

## CLUBS & SOCIETIES

*Graeme Forsyth writes*

### STOUR VALLEY MEN'S PROBUS CLUB

On Wednesday **6th January** Ian Rose spoke on "Kathmandu and the Jungles of Nepal", and on Wednesday **20th January** Peter Gant informed us on "The Route of The Stour".

On **3rd February**, Jessica Lewis will speak on "The History of the Cutty Sark" and two weeks later on **17th February** member Dick Patterson will talk on a most interesting subject "The history of and living in Sierra Leone during its last colonial days".

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

*Vivien Chapman writes*

### LADIES FELLOWSHIP

The Dedham Mothers' Union Branch was very vibrant for many years, and when I joined in 1979, Betty Richards (wife of the Incumbent, Rev. Ron Richards) was the Enrolling Member. Following their retirement, Rev. Norman Bedford became the Incumbent, and his wife Pat became our Enrolling Member. After their retirement, I took over, and we continued as a Mothers' Union for some time. However, for various reasons and after much soul-searching and thought, we left the M.U., and became the Dedham Ladies' Fellowship. Our membership stayed the same, plus some new members, and inevitably, some losses, through death or moving away. The D.L.F. will continue, but over the years, we have lost more members than we have gained, and after much thought and deliberation once more, it has been

decided that we will no longer meet in the Reading Room at the Assembly Rooms, but in members' homes. It may be that, occasionally, we will hire the hall and invite a speaker, when everyone will be made very welcome, so do look out for this in the months to come.

*Betty Callaghan writes*

### THE GOOD NEIGHBOURS CLUB

At our recent meeting an outing to the theatre was kindly arranged by Val Blaker. As our next meeting is on Friday, **11th March**.

*Katie Courts writes*

### DEDHAM MINDFULNESS GROUP

There was a strong turn out for the meeting in December, when we did a fun mindfulness exercise using raisins, followed by a meditation on refuge. We chose this theme to support our fundraising campaign for Suffolk Refugee Support charity, and thank everyone for their contributions. We raised £50 for this worthy charity - you can read more about what they do here: <http://www.suffolkrefugee.org.uk/> We meet on the first Wednesday of each month, between **8-9pm** at the Duchy Barn. New members welcome. For more information Email: [DedhamMindfulness@gmail.com](mailto:DedhamMindfulness@gmail.com)  
[Facebook.com/MindfulDedham](https://www.facebook.com/MindfulDedham)  
Twitter: @MindfulDedham

This magazine can be read *in colour* at [www.dedham-parishchurch.org.uk](http://www.dedham-parishchurch.org.uk)

## DEDHAM PARISH CHURCH

[www.dedham-parishchurch.org.uk](http://www.dedham-parishchurch.org.uk)  
e-mail: [dedhamparishchurch@outlook.com](mailto:dedhamparishchurch@outlook.com)

<b>MINISTERS</b>	(01206)	
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Paul Southern	<i>Assistant Minister</i>	
Merv McKinney	<i>Assistant Minister</i>	
c/o Parish Office, High Street, Dedham		
<b>CO7 6DE</b>		322 136
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Richard Hopkins	<i>Churchwarden</i>	322 361
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<b>DEDHAM PARISH MAGAZINE</b>		
Melanie Hargreaves ( <a href="mailto:dedhameditor@gmail.com">dedhameditor@gmail.com</a> )	<i>Editor</i>	↓
Max Wilkinson	<i>'What's On' Listings</i>	↓
Martin Hole	<i>Advertising</i>	↓
<b>PARISH OFFICE</b> at the Vicarage		322 136
<b>9:30 am-11:30 am Tuesday</b>		
<b>11 am-1 pm Thursday</b>		
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<i>Asst. Secretary</i> Be Burleigh, Louise Davison		
<i>Financial Administration</i> Sara Marshall, Katrina Ablett		
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Heather Tetchner	<i>Head Teacher</i>	322 242
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Anne Rowledge	<i>Bookings</i>	322 394
Printed by <i>IndigoRoss</i>		01787 880 260

