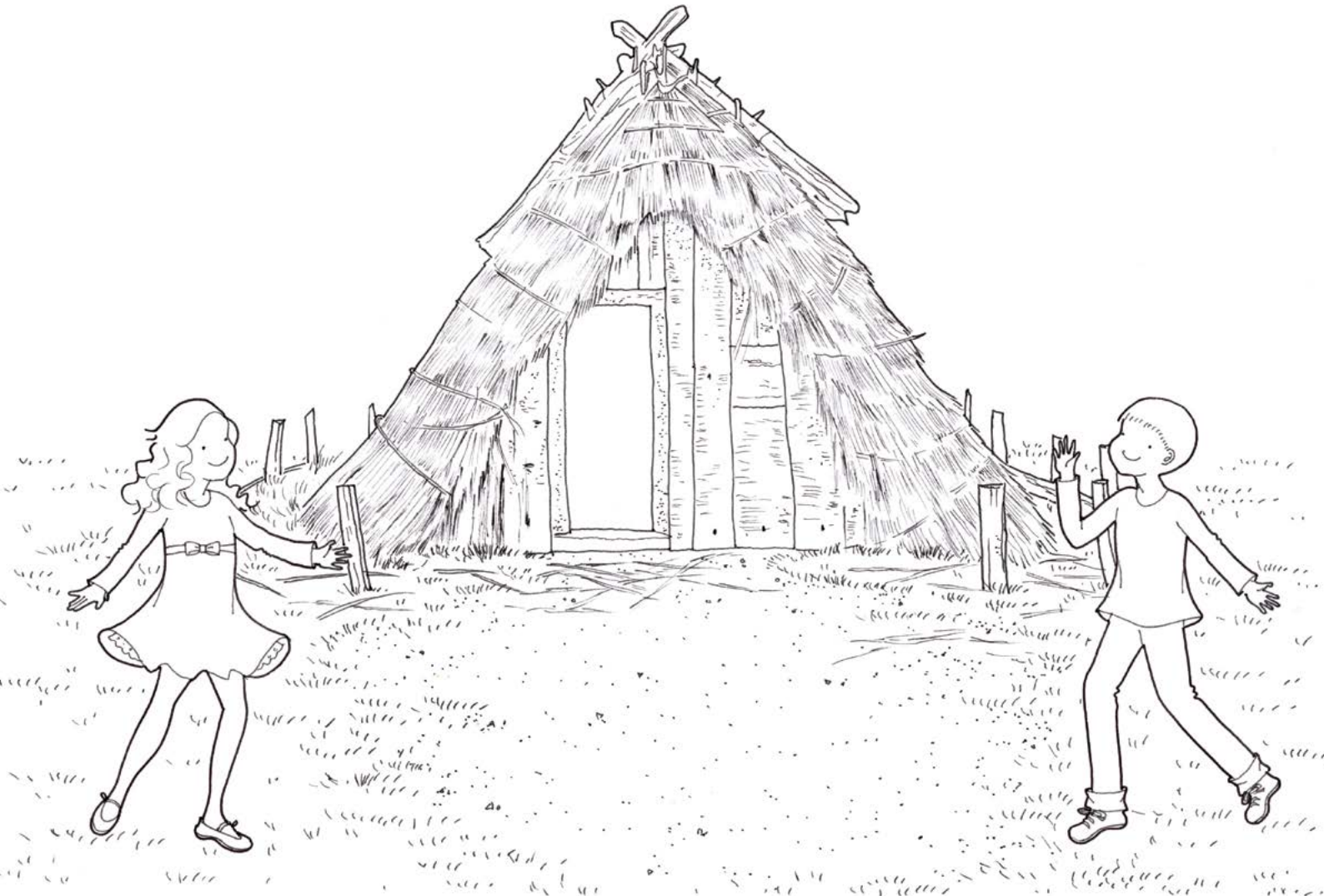


# Introduction

Autism and Nature is a non-profit organisation dedicated to enriching the lives of children on the autism spectrum, by helping to engage them with the countryside and rural heritage. This colouring book complements our guide 'Exploring Suffolk's Heritage: a guide for parents and teachers of children with autism' and our children's story book 'Alex and Rosie Explore Suffolk's Heritage'. We hope that children will enjoy using this colouring book with their parents, carers or teachers, and that it will encourage their interest in rural heritage and the Suffolk countryside. We also hope that families will visit some or all of the places featured. For more information visit the Autism and Nature website ([www.autismandnature.org.uk](http://www.autismandnature.org.uk)).

This book has been generously funded by the Suffolk Community Foundation (Private Fund - JA and the Bunbury Family Fund), Activities Unlimited and the Nineveh Charitable Trust. We would especially like to thank Chris Southwell and Activities Unlimited for their help in distributing this book. We would also like to thank Guillaume Duclaud-Williams (Widgit Software) for his valuable advice on symbolising the text. Finally, we would like to thank Tone Blakesley for scanning the artwork and the layout of the book.





Alex



Rosie

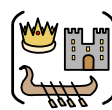


love

to



visit



heritage



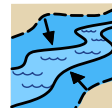
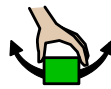
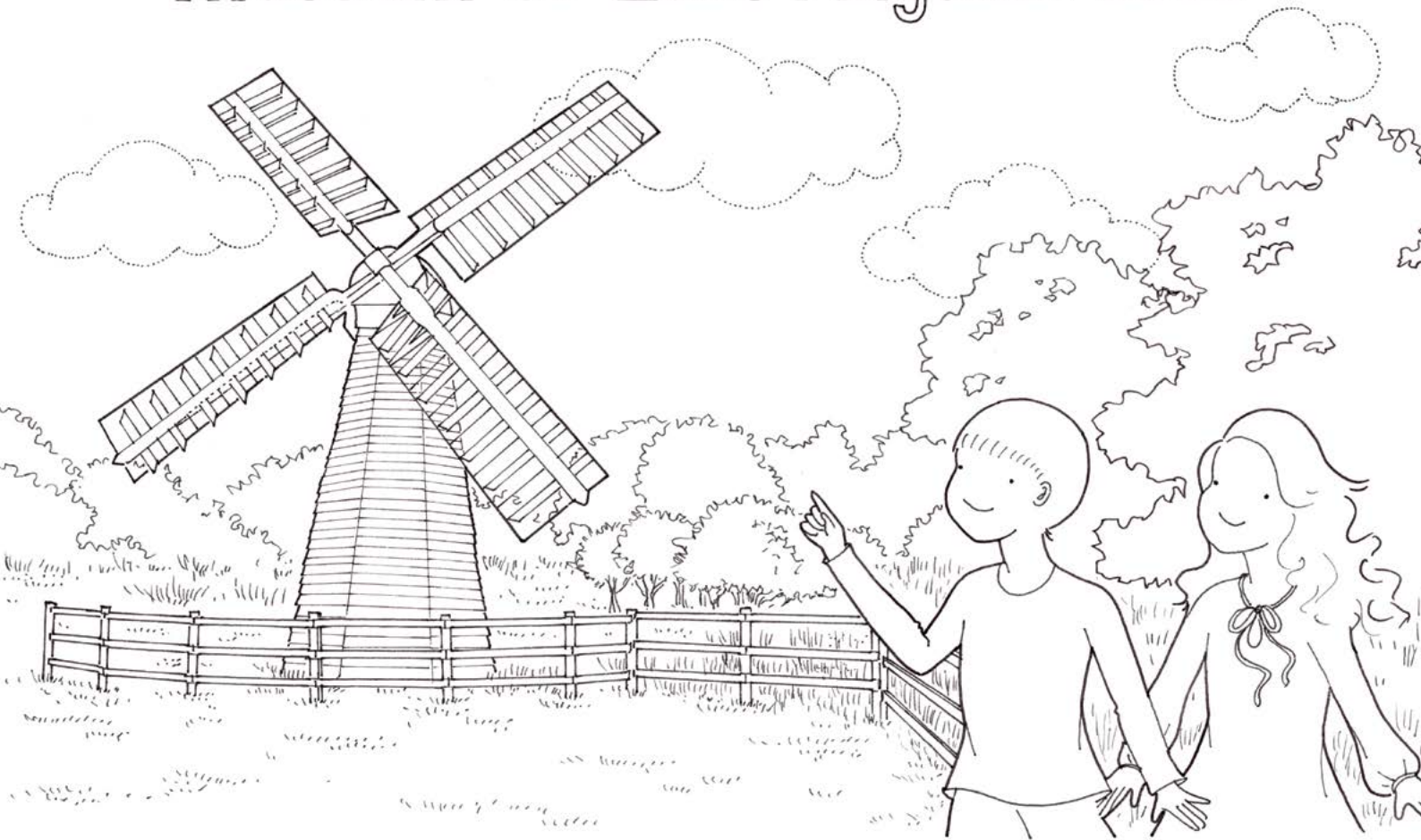
places

in

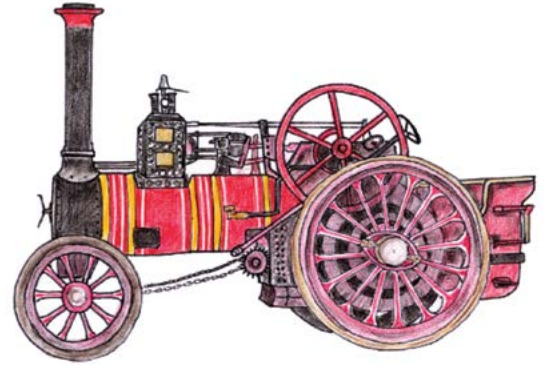
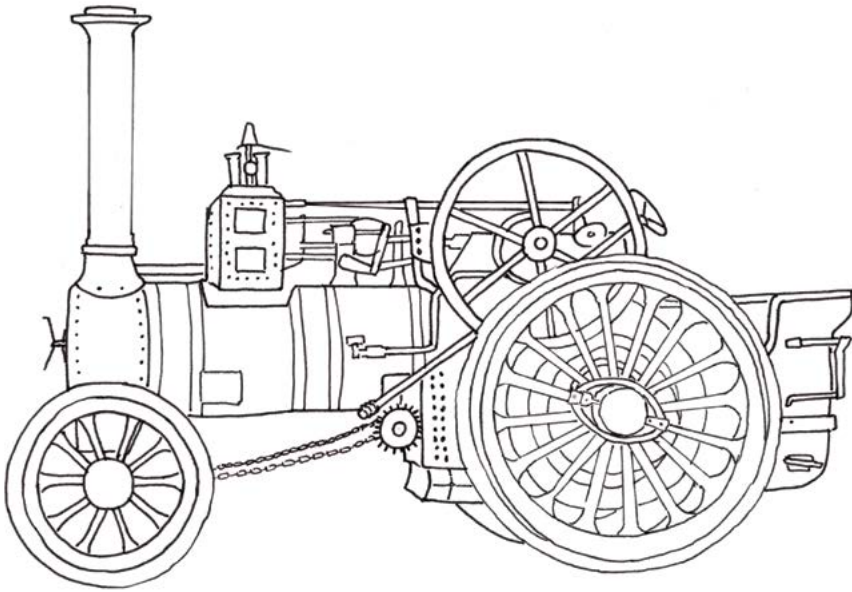


Suffolk.

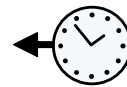
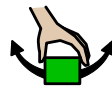
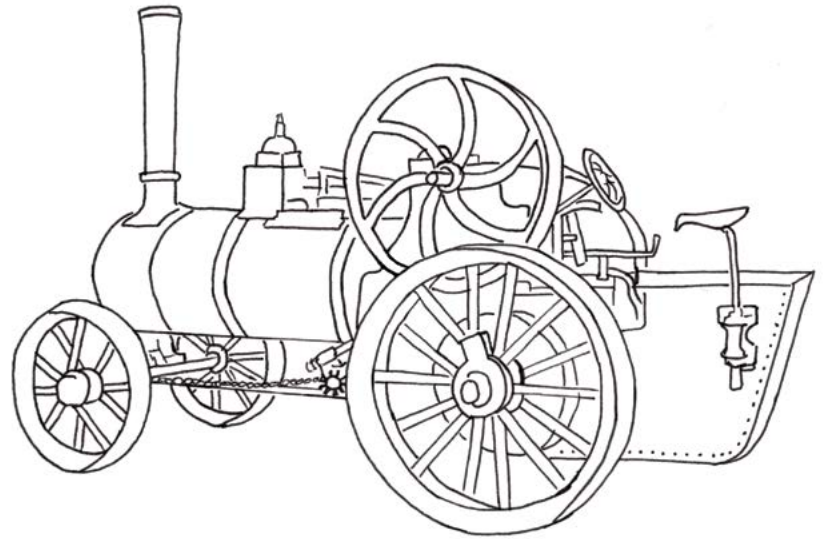
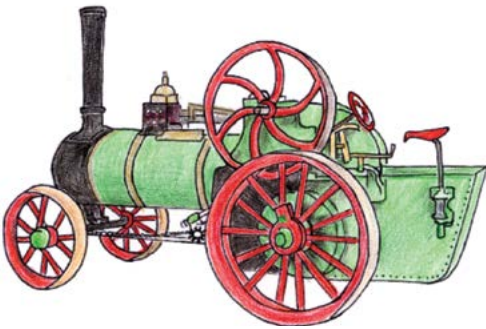
# Museum of East Anglian Life



The Eastbridge windpump was used for draining marshes.

