

DEDHAM



December 2017
- January 2018

Parish Magazine

*First full colour issue:
25 pages of news and features*

*Christmas
Services*

Page 6

From the editors... The magazine in colour and new opportunities

As the magazine moves to full colour printing we welcome **Sarah Allen** as our new volunteer advertising manager (contact details on the right). From now on, new advertisements will be accepted in any month and we will do our best to accommodate advertisers who want to change the content of their advertisements or place them for a limited time, for example during special promotions. Please mention Dedham Parish Magazine when you contact advertisers. Printing this magazine is only possible with their support. Please tell the editors what you think of the new colour format.



DEDHAM PARISH CHURCH
dedham-and-ardleigh-parishes.org.uk

MINISTERS

Antony Wilson	Vicar	☎323 919
Merv McKinney	Assistant Minister	☎323 919
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Antony Watson	Director of Music	☎322 425
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If you have an urgent query please contact
Rev Antony Wilson ☎323 919

Deadline for contributions
for February edition:
Tuesday 16 January

Cover image credit: Mike Sherard
Courtesy St Helena Hospice

DEDHAM PARISH MAGAZINE

EDITORIAL TEAM

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*Tell us about clubs, societies or
anything else you would like to share.*

Sarah Allen	Advertising	☎940 123
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*Let us know if you would like to
advertise in the Parish Magazine.*

VACANCY

CHILDREN AND FAMILIES WORKER

Part time – Dedham Parish

We are looking for a special person to help us reach out to the children and families in our parish. There's great potential with a welcoming primary school and good support but not much yet in place so it is a great opportunity if you like starting from scratch.

Salary: £8,500
14 hours a week

For more information or an
informal conversation please
contact Rev Antony Wilson
☎323 919

✉antonywilson39@gmail.com



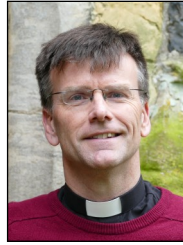
Walking backwards towards Christmas?

Walking or running backwards is something that most of us will remember from school sports days when we were encouraged to go as fast as we could without falling over! It requires a lot of agility and the ability to judge your direction with eyes in the back of your head.

December is a month that encourages haste and speed more than at any time in the year. There's probably too much work to be squeezed in before most of us take a Christmas break. Those of us in retail or hospitality will have to do more and faster over the next few weeks. Then add maybe getting ready to celebrate with family and friends. It is a very busy time of year, certainly not the time to turn around and face backwards as we try to go forwards?

But that is exactly what the Bishop of Chelmsford, Stephen Cotterill, encourages us to do in the lead up to Christmas. In his book *Walking Backwards towards Christmas* he takes us back to the very first Christmas through the eyes of some of the people who were there: Anna a prophetess in the Temple dazzled by the glory of God; Rachel a mother weeping over the slaughter of her son along with many others in Bethlehem at the hand of the ferocious King Herod; Casper the one led by a star to a special baby in a manger - and others.

Christians believe that the birth of this baby boy in a dirty stable in the far corner of the Roman empire changed



the course of history and has the power to change each of our lives for the better.

So this Christmas-time why not try to look backwards as well as forwards. You might be pleasantly surprised with what you find. Bishop Stephen's book is available at the churches, or on-line.

We will be having some short **Advent Reflections** in December as part of midweek Morning and Evening Prayer: **Tuesdays at 10.30am in Dedham** and **Thursdays at 5pm in Ardleigh**. You are welcome to join us.

You'll find details of the **Christmas services** in the parishes on page 6. This year we are hosting two identical Crib Services as last year's was so popular. Best to get along early!

After Christmas we are again hosting a course called **Life Explored** when we ask the question: *What's the best gift that God could give you?* We'll be gathering for seven sessions starting **Tuesday 23 January** (pm or evening) to explore life and faith. If you are interested in coming give me a call or make contact with Claire in the Parish Office (see page 4).

I hope that you will have a blessed and happy Christmas-time.

PS ...if you like the book, come and listen to Bishop Stephen in person at our morning service on **4 February**.

Antony Wilson, Vicar

December 2017

Sunday 3 December

8am	Holy Communion	BCP	Dedham
11am	Morning Worship	CW	Ardleigh
5pm	Evensong	BCP	Dedham

Sunday 10 December

8am	Holy Communion	BCP	Ardleigh
9.30am	Rise n' Shine		Dedham
11am	Holy Communion	CW	Dedham

Sunday 17 December

8am	Holy Communion	BCP	Dedham
6pm	Carol Service		Dedham
6pm	Carol Service		Ardleigh

Thursday 21 December

5.30pm	Christmas Carols for Businesses	NEW!	Dedham
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Sunday 24 December – Christmas Eve

8am	Holy Communion	BCP	Ardleigh
3.30pm	Crib Service		Dedham
5.30pm	Crib Service		Dedham
5.30pm	Crib & Christingle Service		Ardleigh
11pm	Midnight Mass		Dedham
11.30pm	Midnight Mass		Ardleigh

Monday 25 December – Christmas Day

8am	Holy Communion	BCP	Ardleigh
10am	Family Communion		Dedham

Sunday 31 December – New Year's Eve

11am	Joint Family Worship		Dedham
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BCP – Book of Common Prayer

CW – Common Worship

LIFE|EXPLORED

Life Explored is a seven session series featuring a combination of short films shot around the world and Bible discussion.

It starts on **Tuesday 23 January**. There will be afternoon and evening options.

To register interest please contact *the Dedham and Ardleigh parishes office*
 ☎**322 136** ✉stmaryda@gmail.com

Sunday 7 January - Epiphany - Tower Flag Day

8am	Holy Communion <i>BCP</i>	Dedham
11am	Morning Worship <i>CW</i>	Ardleigh
5pm	Evensong <i>BCP</i>	Dedham

Sunday 14 January

8am	Holy Communion <i>BCP</i>	Ardleigh
9.30am	Rise n' Shine	Dedham
11am	Holy Communion <i>CW</i>	Dedham

Sunday 21 January

8am	Holy Communion <i>BCP</i>	Dedham
11am	Parish Eucharist <i>CW</i>	Ardleigh

Sunday 28 January

8am	Holy Communion <i>BCP</i>	Ardleigh
11am	Matins <i>BCP</i>	Dedham
5pm	Revive at 5	Dedham



Tuesdays
10.30am

Prayer at Dedham Church

WEEKLY MIDWEEK SERVICES



Thursdays
5pm

Prayer at Ardleigh Church

If you would like a lift to church contact *Ann Shaw* ☎**322 192** or *Ruth Higginson* ☎**322 598**

<p>Weekend 2-3 December DEDHAM CHRISTMAS TREE FESTIVAL <i>Entry forms at the back of Dedham church</i> <i>See more details on page 9</i></p>	<p>Saturday 2 December 3-6pm DEDHAM CHRISTMAS MARKET High Street – Christmas stalls, food, drink and spectacular raffle!</p>
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Can we help?

