

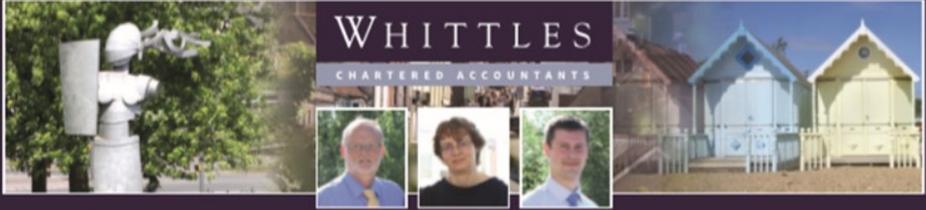
Dedham

PARISH MAGAZINE

August 2018



Photograph from Dedham Church
Music & Art Weekend



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DEDHAM PARISH MAGAZINE

FIRST PUBLISHED IN 1876

AUGUST 2018

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Sally Buchanan	<i>Children and Families Worker</i>	
	✉sal.buchanan@me.com	

CHURCH WARDENS

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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

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

DEDHAM PARISH MAGAZINE

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What's behind the waistcoat?

A weary public frustrated by a history of under-performance. A business hierarchy driven solely by finance. A post no-one really wanted you to take. A team that is not the most capable or experienced. A responsibility to nurture a generational group nicknamed the 'snowflakes'.

You may not wear a waistcoat and you won't have to see the result of your strategy played out in front of 20 million people longing to see a national story change, but many of you will know what it means to lead in situations like these. It could be running a school, deemed to be underperforming, with demotivated staff. Or perhaps managing a retail business working hard to make a profit in a declining market. Maybe it's overseeing an office team made up of people still struggling to find a reasonable work ethic.

How do you lead in situations like these?

Learn to control yourself before you control others (advice from the late Sir Bobby Robson). Speak with grace and humility. **Encourage everyone: those in the public eye and those who are routinely forgotten. Help people to see that their whole lives matter, not just their professional ones. Lead out of your own experience of success and failure. Wear a waistcoat (maybe).**

From time to time you watch someone from afar and it reminds you of someone else. Someone who took a set of young adults, overlooked and underappreciated, and called them to be a different generation, the carriers of a new future.

For many of us, today is another day of leadership in schools, businesses, offices, churches. Today's task is to help people work together on a common task for a common goal. We know that self-centredness continually crouches at our door, determined to obstruct the paths to peace and purpose. It's in these contexts that we need to decide what sort of leader we will be. It's all too easy to retreat into defensiveness, covering our own backs, finding the scapegoats who will carry our failures.

There's a leader that Christians have followed for the past 2,000 years: the secure one, willing to wash the feet of those he led.

Today, your team might succeed: enjoy the moment to the full. Your team might fail: bear it with an air of well-worn stoicism.

But continue to learn to lead from those who do it well.

(for more thought provoking Words for the Week go to www.licc.org.uk)

Services for AUGUST

Sunday 5 August

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

Sunday 12 August

8am	Holy Communion BCP	Ardleigh
9.30am	Holy Communion CW	Dedham

Sunday 19 August

8am	Holy Communion BCP	Dedham
9.30am	Matins BCP	Dedham
11am	Parish Eucharist	Ardleigh
3pm	Sunday@3	Ardleigh

Sunday 26 August

8am	Holy Communion BCP	Ardleigh
9.30am	Morning Praise	Dedham

Sunday 2 September

8am	Holy Communion BCP	Dedham
9.30am	Rise n' Shine	Dedham
11am	Morning Prayer	Ardleigh
5pm	Evensong	Dedham

BCP – Book of Common Prayer

CHURCH TOWER FLAG DAYS



WEDNESDAY 15 AUGUST
ST. MARY THE VIRGIN

FROM THE REGISTER

WEDDINGS:

23rd June

Katie Barnard & Karl Anthony Goodey

30th June

Alice Elizabeth Wood & Richard harden

14th July

Joanne Sara Wilkin & Sean Roland Seaman

FUNERALS:

6th July

Elizabeth Powell, 87 years, died on 15th June 2018

Weekly Midweek Services :

Tuesday Morning Prayer
Dedham at 10.30am,
Thursday Evening Prayer
Ardleigh at 5pm

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

EVENTS

Men's Breakfast

Saturday, 11 August, 9am, *The Vicarage, Dedham*

Church Fair

Bank holiday Monday, Monday, 27 August, 10am to 4pm, *Inside & outside the Church*

Holiday Club

Tuesday, 28 August to Friday, 31 August, 9.30am to 12 noon every morning, *Dedham Church*

Thank you

To everyone who helped to make our Music & Art weekend such a success. Many people worked hard behind the scenes, and on stage we were richly entertained and uplifted by the Kingsland Gospel Choir, Duvet and In Firm. Evans the Butchers fed us well and The Greatest Showman inspired us on Sunday night.