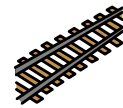
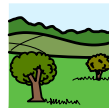
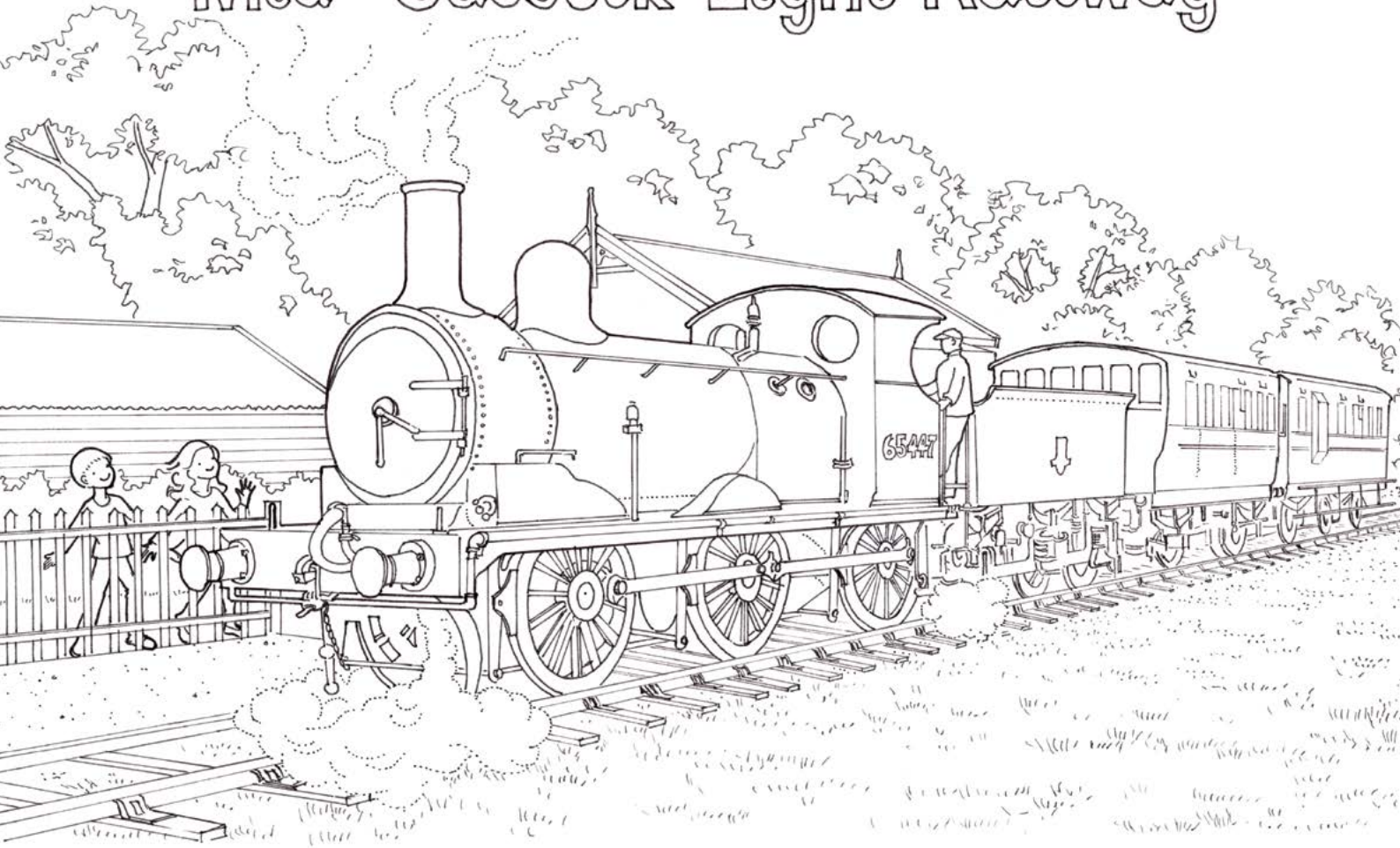


Steam traction engines

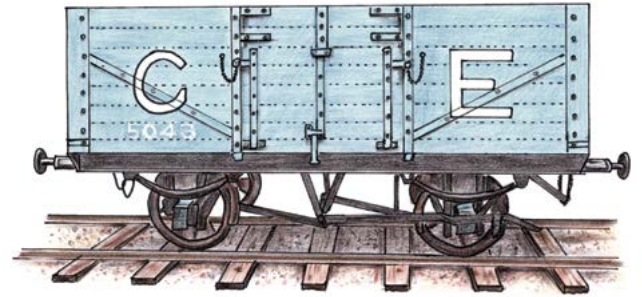
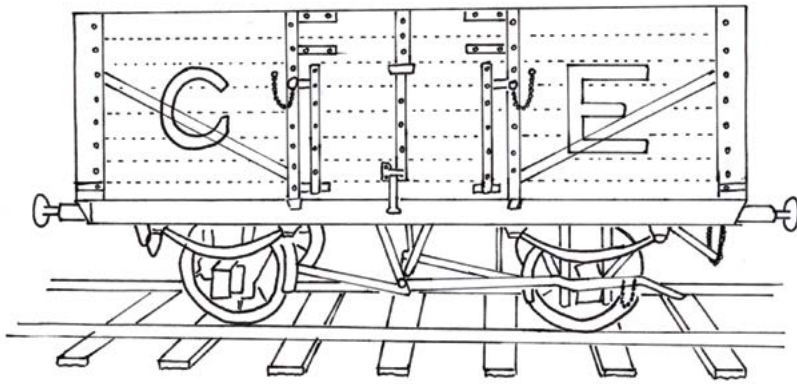


Traction engines were used by farmers in the past.

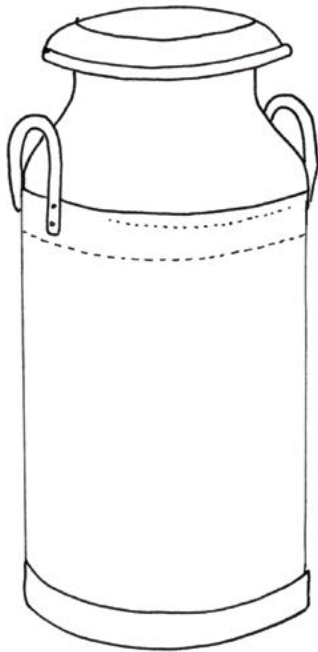
# Mid-Suffolk Light Railway



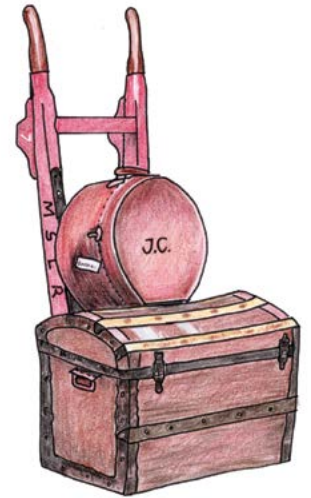
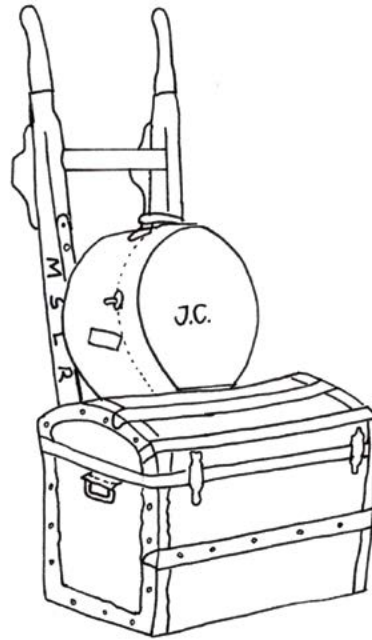
Steam trains still run on the countryside railway line.



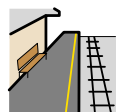
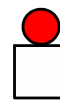
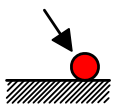
Goods wagon



Milk churn



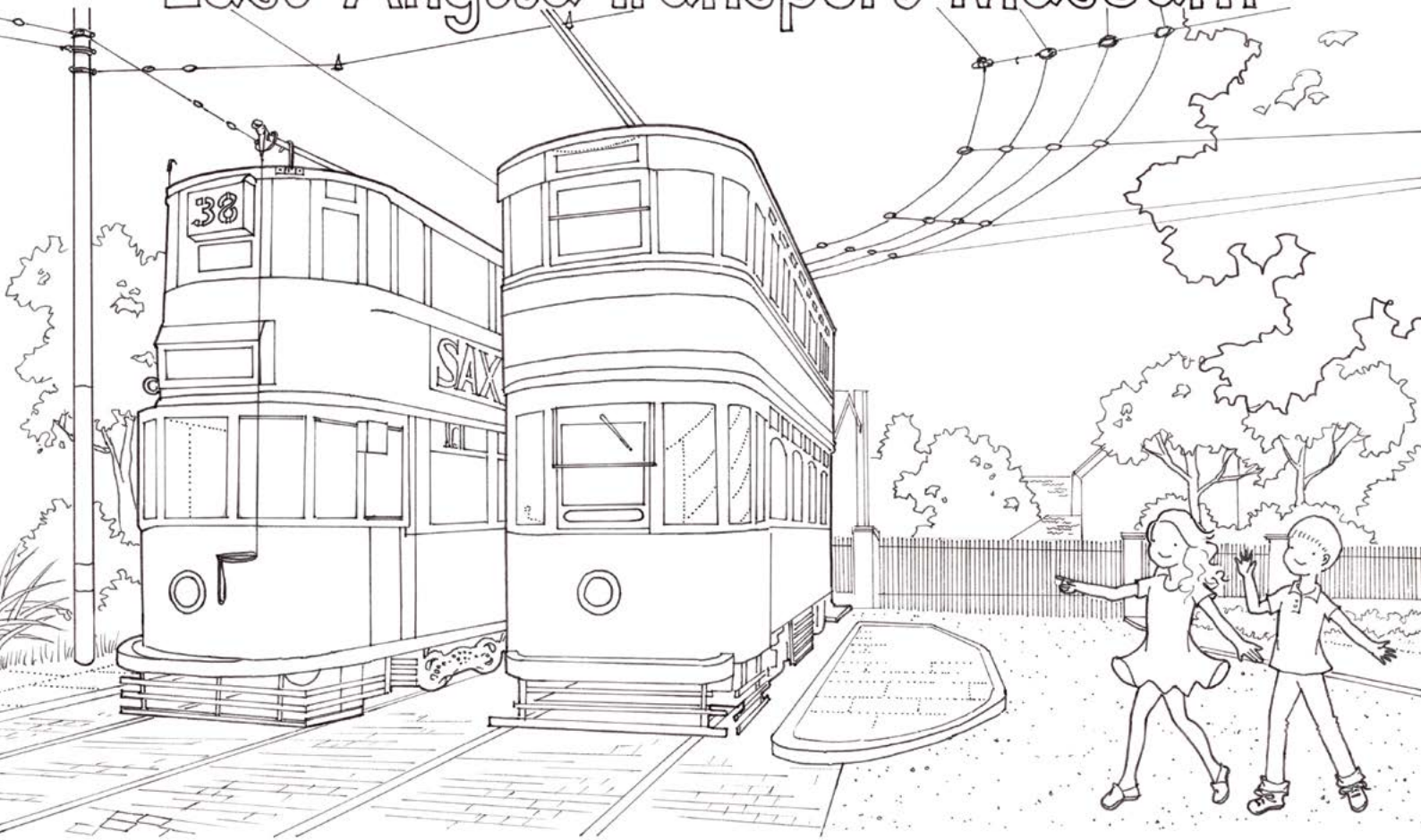
Porter's trolley



There were milk churns and an old porter's trolley on the platform.