Sometimes things in life can just get too much to cope with on our own...

Psalm 34:18: *The Lord is close to the broken-hearted and saves those who are crushed in spirit.*

If you would like some support or know of anyone who would, please contact

Ann Shaw ☎**322 192** or *Christine Mingay* ☎**230 723**

If you have been bereaved or know of anyone who has, please contact *Vee Druit* ☎**322 000** or *Ruth Higginson* ☎**322 598**



Sixty guests for a memorable celebration

In the 1970's, when we were members of a Christian community near Nuneaton, it was decided to run Christmas house parties for families and people who would otherwise have been on their own. The centre where we lived and worked ran residential development courses for young people in industry and commerce, and had great facilities. About 60 guests joined us for a varied celebration. On Christmas Eve we visited Coventry Cathedral for the moving 'Form of a Servant' service by candlelight. On Christmas morning guests were awakened, not by bells, but by carol singing along the bedroom corridors.

After an informal Christmas Day service, we had lunch, traditional afternoon tea with Father Christmas and in the evening a full Christmas dinner. On Boxing Day we walked in the Burton Dassett hills, with a picnic lunch in a barn, log fire and festive decorations. The evening meal was followed by home grown entertainment where some amazing comic talent was discovered. The farewells next morning were emotional, as we had made many new friends. We were exhausted, but had great fun. For our guests and for us these were memorable Christmases.



How it was in 1974

Merv and Sue McKinney

A stranger at the Christmas feast

Once invited an almost unknown Nigerian to join the family for Christmas dinner, with quite unexpected results. He was a young teacher whom I had met through

work a few days earlier and I discovered that he was alone on a short and spectacularly ill-timed visit to England, supposedly to do research.

Can you help?

Some people, particularly students from overseas are on their own at Christmas time.

If you are able to welcome an international student into your home at any time but, particularly during the Christmas and New Year periods, contact the charity **Host UK**. Hospitality can be offered for one day or for a few days and nights.

☎02077 396 292
✉info@hostuk.org
www.hostuk.org



Not everyone was pleased when I checked his name in my notebook and announced that we would need one extra plate and another cracker. The big unspoken question was would my aunt let off steam or merely simmer. At the best of times (and this was many years ago), she did not care for black men, nor for anybody much on the wrong side of the Channel. However, the first round of drinks passed off without incident, and when we moved to the table, I sat my aunt next to the guest with the unpronounceable name. It was a cool start, but by the time the turkey arrived they were chirruping like two turtle doves.

Continued on page 9



Continued from page 8

I never discovered whether that Christmas changed my aunt's views on geography. However, our new friend's presence made a remarkable if subtle difference to all of us round the family table. There was the usual jollification between parents, children, uncles cousins and aunts, but this time there was a seasoning of formality. Everyone put in a little more effort to make the visitor feel that he was NOT an intruder. This seemed to influence all our conversations: we had slightly upped our Christmas game.

We were lucky with the guest. He was handsome, charming, intelligent and

interesting. But most of all, his gratitude for being rescued from Christmas in a vile hotel proved infectious. We were gratified that we had made him grateful – at no cost to ourselves.

I did not repeat the experiment, although I once asked two married gays to join us for New Year's eve with a homophobic uncle. He loved them. The civilizing effect of our traditional celebrations – and the wine – can be truly remarkable. As for that mysterious Christmas guest, I never saw him again. By now he is probably a grandfather.

Max Wilkinson

CHRISTMAS IN DEDHAM



Christmas Market and Tree Festival

The Dedham Christmas market will be held in the High Street from **3 pm to 6pm on Saturday 2 December**. On that day visitors to Dedham Church can vote for the village's best decorated Christmas tree. A small voting fee is charged, with the proceeds split between the Dedham church and the Dedham Primary School.

The gift of a Christmas tree

Dedham Church's Christmas tree is being provided by the **Hunnaball family's funeral service** this year. All at the Church are very grateful for their donation.



*Christmas tree by
Rebecca Batchelor, 2016*

MISSION CAKE SALE

Crumbles with custard, soup and hot drinks will be served during **Dedham Christmas Market on Saturday 2 December** to raise funds for the missionary family we support in South Africa and for **Beacon House Colchester** (a homeless charity - read a special article on page 28).

We are looking for volunteers to bake or to help on the stall. If you would like to help contact *Ruth Higginson* ☎**322 598**.

CHURCH TOWER FLAG DAYS



**Sunday
3 December
Advent**

**Sunday
25 December
Christmas**



Lights, camel, action, it's the nativity show!

Christmas is upon us. Glitter twinkles permanently in the carpets, carol tunes are firmly stuck in everyone's heads and of course the stable scene is set for another nativity play by the younger children (Key Stage 1). This year's adaptation of the nativity story is entitled '**Lights Camel Action**' and it's a nativity told through dancing, glamour and sequins. The Strictly Come Dancing final will have nothing on this Dedham production and the Camel Funk, Disco Star and the Innkeeper's Tango are sure to raise the roof.

The younger pupils are not alone in providing entertainment for our school community. Our reception class is telling the nativity story through familiar nursery rhyme tunes and our older children are putting together a traditional carol service. Members of the school choir will be performing Christmas carols and sharing mince pies with the residents of Blackbrook House Residential Care Home before also taking part in the village **carol service** on **Sunday 17 December**.

Thank you to everyone who has supported the school in 2017. We very much hope to continue to work with and for the community in 2018. All the staff, children and governors wish you a very happy and peaceful Christmas.

For information about what's happening in school, please follow us on Twitter: **@PrimaryDedham** or on our website: **www.dedham.essex.sch.uk**.

Laura Valentine, Deputy Headteacher



DEDHAM PRIMARY SCHOOL ☎322 242

✉office@dedham.essex.sch.uk **www.dedham.essex.sch.uk**

MEDICAL MATTERS

Flu clinics support charity

The practice held four flu clinics at which £1,044 was collected from patients for **Inspire**, a local charity that supports disadvantaged children. At the time of writing the practice had vaccinated some 2,400 adults and 260 children against flu, as well as some against pneumonia and shingles. This is forecast to be a bad year for flu so all eligible patients who have not been vaccinated should contact the surgery.

