



DEDHAM

February 2018

Parish Magazine

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DEDHAM PARISH MAGAZINE

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FEBRUARY 2018

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dedham-and-ardleigh-parishes.org.uk

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If you have an urgent query please contact
Rev Antony Wilson ☎323 919

Can we help?

Sometimes things in life can just get too much to cope with on your 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

DEDHAM PARISH MAGAZINE

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Throughout the magazine local telephone numbers omit ☎01206 area code unless otherwise stated.

At the beginnings of spring I start a new journey

Even though it is the beginning of a new year I always find January a hard month and although my head tells me that the days are actually getting longer and it is a good time for new beginnings, my heart struggles with what seems to be a dull and dark month and as much as I don't want to wish my life away, I tend to breath a sigh of relief when February is just around the corner.

In February I begin to see the signs of new beginnings all around. Tiny shoots in the garden, the very faintest of green haze in the trees and a change in the birdsong. The new cycle of spring puts behind the winter months of cold and dark and points us to the light and warmth of summer.

It's not just the natural world that needs new beginnings in order to flourish and become what it is meant to be. Throughout our lives we experience many new beginnings. Many of these experiences are enriching and grow into something good and precious; some are a shock and hard to cope with because they change our lives in ways we would not choose for ourselves and we have to find new ways of living.

From time to time, it's good to look at our lives and maybe put behind us things which are choking up and preventing new growth and new life. If you are looking to get rid of the debris of the past and a new beginning, if you think there is more to life but are not sure where to find it, you might like to join the Life Explored series with others who

are also looking for a new beginning.

The sessions continue at the vicarage in February with afternoon and evening options.

In the autumn in church we looked at how we could make a difference among the people we naturally meet in our daily lives in our homes, our workplace, at our leisure activities and in our community. I was challenged by this and I am embarking on a new beginning.

After almost twenty five years of ordained ministry in Dedham and surrounding villages I am retiring. I have been fortunate to share many of those years of ministry with my husband John whose encouragement and example I value greatly. But we are beginning a new journey in our life together here in Dedham which means stepping back from frontline ministry for me.

I have been privileged to share with many of you times of joy and sorrow; spiritual journeys and discovering of God's love and I have been blessed through each encounter. Thank you for your support and encouragement over the years and God bless you in your journey this year.



The Reverend Carol Mitson



DEDHAM AND ARDLEIGH PARISHES

Changes to Sunday Services

www.dedham-and-ardleigh-parishes.org.uk



Since we joined with St Mary's Ardleigh in November 2016, creating one joint Benefice, the Parochial Church Councils have made some changes to the pattern of services on Sundays. We are seeking to provide a pattern of services that is both sustainable now that we are sharing one Vicar, and one that provides a good variety of styles for different needs.

We have listened to the feedback from members of the congregation, which was requested in October last year and have now agreed a new pattern of services which will start this month. Details of services in

February are below

We hope through this varied pattern of services from the more traditional to the contemporary that you will find something to suit you and help you to grow in your faith. Finally don't forget that we also have midweek services: Morning Prayer at Dedham on Tuesdays at 10.30am, and Evening Prayer at Ardleigh on Thursdays at 5pm. (*Table page 7*). We look forward to welcoming you very soon.

Reverend Antony Wilson

Services for February

Sunday 4 February

8am	Holy Communion	<i>BCP</i>	Dedham
9.30am	Rise n' Shine		Dedham
11am	Morning Prayer	<i>CW</i>	Ardleigh
5pm	Evensong	<i>BCP</i>	Dedham

Sunday 11 February

8am	Holy Communion	<i>BCP</i>	Ardleigh
9.30am	Holy Communion	<i>CW</i>	Dedham

Wednesday 14 February – Ash Wednesday

6pm	Holy Communion		Ardleigh
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Sunday 18 February

8am	Holy Communion	<i>BCP</i>	Dedham
9.30am	Matins	<i>BCP</i>	Dedham
11am	Parish Eucharist	<i>CW</i>	Ardleigh

Sunday 25 February

8am	Holy Communion	<i>BCP</i>	Ardleigh
9.30am	Morning Praise		Dedham
5pm	Revive at 5		Dedham

BCP – Book of Common Prayer CW – Common Worship

A young person's guide to having fun in church



For the past few years I have been going to the Revive@Five service at Dedham Church. It is held once a month on a Sunday evening and yes, you guessed, it starts at 5pm.

When I first started coming to the services I was uncomfortable talking to strangers and was quite quiet during them, but I was made to feel welcome by everyone. Also, when I reached high school I was allowed to come to the vicarage for tea afterwards. This has really helped me to gain more friends with similar interests.

One of the most exciting parts of the services are the amazing guests that come to speak. One of the craziest was from a dog therapy company who brought the dogs to the service to explain what they do and they even came back to the vicarage afterwards for pizza. (see [article on page 9](#)). Other talks

have been from an army chaplain, a musician, a patent attorney, a nun and a prison chaplain, among other interesting people.

When you arrive you can have hot chocolate with cream and endless marshmallows, teas and coffees and loads of snacks, such as crisps, rocky roads and biscuits. You can even buy or make some to bring in too.

But it's not just about the food... Sometimes during the services, you are able to get up and do fun activities around the church. You can also do great quizzes and listen to, or get involved in, funny and interesting discussions. At every service we sing great contemporary songs (my favourite is 'In Christ Alone') and there are stories and Bible readings too.

If you are considering coming along, I would definitely recommend it for people of all ages.

Eleana Marshall
(Age 12)

Vacancy at Dedham almshouse

There is a vacancy for one person at Dunton's Almshouses, Crown Street, Dedham. Men or women aged 60 or over, resident or connected with Dedham or a surrounding village can be considered. For more details or an application form, contact Mrs Val Blaker ☎**322 471** or David Winter at St Margaret's Cottage, School Road, Langham CO4 5PD. ☎**322 301**
Closing date for applications: **28 February**

CHURCH TOWER FLAG DAY



Saturday 6 February
Anniversary of
H.M. the Queen's
accession
to the throne

The border collie that helps children's reading lessons

Readers, this is a Parish Magazine exclusive: the first interview with a DOG. Not any dog: a beautiful red Merle border collie, Chimo by name.