# East Anglia Transport Museum



Alex



and

Rosie



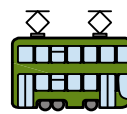
enjoyed

a

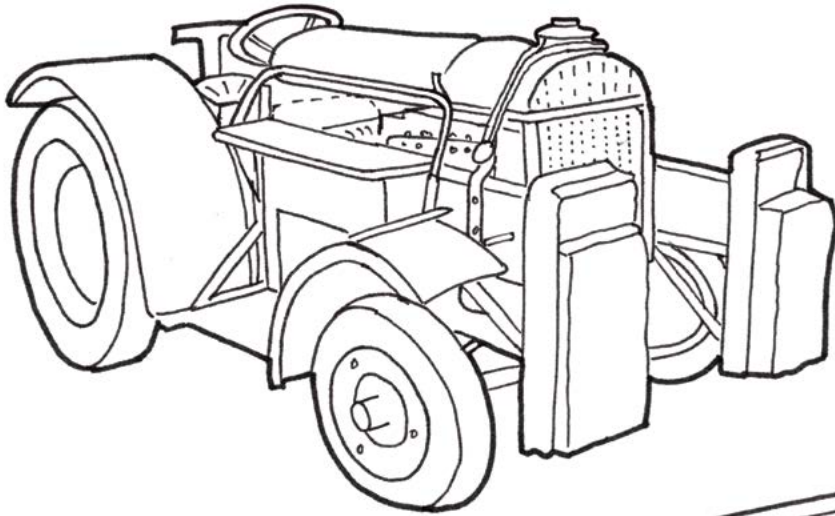


ride

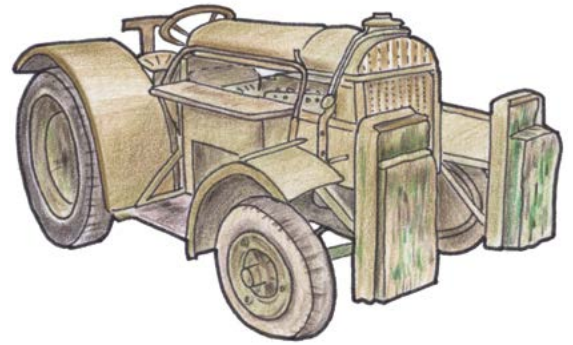
on the



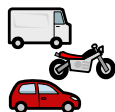
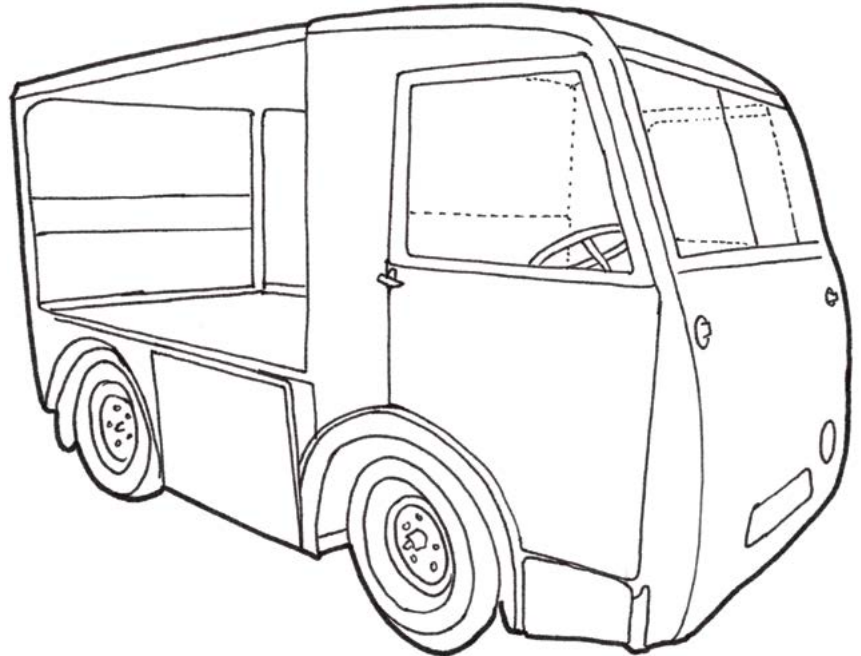
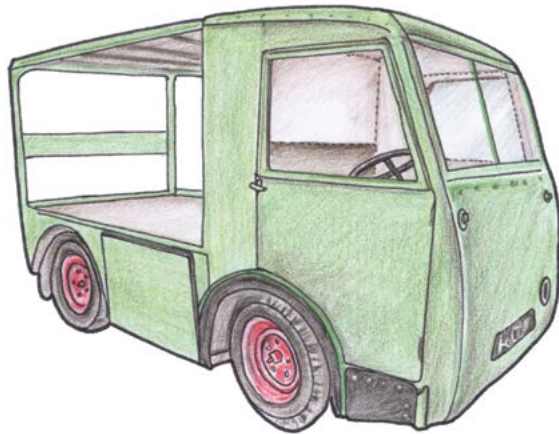
tram.



Vintage tractor

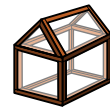
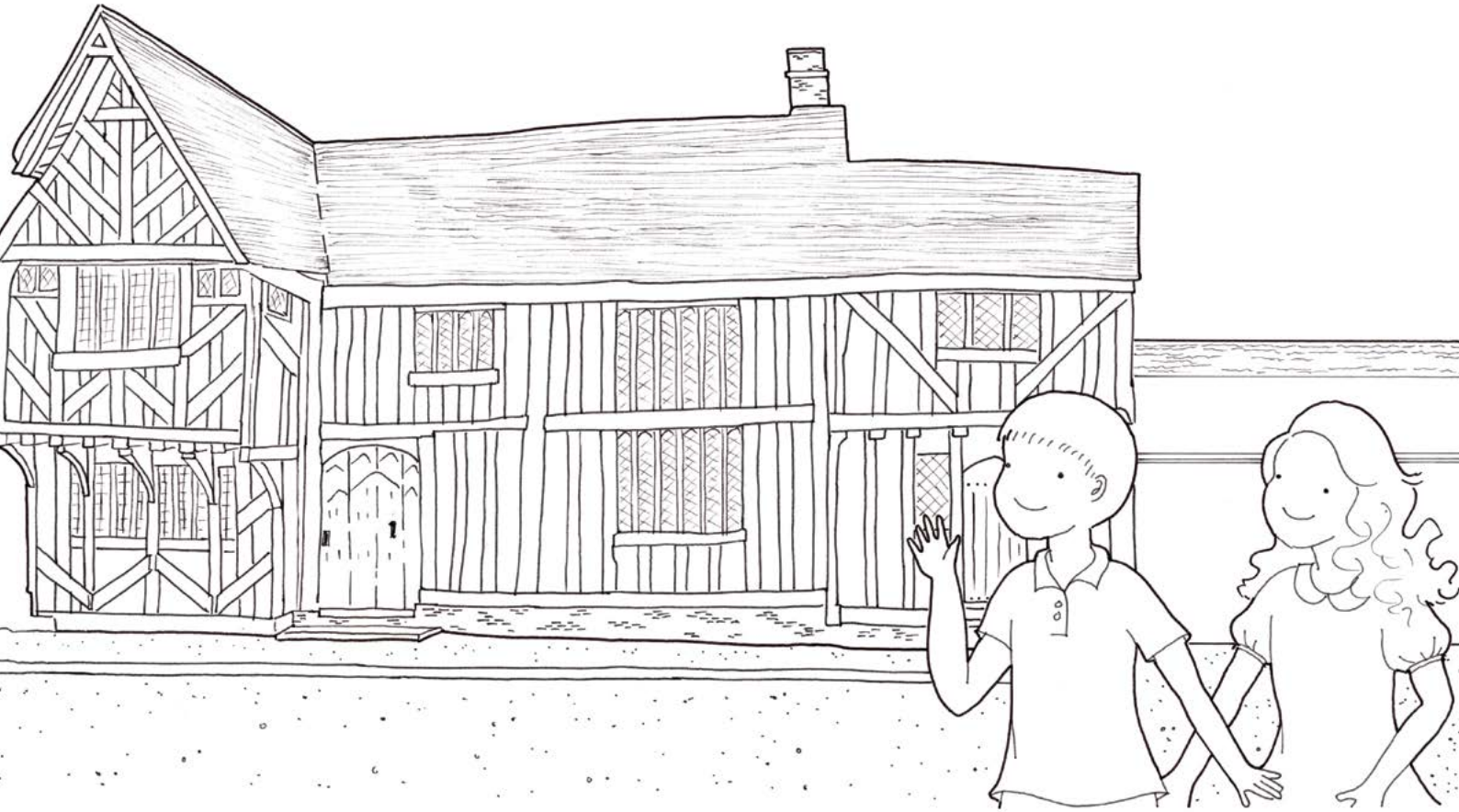


Milk float



Old vehicles are on display in the museum.

# Lavenham



Little Hall

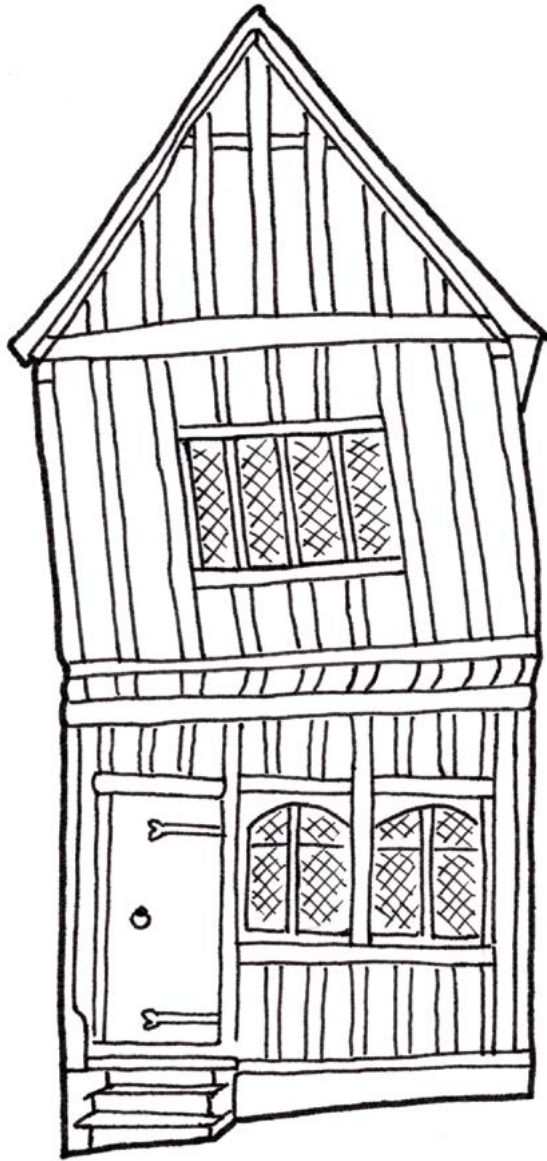
Museum

is a

colourful

medieval

timber-framed house.



Crooked house



Some



of the houses

in



Lavenham

are

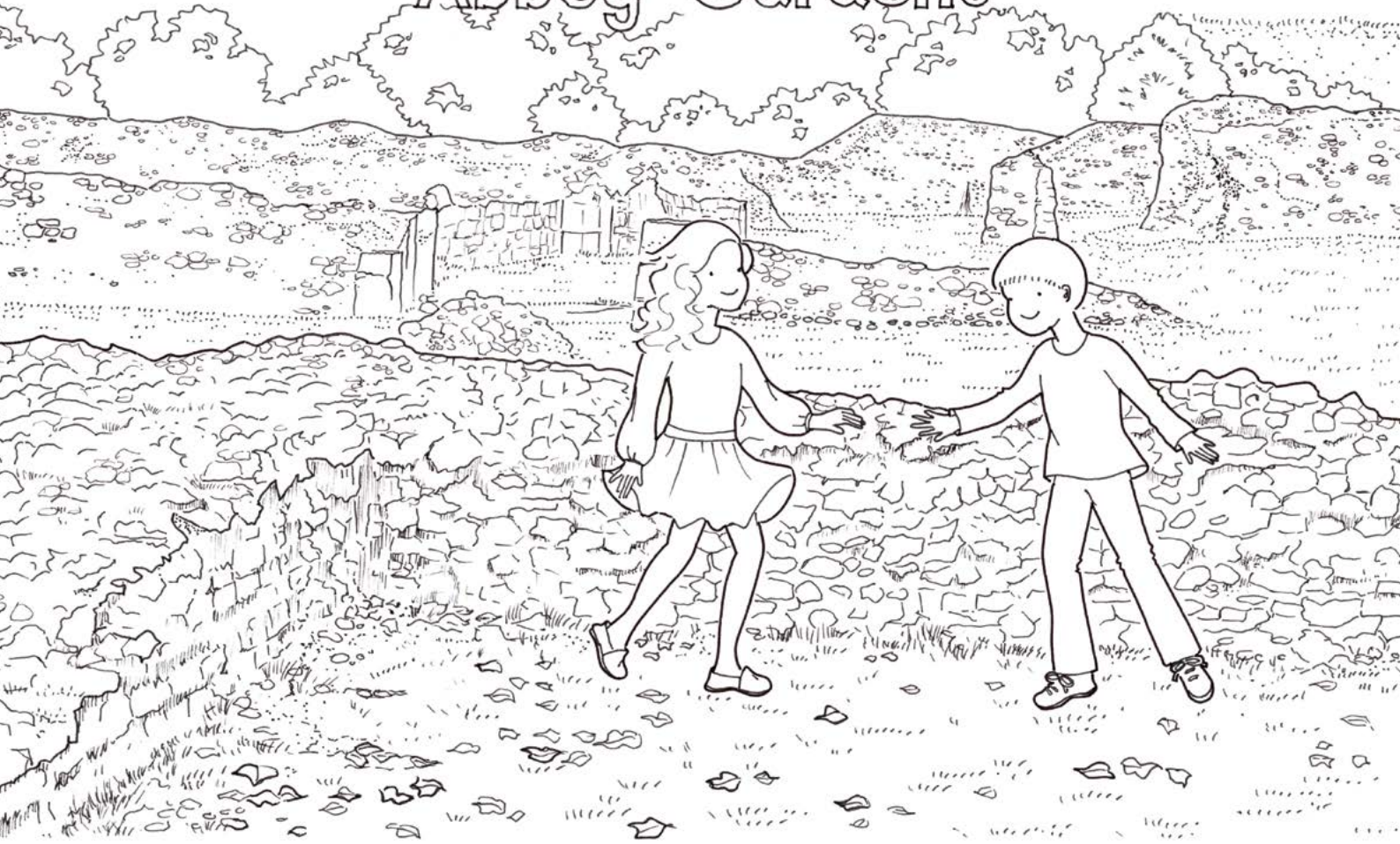


very



crooked!