After Dr Ayache retires at the end of December the practice will, unfortunately, no longer be able to take in donations of clothing and bedding for Syrian refugee charities. However, Dr Ayache would like to thank all patients who have made donations in recent years.

Pete Keeble, Practice Manager

CONSTABLE COUNTRY MEDICAL PRACTICE ☎298 272

www.constablecountrymedicalpractice.co.uk

Closed from 1pm on Wednesday 13 December and Thursday 8 February 2018



Five ways to avoid an unhappy Christmas

Infections and other ailments combined with stress can all too easily spoil Christmas. So here is what you can do to minimise the risks during winter and the celebrations.

1. Get vaccinated: If you are entitled to an NHS flu vaccination, visit your surgery. Otherwise you can buy one at supermarkets or at Dedham Pharmacy ☎ **322 109**. This year we are again vaccinating young children with the nasal flu vaccination. There is also a one shot vaccination against pneumonia for the over 65s and others with chronic diseases. Shingles vaccines are available for those aged between 70 and 79.

2. Keep fit with a daily walk: It is good for morale and removes stress from adults and excess energy from children. Mental health services receive a lot of referrals around Christmas, often related to stress or loneliness.

3. Take your medicines regularly and ensure that you have enough to see you through the holiday periods. Keep a stock of 'homely' remedies, such as paracetamol, ibuprofen or indigestion tablets.



4. Avoid food poisoning: Store food correctly and cook it thoroughly. Make sure children use tissues and dispose of them hygienically. Wash your hands to avoid illnesses such as diarrhoea and vomiting.



5. Avoid a hangover: The best way is not to drink too much! When drunk you are more likely to injure yourself or others, to cause arguments or to have unprotected sex – the consequences of which could last longer than the festive season.



If you do need a doctor

Remember that when we are shut, you are not on your own if you need advice. NHS Choices website www.nhs.uk has lots of advice on how to treat various symptoms; and you can dial ☎ **111** to get free advice from a clinician or arrange to see an out of hours doctor if necessary. The emergency services and the Accident & Emergency departments at Colchester and Ipswich hospitals remain open throughout the holiday, but please use these services sensibly.

And next year... It is probably too late to try to lose weight before Christmas. However, losing weight, stopping smoking or getting fitter can be a new year's resolution, and the surgery is able to help with all of these.

Stephanie Durrant, Practice Manager

ARDLEIGH SURGERY
 Ardleigh ☎ **230 224**
 Dedham ☎ **322 290**
www.ardleighsurgery.nhs.uk

*Closed on Christmas Day,
 Boxing Day and New Year's Day*

Arts Group exhibition nets £2,500 for sick children



Helen Morgans' painting won most votes

Dedham Arts Group's 50th anniversary exhibition in the Church raised £2,500 from the sale of artwork and raffle tickets for East Anglia's Children's Hospices.

The exhibition, during the last week of October, coincided with the Harvest Festival floral displays in the Church. The many visitors were able to vote for their favourite painting from among those

displayed by the group. The winner was Helen Morgans, with her sea-side painting entitled "Sharing a Secret". Jan Corder's "On the Water" came second and Pam Rees with "The Path to the Beach" was third. Helen received a Trophy presented by Lady Ruggles-Brise.

Dedham Arts Group is grateful for the support from representatives of the Church, the Primary School, individuals and local businesses. With membership growing rapidly, the group is to be re-named **Dedham Art Society** from January.

www.dedhamartgroup.com
www.dedhamartsociety.co.uk

£250 raised for the Duchy Barn

The jumble sale at the Duchy Barn on 11 November raised more than £250 for the upkeep of the barn. On Tuesday, Thursday and Friday mornings, books in the barn can be borrowed, exchanged or bought for a donation.

DEDHAM PARISH COUNCIL

Vacancies for new councillors

Two of the nine seats on Dedham Parish Council are now vacant. Parish councillors are volunteers and the only requirement is that you have some time to commit to the local community. Anyone interested in finding out more about the work with a view to volunteering, is invited to the **December meeting**. There will be an opportunity to talk informally to current councillors over a seasonal drink after the meeting. The council would also like to invite those who regularly attend our meetings to join us then.

Welcome packs have been sent to new residents based on information

provided by Colchester Borough Council. Apologies if you have received a pack but are not new to the village. The packs can be viewed on the Parish Council website.

Business contact update: We have been asking for the views of local businesses recently. Please contact the clerk if you would like to be added to our mailing list.

Next meetings: **Monday 4 December** and **Monday 8 January**, both at 7.30pm in the Duchy Barn.

DEDHAM PARISH COUNCIL

www.dedhamparishcouncil.org.uk
 Clerk *Emma Carsdale* ☎01255 871483
 ✉clerk@dedhamparishcouncil.co.uk

Dedham's breakfasters vote for the full English

Dedham's famous Big Breakfast, on 18 November, was the biggest ever with a record 197 guests served from 8.30 am onwards.

Jill Strangward, who organised the event with the help of some 25 volunteers, says they ran out of food six or seven times, but no-one went without.



Just one of the 197 breakfasts

She had young helpers, an 11-year-old and a 14-year-old, running across to Evans, the butcher and the Co-op for more bangers and beans. Jill says the Assembly Rooms filled up quickly after the doors opened and they had served 50 breakfasters in the first hour.

Max Wilkinson



Full house for a record-breaking Big Breakfast in Dedham's Assembly Rooms

MOBILE LIBRARY in DEDHAM

Tuesdays
12 & 23 December
9 & 23 January

10.10am The Royal Square
 10.45am Parson's Field
 11.05am Dedham Meade



FROM THE REGISTER

Funerals & Interments

18 September 2017
22 September 2017
27 September 2017
13 November 2017

FUNERAL
 INTERMENT
 INTERMENT
 INTERMENT

Jill Veronica CANHAM (aged 74)
 Lorna Pearl Elizabeth DOUBLE
 George BIRD
 Eveline Mary BAKER

Rugby prop forward tackles the pharmacy

One cold morning in March, Dedham woke up to the fact that Jay, the village's much-valued pharmacist, had been replaced by a young handsome Sikh - in a turban.

The turban may make the 37-year-old



Mandeep Sandhu at the pharmacy...

Mandeep Sandhu look exotic but he is, in fact, a thorough-going Englishman. Born in Kent, public school and Scottish university educated, he played rugby at county level (as tighthead prop), as well as cricket and hockey. The turban, he says, was his choice from the age of 13.