## DEDHAM PARISH MAGAZINE February 2016

### SUNDAY SERVICES

**8.30 a.m.**

**Holy Communion BCP**  
*1st Sunday in month*

**10.30 a.m.**

**Family Service**  
*1st Sunday in month*

**Morning Worship CW**  
*2nd & 5th Sundays*

**Holy Communion CW**  
*3rd Sunday in month*

**Morning Prayer BCP**  
*4th Sunday in month*

**5 p.m.**

**Evening Prayer BCP**  
*1st Sunday in month*

**5 p.m.**

**Re:Vive @5**  
*4th Sunday in month*

**10.30 a.m.**

**Family Service**  
*1st Sunday in month*

**DEADLINE FOR  
NEXT EDITION:  
17 FEBRUARY**

## CHURCH NOTICEBOARD

SPECIAL SERVICES OF WORSHIP :

*Ash Wednesday—10th February at 12 noon*

TOWER FLAG DAY THIS MONTH



### *From the Registers*

#### FUNERALS

4 December 2015— Ronald William TUCKER (aged 91)

22 January 2016— Carol RUDD HOWARD (aged 89)



Great things can grow from a small decision...

Please Remember  
DEDHAM PARISH CHURCH  
in your Will

## GOD IN THE ARTS

'He gave us eyes to see them' - The Church Door: St John's Adel

Last month we stood at the doorway of a church in West Yorkshire. Open the door of that church or any church and the first thing to greet our eyes is the font. It marks the beginning of Christian life in the church. Many fonts have fine carvings of the seven sacraments that nourish the Christian. Others are octagonal in shape: a reminder of Noah and his seven family members saved in the ark from the Flood.



This month's font is a symbol of the ship sailing the seas of life. It is in St George's Church, Anstey, in Hertfordshire. Around the font are carved mermen - mythical, pagan creatures that belong to a pre-Christian age which the newly baptised is called on to renounce. When it was carved in the 11<sup>th</sup>-12<sup>th</sup> centuries, baptism occurred within eight days of birth. Babies would be immersed three times into the waters of the font: dying to the old life symbolised by the mermen, and rising to new life, to be clothed in a white robe and given a lighted candle as a guide through life. They would then grow up in the church, moving from that west end through the upturned boat of the nave to the altar at the east end.

That movement is a sign of the pilgrimage we are all called to make. Like a journey on the seas of this world, we may sail through tranquil waters and peaceful days. There may be times when the skies are cloudy and the waters stormy. Martin Luther, when he was faced by struggles like that in his life, would say the words 'I am baptised' to strengthen and reassure himself. 'I am baptised' we can say as we travel in faith, knowing that there is always a light to guide and a goal that is sure and eternal.

**Mouse Makes**

Each day during LENT as you countdown to EASTER, colour a stepping stone on the footprint calendar and learn more about Jesus by reading Luke's Gospel.

1 ASH WEDNESDAY

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40 PALM SUNDAY

Monday

Tuesday

Wednesday

Thursday

GOOD FRIDAY

Saturday

EASTER SUNDAY

"Teach me your way, O LORD; that I may walk in your truth." Psalm 86:11

JESUS IS RISEN

"Your word is a lamp to my feet and a light to my path." Psalm 119:105

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# LENT 2016

Shrove Tuesday – Pancake Day – 9th February

It's odd, really, that confessing one's sins to God should ever have involved making pancakes. And yet the beginning of Lent brings us both – Shrove Tuesday is Pancake Day, and is followed by Ash Wednesday, and so Lent begins.

In centuries gone by, the pancakes were made to use up the milk and eggs before the fasting of Lent. More recently, many readers will have childhood memories of the wonder of watching our mothers break an egg, mix it with milk and flour – and out of that goey mess, to produce a light and delicious pancake.



These days more and more of us buy pancake mix, or even ready-made pancakes. It seems we prefer the certainty of ending up with pancakes - to the risk of having made nothing BUT a mess of the kitchen.

In many parishes they used to hold pancake races on the day. Why anyone would want to run around a field while holding a pancake is not clear, but in Olney, Bucks, they have held a pancake race almost every year since 1445.



## NEWSROUND

*Richard Brown (Poppy Area Organiser) writes*

### THE ROYAL BRITISH LEGION POPPY APPEAL

I should like to take this opportunity to thank everyone who gave so generously to this years Poppy collection. A special thanks to those who gave so generously of their time helping with the door to door and in other ways to ensure the success of this important charity. The amount raised so far in the Dedham area was £2836 an increase of £117 from last year. About £1.60 per poppy! This amount includes the contribution from "Gift Aid" about £68.