# Abbey Gardens



Alex



and Rosie

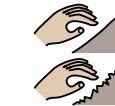


liked

the



rough

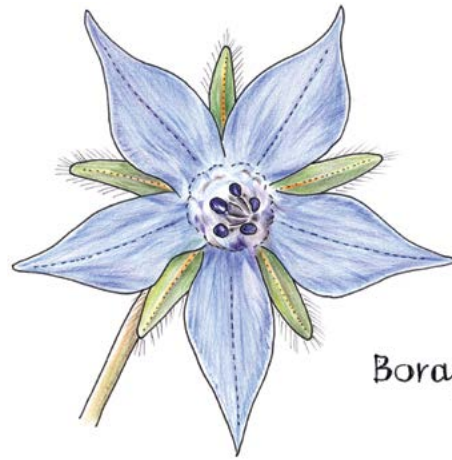
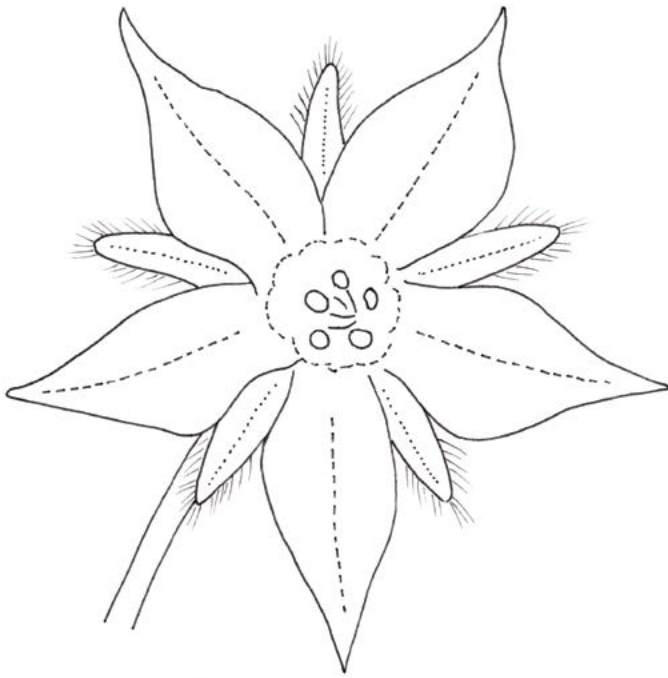


texture

of the



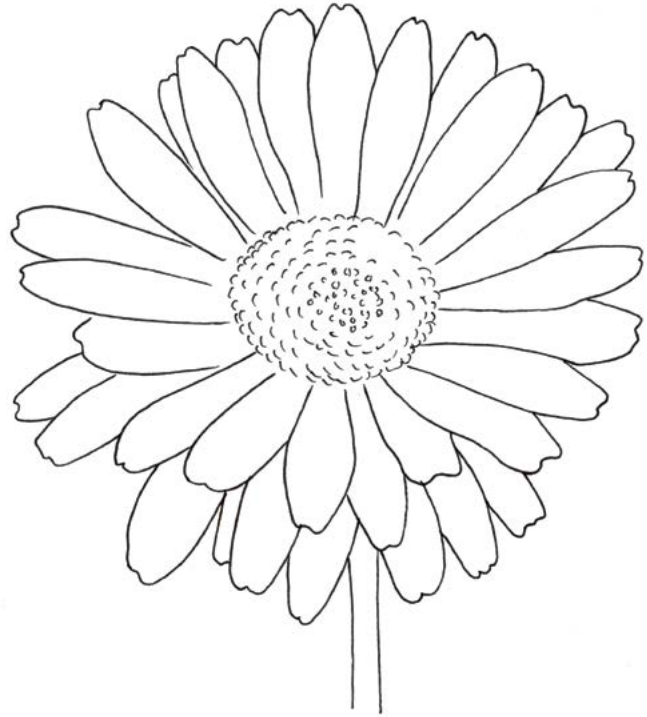
walls.



Borage



Marigold



Medicinal

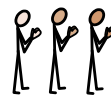


plants



grow

in the



Pilgrim's



Herb



Garden.

# West Stow



Alex

and



Rosie



visited

the



Anglo-Saxon

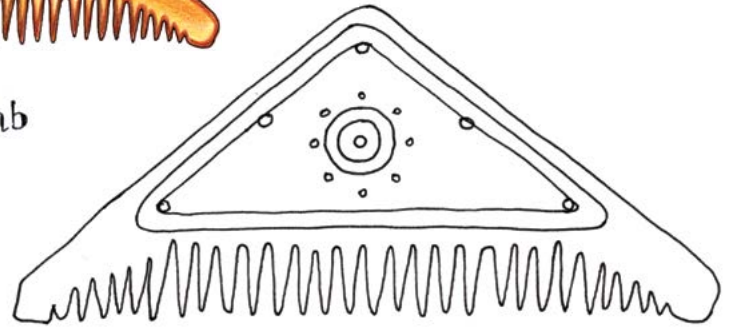


village.

Anglo Saxon clothes



Comb



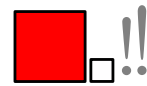
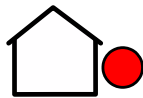
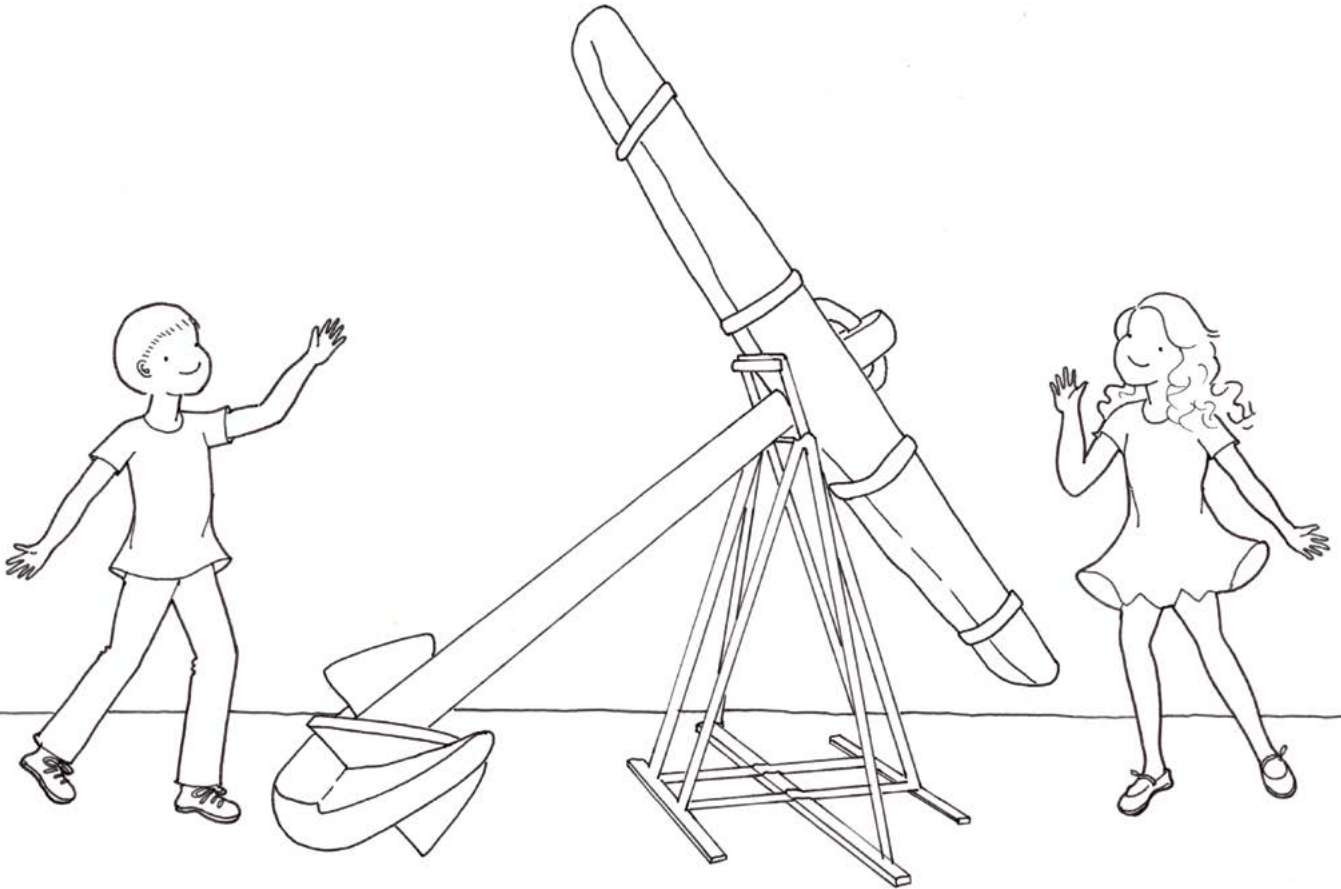
Necklace



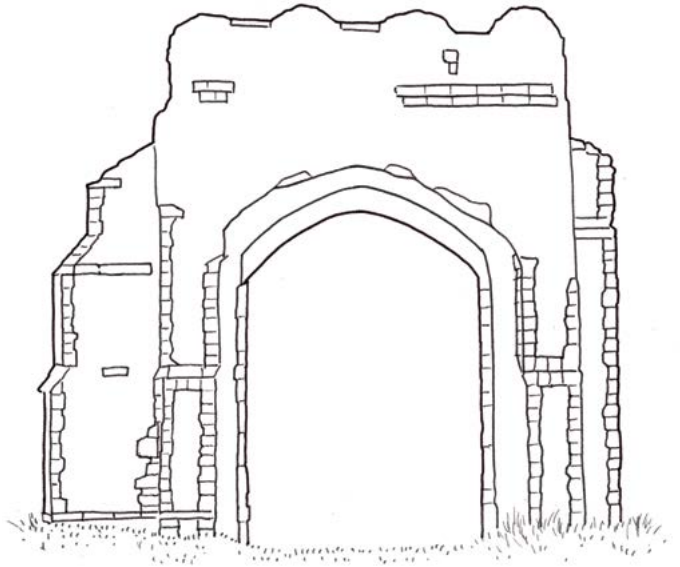
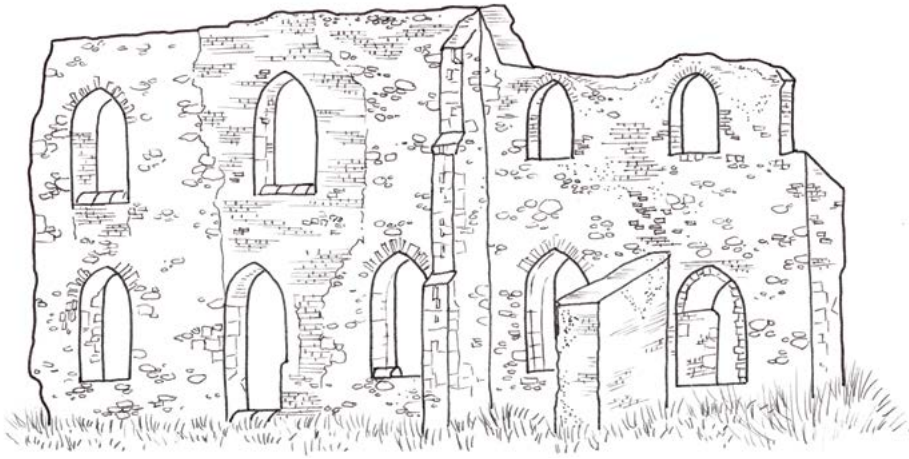
Anglo-Saxon artifacts are on display in the museum.