Also a gifted dog. Chimo is specially trained and has passed (with flying colours) a demanding exam to become a fully accredited member of Pets as Therapy with an identity tag, an ID number and a special, dog-sized yellow coat.



Ann Elliot

PAT, its appropriate acronym, is an inspired charity which uses dogs and cats which have been trained to offer an animal's unquestioning affection and cuddliness to people in particular need. These animals

visit nursing homes, special needs schools, hospitals, primary schools - and achieve results where mere humans - strangely - may fail.

Chimo comes up to you, sits beside you and puts his head beguilingly against you for a pat, stroke or cuddle. Ann Elliott, his owner who is also president of the Central Essex Dog Training Centre at Stanway, Colchester, explains that the temperament and assessment test which PAT dogs have to pass ensures their docility.

"A dog has to be able to be fussed, stroked, not pull on the lead, not snatch titbits but take them nicely, and not be frightened by a sudden noise - like a dropped walking stick." Chimo, accompanied by Ann of course, is now concentrating on a scheme called *Read to Dogs* which encourages children who have reading problems, including not being able to read aloud in front of people, or who only

talk in whispers.

So once a week they go to Brooklands Primary School in Brantham. The children bring their story books, sit on the floor where they can stroke or cuddle Chimo and then read aloud to him.

"Sometimes," says Ann, "He falls asleep and the children say: 'He's not listening any more!' I say: 'He's just closing his eyes to concentrate.'"

"In one case we used Chimo as a form of discipline to a child with behaviour problems. We said if he didn't behave he wouldn't be able to see Chimo. It worked."

Another notable success Ann had, with a previous dog, was in a nursing home where a woman had never spoken except to say: "Yes" and "No". "She took an instant liking to my dog, stroked him and then told me all about the dog she used to have.

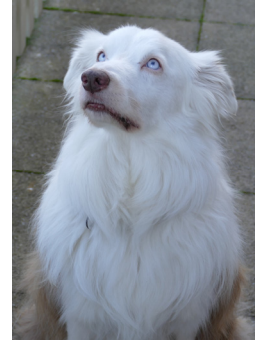
"Of course we also deal with people who are afraid of dogs. I went to one Brownie Group where a little girl was terrified at the sight of a dog. By the end of the session, she was asking to stroke him."

There is, however, one area where Chimo is a failure. Would he deter intruders? I asked. Ann shook her head: "He'd probably go and fetch a toy and offer it to him."

What does Chimo have to say about that? No comment.

reception@petsastherapy.org
 ☎01494569130

Anthea Hall



Chimo

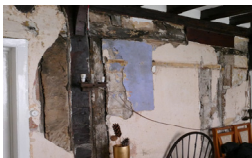
Planning a new campaign for the Marlborough

In the bleak beginnings of the year, Dedham's Marlborough Head pub seemed almost to have reverted to its 17th century origins. Cheerful fires were burning in two front rooms, but the carpets were up, plaster gone from one of the walls, all the kitchen equipment had been ripped out and Tom West, the new leaseholder, emerged from an upper room covered in dust.

Tom and his business partner, Allister Catchpole, are giving the pub a complete make-over before re-opening for food as early as they can in February. Allister, who will be running the pub with his partner, Emily, is something of a turnaround specialist. Last summer, he joined Tom to revive the Nelson pub in Ipswich, which he describes as a "little country pub in the middle of the town". It has attracted generally favourable reviews and improved its turnover. Before that, Allister, a former chef who has worked in France, was running the White Horse Inn 2½ miles north of Wickham Market. There, he says, turnover was increased fivefold in only six months.

Before acquiring the lease of the Nelson, Tom rescued the Red Lion in Manningtree (in 2012) from the threat of closure. That also is now thriving as a drinks only pub, although people are encouraged to bring in takeaways if they want. Turnover has more than doubled. He is now putting up the considerable sum needed to revive the Marlborough.

When the renovations are finished, the pub,



Where there's a wall there's a way...

will offer relatively simple traditional food all cooked on the premises. "We will not be a gastro pub, but it will not be 'pub-grub'"



Tom West (left) and Allister Catchpole are taking the Marlborough apart

either," Alister says. "We will be using local produce as much as possible: meat from Evans, the butcher, and oysters from West Mersey, for example." He does not intend to compete directly with the restaurants at The Sun or Milsoms; he wants to appeal to local people who would like a relatively straightforward but good quality meal - pies, grills, good quality steaks, etc. The four bedrooms are also being completely renovated - and two more added.

When it is refurbished, the Marlborough will be able to seat about 80 people. But Allister wants to preserve the pub atmosphere. All tables will be available for a meal or just for a drink. His first challenge is to revive the evening trade, which has fallen off in recent years. But he does not think this will be difficult. "We have had a huge number of enquiries. I am budgeting for about 30 diners on weekday lunches and the same in the evening, with about 100 at weekends. That's just the budget. I would like to treble those figures. I don't think it will be difficult. Everybody is just waiting to come here."

The Marlborough Head: ☎323 250

Max Wilkinson

Eight decades of protecting Dedham Vale

The Dedham Vale Society, the organisation set up by local people to protect the rural tranquility and picturesque villages of the vale, will be 80 this year. At this summer's celebrations, our thoughts will turn to those special qualities that the society and others have managed to protect, those we have not, and those we should be trying to defend in the future.

When the society was formed in 1938, the catalyst which brought together such village grandees as Sir Alfred Munnings, the painter, and Raymond Erith, the architect, was the proposed demolition of the coaching arch of the Sun Inn. The arch survives today as do other old buildings once earmarked for destruction.

In 1938, the vale was not a nationally protected landscape, as it is today. That came about as a result of a successful campaign in the mid-1960s to defend Dedham, East Bergholt and Stratford St Mary from London overspill housing.