I should be grateful for more help next year and if you would like to assist please telephone me, the number is ☎ 321241.

*Briony Lawton writes*  
**CHRISTMAS TREE FESTIVAL RESULTS**

Thank you to all for entering the 2015 Christmas Tree Festival! Also, thank you to a great group of helpers to make the event so successful.

Category first places as follows:

**Group/Club** – joint first  
Sue's Shining Stars – If we build it, they will come..  
Dedham Horticultural Society – Four Candles

**Individual/family**  
Rebecca Bachelor – The Making Bee Tree

**Children** – joint first  
Rowan Fenn – Conker Tree  
Ben Spurgeon – A Very Lego Christmas

## Salsa Evening

Come to a fun evening on **Friday 4th March 2016** at the Assembly Rooms from **7.00 pm-11.00 pm**

Warm up & lesson at **7.30 pm.**

Bar Available. Tickets £10 Available from Jill Strangward ☎ 322006

All proceeds to  
Dedham Church



## WHAT'S ON: FILM

### In the Assembly Rooms Dedham



Admission 7pm—Films begin 7.30pm Tickets £4 available from Shakespeare House Gallery or online at [www.dedhamfilms.co.uk](http://www.dedhamfilms.co.uk)

**Wednesday  
17 February 2016**

### PALIO (15)

Directed by Cosima Spender



Twice a year the Italian city of Siena goes crazy for the oldest horse race in the world. Not your average race: strategy, bribery and corruption play as much a part as the skill of the riders. Legendary rider Gigi Bruschelli has won 13 Palios in 16 years and is accused by his critics of monopolizing the race. He works the system, paying off younger jockeys and fixing the race with average horses. Two races away from beating the world record, Bruschelli will do anything to win. But one jockey stands in his way, his former trainee, a handsome young Sardinian, Giovanni Atzeni. PALIO is the thrilling story of a young 'outsider' keen to break in to the dangerous but lucrative race and the corrupt 'insider' who has manipulated the city of Siena for a decade.

**Tuesday 1 MARCH 2016**

### Les Liaisons Dangereuses (National Theatre Live)

Directed by Josie Rourke and  
a co-production with Donmar Warehouse

Irresistible tale of seduction, intrigue and betrayal - the cast includes Elaine Cassidy (The Paradise), Janet McTeer (The White Queen) and Dominic West (The Wire)

Admission 6.30pm—Screening begins at  
7pm Tickets £10 available from  
Shakespeare House Gallery  
or online at [www.dedhamfilms.co.uk](http://www.dedhamfilms.co.uk)



Refreshments available before the Films and Screenings and during the intervals

Contacts: Jax Horswill 322328 or [dedhamfilms@gmail.com](mailto:dedhamfilms@gmail.com)

To find out more about the films and live screenings visit [www.dedhamfilms.co.uk](http://www.dedhamfilms.co.uk)



## WHAT'S ON : OPERA, MUSICAL, BALLET

❖ *Dominus* by Handel - and Monteverdi's *Psalms*; St Mary-le-Tower, Ipswich. **MUSIC continued**

❖ **Sat 12 Mar:** 7.30 pm **Ipswich Choral Society:** Handel's *Messiah*; Corn Exchange, Ipswich.

❖ **Sun 13 Mar:** 4 pm **SVAM:** Red Priest - baroque quartet; East Bergholt Church. 4.45 pm **Headgate Theatre:** Gary Ryan, Virtuoso Guitar, Colchester.

### OPERA/MUSICAL

❖ **to 30 Jan:** 7.30 pm **Colchester Operatic Society:** *Sister Act*; The Mercury, Colchester.

❖ **Sat 30 Jan:** 5.55 pm **Metropolitan Opera New York - live link:** Puccini's *Turandot*; Firstsite, Colchester.

❖ **Thu 4 Feb:** 6.45 pm **Royal Opera House - live link:** Verdi's *La Traviata*; Odeon, Colchester; and at Firstsite on 8 Feb (7.15 pm).

❖ **Wed 17 to 20 Feb:** 7.30 pm **Brantham Amateur Theatrical Society:** *The Hot Mikado*, a jazz and soul version of the Gilbert & Sullivan operetta; Brantham Village Hall, Manningtree.