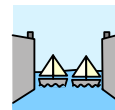
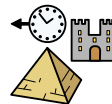
# Dunwich



The anchor outside the museum is enormous!

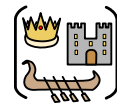
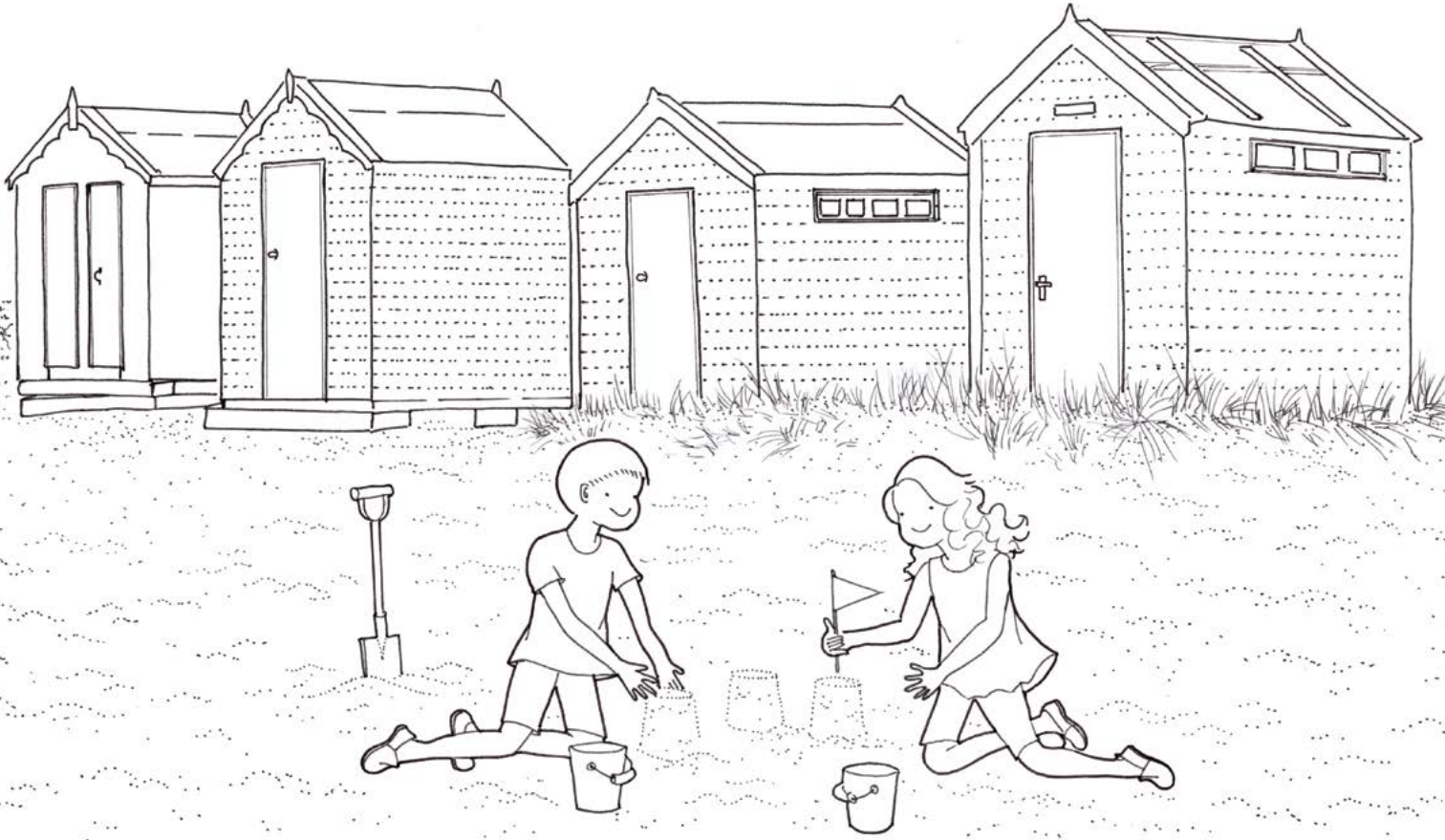


Greyfriars Monastery

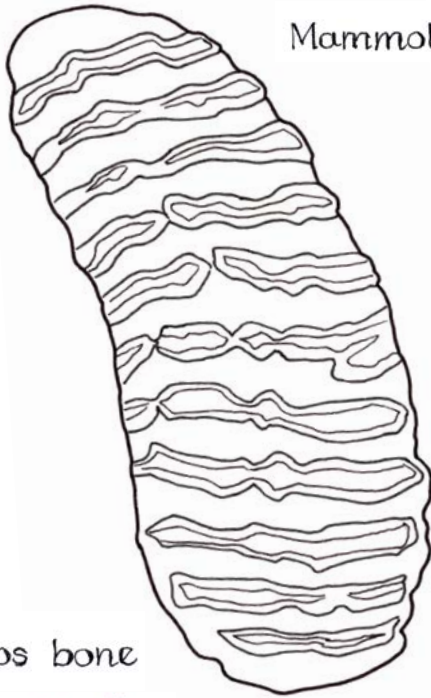


Greyfriars monastery was once part of the ancient port of Dunwich.

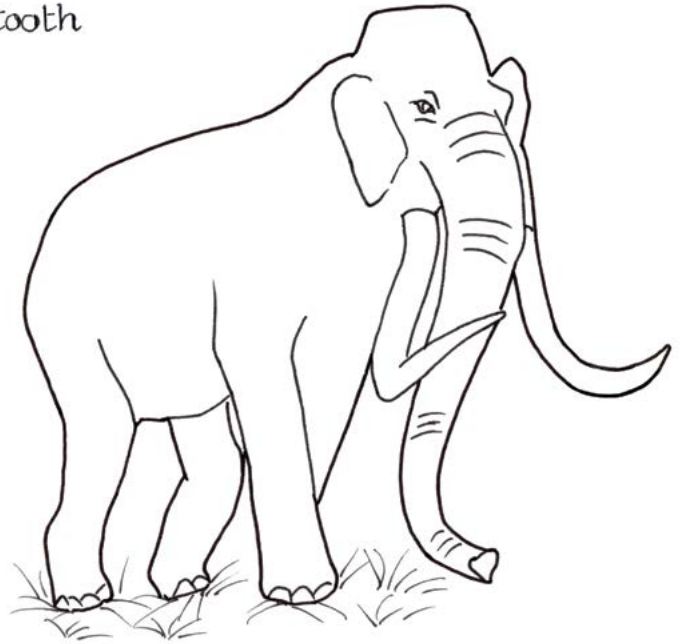
# Southwold



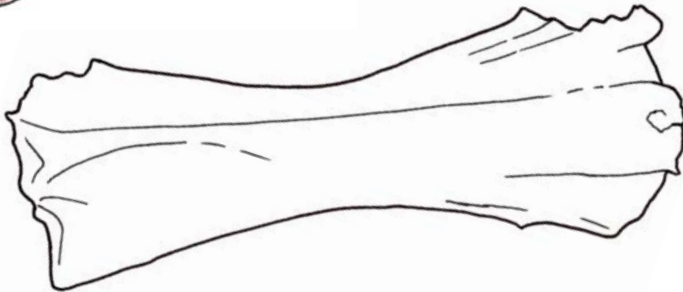
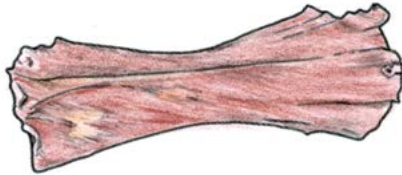
Beach huts are an important part of seaside history.



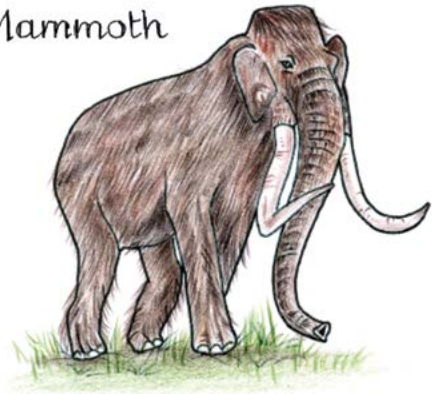
Mammoth tooth



Fossil Rhinoceros bone

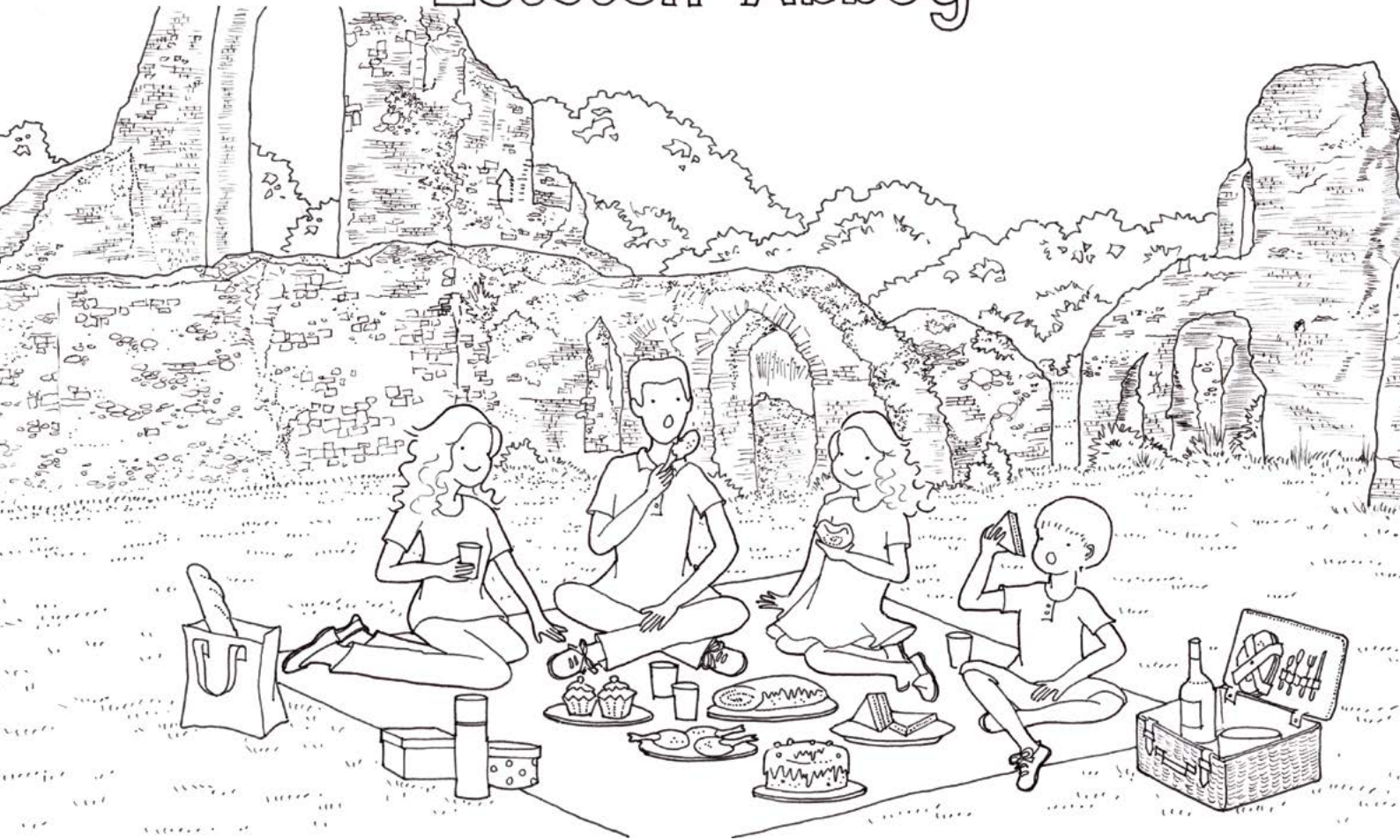


Mammoth



Southwold Museum has some amazing fossils found in Suffolk!

# Leiston Abbey



Alex



Rosie



enjoyed

a



picnic

in the



Abbey



ruins.