An especially moving part of the weekend was Barry Davidson's poem, **A Single Grain of Sand**, which he wrote in response to the gospel choir concert on Friday, and read out on Saturday evening.

A single grain of sand

If a single grain of sand
Can join with others
To create the deserts that cross the land.

If a single drop of rain
Can join with others
To form the rivers
That flow with unstoppable force
And make for us the oceans and the seas

If a single breath of wind
Can join with others and produce
The tornadoes and hurricanes
Of devastating power.

If a single seed can join with others
To produce the forests
That give us oxygen to breathe

Then why can't people of different religions join together in harmony
And form a movement, so strong,
So passionate, so democratic
That there would never be the need for war.

Barry J Davison
Copyright July 2018

Mission Impossible?

The school holidays can be something of a mission. Children get to enjoy six weeks with no school lessons or early starts. Yet for most parents, work carries on and the luxury of a long lie is the stuff of dreams. The reality is six weeks of extra pressure, juggling childcare and roping in friends and family to help entertain restless children. There is no doubt about it - it can take all the strength of your inner superhero to make it safely to the other side!

It can also be an expensive time: holidays, days out, treats, not to mention the expense involved getting kitted out for school starting back.

Last month I shared some activities that you can do in our churchyard. If you are passing by, pop into church and pick up a copy of our Cherishing Churchyards newsletter which includes 10 free summer holiday activities. Resources, worksheets and craft materials are all available in the church.

Dedham Horticultural Society are also running a children's competition over the summer holidays. They are looking for entries to exhibit at their Autumn Show which takes place on Saturday 8th September. There are 3 categories: making a potato head (up to age 5); making an artificial flower using anything but plastic (ages 6-9); making a miniature garden (ages 10-15). **See poster.**

One of the highlights in the church calendar is our annual Summer Holiday Club. This year, for the last week in August, Dedham Church will be transformed into a superhero training camp. We will welcome 30 children who will spend an amazing week together learning how to be a superhero using some bible characters as inspiration. The grown ups get to be silly for a week too, and undergo something of their own transformation. **See image ... Holly and Ruby, 2 Superheroes in Training! See image ... Captain Antony, Chief Superhero Trainer!**



If you would like to join in the fun then come along to the Rise N Shine services on the 5th August and 2nd September. We will be exploring the themes of Encouragement

and Superheroes on a Mission, giving some thought to the power and strength that lies within each of us to make a difference to the lives of others.

***Sally Buchanan
Children and Families Worker
(Dedham Parish)***

A summer holiday activity?
Children's Competition
Dedham Autumn Flower Show
Saturday 8 September 2018

Three children's categories:

- **Up to 5 years:** a potato person or character
- **6-9 years:** an artificial flower (not using plastic)
- **10-15 years:** a miniature garden (max A4 sized base, accessories can be used)



To enter or for more details, contact Colin Biggins on
(01206) 322565 or colinbiggins869@btinternet.com

with your name, age and category

by 5pm Wednesday 5 September

PHEW! WHAT A SCORCHER!

Looking back on this column this time last year I was exhorting you to get out there and enjoy the beauty of the garden with a glass of something in your hand; alas, by the time you read this I'm sure most of you found it just too hot to sit outside let alone do constructive gardening in the last few weeks. After a colourful show from perennials and early flowering shrubs everything changed on the 'hot' side of the garden: hardy geraniums looked the worse for wear, soft leaved plants began to droop and a couple of trees went into premature leaf fall!

The only answer was the big 'tidy up' – out with the shears and secateurs to clear away all the debris and dump it in the compost bin. Some of the later flowering perennials were beginning to flag as well so it was even necessary to do a late *Chelsea chop* (or should that be *Wimbledon chop*?) - cutting them down by a third was drastic (to say the least), but some of them may still come into flower even if it is later than usual. However, this year's weather experience may mean some of us will have to seriously rethink what we grow in our gardens from now on.

As I write, we do not have a hosepipe ban, but nevertheless watering around the garden has had to be prioritised. Anything newly planted topped the list plus plants in pots in preparation for the next plant sale in the DHS Autumn Show – it's unbelievable how these had to be watered nearly every day. Dark-leaved heucheras will grow in full sun but can look tatty after two or three years so be *really* bold and cut them to the base – tidy up the woody stems for cuttings and the old plant will soon re-grow. Yes, it really does work!