Over recent decades the society has sided against anything that would compromise the character of the Area of Outstanding Natural Beauty, established in 1970, whether this was the theme park and retail development at Little Horkesley (turned down) or the huge extension of the Konings site at Polstead (unresolved), or just the re-routing of the straight footpath to Manningtree (averted thanks to a sympathetic farmer).

It was the experience of opposing massive developments such as Konings, with the obtrusive lighting they involve, that made us realise that one of the most special qualities

of the vale is the darkness of its night skies.

It is amazing that one can still walk out on a clear, moonless night and see the Milky Way almost anywhere in the vale, relatively close to London and so near to Colchester, Ipswich, Harwich and Felixstowe. Led by our



Mike Barrett,
astronomer,
measures light in
Dedham Vale

resident astronomer, Mike Barrett, we have now measured the brightness of the night sky in every accessible kilometre-square of the AONB and we have found that in every square the readings are good enough to meet the international standards of a dark sky park. This is something special that local businesses can turn to their advantage by extending the tourist season, as they have in Exmoor, Cranborne Chase, the South Downs national park and the Isle of Coll.

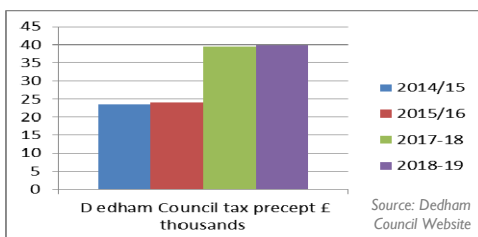
The key question is what sort of lighting is compatible with tranquility? Some, not none, obviously. We should study and learn from those other areas. It is clear that, as individuals and businesses, we need to think about pointing outdoor light downwards and about whether we need some of it at all. Local planners need to understand that a proliferation of small, inappropriate lights acceptable in an urban context can, under the vale's dark skies, compromise the special qualities that we should all be protecting for future generations.

Charles Clover, Chairman DVS

Join the Dedham Vale Society at
www.dedhamvalesociety.org.
£10 a year or £15 for couples
with the same address

Council holds the tax precept steady for 2018-19

At its January meeting Dedham Parish Council set its annual precept at just under £40,000 for the year 2018/19. This is the amount that will be requested from Colchester Borough Council, to be collected through your council tax. It equates to a



‘Band D equivalent’ figure on the council tax bill of £43.36 per household. There will be a more detailed report on the council’s finances in the next edition of this magazine.

New Councillors

John Millican and Jonathan Smith were co-opted as new councillors at the January meeting. John’s background is in investment management and financial planning. Jonathan’s is in civil and structural engineering. Jonathan will be joining the Planning Group and the Sports and Recreation Group and John will join the Business, Communications and Media groups and the Finance Group.

Parish office and tourist information point

Our new Parish office and Tourist Information Point, to be located in the Dedham Art and Craft Centre in Brook Street, will be launched on 14 February. The Parish office is intended to provide a focus for local residents who want to talk to someone from the Parish Council. It will initially be open on Tuesdays and Thursdays from 10am to 12noon and will be staffed by either our Clerk, Emma Cansdale, or our

Assistant Clerk, Brian Hindley. Alternatively you can make an appointment at a different time by contacting the Clerk.

The Tourist Information Point, which is being developed in conjunction with the Munnings Art Museum, will be a resource for visitors to find out more about the local area. It will be staffed by volunteers when possible, but will also be open during the craft centre’s normal opening hours for self-service leaflets and information.

Telephone boxes

Residents cannot fail to have noticed the deplorable state of various redundant telephone boxes around the countryside. British Telecom has a programme to remove de-commissioned boxes but is unable to say exactly when any specific boxes are scheduled for removal. The Parish Council has made a formal complaint. This does not apply to the red box on Brook Street, which still has a working telephone in it.

Community litter pick

Dedham will be joining in with the Great British Spring Clean which is scheduled nationwide for 2 to 4 March. We plan to have a community litter pick on Saturday 3 March with equipment provided by Colchester Council. More details will on: www.dedhamparishcouncil.co.uk, or get in touch with the Clerk, Emma Cansdale. Hope to see you there.

Parish Council meetings

For the time being our meetings are being held in the Assembly Rooms. Next meeting: **Monday 5 February 7.30pm.**

Nicola Baker

DEDHAM PARISH COUNCIL
www.dedhamparishcouncil.co.uk
 Clerk *Emma Cansdale* ☎ **01255 871483**
 ✉ clerk@dedhamparishcouncil.co.uk

Club's new goal is £14,000 for updated pavilion

The Dedham Old Boys Football Club had a very successful season on the pitch last year, but, partly as a result, it is faces a formidable task outside the touch-line – bringing its sports pavilion up to modern standards.

Both of the club's teams, the Firsts and the Reserves play in the Essex and Suffolk Border League. Last year, the Firsts won the league's First Division and were promoted to the Premier Division.

This promotion brought additional responsibilities – with a price tag. The club now needs to demonstrate its intention to meet its equal opportunities obligations, which include the provision of a separate changing and shower room for female match officials. At present any officiating female has to change in the nearby tennis pavilion which has no WC or shower.

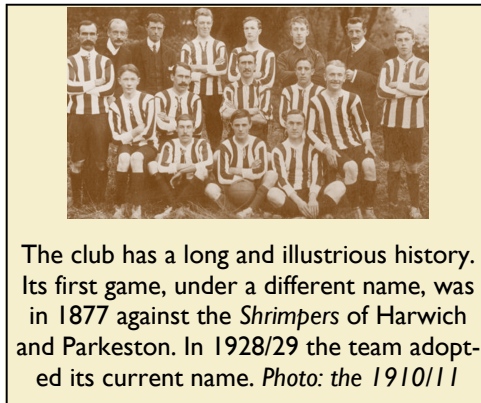
The football club is based in the Sports Pavilion on The Drift which is also home to the Cricket Club, the Table Tennis Club and the Bowls Club. This means that the existing facilities are already overstretched. Funding of almost £10,000 from Dedham Parish Council and Colchester Borough Council in 2015 allowed the club to upgrade some of the shower and WC facilities, but phase two of the clubhouse upgrade needs additional funding.