Chaffinch



Robin

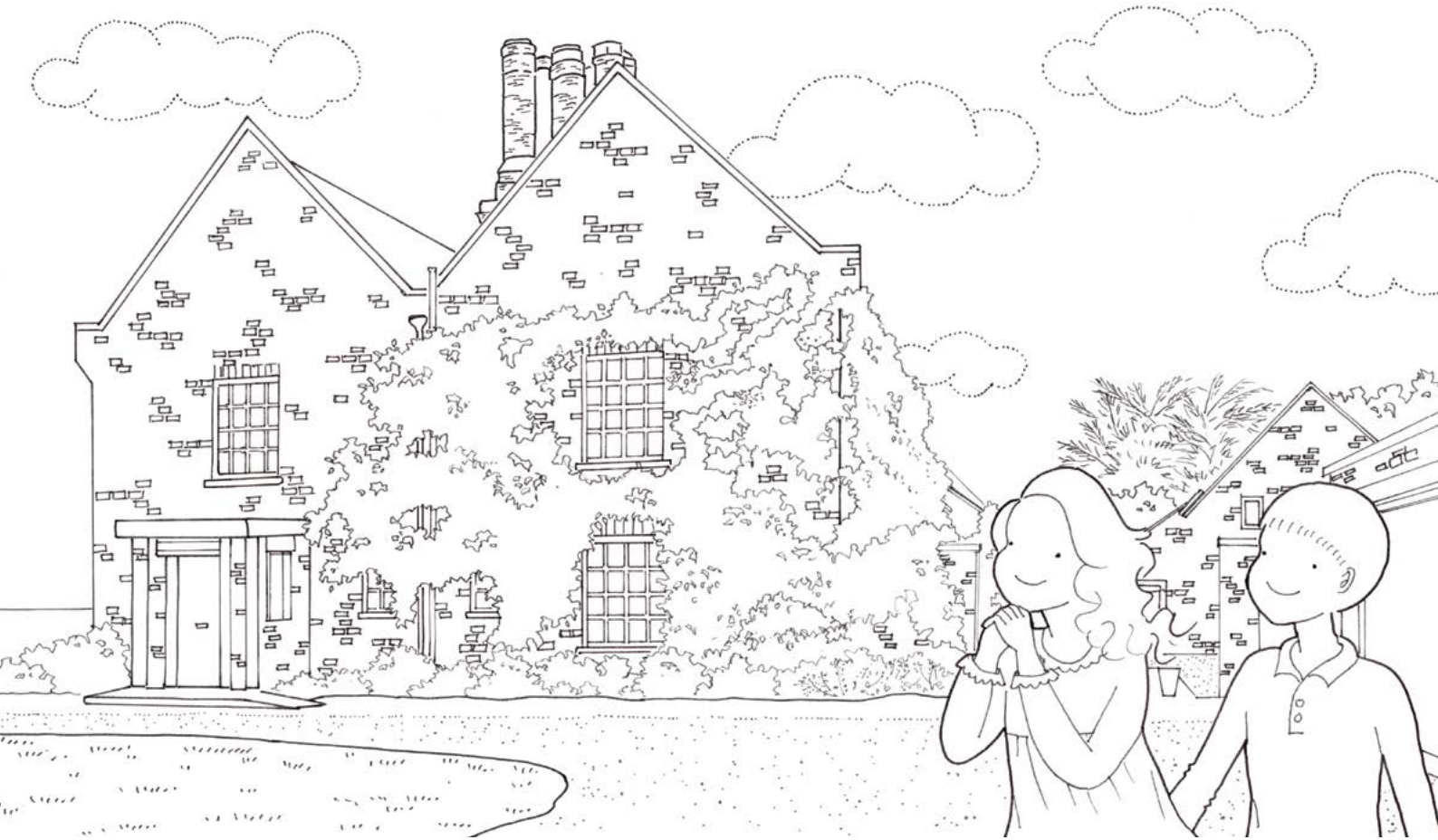


Goldfinch



It was so peaceful! Alex and Rosie enjoyed the birds singing.

# The Red House



The Red House was the home of composer Benjamin Britten.



Slung mugs

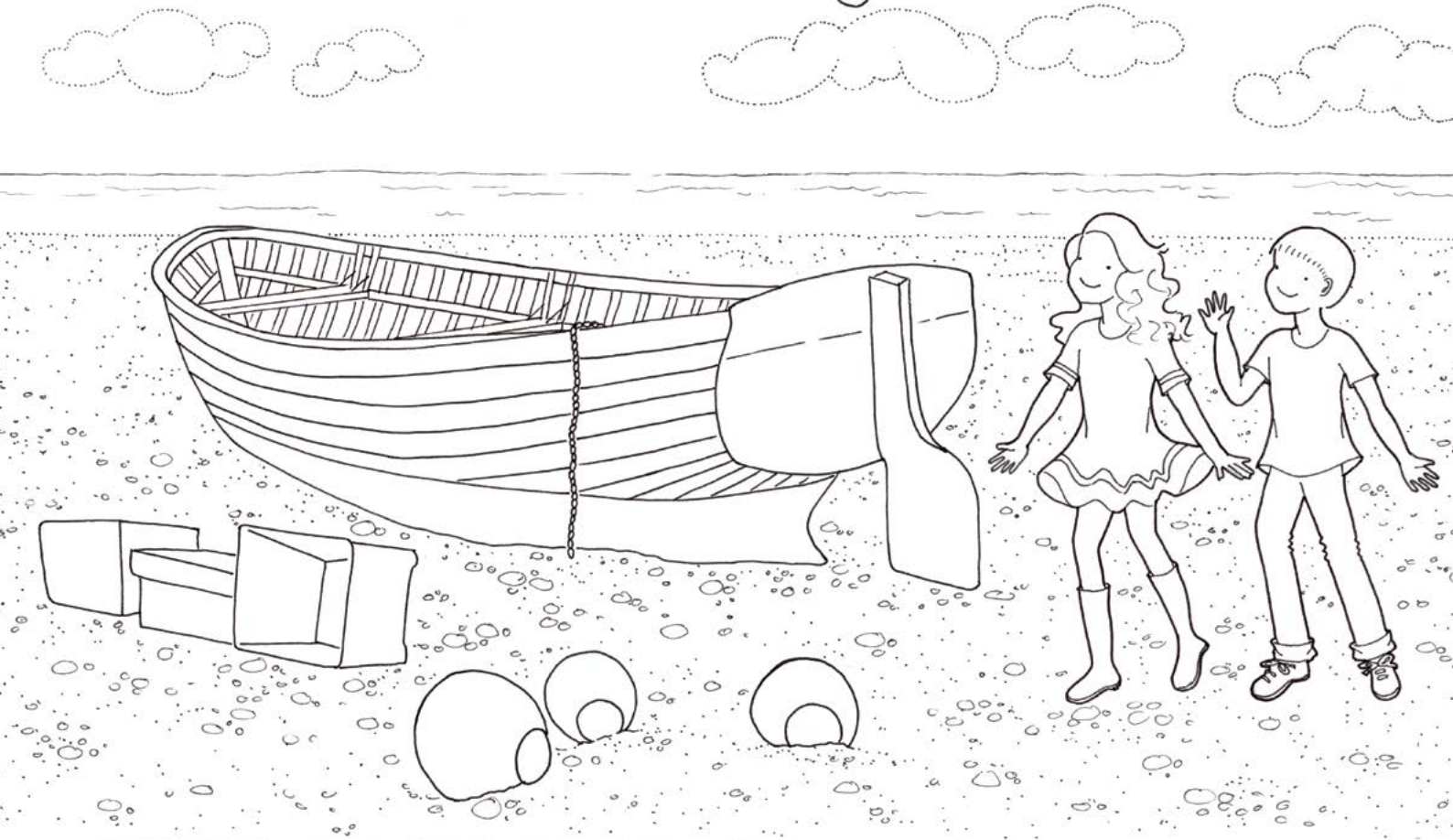
Headdress



The museum has mugs to hit and headdresses to try on.



# Aldeburgh



Alex



and Rosie



discovered



old



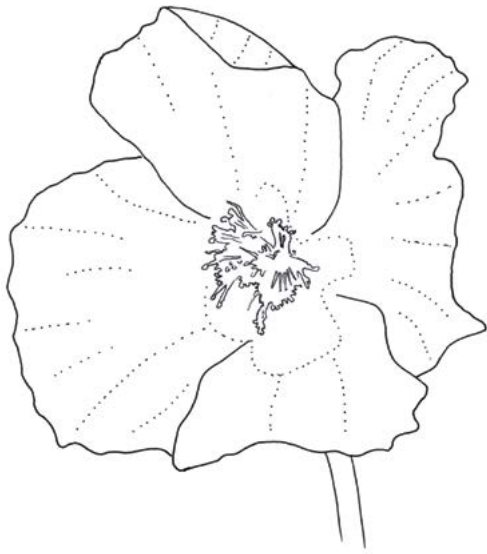
wooden



fishing boats



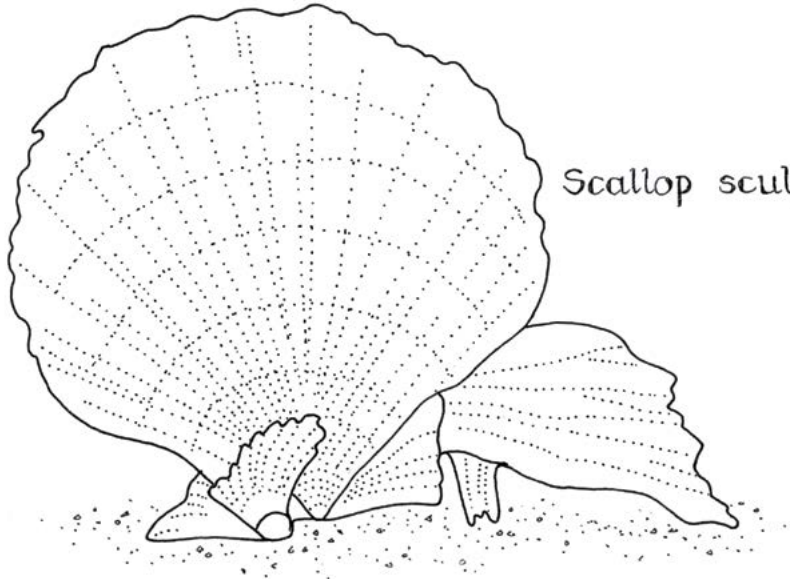
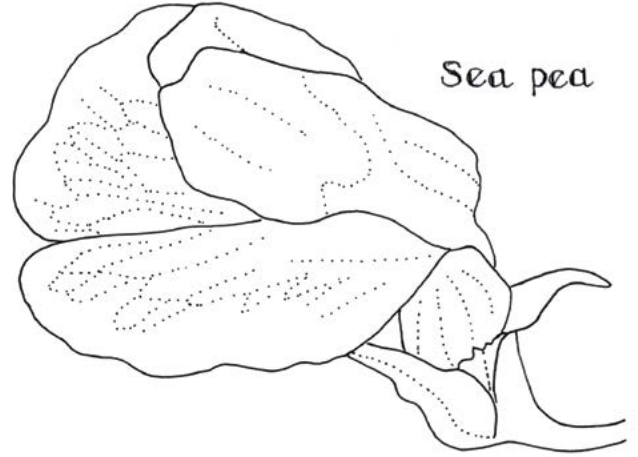
on the beach.



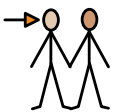
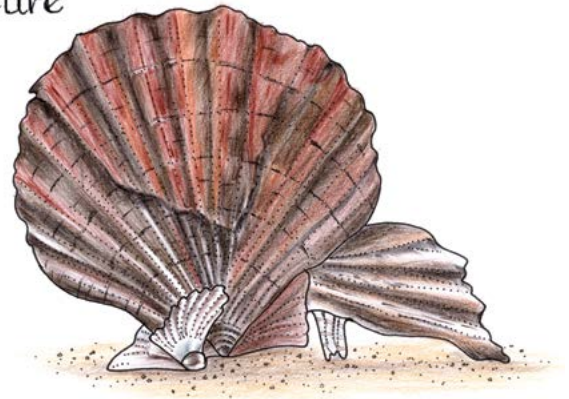
Yellow horned-poppy



Sea pea



Scallop sculpture



They

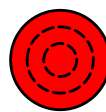


also found



wild flowers

and a



large



sculpture

of a



scallop.