"I originally had short hair - it's down to the middle of my back now and I try to keep it as covered as possible. My father cut his hair when he came to England when getting work was not easy - cutting his hair helped to put food on the table. "As a child when we visited India and its gurudwara a few times I became closer to my religion and decided to wear a turban. The main reasons to wear a turban are to take care of the hair, promote equality, and preserve the Sikh identity."

Mandeep's unheralded overnight arrival (Jay's decision) left him at first, he admits, in an awkward position. "One day it was Jay, the next a new face; and the 'Where's Jay?' situation was at first tricky and lasted about a month. Sonia, who has worked in the shop for eight years, was very helpful with the transition."

Mandeep says coming to Dedham was the best decision he has ever taken. He knew the pharmacy was on the market and came up on spec for a Fun Run - and just "liked the feel of the place. I had previously worked in towns where it was usually a case of people in a hurry - just in-and-out - and handing over the prescription. And we're not that kind of people. We like to offer a bespoke service to our clientele - to get to know them, have a bit of a chat, a laugh, ask how they are getting on. In fact, to build a decent rapport."

His faith is clearly an important part of his work ethic. Mandeep explains that service to the community is a Sikh commitment. "Being a pharmacist allows me to get to the front line - to be there when people need us, not by appointment - and to offer professional advice on the spot. I have aunts and uncles who are doctors but it has never appealed to me. I grew up in a business-owning family - my father had a chain of kebab and fish and

Continued on page 15



...and on the Rugby field

Continued from page 14

chip shops - so I have always wanted my own business, but one where I could help people.”

He welcomes the move to increase the scope of pharmacies: “They are becoming more clinically orientated. This is the first year we are offering flu vaccinations and we’re setting up an NHS health check clinic for patients who are not screened, to see what their cardiovascular risks are further down the line.



Dedham Pharmacy, High Street

“Next year we plan a travel clinic – to give vaccinations and full travel consultation. We also plan to refit the post office and bring it out of its fortress to the front. We’ll then be able to open up the dispensary and to provide a larger consultancy area.”

Mandeep’s wife, Pardeep, a trained accountant, is an active partner in the business and Mandeep says they are both most grateful for the welcome Dedham has given them. They even found, he said, common ground with patients whose parents and grandparents had been in India.

They have yet to find a permanent house – they’re renting in Langham – which will be

convenient for the pharmacy and their children’s schooling. They have a two-year old daughter and a five-year-old son. They are committed to Dedham and the pharmacy and the work involved in developing the business’s potential. He still finds time to pray every morning at 6am for a quarter of an hour but he’s had to give up rugby.

Mandeep says they will not be moving away for a long time. So has he become a fully-fledged Dedhamite? He smiles: “From what I’ve heard, that takes quite a few decades.”

Anthea Hall

CHARITY NOTICE



The Essex Lottery is a weekly lottery run by Essex County Council to help the county’s charities and good causes to raise funds.

Sixty percent of ticket sales goes to good causes that benefit Essex residents – more than double the proportion for the National Lottery. 50p from every £1 goes to the good cause chosen by the lottery player and 10p goes into a central fund for smaller causes. Local charities or good causes can register free of charge.

More details online: www.essexlottery.co.uk

Tickets selling fast for the January quiz night

Dedham's annual village quiz will be held on **Saturday 27 January** in the Assembly Rooms, starting at 7pm for 7.30pm. It is for organisations or groups based in the village, with six people per team and a maximum of 20 teams. Tickets £10 per person include a light supper. There will be a bar and raffle.

This is always a popular event, with all tables fully booked. Last year's quiz raised about £1,200. The winning group is usually asked to organise the



following year's event, though this is not always the case.

The proceeds will be divided equally between the **Colchester Hospitals Cancer Charity Campaign** and the **East Anglian Children's Hospice**.

As the quiz is run to raise money for charity, contestants are asked to buy all their drinks from the bar.

To enter a team please contact *Lynn Taylor* ☎**322 122** or *Joanne Rowles* ☎**323 698**.

A fair haul on a very wet weekend

Saturday 4 November was the wettest morning we have had in Dedham for some time and this was the day we had planned for the **Tools With a Mission** collection.

Thank you to everyone who brought donations in spite of the weather. We took to the warehouse: two sewing machines, several planes, sets of chisels, lots of spanners and other small tools



Merv and Sue collecting tools to be sent to Africa



plus gardening tools, some tool boxes and other items.

After they have been sorted and, if they prove suitable refurbished, they will go to someone in Africa to change their life by giving them tools with which to earn a living. We will be organising another tool collection next year.

Merv and Sue McKinney

Lights shine in the darkness - where they can

On a dark December evening, Dedham's High Street, lit only by shop windows and perhaps a few Christmas lights, looks charmingly old fashioned. However, negotiating slippery pavements in the half-light can be a bit of a hazard.

For this reason the parish council has earmarked £20,000 of its projected £100,000 reserves to investigate options for street lighting. But however desirable street lights might be, they would tend to blot out the dark skies over the village.

I was particularly struck by this on a late summer evening when my husband and I were in our garden in the village and, like many others, were watching a brilliant display of shooting stars. This was the famous Perseid meteor shower, the ancient dust from a comet trail thousands of years old. We switched off the house lights. Yet even in Dedham the darkness was not complete.

Apart from some light from neighbouring houses we were still surrounded by many small lights, which usually we don't notice: motion sensors, smoke alarm, thermostat, mobile chargers. As we were gazing at the sky, it became rather chilly, so in line with the Great British tradition, I went to make a cup of tea, in the dark - to discover more light from the kettle and the fridge. Still, the night was dark, the stars were bright and we were grateful then that attempts to bring street lighting to Dedham had so far been unsuccessful. I wonder whether we were right.

When we first moved to our house in the High Street, our neighbours advised us to put a torch on our Christmas presents wish list. Of course the canopy of stars would not be as beautiful if Dedham had standard city

street lighting. The Dedham Vale Society is lobbying for an officially recognised "dark sky" status for the area. It suggests that keeping skies dark in the Vale could help to attract visitors.



The Milky Way - without street lights

We are faced with a difficult choice: unspoilt night sky or the safety of pedestrians. I mentioned how much we enjoyed star gazing to a yachtsman friend, who pointed out that, for an ultimate experience of a starry night, one needs to be at sea. We can't all do that but at least we could go to the nearest field.