This second phase includes a new ramp and veranda to the front of the building to improve access for disabled people and children, a WC for disabled people and an extension for an official's changing room. With the support of the Parish Council, we have been offered a grant from Essex



County Council's Community Initiatives Fund. The Sports Club, Football Club and Parish Council have also committed funds and we are in the final stages of what we hope will be a successful funding application to the Football Foundation. We have also received a very generous donation of £1,000 from the East of England Co-op.

The plans have been approved by Colchester Borough Council; we have been out to tender to a number of suitable contractors but we are still £14,000 short.



The club has a long and illustrious history. Its first game, under a different name, was in 1877 against the *Shrimpers* of Harwich and Parkeston. In 1928/29 the team adopted its current name. *Photo: the 1910/11*

Any donation, however small, would be gratefully received. However, we have an offer which we hope will tempt the philanthropically minded:

Would you consider investing in a lifetime membership of Dedham Sports Club for £500? This would allow you and your guests access to the sports club building and its bar during all opening hours. It is a lovely spot to sit and have a gin and tonic on a summer lunchtime with the cricket in the background. Your name will also be prominently displayed on a supporters' board.

☎ 322 210

Andrew Bell

Fine flowers for a winter day, but the trick is in the pots

Another wet, miserable day so going outside is definitely off; fortunately 'brownie points' were earned yesterday (chilly but dry) as yet more leaves were gathered, soggy foliage removed for composting and other garden rubbish collected for disposal. So as I sit in my plant-filled garden room, thoughts turn to what's around me.

After all I said last time about the Moth Orchid, I now have one houseplant that currently beats it for flower power. Bought at a village fête last June for a bargain price, a large-leaved *Anthurium andreanum* (or flamingo flower) still has six eye-catching lipstick-red wax-like flowers each some



10 cm across (one faded away to be replaced by another). Flowers can also be white and smaller varieties (often found in supermarkets) may be a lovely shade of pink. Certainly it is a plant to look out for – in the right place (on the warm side as it originates from tropical South America) it will flower its socks off, just like one I had many years ago. Water well when the soil dries and, if you remember to do it, a dose of tomato feed always helps any flowering plant.

So how is my flamingo flower displayed? A large white pot (or if you want to be posh – a *cache pot*) sets it off beautifully. Sorry but there is another pot story coming on. You



Flamingo flower: lipstick red or white, below

will know by now that I'm always on the look-out for a bargain and before the Turkish pot episode (see November *DPM*) when we lived nearer to a certain Swedish retail warehouse, I found myself filling a trolley with half-price simple white ceramic pots of *all* sizes. The car was duly filled, and even worse, we returned some days later for yet more! "They won't be this cheap again!" was my reply to: "Do you **HAVE** to have **ALL** these pots?"

But there's a design trick here – the uniformity of simple pots (particularly white) will always enhance your plants and not detract from them – group several together if you can, particularly if they are floor-standing, for an eye-catching display or focal point. Plants like to be together (helps humidity); grouping camouflages less interesting specimens and bare stems 'disappear' amidst other foliage. Too many pots? Then turn one upside down, top with a matching pot and you have an instant 'pedestal' and height where needed - just right for my showy *Anthurium*. Will it keep flowering for the Dedham Horticultural Society Spring Show? Come along and see!

Elizabeth Ellis

**Join Dedham
Horticultural Society**
Next meeting: see page 23

How to keep the February blues at bay

The start of the year is a peak time for depression being reported to doctors. Many of the reasons relate to Christmas with its financial pressures, alcohol consumption, relationship issues and loneliness. One in six adults has experienced some form of mental illness with up to 10 per cent suffering at least one bout of depression. Mental illness, from its mild forms to serious conditions account for around a quarter of the workload in general practice.

All of us suffer from low moods now and again. However it is important to recognise when your mood has deteriorated and help is required. There is no magic solution – tablets and or talking therapies work for some, but not for all. It is much better to take practical steps to try to avoid becoming low in mood. So remember:

Alcohol is a depressant and can make a low mood worse. Although many people turn to alcohol to 'forget their problems', it can make people irritable and quick to anger, as well as more depressed.

Exercise helps to maintain a good mood. Endorphins are released, chemicals which help you to feel relaxed, happy and boost morale. A brisk walk, a cycle ride or a trip to the local pool are all as worthy as a trip to the gym – and often much cheaper.

Get involved – research has shown that getting involved in your local community, promotes a feeling of self worth – so consider volunteering for a local charity or group.

Stay in touch – many people teetering on the edge of mental illness isolate themselves from their friends and relatives. It is impossible to over-estimate the importance of having a night out with friends – with laughter, sharing and caring.

Learn to relax – our bodies need down time and a regular sleep pattern, all of which help to maintain mental health.



Look for help: if you know what is making you low, try to get help. For those suffering from financial difficulties, whether from debt or addiction to gambling, help is available from the Citizens Advice Bureau, your bank or Gamblers Anonymous. Those with alcohol problems can contact

Alcoholics Anonymous, or ask the GP for a referral to the local service. Often just contacting an organisation may help.

Some people feel depressed without any obvious reason and this is difficult for the patient. For younger people suffering anxiety, particularly social anxiety, help is available from many mental health charities which can be contacted online. Judging when you have moved from being fed up into depression is quite difficult. In north east Essex, **Health in Mind** is the organisation which assesses what treatment may be needed. You can access this directly if you prefer by visiting: www.northessexiapt.nhs.uk/north-east-essex/referral or ☎0300 330 5455.

Stephanie Durrant,
Practice Manager, Ardleigh Surgery

Ardleigh Surgery ☎230 224
Dedham ☎322 290
www.ardleighsurgery.nhs.uk

www.mentalhealth.org.uk
www.mind.org.uk
www.anxietyuk.org.uk
Samaritans ☎116 123.