# Sutton Hoo



Alex



and Rosie



enjoyed



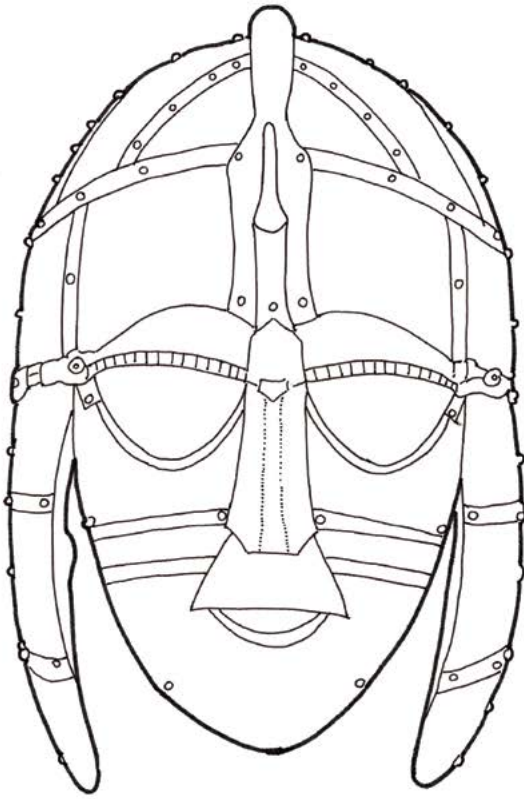
dressing up



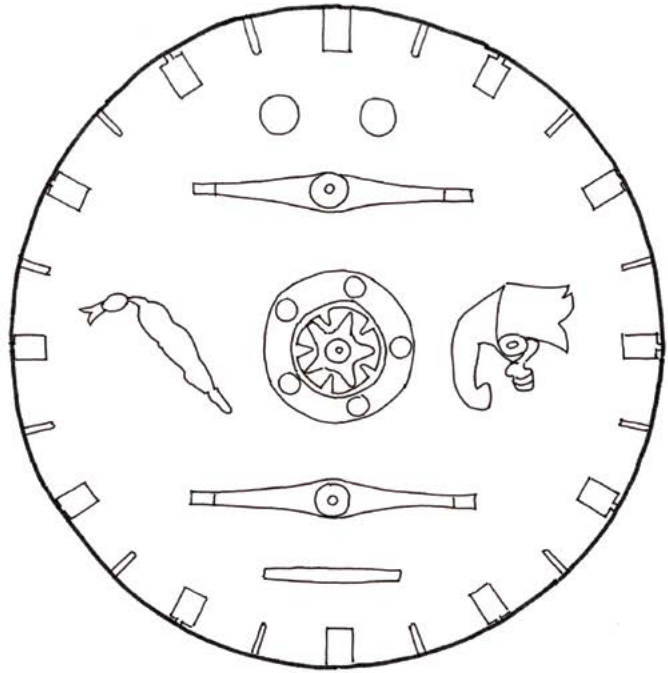
in Anglo-Saxon



clothes.



Helmet



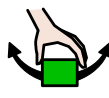
Shield



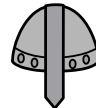
Anglo-Saxon



warriors

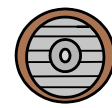


used



helmets

and



shields.

# Tide Mill Living Museum



Alex



and Rosie



were

excited



to

visit

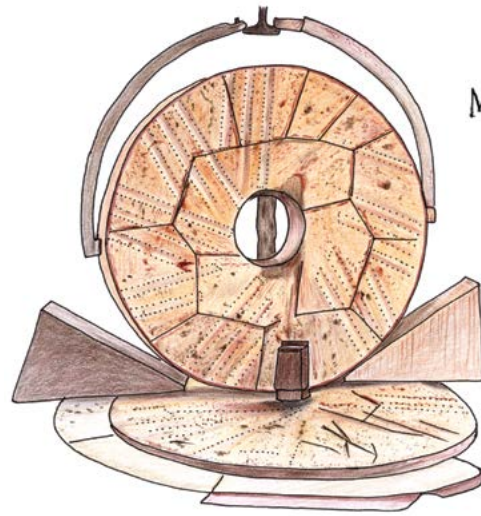
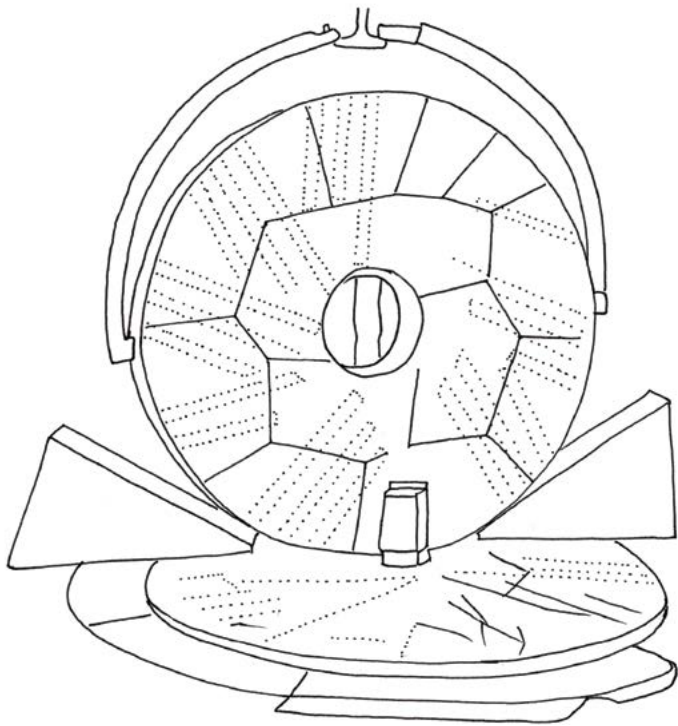
the



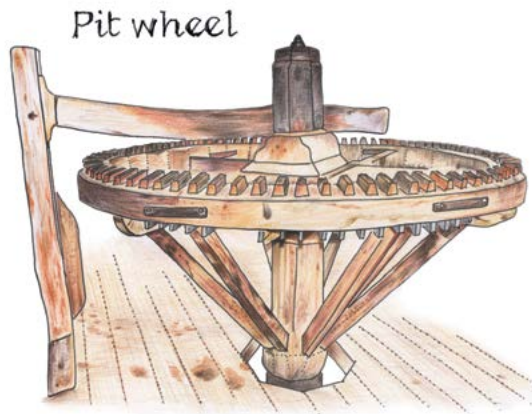
Tide



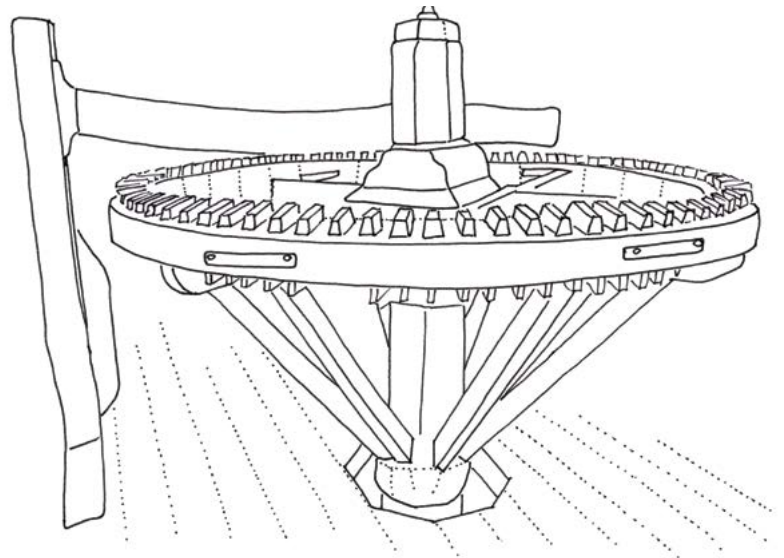
Mill.



Millstones



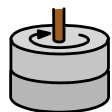
Pit wheel



Gears



turn



millstones

to

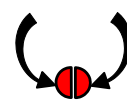


grind



grain

to

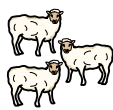
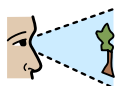
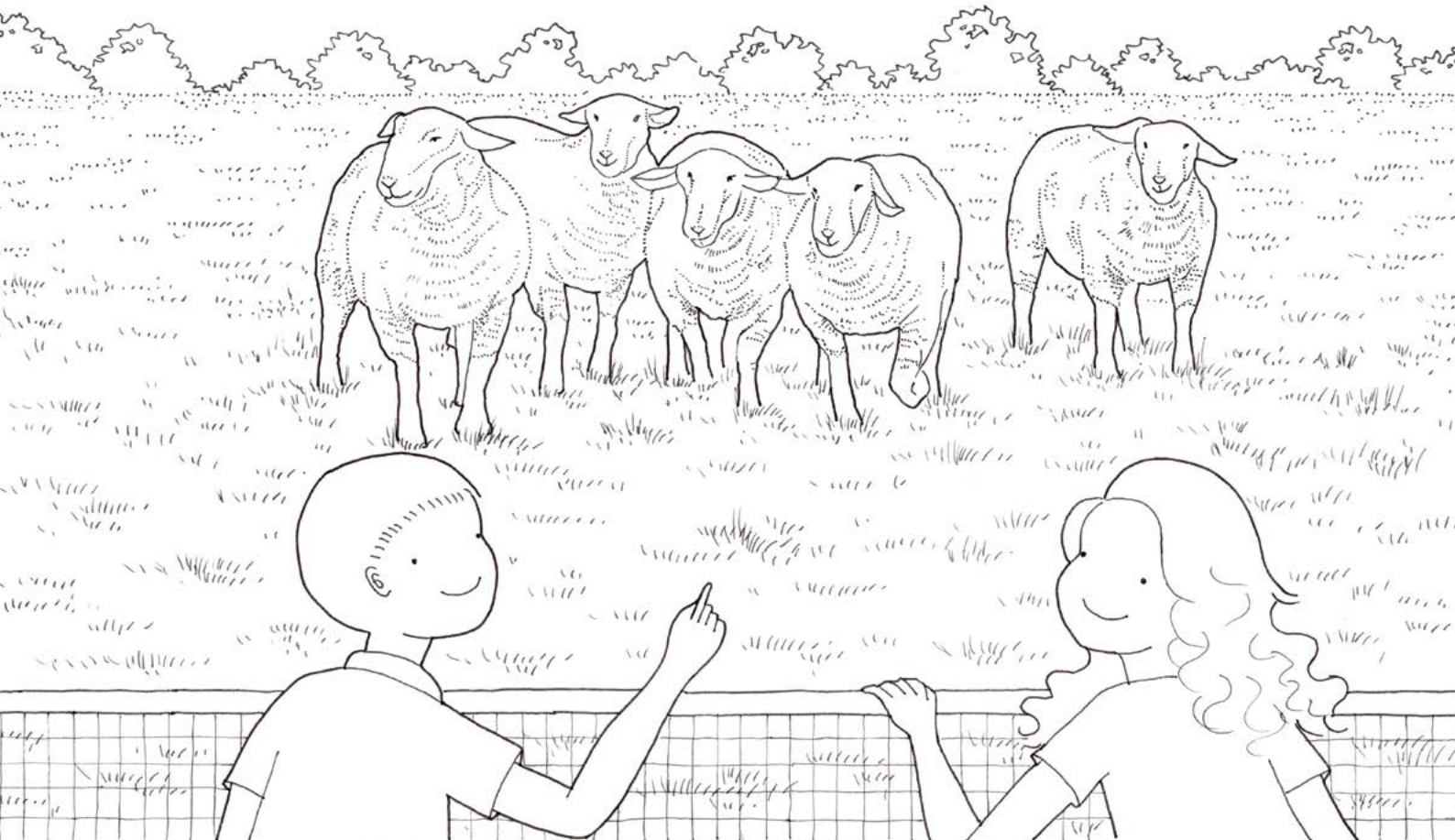


produce

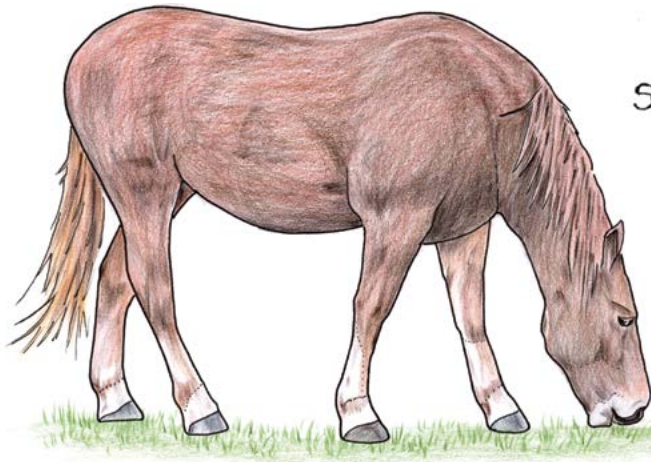


flour.