And, delightful as our starry night had been, perhaps safety should come first? I remember trying to push a pram to the Co-op on a dark November evening - I simply could not see where I was going. Whilst by no means advocating standard street lighting, which would negatively affect the character of the village, sympathetic low level lighting options are available, even with motion sensors. With improved technology the village could be made safer while retaining its authenticity.

So the dark December evenings may be a time to reconsider the balance between aesthetics and safety.

Liubov Dordery

DEDHAM FOOTPATH GROUP

Sunday 3 December 10.30 am. Meet at Dedham War Memorial for a two hour local walk. Leader *John Osborn* ☎**07919 521 607**. **Sunday 7 January** 10.30 am. Meet at Dedham War Memorial for a local New Year ramble. Enquiries *Martin Broom* ☎**322 578**.

LUNCHEON CLUB

The Dedham Monday Lunch Club meets at the Essex Rose on **Monday 4 December** at 12.30 pm for a Christmas lunch. Discount: 15 per cent on normal prices. To book, call *Essex Rose* ☎**323 101**.



THE BRICKMAKER'S TALE

On **Monday 4 December** at 8pm Peter Minter will give the **Dedham Vale Society** lecture at Dedham Assembly Rooms. He will talk about handmade brickmaking and its use in the restoration of such buildings as Hampton Court, St Pancras and Thorington Hall, Suffolk.

DEDHAM ARTS GROUP

Thursday 7 December 2pm to 4.30pm, The Assembly Rooms, John Talman on Watercolours – “*The Loser the Better*”.
www.dedhamartsgroup.com

WEA DEDHAM BRANCH

A series of 10 lectures starts on **Wednesday 10 January** at Munnings Museum, entitled “*Art Appreciation Inspired by East Anglia*”. The Lecturer, Sue Pownall will

examine how artists have responded to the region during the 19th and 20th centuries. The artists will include Constable, Munnings, Cotman, Turner, Hamblin and Spencer. For information call *Colin Biggins* ☎**322 565** or *Ruth Higginson* on ☎**322 598**.

DEDHAM PLAYERS NEED STORAGE SPACE FOR SCENERY

Dedham Players are urgently looking for somewhere within a mile and a half of the centre of Dedham to store their scenery. Somewhere about the size of a double garage with access for tractor and trailer is what we are looking for. If you can help in any way call *Rachel and Don*:

☎**01473 327 159**

STOUR VALLEY PROBUS CLUB

On **Wednesday 6 December** Paul Oliver presents his Christmas Quiz and on **Wednesday 20 December** Barbara Faulkner will talk about *The Man in Red*. Meet at St John Ambulance HQ, Manningtree. The New Year lunch for members, their spouses and Probus widows will be on **Wednesday 17 January** at The Haywain, Bentley Road, Little Bromley, CO11 2PL. Contact *Dave Carman* on ☎**01255 880 202**.

STOUR VALLEY U3A

The Christmas Lunch will be on **Wednesday 7 December**. On **Wednesday 10 January** *Ancestral Voices* will provide a festive entertainment with words, music and images from the time of Henry VIII and Elizabeth I, including instruments from the period. Meetings in the Constable Hall, Gandish Road, East Bergholt. *Graeme Forsyth* ☎**399 049**.

A sly lunch date at the Essex Rose

If the sound of excited chatter is the best measure of a gathering's success, then the monthly Lunch Club at Dedham's Essex Rose Tea House is a clear winner.



Ann Shaw: planned a regular occasion for Dedham people to meet informally

When Ann Shaw planned the club, her aim was to provide a place for people to meet friends or make new ones and just enjoy themselves without complicated bookings or formality. She found a willing ally in Sarah Collis-Sharp, the Essex Rose's manager who offered a 15 per cent discount. The club, which meets on the first Monday of the month, got off the ground in March. Free drinks were offered only on this occasion. But Sarah says: "I might just repeat it for the Christmas lunch." (**Monday 4 December**, see page 18).

Selena, tucking into delicious looking turkey on brown bread was sitting opposite Colin: "We call it our monthly date – my husband prefers to do the dogs." Brian Cooper, snug in a corner with a toasted cheese sandwich, gave a sly wink. It was, Brian said, his first time: "I was just wandering past and Ann Shaw grabbed me. I'd known her for some years - we both belonged to the Dedham Players. I was a scenery builder – I remember when the scenery fell down in *The Ghost Train*, just before the interval, luckily, so we were able to put it back."

Trips down memory lane are unlikely to go back further than they do for Margaret

Turner. When she says she's 93 ("I've given up driving") you feel sure this lively, elegant woman must be lying about her age. "When I came to Dedham 41 years ago it was the most unfriendly place you could possibly imagine. They didn't welcome you with a handshake. It was more like a bucket of cold water.

"Things absolutely changed about 30 years ago with Norman Bedford and his wife Pat in the vicarage. Now you can't fault it – everyone has tried to make it more friendly. "I remember when Gerard Moate arrived: he knocked on the door when my husband was rather ill with cancer. Gerard said: 'I'm the new vicar and this is my first visit.' My husband said: 'I'm feeling better this week. Tell him to try next.' But Gerard stayed for the whole afternoon – all they talked about was West Ham football."

It's hard to imagine a happier, more welcoming occasion than this lunch at the Rose. However, Sarah, who says she knows most of the members by name, looks forward to the winter when things get a bit quieter. "Then I'll be able to spend more time with the guests."

Anthea Hall



Do not give these house guests too much to drink

After the 1970s when houseplants were all the rage - remember spider plants and those stick things with pointy leaves at the top (*the Yucca*) - sales dropped dramatically. However sales have risen quite fast since 2015 (see article in November's Royal Horticultural Society *Garden magazine*). More people now live in rented accommodation with no outside space. Also, some US research suggests that indoor plants and flowers help to reduce stress and restore peace of mind, body and spirit.



*Moth Orchids are everywhere:
beware: the flashy ones*

So here are a few words of encouragement for those who would like to encompass this indoor horticultural idyll, but are without even one green finger. Do not be disheartened: nearly all 'houseplants' grow naturally outdoors, be it in the tropics (rubber plants) or an English woodland (azaleas and cyclamen), so displaying them indoors with central heating does not help.