The penguin's little secret and matters of more moment

There are some really exciting and inspiring topics for the school this term. Moving up through the classes, children are exploring traditional tales, animals, China, ancient Egypt, Roman Britain, space and South America. Many classes will also be putting together drama and music performances to showcase their learning to friends and families. Class 3 have already started learning some of their songs, including, 'Tut Tut Tutankhamun' and 'The Sand Dance'.

A visit to Colchester Zoo is always a memorable day and classes 1 and 2 both had the opportunity to visit the zoo at the end of last term. Their work for the day focused on penguins. As well as having the chance to see penguins up close, the children were able to find out many interesting facts by listening to a talk by one of the zookeepers.



Did you know, for example, that penguins have spiky tongues to help them to swallow wriggling fish? Did you know that penguins go to the toilet every 20 minutes? You may *not* be surprised to learn that this was the children's favourite fact.

To kick-start the spring term, children in classes 3 and 6 took part in an outreach day by Colchester Zoo. Children in class 6 learned about rainforests and the work of Charles Darwin, while children in class 3 enjoyed an interactive morning exploring animal artefacts including bones, fur and teeth. Please do keep an eye on our website and Twitter pages to find out how our learning develops over the term.

Laura Valentine,
Deputy Head Teacher

MEDICAL MATTERS: CONSTABLE COUNTRY PRACTICE

Telephone call waiting and busy times

Our phone system now informs patients of their position in the queue. The queue is busiest at 8 am when we may have over 30 calls waiting. We have up to 5 receptionists answering calls at peak times. But please call later in the morning or afternoon if you can.

Sue Ryder and dementia

We have set up monthly information clinics where a Sue Ryder representative will offer confidential advice on dementia to patients, their family and friends.

Flu and other vaccinations

We still have plenty of Flu, Pneumococcal and Shingles vaccines available for flu and other conditions including shingle. If you wish to make an appointment for a vaccination, or are uncertain whether you are eligible, call our reception team. Carers who are patients at the practice are generally eligible for a free flu vaccination.

Pete Keeble, Practice Manager
Constable Country Medical Practice

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www.constablecountrymedicalpractice.co.uk

Closed from 1pm on Thursday 8 February Wednesday 7 March, Wednesday, 25 April

Jim's midnight rides to stock an Alladin cave

With Dedham's Co-op likely to be out of action for several months, Birchwood Farm Shop may offer an intriguing alternative to the temporary Co-op in the Duchy Barn. *(Co-op story page 20)*

The farm shop, about a mile and a half from the High Street is owned by the redoubtable Jim Hale. His customers' first call may be for the essentials: milk, eggs, bread and his glorious display of fruit and veg - at market stall prices. But they will also be tempted by what Birchwood's owner describes as "a little Alladin's Cave: you never know what you're going to find." It could be a packet of Peter's Yard Sourdough Crispbread (large biscuits £3.45 elsewhere £5.89) a 2.4kg. whole Brie £5 or a box of exotic mushrooms.

The chief temptation is Birchwood's centre piece, a large table where everything is £1. There are jars of roasted red peppers, bars of 70 per cent dark chocolate with orange or blueberries, delicious aperitif biscuits and dozens of other temptations, even if you only went for the grocery basics.

Jim acquired Birchwood farm shop three years ago, the crowning success of a life spent "in the fruit game." He buys as much locally as possible: eggs, milk, cakes and bakery goods, bacon and sausages, corn-fed chickens (weekends) country pies from Ipswich and, in season, game birds, asparagus, strawberries, raspberries, apples, salads, cauliflower, sprouts.

He also he drives up to London in the middle of the night two or three times a week to the Western International Market for more exotic fruit and veg, including chicory and fennel. Far from seeing driving round the M25 at dead of night as a penance, Jim seems to relish his market trips: "I get a buzz out of buying bargains. You think 'That's really good. It'll benefit us



and our customers'."

Some of his bargains are the result of goods impounded from lorries with stowaway immigrants. "We've seen it happen. We arrived at a market and a lorry pulled up. We could hear banging on the back of the container – eight or ten men were hiding in there. They all got arrested and the lorries were emptied and checked."

Jim also clearly enjoys customers who have become friends. "The ones you can have a laugh and a joke with." His two regular assistants, Ellie who gets up to look after her five horses before coming to work for 8.30am and Yoo, share the Birchwood farm shop's sense of enjoying their customers: "I insist everyone says 'Please' and 'Thank you.' It goes a long way," says Jim.

Despite this demanding life schedule, Jim has managed for the last nine years to bring up single-handedly his daughter Chelsey, after her mother died; and Chelsey is now in her fourth year at Durham University doing a master's degree in maths.

With a smile, Jim says: "I wanted to call her 'Chelsea' because it's my football club, but her mother insisted we spelled it with a 'y'."

Birchwood Farm Shop: **(323 797,**
<http://birchwoodfarmshop.co.uk>

Anthea Hall

NEWS, CLUBS AND SOCIETIES

Poppies raise more than £3,000

Richard Brown the organiser for Dedham area Poppy Appeal, thanks everyone who gave generously to this year's collection, particularly those who helped with the sale of poppies and in other ways. The amount raised in the Dedham area for the Royal British Legion was £3,085, a small increase from last year. The average donation was about £2.20 per poppy This includes a £50 contribution from Gift Aid, less than last year. Anyone able to help next year should contact Richard: (321 241 *richard@spindles.org.uk



Dedham Art Society

Dedham Arts Group has been re-formed this year as Dedham Art Society to include artists from all of Essex and Suffolk. It has a growing membership of more than 40 artists. Annual subscription: £30. The Society is currently producing a series of paintings on the theme of World War One. www.dedhamartsociety.co.uk/

Mission sale at The Marlborough

The Marlborough Head's new leaseholder has kindly said that we can have the Mission sale in the pub on **Saturday 10 March** from 10.30am to 1pm. Last year we held it at the Duchy Barn but this year the Co-op will probably still be there. There will be cakes and preserves, gifts, bric a brac and books. We will be serving tea and coffee. The money raised will be split between Beacon House in Colchester (a charity for the homeless) and our missionary family in Africa. Please contact Ruth on (322598 or Lynne on (322931 for more information or if you would like to donate anything or bake a cake. (Future of the Co-op pages 20-21).