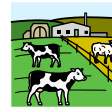
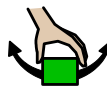
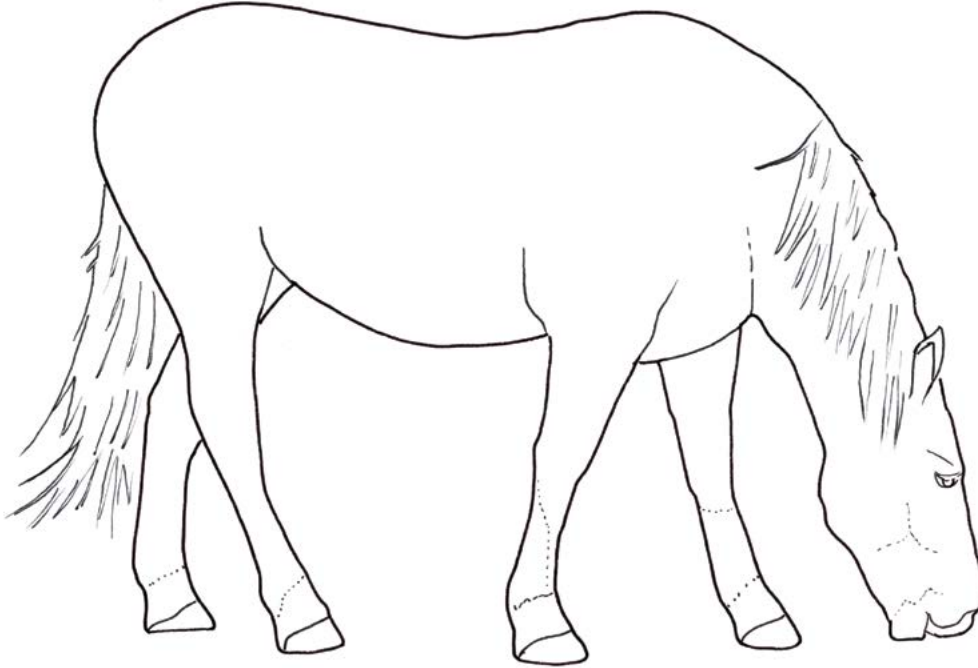
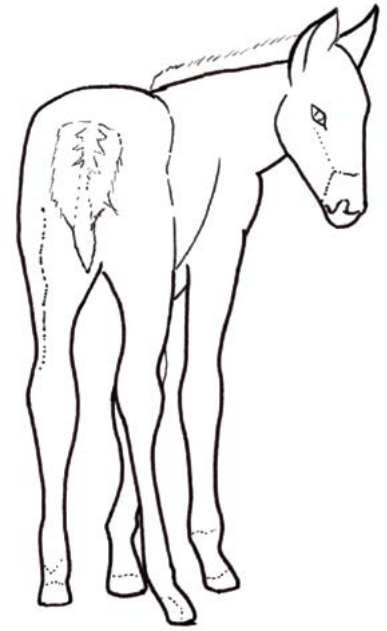
# Suffolk Punch Trust



Alex and Rosie saw a flock of Suffolk sheep on the farm.



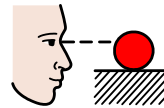
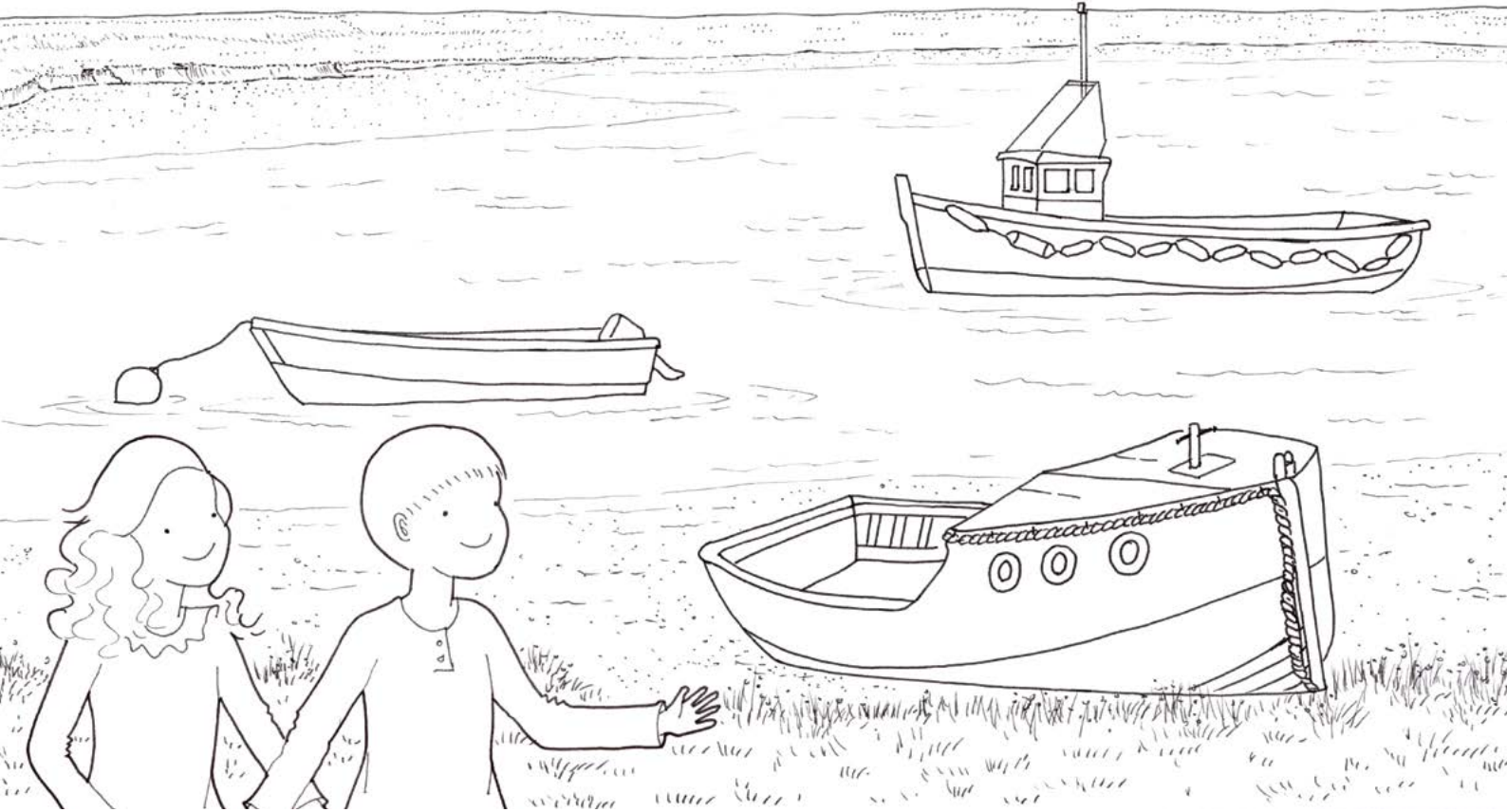
Suffolk Punch



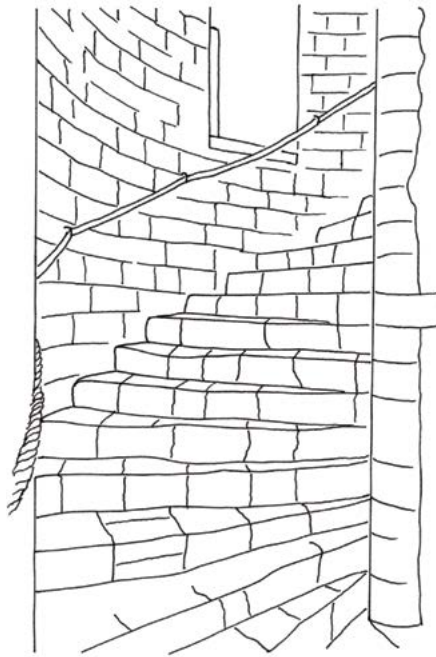
The Suffolk Punch horse was used on farms before tractors.



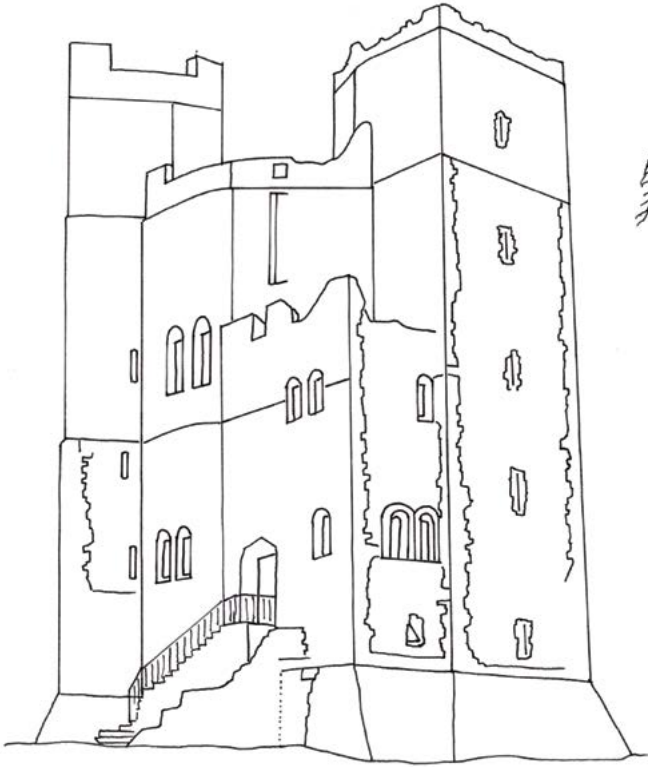
# Orford



Orford Quay is a peaceful place to look at the boats.



Spiral staircase



Orford Castle



Orford Castle

is

more than



800

800



years



old.

# Flatford



Bridge Cottage was painted by artist John Constable.



Alex

and



Rosie

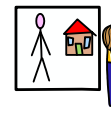


enjoy



colouring

and



painting



too!

For bibliographic purposes, this book should be referred to as  
Blakesley, D and Blakesley, T. 2022. Alex and Rosie's Suffolk Heritage Colouring Book  
Autism and Nature, Kent.

The right of David Blakesley and Tharada Blakesley to be identified as the author and illus-  
trator of this work has been asserted by them in accordance with the Copyright, Designs and  
Patents Act 1988.

Text copyright © David Blakesley  
Illustrations copyright © Tharada Blakesley  
Widgit Symbols © Widgit Software 2002-2022 [www.widgit.com](http://www.widgit.com).

All rights reserved. No part of this publication may be reproduced  
in any form without prior permission of the authors

First published 2022

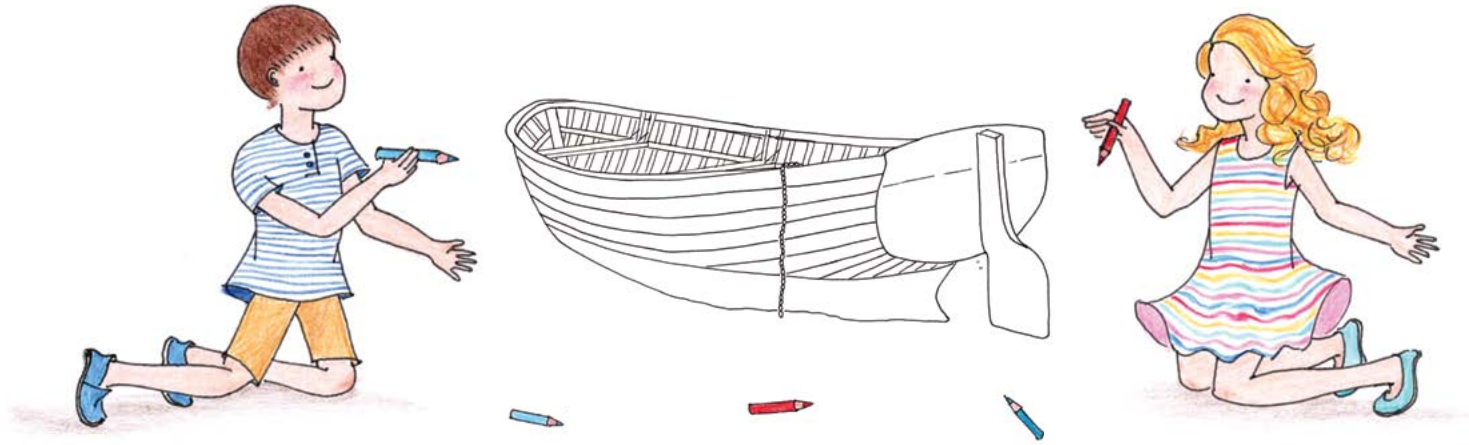
British-Library-in-Publication Data  
A catalogue record for this book is available from the British Library

Layout by Tone Blakesley  
Published by Autism and Nature  
Printed by Amadeus Press

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

#### Disclaimer

We recommend visitors to any places included in this book to take all appropriate  
steps to ensure health and safety of all users, and to follow their own  
health and safety policy. Neither the publisher nor the authors can be held responsible  
for any consequences arising from the use of the information contained herein,  
including accidents or damage as a result of its use.



Alex and Rosie enjoy visiting their favourite heritage places in Suffolk. Back at home, they love to colour pictures of the places they have been to.

Published by

Supported by



**SUFFOLK**  
Community  
Foundation



**Autism  
and  
Nature**