Remember, many plants are forced into flower for special events and are not meant to last more than a few weeks. So if they fail, you may not be at fault. But I must admit to keeping a *Pointsettia* for 18 months - until the

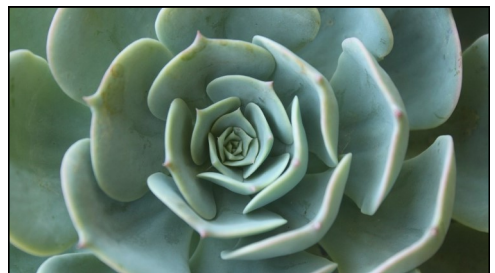
cat and plant minder was a little over zealous with the watering one holiday. However, if, after three weeks, you have a flower-less miniature rose, plant it outside and it is very likely to take on a new lease of life.

But there are some which are virtually trouble free, even the exotic-looking *Phalaenopsis* (the Moth Orchid on sale everywhere including supermarkets). Go for the one with the most buds, not the big flashy ones and you will have flower power for two or three months - better value than a bunch of flowers. Just remember they prefer rainwater, part shade and don't like 'wet feet'. Succulents are another safe bet with more variety than ever before - most of these can be left for a couple of weeks without water (hardly any in winter) - just right for those of you who forget to do this. **Over-watering** is the killer of most houseplants. If the compost is damp then desist from watering a little longer.

After Christmas many houseplants are sold off cheaply so why not de-stress yourself and have a go - you might just have two green fingers.

Elizabeth Ellis

**Join Dedham
Horticultural Society**
Upcoming meeting on page 24
www.dedhamgardening.wordpress.com



A fine win and a remarkably sporting defeat

Dedham Cricket Club completed its final game on 24 September with a home match against Great Horkesley and Lexden, which had a nice symmetry as we started the season on 23 April against the same opposition.

We managed to play 14 out of 19 scheduled games with 2 wins, 4 draws, losing 8. However, as a club now playing friendly matches, it is as much about enjoyment and developing talent as winning. The highlight of the season was our annual tour to the beautiful north Norfolk coast on 24 and 25

More than 30 players took part this year with, encouragingly, many younger players making their debuts. Special mention goes to Freddie Philpot, aged 10, who played five games taking two wickets on his first. Bernie Barton scored his first ever century for the club. Nick Aldread, our skipper, contributed excellent bowling and by Peter Cook was our most consistent performer with bat and ball. The Champagne moment of the year was a catch by Jamie Mortimer at full stretch at cover point to dismiss our opposition's best batsman for a duck.



The wicket at Holkham Hall, Norfolk, scene of the club's summer tour

June with fixtures against Holkham Hall and Castle Rising CC. Tom Messer batted us into a winning position against Holkham in our first match. Then Leuan Davies, now back after his university degree, took 5 wickets with his left arm spin to secure the victory. In the second match, Castle Rising prevailed after Dedham's captain for the day, Dominic Palmer Tomkinson, made a generous declaration at 260 for 5 just before tea and the Dedham bowlers sportingly afforded the opportunity for one of Castle's younger players to score his first century.

We hosted the visit of Archway Ladder for the 24th successive year to Essex/Suffolk where the family of Roger Moss, former stalwart of the club, joined us for the day (Roger died in April 2016). This was always Roger's favourite fixture and never is his loss to the club more noticeable than when we play this match. Archway presented his family with a final "tour" cap in recognition of all his services to the DCC.

Neil Weston President DCC

www.essexinfo.net/dedhamcc/



On Christmas Day there is no room at the inns...

If you want to eat out on Christmas Day, this is the time to book early - **for 2018**. Turkey dinners now appear in restaurants from late November and are available until the New Year, but for the 25th it is far too late to find a table in the Dedham area. However, there are plenty of options for a festive meal in a restaurant or pub during December and some tables are still available for Christmas Eve, Boxing Day and over the New Year (see *facing page*).



The Wooden Fender, Ardleigh

Despite the increasing popularity of eating out on Christmas Day, the village centre restaurants will be closed. Those in the locality that do open were fully booked up to a year in advance.

By far the most lavish option is to stay at **Maison Talbooth** ☎322 367 from Christmas Eve through to Boxing Day for £700 or more per head, including meals. Despite the hefty price tag, the hotel's 12 rooms have been fully booked for its Christmas break for some time. Guests include families and quite a number of local people. It is, however, possible to book for Christmas parties at the hotel for other days (£214 per head for dinner, bed and breakfast). **Le Talbooth**, the restaurant, has also been full for Christmas Day since the early summer, with 140 guests at £145 per head, including a glass of Champagne.

Milsoms restaurant is also full for Christmas Day lunch, although it offers its normal menu. Many of its 200 guests come every year and book the previous December.

Five miles outside the village, the **Wooden Fender** (originally a 17th century staging post) expects 180 guests in two sittings on Christmas Day. It has been booked out for dinner for a year and for lunch since July, at £77 per head.

Some 14 miles away at Little Tey, **The Barn** had a few Christmas Day spaces left at the time of going to press. The 16th century thatched building with 150 seats charges £80 on the day.

Within the village **The Sun**, **The Malborough Head** and **Boathouse** are all closed on Christmas Day.

Across the A12, the 16th century **Swan** at Stratford St Mary is also shut on the day. Jane Dorber who runs the pub, said "I would rather be open at Christmas than on Easter Day as that is a much holier time."



The Sun Inn Dedham: closed on Christmas Day

Alternatively, you could pop down to the **Co-op** and buy a complete frozen Christmas dinner for a tenner. But don't hang about. There is usually a big demand.

Max Wilkinson



...but turkey dinners are already on the table

Christmas-style meals are available throughout December in many restaurants. Most are open on Christmas Eve, Boxing Day and New Year's Eve, but you need to book smartly for those dates.

Prices are for three courses.



The Barn Little Tey

The Barn, Little Tey ☎212 345
£32, £80 on 25 December

Le Talbooth ☎323 150
parties 10 to 24, turkey lunch £30;
on 26 December, lunch £85;
party on 31 December, £165;
on 1 January, lunch £50

Dedham Milsoms ☎322 795
normal menu £28 to £52

The Wooden Fender of Ardleigh
☎230 466, lunch: £20, evening: £25,
Friday and Saturday: £30.
Fully booked on 25 December

The Swan at Stratford St Mary
☎321 224 £32.50. Closed 25 December



The Marlborough Head, Dedham

The Marlborough Head, Dedham ☎323 250
£24.95, pre-book, 12.30pm to 8pm
Closed on 25 December

Boathouse, Dedham ☎323 153
£28.95, pre-book for more than 10 people
Closed on 25 and 26 December

The Sun Inn, Dedham ☎323 351
£28 for parties of six or more: book 14 days
ahead. Closed on 25 and 26 December

The Essex Rose, Dedham ☎323 101
Christmas menu only for **Lunch Club**
on **Monday 4 December** (see page 19)