Dedham Footpath Group

Sunday 4 February 10.30am
Meet Dedham War Memorial for a 4 to 5 mile walk.
Leader Alan Bridges (323 901

Sunday 4 March 10.30am
Meet All Saints Church Brightlingsea for a 4 to 5 mile walk.
Leaders Rudi and Brenda Drost (303870

Horticultural Society

On **Wednesday 7 February** at 7.30 pm in the Assembly Rooms. Chris Mead will talk about "The Adventure of Bee-Keeping". Free for members, £2 for non-members. Light refreshments and a raffle.

Stour Valley U3A

On **14 February** Robert Burridge will speak on "Scott, Amundsen and the race to the South Pole". He will concentrate on the personalities of both men, their leadership styles and their equipment.
On **14 March** Marcia Whiting, Curatorial Associate at The Munning's Museum will give an illustrated presentation about the life and wide-ranging subject matter of Sir Alfred Munnings's art. *For the Munnings Museum 2018 programme see page 24.*

Meetings are , at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 pm. Annual membership: £12 a year.
Contact Graeme Forsyth (399049.

Stour Valley Men's Probus Club

On **7 February** Dudley Chignall talks on "Journey to Paradise" and on **21 February** David Whittle discusses "How the Victorians developed Dovercourt". On **7 March** Grant Elliot returns to talk about: "The Life of Chic Murray". The Annual General Meeting is on Wednesday **21 March**. All meetings on Wednesdays at the St John Ambulance HQ, Manningtree CO11 1EB.
Contact Dave Carman (01255 880202.

Game, set and Scandi food for a thriving club



Rainbow stops play

Last year's season at Dedham Tennis Club was highly successful. All the senior teams maintained their Colchester and District League positions with the Men's A and Mixed A consolidating their position in the Premier League.

Dedham Tennis club was also represented at the Colchester and District Tennis tournament and Friendly League with several winners across differing events.

Junior tennis at the club was very well received by the local community, with regular coaching sessions throughout the week on Wednesday afternoons and Saturday mornings in partnership with Essex University, four-team participation in junior LTA leagues and active coaching sessions at local schools including Dedham, Highfields and Lawford primary to promote the game across all ages and abilities.

Membership starts from £20 for juniors and parents of juniors per year up to £175 for full family membership. Non-members can book a court for occasional use online at a cost of £8 per hour. For information about the club and summer breaks see: www.dedhamtennis.org.uk.

For league results: www.colchesteranddistricttennisleague.co.uk

The club's holiday camps across summer and Easter breaks attracted a record number of attendees. The club's great social scene has continued to thrive with some regular annual events such as the quiz night, Mid Summer event, ladies open lunch and inter-club tournaments. Among the special events, the Scandi themed Summer Food Festival and Indian-style team tennis tournament were particular highlights.

DLTC will also be launching a podcast series later in the year with a view to showcasing some fascinating stories of some of the club's long-standing members which will be on our website



Well served at one of Dedham Tennis Club's many social events

Club membership continues to be healthy as is the club's Dedham's sterling reputation in the community. It has been a testing year, with the added competition of a local David Lloyd tennis centre but the standard of tennis and family-friendly ethos has remained ever-present within DLTC.

Now in the winter months, we look ahead to another season of competitive and social tennis as well as to plenty of innovative methods for improving the club and its facilities.

Duncan Hewitt

Dedham will get a better Co-op, but it will

Repairing the Dedham Co-op is expected to cost about £500,000, after the ram raid that smashed in the front of the building. Roger Grosvenor, joint chief executive of the East of England Co-operative Society said the work was unlikely to be completed before the end of May, largely because the Co-op is a listed historic building for which detailed approval is needed. But when the repairs are done, the store will be considerably improved.



The Co-op in a dangerous state soon after the Sunday night raid

The raid, at about 2.20 am on Sunday, 10 December, was launched in a stolen 4X4 Toyota Hilux. Although the burglars did extensive damage, some structural, they failed to remove the cash machine in the centre of the building. They fled in a dark estate vehicle.

Mr Grosvenor said the Dedham raid would be the most expensive of the eight recent attacks on Co-ops in the region, four of them ram raids. After the front of the Brightligsea Co-op was destroyed in August 2017, the repair bill was around £330,000. The most recent raid was in Great Cornard and there

was another cash machine ram raid in Lavenham in the early hours of 21 December.

After the Dedham raid, the police and Co-op security team responded quickly. It was soon evident that the building was unsafe and needed to be supported by scaffolding.

A mobile shop was set up on the Tuesday and the Co-op extended its delivery service to include Dedham.

Mr Grosvenor said: "This was quickly followed by a temporary store being located in the Duchy Barn on 19 December. The Barn was kindly made available by the Church with the co-operation of the standing committee of the Parochial Church Council and Sheila Beeton, chair of the Parish Council. The event brought together true support and collaboration and has resulted in stronger ties between the East of England Co-op and the village."

Events that were scheduled to take place in the Barn have been relocated, most to the Assembly Rooms. (See page 23.)

Sheila Beeton said that the parish council had tried to persuade Colchester Council to treat the work on the Co-op



Roger Grosvenor – stronger ties with Dedham

take time and the cost will be high



The morning after the abortive smash and grab the Co-op is propped up with scaffolding building as a simple repair and so reduce the time needed for planning approval. However, because the damage was so extensive it was decided that the lengthier process of full Listed Building Consent was needed.

Mr Grosvenor says the society will take the opportunity to upgrade the Dedham shop and to make it more relevant to local needs. He would also like to remove an old fireplace that had been concreted over in the centre of the shop, close to the cash machine.

Another important change will be to strengthen the frontage of the Co-op against future ram raids. Because it is a historic building in the centre of Dedham it cannot be protected by large unsightly bollards. Instead the front wall will be strengthened internally with steel

rods to resist impact.