❖ **Mon 22 to 27 Feb:** 7.30 pm **Regent Theatre Ipswich:** *The Sound of Music*, Bill Kenwright's production.

❖ **Tue 23 to 24 Feb:** 7.30 pm **OperaUpClose:** Bizet's *Carmen*; Theatre Royal, Bury St Edmunds.

❖ **Wed 24 to 27 Feb:** 7.45 pm : **Mad Hatter Productions:** Stephen Sondheim & John Weidman's *Assassins*; The Headgate, Colchester.

❖ **Sat 5 Mar:** 5.55 pm **The MET - live link:** Puccini's *Manon Lescault*; Firstsite, Colchester.

❖ **Wed 9 Mar:** 7.30 pm **English National Opera - live link:** Mozart's *The Magic Flute*; Odeon, Colchester.

❖ **Fri 11 & 12 Mar:** 7.45 pm : **Platform Musicals:** Harold Fraser Simson's *The Maid of the Mountains*; The Headgate, Colchester.


### BALLET

❖ **Thu 10 to 12 Mar:** 7.30 pm **Russian State Ballet & Orchestra of Siberia** at the Regent Theatre, Ipswich; all at 7.30pm *Snow Maiden, Swan Lake & Tchaikovsky's Sleeping Beauty*.

❖ **Sun 13 Mar:** 3 pm **Bolshoi Ballet - live link:** *Spartacus*; Firstsite.

### For details and more events

**River Stour Trust**  
Open evening  
**Thu 18 Feb: 7.30 pm**  
Dedham Assembly Rooms.



Talks on the history and natural history of the river and the work of the trust.  
**FREE**

## NEWSROUND



**River Stour Trust**

Registered charity number 257806

*Jax Horswill writes*

### RIVER STOUR TRUST

Invite you to an Open Evening at the Assembly Rooms, Dedham on **Thursday 18 February**. Come and discover the history and future of Dedham's own waterway - The River Stour. Have your questions answered by members of the Trust on the bygone days of the working navigation. Hear about its links with the Constable family, and its natural history.

Learn about the ethos of the River Stour Trust. Find out how you can become a member and perhaps volunteer to help with the work the Trust does to restore and conserve the navigation, maintain the beauty of the waterway, protect its wildlife, and operate its electric boats.

Doors open at **7pm** for **7.30pm**. Entrance Free Refreshments and Bar.



*Ruth Higginson writes*

### MISSION FUNDRAISING FOR 2015

A big thank you to all those who have supported the fundraising events during 2015. We made over £2,200 in total - of which over £900 came from the cake sales. The money was split between Beacon House in Colchester (a charity supporting the homeless) and our missionary family in Africa. The



cake sales will be starting in May again this year and going through to the end of October. If you are interested in joining the team please ring Ruth on ☎ **322598**

### Mothering Sunday Mission Sale

in the Vicarage Saturday, 5th March 10 am to 12 noon. Come and buy books, DVDs, gifts, flowers, jewellery, clothing, bric-a-brac and cakes and enjoy a coffee whilst shopping for a Mothering Sunday gift. There will be a Fair Trade Stall.

*Virginia Howard writes*

### CARER

Experienced carer looking for work in and around Dedham. I am Fully trained in all areas - Alzheimer's, Vascular Dementia, Parkinson's and the terminally ill. I'm available for work day/night to accommodate your needs. References are available on request.

Contact ☎ **322262** or

☎ **07564270429**

## PARISH COUNCIL

*Christine Frost writes*

### LIVING WELL IN DEDHAM

At the recent 'Living Well in Dedham' forum there were many good ideas put forward by attendees. In order to establish likely support for further development, the Parish Council would like to hear from you if you are over 70 and interested in attending a monthly lunch club in a local establishment, as well as from anyone, of any age, who would be interested in participating in a 'good neighbours' scheme. Please get in touch via the Clerk.

*Nicola Baker writes*

### HALLFIELDS

Building on the Hallfields site in Manningtree Road is underway and the Parish Council has been monitoring progress closely. The construction work is expected to be completed by the end of 2016.

The properties on the site are a mix of homes for sale and 'affordable' homes – that is, available to rent from the partner Housing Association. All applicants for the affordable properties MUST be on Colchester Borough Council's Housing Register and have a local connection. The Parish Council is committed to ensuring that local residents are well informed about the application process and there will be a public information event held, probably in April, with the Housing Association. There will be more information in the next issue of this Parish Magazine.