Le Talbooth, Stratford St Mary



ASSEMBLY ROOMS



Antiques Fair

Sunday 3 December - All Day

Horticultural Society Meeting

Wednesday 6 December 7pm

Little Squigglers

Thursdays 10.30-12 noon

Dedham Arts Group

Thursday 7 December, 2pm to 4.30pm

See page 18

Dedham Films

Wednesday 20 December 7pm

See page 27

Senior Citizens Christmas Lunch

Saturday 6 January 12 noon

Antiques Fair

Sunday 7 January - All Day

Dedham Films

Wednesday 17 January 7pm

See page 27

Village Quiz

Saturday 27 January 7pm

See page 16

For information and to make a booking for the Assembly Rooms please contact

Tracy Woods ☎323 921

✉info@dedham-assemblyrooms.info

DUCHY BARN COMMUNITY CENTRE

Coffee Mornings

Tuesdays Thursdays and Fridays

10.30am - 12noon

Thursday 14 December Christmas entertainments by Pastiche and singing

The Watercolour Group

Mondays 10.30am - 12.30pm

Anyone is welcome to join the group

Contribution £2 in aid of Duchy Barns

Bridge in Dedham

Wednesdays 2pm - 5pm

Thursdays 7pm - 10pm

Duplicate Bridge. No partner needed

Contact Judith Anderson Fowle

☎322 938

The Good Neighbours Club

First Friday of the month 2pm - 4pm

New members welcome!

Contact Betty Callaghan ☎322 116

Youth Club

Fridays 7.30pm - 9.15pm

Open to young people from the village

Mark Dempsey ☎07503 009 790

Military Veterans

The last Friday in the month 10.45am

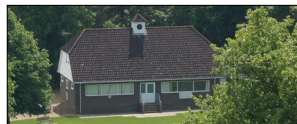
The Duchy Barn is also available

for private hire: £15 per session

for local groups; £40 for parties.

Contact Anne Rowledge ☎322 394

SPORTS PAVILION



Toddler Group

Tuesdays 10.30 - 12noon (Term time)

£2.50 per session incl. snack and drink.



CHRISTMAS SHOWS & PANTOS CHRISTMAS MUSIC & CAROLS

Thursday 23 Nov to 27 Jan

Red Riding Hood, New Wolsey Theatre, Ipswich, 7.30pm.



Saturday 25 Nov to 14 Jan

Snow White & The Seven Dwarfs
various times, Mercury Theatre, Colchester.

Friday 1 to 10 Dec

Christmas Spectacular in The Land of Oz - Co-op Juniors, Snape Maltings.

Friday 1 to 29 Dec

Dick Whittington,
Theatre Royal Bury, 7.30pm.

Wednesday 6 Dec

Puss in Boots by Gary Sullivan,
Headgate Theatre, Colchester, 7pm.

Monday 11 Dec

The Chimes by Charles Dickens -
adapted and performed by Robert MacCall,
Headgate Theatre, Colchester, 7.30pm.

Wednesday 13 to 15 Dec

Puss In Boots, Lakeside Theatre,
Colchester, 7.30pm.

Saturday 16 to 17 Dec

Jack and The Beanstalk,
Regent Theatre Ipswich, 2pm.

Saturday 2 Dec

Puccini: Messa di Gloria and carols,
Clacton Choral Society, 7.30pm at St James's
Church.

Britten: Ceremony of Carols, Ipswich
Choral Society, 7.30pm at Ipswich School.

Marenzio Singers,
4pm at Quay Place, Ipswich.

Pimlott Foundation,
7pm at Lion Walk Church, Colchester.

Tuesday 5 Dec

Recital: Ian Ray, organ and Colin Baldy,
baritone, 1pm at Moot Hall Colchester.

Friday 8 Dec

Marenzio Singers
All Saints Church, Brightlingsea.

DEDHAM CHURCH
Saturday 9 December 6 pm
Gabriel's Message:
mediaeval English festive music
Suffolk Villages Festival

Saturday 9 Dec

Hadleigh Choral Society
Hadleigh, 6.30pm at Hadleigh Church.

The Manchester Carols (2007),
Nayland Choir, 7pm at Nayland Church.

Tiptree Choral Society
at St Luke's Church Tiptree.

Witham Choral Society,
7.30pm at Witham Public Hall.

Sunday 10 Dec

Colchester Choral Society
at Moot Hall Colchester.

Handel: Dixit Dominus & carols,
Kelvedon Singers, 6.30pm at Aldham
Church, Aldham.

Friday 15 Dec

Quire Wilson Marriage Centre, Colchester.



WHAT'S ON OVER CHRISTMAS

Saturday 16 Dec

Bach: Christmas Oratorio,
Bury Bach Choir, 7pm at Lavenham Church.
West Begholt Concert Band,
Coggeshall Church 7.30pm.

Sunday 17 Dec

Christmas Concert, Sudbury Choral
Society at St Peter's Church.

THEATRE

Thursday 7 Dec

Young Marx, National Theatre - LL,
7pm at Odeon Colchester
and at Firstsite and Lakeside Theatre

MUSIC

Saturday 2 Dec

Britten: St. Nicolas, Bach, Williams,
Britten, Tiptree Choral Society at St Luke's
church Tiptree.

Haydn: The Creation,
Woodbridge Choral Society,
7.30pm at St Mary's Woodbridge.

Sunday 3 Dec

Kingfisher Sinfonietta,
2.45pm at Lion Walk Church, Colchester.

Saturday 9 Dec

Choral and Orchestral, Bach to Holst, St
Botolph's Music Society, 7.30pm, Colchester.

Sunday 31 Dec

Sir Simon Rattle With the mezzo-
soprano Joyce DiDonato, Berliner
Philharmoniker Orchestra - LL,
4pm at Firstsite, Colchester.

Rossini, R Strauss, Mozart,
Colchester Symphony Orchestra wind
7.30pm at St Botolph's.

Sunday 21 Jan

Bartosz Glowacki (accordion),
Stour Valley Arts and Music,
4pm at Constable Hall, East Bergholt.

Many more events on my website
www.eamaa.org
Try my **free** monthly email guide

OPERA/MUSICAL

Tuesday 16 Jan

Verdi: Rigoletto, Royal Opera House - LL,
7.15pm at Odeon Colchester.

Wednesday 24 Jan to 3 Feb

Hairspray, Colchester Operatic Society,
7.30pm, at TheMercury

Wednesday 31 Jan

Verdi: La Traviata; Opera & Ballet
International, Regent Theatre Ipswich
Ipswich, 7.30pm.