The cost of the repairs is not the only loss suffered by the Co-op. Although Diane Roper, the Dedham manager, has tried hard to maintain a full service in the village, the temporary shop has only about half the capacity of the high street store. Its fridge and freezer volume is much smaller because of limited electricity supply. Mr Grosvenor says sales at the Duchy Barn are running at only about a third of the Co-op's previous level.

Has the Co-op chain been especially targeted by raiders? Mr Grosvenor thinks not. "With 125 food stores in the region many with cash machines, we just have a big presence in the high streets", he says.

Max Wilkinson

DEDHAM MARKET AND CHRISTMAS TREE FESTIVAL

Fine weather brought the crowds out for a bustling Christmas Market in Dedham High Street at the beginning of December. The 18th market in the series, organised by Kim Spencer in aid of Dedham Primary School, spread down from the Church to Royal Square. It included about 40 stalls, some selling hot food, a roundabout and a raffle of hampers. Many local groups were represented, including the Guides, the School and the Youth club. A sale of cakes in aid of Beacon House, the Colchester charity for the homeless and the South African mission supported by the Church, was also part of the market.

In the Church there was the traditional display of Christmas trees each decorated to a theme. The Christmas Tree Festival raised £484 that will be split between Dedham Primary School and the Dedham Parish Church. There were 38 entries and 244 visitors paid a small fee to cast their votes for the best dressed tree.

The winners in the four categories were: **Business** – Kingsleigh Residential’s *Home for Christmas*; **Child** – Jake & Maisie River’s *Recycled Tree*; **Children’s group/family** – Susie’s *Shining Stars, Hang out with us this Christmas*; **Individual** – Making Bee/ Rebecca Bachelor, *Seven Shades of Christmas*



Eve Mitchell with the winning tree in the Business category: *Home for Christmas*

Hattie Wilbraham turns pancakes for the Guides

Assembly Rooms



Antiques Fair

Sunday 4 February - all day

Parish Council Meeting

Monday 5 February 7pm

Horticultural Society Meeting

Beekeeping - Chris Mead
Wednesday 7 February 7pm

See page 18

Little Squigglers

Thursdays 10.30-12 noon

Brownies and Guides

Thursdays B 5.30-7pm G 7-9pm

Dedham Art Society

Thursday 8 and 22 February 2-4pm

Dedham Films

Wednesday 21 February 7pm

See page 24

Cancer Research Quiz

Saturday 24 February 7pm

Events moved from the **Duchy Barn** to the **Mallett Room** at Assembly Rooms

Coffee Mornings

Tuesdays, Thursdays and Fridays
10.30 - 12.30 pm

Songbirds rehearsal

Tuesdays 8.10pm - 9.45pm

Bridge in Dedham

Wednesdays 2pm - 5pm
Thursdays 7pm - 10pm

Youth Club

Fridays 7.30 - 9.15pm

Mission sale

March 10 at Marlborough Head
See page 18

The Duchy Barn is likely to be occupied by the Co-op shop for several months.



Horse racing with a difference plus a fish and chip supper

The Friends of Dedham Church invite you to a racy evening on Saturday **21 April**, 7.30pm at Dedham **Assembly Rooms**. Control your own horse. Tickets: £12.50 include supper. Raffle. Bring your own drinks and nibbles. Contact Jill Strangward ☎ **322 006**

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

Tracy Woods ☎ **323921**

✉ info@dedham-assemblyrooms.info

Mobile Library in Dedham

Tuesdays 6 and 20 February, 6 March
10.10am The Royal Square
10.45am Parson's Field
11.05am Dedham Meade

Wednesday 21 February 2018

Victoria and Abdul

(PG13) Directed by Stephen Frears



The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favour with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy.

Wednesday 21 March 2018

Goodbye Christopher Robin

(PG) Directed by Simon Curtis



A rare glimpse into the relationship between beloved children's author A. A. Milne and his son Christopher Robin, whose toys inspired the magical world of Winnie the Pooh. Along with his mother and his nanny, Christopher Robin and his family are swept up in the international success of the books; the enchanting tales bringing hope and comfort to England after the First World War.



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THEATRE

Thursday 25 to 27 Jan

A Bunch of Amateurs by Ian Hislop & Nick Newman; Headgate Theatre, Colchester, 7.45pm.

Tuesday 6 to 10 Feb

The Crucible by Arthur Miller Paper Lantern Theatre, Headgate Theatre, Colchester, 7.30pm.

Thursday 8 to 9 Feb

Marlowe's Doctor Faustus University of Essex Theatre Arts Society, Lakeside Theatre, Colchester, 7.30pm.**A Brave Face**, Mercury Theatre, Colchester, 7.30pm, to 9 Feb.

Wednesday 14 Feb

Shakespeare: Twelfth Night, Royal Shakespeare Company - LL, Lakeside, Firstsite, Odeon, Colchester, 6.45pm.

Thursday 15 Feb

A Dangerous Woman by Manjeet Mann, Lakeside, Colchester, 7.30pm.

Friday 16 to 17 Feb

The Vagina Monologues Essex University staff, faculty members and students, Lakeside Colchester, 7.30pm.

Thursday 22 Feb

Shedding Skin, Mercury Theatre, Colchester, 8pm, to 24 Feb.**Tennessee williams: Cat On A Hot Tin Roof**, National Theatre - LL, 7pm at Odeon, Firstsite and Lakeside Theatre, Colchester

Friday 23 Feb

Henry James: Turn of the Screw, adapted, Mercury Theatre, Colchester, 7.30pm, to 10 Mar.**A Brave Face** Vamos Theatre with Mercury Theatre Co, New Wolsey Theatre, Ipswich, 7.45pm.

Sunday 25 Feb

Is this the right show for an Argument? Comedy by The Mayor's Players, Headgate,

Kara Tointon plays Olivia in
Twelfth Night Feb 14

Colchester, 7.30pm.

Quartet, Cheltenham Everyman Theatre Production, various times, New Wolsey Theatre, Ipswich, to 3 Mar.