### SPORTS PAVILION

Refurbishment and repair works to the Sports Pavilion are expected to be undertaken during May.

### BUCKINGHAM PALACE GARDEN PARTY

Our intrepid litter picker, Iris Hindley, who does so much to keep the village looking neat and tidy, has been honoured by an invitation to attend one of Her Majesty's garden parties this year.

### STREET LIGHTS

Dedham has only a small number of street lights. If there is a problem with one of them, please let the Clerk know.

### PARISH COUNCIL ELECTIONS

Parish Council elections come round every five years and are due this May. Dedham Parish Council currently has eight members, some of whom are expected to stand for re-election. There are nine seats available. In order to encourage anyone who might be interested in standing as a Parish Councillor, or who may be interested in joining one of our working groups or who simply wants to find out more about the work of the Parish Council, there will be a drop-in coffee morning to be held at the Duchy Barn on Saturday 12 March between 10am and 12 noon. Please call in and see us – there will be no pressure on you to put your name forward!

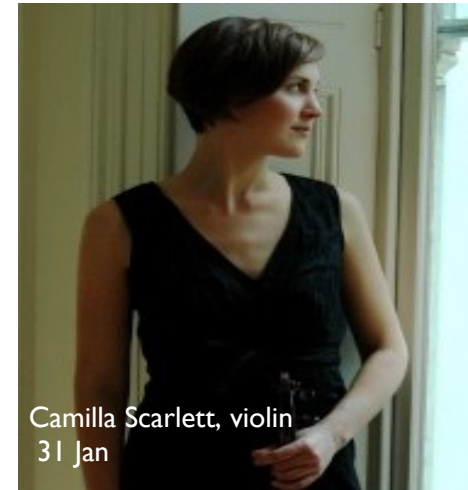
The next meeting will be on Monday 1 February 7.30pm in the Duchy Barn. [www.dedhamparishcouncil.org.uk](http://www.dedhamparishcouncil.org.uk)  
[clerk@dedhamparishcouncil.org.uk](mailto:clerk@dedhamparishcouncil.org.uk)

## WHAT'S ON : MUSIC

Company & Birdsong College.  
Productions, *Flare Path*.

### MUSIC

❖**Sat 30 Jan:** 7 pm **University of Essex Choir:** Mozart: *Requiem & Ave Verum Corpus*, Colchester. 7.30 pm **Ipswich**



Camilla Scarlett, violin  
31 Jan

**Chamber Music Society:** Schubert Ensemble; Ipswich School.

❖**Sun 31 Jan:** 4 pm **Stour Valley Arts and Music:** Camilla Scarlett, violin, Jonathan Byers, cello & David Owen Norris piano; East Bergholt Church.

❖**Sat 6 Feb:** 7.30 pm **St Botolph's Music Society,** Colchester: Rachmaninov Piano Concertos.

❖**Sun 7 Feb:** 2.45 pm **Kingfisher Ensemble:** Dvorak, Schumann; Lion Walk Church, Colchester.

❖**Sun 14 Feb:** 6 pm **Suffolk Villages Festival:** *Oh! The Sweet Delights Of Love* - early music; Nayland Village Hall. 6.30 pm **Kingfisher Sinfonietta:** St Valentine's Day Concert; Framlingham

❖**Sat 20 Feb:** 7.30 pm **Ipswich Chamber Music:** Maggini String Quartet; Ipswich School. 7.30 pm **SVAM:** Jazz Concert: Beauty of the Bossa Nova; Constable Hall, East Bergholt.

❖**Sun 21 Feb:** 2.45 pm **Kingfisher Sinfonietta:** Mozart, Armstrong Gibbs, Holst; Lion Walk, Colchester. 7 pm **Pimlott Foundation:** Tetra - early music group.

❖**Mon 22 Feb:** 7.30 pm **Mercury Theatre,** Colchester: *Pop-up Bowie*, presented by Paul Antony.

❖**Fri 26 Feb:** 7.30 pm **Studio Music:** Brazilian Guitar Quartet, Brightlingsea.

❖**Sat 27 Feb:** 9.30 am **Stowmarket Choral:** Come and Sing Day - Mozart's *Coronation Mass*. 7.30 pm **Colchester Symphony Orchestra:** St Botolph's.