BALLET

Tuesday 5 Dec

Tchaikovsky: The Nutcracker, Royal
Ballet - LL, 7.15pm at Odeon Colchester and
at Firstsite, Colchester.



*Nicol Edmonds as the Mouse King in the ROH
2015 Nutcracker. Photo: Tristram Kenton*

ARTS

Sunday 3 Dec

John Lyall on Architecture,
Stour Valley Arts and Music,
4pm at Constable Hall, East Bergholt.

Wednesday 24 Jan

Cézanne: Portraits Of A Life - Exhibition
On Screen, Firstsite, Colchester, 7.30pm.

Max Wilkinson



Wednesday
20 December 2017

Beauty and the Beast

(PG13) Directed by Bill Condon 2017

DEDHAM FILMS
CHRISTMAS
SPECIAL

Disney's "Beauty and the Beast" is a live-action re-telling of the animated classic which refashions the classic characters from the tale as old as time for a contemporary audience, staying true to the original music while updating the score with several new songs. Tickets £4.



Wednesday 17 January 2018
My Cousin Rachel
Directed by Roger Michell 2017



A dark romance about a young Englishman who plots revenge against his mysterious, beautiful cousin, believing that she murdered his guardian. But his feelings become complicated as he finds himself falling under the beguiling spell of her charms. Tickets £4.

ASSEMBLY ROOMS DEDHAM

Films admission 7pm Films begin 7.30pm

Refreshments available before the screenings and in the intervals.

Tickets from Shakespeare House Gallery or www.dedhamfilms.co.uk

☎ 643 009 ✉ dedhamfilms@gmail.com

CHARITY NOTICE

JOHN CHAPMAN'S CHARITY

The trustees of the John Chapman charity will meet to consider the **distribution of grants to people and organisations in Dedham**. The charity was set up in 1657 to buy coal for the poor of the parish - under the Will of John Chapman, the eldest son of the Rev. Edmund Chapman, Dedham's first Lecturer.

The objects of the charity have been updated over time, to reflect changes in society. They were last changed in 2004. It can now assist people in financial hardship or distress as well as voluntary and charitable organisations set up to benefit the residents of the parish. The charity's annual income is relatively small - £1,600 a year - and its grants reflect this.

In recent years the number of individuals within the Parish requiring support has been very limited. As a result grants have been made to the Youth Club, the Good Neighbours Club, the Senior Citizens Christmas lunch, the Duchy Barn and the Primary School. The charity's trustees are Alan Grego, Jill Strangward, Alison Buttery and myself.

Please get in touch if you know of anyone, or any organisation, who you think the charity could help. ☎ **322 000**.

David Druitt, Clerk & Trustee

A beacon of hope in the bleak mid winter

If you think of wrapping up a Christmas present this year for somebody sleeping rough, think again. Vivienne Wiggins, who runs **Beacon House**, the Christian charity for homeless people, say that washing powder tablets might be more helpful.

“This is the season when we get many donations. Some send in gift-wrapped presents that they imagine the homeless would want. “But if you give washing tablets, you are effectively giving someone a Christmas present of clean clothes.” This can be vitally important for those climbing back into “normal” life. “If you go for a housing interview looking nice and smelling clean, the chances are that you will make a better impression.” One man sleeping rough was able to hold down a job as a waiter because he could clean up at the centre before work.

One of the first things you see at the centre’s five storey building on East Hill, Colchester are the showers. Down in the basement, the washing machines are going non-stop during the centre’s opening hours from 10 am to 2pm. Upstairs volunteers are cooking lemon chicken with roast potatoes. They include Ruth Higginson, who also supports the charity by selling cakes outside Dedham Church and by helping at a night refuge. The lunch is, nearly always, chicken, donated by a local firm. “So we have to think hard about different ways of doing it”, Ruth says.

Beacon House provides help in many



Vivienne Wiggins CEO of Beacon House

other ways: as an address for mail or to register for benefits. It helps people set up the bank accounts - now essential to receive benefit payments. It can even receive the dole on behalf of claimants. It can provide references. There is a computer room for job hunting and emails. A nurse comes to help with illness and injury, particularly prevalent among a group that includes former prisoners and many with alcohol, drugs and mental health problems. The centre also provides sterilised needles.

From 14 December to the end of February it helps to run a “guest house” with 12 beds in St Peter’s church hall. Meals are brought in by volunteers (about 100 for this project) while others stay through the night in three shifts.

“It’s more to do with winter than with Christmas: we don’t want anyone to freeze to death in the street”, Vivienne says. Most important, the centre tries to give the homeless new hope by treating them as people of value:

Continued on page 29

Continued from page 28

knowing their names and developing interests, whether in the small garden, cooking or in the art room, staffed by some volunteer artists.

Not everybody who visits the centre is sleeping rough. Some have places in hostels or are “sofa surfing” – begging for a place every night. They have nowhere to go during the day. “For those in a big house or hostel it can be the loneliest time of all. There’s a certain camaraderie on the streets.”

Beacon House was founded as a Baptist charity 20 years ago. It raises about £250,000 a year, some 30 per cent from private donations. This enables the 12 paid part time staff, helped by 40 volunteers to deal with some 600 people a year, 84 per cent single men, and about half of them new clients. Vivienne says about a quarter are



A homeless man job-hunting at the centre

eventually rehabilitated. One man who came into the guest house on one cold night was filthy, with no teeth and refused to talk. “He’d been out there so long, he was almost like an animal,” Vivienne says. But once he was cleaned up and helped to stability and health, “he turned out to be a really nice guy, very funny, and organised morning tea for everyone. Now he is in a bed-sit,

looking after his health, paying his bills...”

Vivienne, who came into the job four years ago from a background in housing



*Ruth Higginson:
lunch for the homeless*

and welfare, has one big project ahead before she retires, probably in three years’ time. The charity needs to raise £400,000 to buy and convert a former garrison building into an improved centre, while turning its East Hill building into affordable housing. Then will she have more time to spend with her six grown up children? “I am going to live to 94,” she says, “I shall fall over serving soup to someone. That’s my future.”

In the garden, a gaunt young man is having a smoke. He had come from prison to a cold night on the streets. He says he will die soon unless he can stay off the heroin; but after a hot shower and a chat with friends and helpers, there is hope in his eye.

Max Wilkinson



DEDHAM CHURCH

helps to support Beacon House, the centre for the homeless, from the sale of cakes and other fundraising activities (see page 9)