Friday 2 Mar

Pocket Playhouse: Michael Frayn, National Theatre - LL, 7pm at Lakeside Theatre, Colchester.**MUSIC**

Saturday 27 Jan

Carducci Quartet, Ipswich Chamber Music Society, 7.30pm at Ipswich School.**Piano, guitar, harp and sitar**, Pimlott Foundation, 7.30pm at Old House, Great Horkesley.

Saturday 3 Feb

Durufié, Vaughan Williams, Copland with London Mozart Players, University of Essex Choir, 7pm at Chelmsford Cathedral.

WHAT'S ON: MUSIC, OPERA,

MUSIC continued

Tuesday 6 Feb

Endellion Quartet Mozart, Haydn, Beethoven, Roman River Music, 7.30pm at Mercury Theatre, Colchester.

Wednesday 7 Feb

Eleanor Voak (bassoon) & **Ian Ray** (piano), Lion Walk Church, 1pm, Colchester.

Saturday 10 Feb

The Prometheus Orchestra - Boyce, Beethoven, Dvorak, Music in Felixstowe 7.30pm at Felixstowe Academy.

Wednesday 14 Feb

Boreham Ladies Choir directed by Gemma Waters, Lion Walk Church, 1pm, Colchester.

Saturday 17 Feb

Gala Concert with Melinda Blackman, violin and Philip Smith, piano, St Botolph's Music Society, 7.30pm, Colchester.

Sunday 18 Feb

Violin & Piano recital, Kingfisher Ensemble, 2.45pm at Lion Walk Church, Colchester.

Savitri Grier (violin) & **Richard Uttley** (violin), Stour Valley Arts and Music, 4pm at East Bergholt Church.

Wednesday 21 Feb

Oliver Nelson (violin) & **Vasillis Rakitzis** (piano), Lion Walk Church, 1pm, Colchester.

Saturday 24 Feb

Bruckner: Symphony No 8, Colchester Symphony Orchestra, 7.30pm at St Botolph's.

Arcadia Quartet, Ipswich Chamber Music Society, 7.30pm at Ipswich School.

French evening: music and supper, Pimlott Foundation, 7.30pm at Old House, Great Horkesley.

Wednesday 28 Feb

Andrew Allen (guitar) **Castles of Spain**, Lion Walk Church, 1pm, Colchester.

Sunday 4 Mar

Family concert, Ipswich Symphony Orchestra, 7.30pm at Ipswich Corn Exchange.

Young Musicians' Concert, Stour Valley Arts and Music, 4pm at Constable Hall, East Bergholt.

OPERA/MUSICAL

Wednesday 24 Jan to 3 Feb

Hairspray, Colchester Operatic Society, 7.30pm, to 3 Feb at Mercury Theatre.

Wednesday 31 Jan

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

Thursday 1 Feb

Mozart: The Magic Flute, OperaUpClose, 7.45pm at New Wolsey Theatre, Ipswich.

Wednesday 7 Feb

Puccini: Tosca, Royal Opera House - LL, 7.15pm at Odeon and Firstsite Colchester.

with *Adrienne Pieczonka* (right)



Saturday 10 Feb

Donizetti: L'Elisir d'Amore, Metropolitan Opera New York - LL, 5pm at Firstsite, Colchester.

Wednesday 14 Feb

Vivaldi by Candlelight, Locrian Ensemble, Mercury Theatre, Colchester, 7.30pm.

Friday 16 to 17 Feb

The Wizard Of Oz, Childrens Theatre Company, New Wolsey Theatre, Ipswich, 7pm.

Saturday 24 Feb

Puccini: La Bohème, Metropolitan Opera New York - LL, 5.30pm at Firstsite, Colchester.

Saturday 3 Mar

Rossini: The Barber of Seville, Swansea

WHAT'S ON: , OPERA, BALLET ART

City Opera, 7.30pm at Theatre Royal, Bury St Edmunds.

Monday 5 to 8 Mar

Sunset Boulevard by Andrew Lloyd Webber, on tour, Regent Theatre Ipswich, 7.30pm.

Tuesday 6 Mar

Bizet: Carmen, Royal Opera House - LL, 6.45pm at Odeon Colchester.

BALLET/DANCE

Thursday 8 to 10 Feb

Russian State Ballet & Orchestra of Siberia, 7.30pm at Regent Theatre, Ipswich. **The Snow Maiden, Cinderella, The Nutcracker** (also at 2.30pm).

Wednesday 28 Feb

The Winter's Tale, Royal Ballet - LL,

7.15pm at Odeon Colchester. and at Firstsite

Tuesday 6 Mar

Bizet: Carmen, and on March 11, Royal Opera House - LL, 6.45pm at Firstsite, Colchester.

TALK

Thursday 15 Feb

Lord Dannatt : The Law, Morality and Armed Conflict, Mercury Theatre, Colchester, 7.30pm.

Max Wilkinson

Many more events with details and links on my website

www.eamaa.org

and in my free monthly email guide

Subscribe: *maxwilkinson@eamaa.org

WHAT'S ON: MUNNINGS 2018



Munnings, his wife and his horse

The Munnings Art Museum is planning two exhibitions for the whole of its 2018 season, from **30 March to 31 October**.

Munnings and the River, featuring almost 50 oil and watercolour paintings will be an extended version of the exhibition mounted last year. At the same time the gallery will be

showing an exhibition called **Munnings and the Royal Academy** to mark the 250th anniversary of the founding of the RA and in recognition of Munnings's links with the Academy from 1899 to his election as president in 1944.

The museum will also be organising another **Plein Air Paint Out** from **21 to 23 September**. As last year, this will be a competition for amateur painters on the banks of the river Stour.

On Wednesday **3 October**, the museum is organising a **lecture** to mark Munnings's birthday, to be given by the broadcaster and former politician, Martin Bell, whose father was a friend of the painter. It will be in the Assembly Rooms

For more information about The Munnings Art Museum follow [@AlfredMunnings](https://twitter.com/AlfredMunnings) on Twitter, like the 'Munnings Art Museum' Facebook page or visit:

www.munningsmuseum.org.uk

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