❖**Sun 28 Feb:** 7.30 pm **Ipswich Orchestral Society:** Family concert; Ipswich Corn Exchange.

❖**Sat 5 Mar:** 7.30 pm **Aldeburgh Music Club:** Haydn's *The Creation*; Snape Maltings.

❖**Sun 6 Mar:** 2.45 pm **Kingfisher:** works for Oboe and strings; Lion Walk, Colchester.

**Sat 12 Mar:** 7.30 pm **Colchester Choral Society:** Verdi's *Requiem*; St Botolph's. 7.30 pm **Eye Bach Choir:** Brahms's *Requiem*; Eye Church. 7.30 pm **Ipswich Chamber Choir:** *Dixit*

## WHAT'S ON: FILM, THEATRE

### FILM

❖ **Fri 5 Feb:** 7.30 pm **Firstsite**, Colchester: Dylan Thomas's *Under Milk Wood* (2015) dir. Kevin Allen.

❖ **Tue 9 Feb:** 7.30 pm **Firstsite:** *Mia Madre*.

❖ **Thu 11 Feb:** 7.30 pm **Firstsite:** *Love is All* (2014), Colchester.

❖ **Tue 16 Feb:** 7.30 pm **Firstsite:** *Re-noir- the unknown artist*.

**Wed 17 Feb:** 7.30 pm **Dedham Films:** *Palio* dir. Cosima Spender (2015); Assembly Rooms.

❖ **Sun 21 Feb:** 2.30 pm **Firstsite:** *Suffragette*, and on 4 March at 11:30.

❖ **Wed 24 Feb:** 7.30 pm **Firstsite:** *Pasolini* (2014) - a biopic of the Italian film director.

❖ **Fri 26 Feb:** 7.30 pm **Polstead films:** *Suffragette*; Polstead Village Hall.

### THEATRE

❖ **to 30 Jan:** 7.30 pm **New Wolsley Theatre**, Ipswich: *The Sword In The Stone*, Rock & Roll Pantomime.

❖ **Thu 4 Feb:** 7.30 pm **Lakeside Theatre**, Colchester: *A Midsummer Night's Dream*, a 90-minute version of Shakespeare's play.

❖ **Tue 9 Feb:** 7.30 pm **Lakeside:** *A Number* by Caryl Churchill.

❖ **Wed 10 to 11 Feb:** 8 pm **Headgate**

**Theatre, Colchester:** *Romancing Miss Bliss* or *'The Dentist's Dilemma'* by Anne Pearson.

❖ **Fri 12 to 20 Feb:** 7.30 pm

**Mercury Theatre, Colchester:** *End Of The Rainbow*, the Judy Garland story.

❖ **Wed 17 :** 7.30 pm **Lakeside:** *Crime and Punishment*, based on Dostoyevsky's novel, to 19 Feb. 7.45 pm **Colchester Theatre Group:** *The Marriage of Figaro*, the play by Beaumarchais to 20 Feb; The Headgate.

❖ **Tue 23 to 24 Feb:** 7.30 pm

**Lakeside:** *Eight* by Ella Hickson.

❖ **Thu 25 Feb:** 7 pm **National Theatre - live link:** Shakespeare's *As You Like It*; Odeon, Firstsite, Colchester. At **Dedham Films** on **30 March**.

**Tue 1 Mar:** 7 pm **NT - live link:** *Les Liaisons Dangereuses* by Christopher Hampton; Dedham Films Live - Assembly Rooms.

❖ **Tue 1 to 5 Mar:** 7.30 pm **Sudbury Dramatic Society:** *Shadowlands* by William Nicholson; love story of C S Lewis; The Quay Theatre, Sudbury.

❖ **Wed 2 Mar:** 8 pm **The Mercury:** *I Know All The Secrets In My World*.

❖ **Mon 7 to 12 Mar:** 7.30 pm **The Mercury:** Original Theatre

Rosalie Craig:  
*As You Like It*  
25 Feb



## NOTICEBOARD



Please contact us on ☎931450 or visit [sthelenahospice.org.uk/getinvolved](http://sthelenahospice.org.uk/getinvolved). To join a community fundraising group, call ☎931468.

*Sarah Gale writes*  
**ST HELENA HOSPICE**

Have you made a New Year's resolution? In the top ten every year are: losing weight, getting fit, spending less/saving more, getting organised and trying a new experience.

Why not combine a few of these and make a difference to your local charity? Support for St Helena Hospice can be shown in various ways – donating your time as a volunteer, donating your unwanted items to our shops, donating money, or fundraising. We absolutely rely on all of these to make the hospice work and keep going.

If you'd like to fundraise as part of a team, we have community fundraising groups in the area who are looking for members.

Come together with your friends, family and work colleagues and enjoy the sea air at the St Helena Hospice Pier to Pier 2016 sponsored walk between Clacton and Walton Piers on **Sunday 17th April**.

This year you can start your walk at 10am from either Clacton or Walton and have a choice to walk 7 or 14 miles. In return for a great day out, the hospice asks that each registered walker over the age of 16 raises a minimum of £30 sponsorship. This money will help people it supports in your community who are affected by life-limiting illness.

Grab your walking shoes and register today for free to start fundraising. Visit [www.sthelenahospice.org.uk/piertopier16](http://www.sthelenahospice.org.uk/piertopier16) or contact the fundraising team on ☎931468.





## NOTICEBOARD



### 15TH ANNUAL DEDHAM QUIZ: SATURDAY 6TH FEBRUARY DEDHAM ASSEMBLY ROOMS

Test your knowledge against the Dedham Quiz Master.  
Funds raised will be applied to the charities Riding for the Disabled & Face The World  
Questions start at **7.30pm**. £50 for each table of six (includes light supper)

BAR & RAFFLE available at the venue  
Contact: Chris & Emma Wheeler ☎**322345**  
**dedhamquiz@gmail.com**



Dedham Mindfulness Group  
Saturday 13th February, Dedham Assembly Rooms  
10:30am – midday

### Mind Full, or Mindful?



An event for all the family to discover calm, peace of mind, focus, creativity  
To book your free place, register at <http://mindfulfamily.eventbrite.co.uk>  
For more information, please contact Reuben:  
**DedhamMindfulness@gmail.com**. ☎**07850 884349**

## NOTICEBOARD

### Liz Connelly writes 1ST ARDLEIGH CUB SCOUTS



We mix some of the traditional skills of scouting with some newer aspects of the modern world! The main task is to have fun whilst learning some important life skills. 2016 is the Centenary year for Cub Scouts and we have lots of activities planned with a number of camps, our first one in February. We have a few spaces available currently so if you are 8 – 10 ½ year old and would like to join us, please contact Akela (Liz) at either [ardleighscoutgroup@outlook.com](mailto:ardleighscoutgroup@outlook.com) or on ☎**07747 792392**.

### Kathy Pollard writes CONSTABLE COUNTRY PATIENT PARTICIPATION GROUP (PPG)

We were delighted that the practice received a Good rating from the Care Quality Commission following the re-inspection in early November. Staff have worked very hard and it is a major achievement to go from being in Special Measures to a Good rating. We look forward to helping the practice maintain this improvement.

Thanks to all of you who have been giving feedback to the PPG either on the comment cards available in the waiting rooms or via our email address:  
[constablecountryppg@gmail.com](mailto:constablecountryppg@gmail.com)  
Contact phone numbers for the twelve

members of the Patient Participation Group are available on the practice website:  
[www.constablecountrymedicalpractice.co.uk](http://www.constablecountrymedicalpractice.co.uk) and in both waiting rooms.  
Appointments: We have received a lot of positive feedback about the improvements in the appointments system. However it can still be difficult to get an appointment with a GP of choice.

Some of the GPs are part-time and we know that there are problems with booking follow up appointments.  
Don't forget that you can book an appointment online. If you don't already have a username and password you can get one from the reception team.

Please be assured that we pass on all the issues raised with us and try to get a solution. If you have a complaint we would encourage you to put this in writing.  
Blood tests: We continue to get complaints about delays in appointments for blood tests. This has been caused by the long term sickness of one of the phlebotomists. We know that the alternatives of the Riverside Unit on Landseer Road and/or Ipswich hospital are difficult to get to without your own transport. The practice has tried to recruit a temporary replacement but so far without success. In the meantime nurses and other healthcare staff have been helping out. We hope that this situation will be resolved soon.