However, all was not entirely doom and gloom on the other side of the garden – this north-facing border certainly came into its own with a variety of foliage coming up trumps. Even the neighbouring oaks for once provided welcome shade so that *al fresco* dining was possible after all. It's so easy to forget foliage when the flowers are centre stage, but if they are not there those many shades of green provide a good "chorus line" – our old stalwart *Heuchera* 'Lime Rickey' is certainly one that stands out.

Ferns, with their huge variety of sizes, colours and shapes, are a must for shade and semi-shady places; some are evergreen as well which is a real bonus. Now for some horticultural knowhow: the unfurling fronds of ferns are known as croziers. Now, not a lot of people know this (*as Michael Caine would say*) but the staff, or crook, carried by a bishop is also known as a crozier (from the French *crozier*), and is often ornamented to resemble a fern's emerging crozier. [David Druitt please take note!]



Papaver somniferum – (the annual opium poppy) alas another nameless star performer in July

Elizabeth Ellis

Join Dedham Horticultural Society
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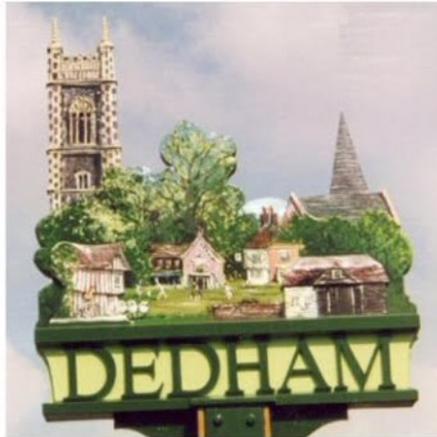
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Changing face of the High Street

Commercial Dedham is changing at an increasing pace as competition and financial pressures force small businesses to close.

Since the Dedham Parish Council prepared a map of businesses in the High Street more than eight years ago, 10 shops and businesses have disappeared, almost half the total. Closures in recent years include: the bookshop, Hood, the newsagent, the toyshop, and Blue Lawn, the ladies' clothes shop. In recent years, the grocer, Spearrings, disappeared and three pubs have closed: The Lamb, The Rose & Crown and The Anchor. Some new businesses have sprung up in their place, including the Old Bakery café and Kingsleigh the estate agent.

A small but thriving retail centre has sprung up at Birchwood two miles from the village centre. It includes The Birchwood Farm Shop, Mole, the agricultural and hardware store and Mr Wheeler, an up-market wine shop. However, even if they serve the village, they are not an integral part of it. The Hall Farm shop by the A12 is in the same category.

The parish council has been trying to find ways to help village businesses. But it is not easy. Shops face ever increasing competition from on-line retailers such as Amazon - one of the reasons that the bookshop disappeared - as well as from supermarkets. The St Helena charity shop, much praised for its excellent work, has nevertheless represented strong competition to some retailers because of its low costs and low prices.

What can be done? Christine Frost, the parish councillor with the main responsibility for businesses, says the remaining High Street shops are a vital part of village life. The Co-op and the pharmacy are, she says, especially important to older residents, who have felt the loss of food outlets, including the delicatessen and the specialist greengrocer. The closure of the Co-op after a ram raid at the beginning of the year was a serious blow, if only temporary. Evans, the butcher, continues to provide a valued service to its customers, but like many local butchers, it faces competition from supermarkets and local farm shops.



The options for the parish council are limited. For example, some businesses complain about high council taxes, but the parish council has no power over business rates, although it has held a business rates meeting at which Colchester Borough Council explained how the system works.

Moreover, some demands from businesses are controversial. Many would like to encourage more tourists, with better parking, including for coaches, and to introduce street lights. But some residents believe such changes would spoil the traditional character of the village. A few would even like parking to be banned in the High Street. The council has built up reserves that might be used for a new car park and it is looking into possibilities for street lighting that might not be too intrusive.

Many residents agree that Dedham needs more car parking spaces, especially in the holiday periods. But finding suitable sites is difficult. Last year, the council identified one possible site in Parsons Field, near the school, but this idea was abandoned. Other suggestions that might help village commerce include the establishment of a local business

association, better mobile phone reception and perhaps a business watch group to combat crime. But there is a wider question, faced by many picturesque villages: how far should it move towards encouraging commerce and the tourist industry, while striving to preserve its historic charm. As Christine Frost says judiciously: "A fine balance needs to be struck."



Despite all the changes, she says, High Street businesses continue to make an important contribution, through sponsorship and events, to the cultural life of the village.

Max Wilkinson

Assembly Rooms



Antiques Fair

Sunday 5 August -All Day

Little Squigglers

Thursday 16 August 10.30-12 noon

Dedham Films

Wednesday 15 August 7pm

Duchy Barn Community Centre In Mallett Room

at Assembly Rooms

Coffee Mornings

Tuesday sand Thursdays

10.30 -12.30 pm

Friday 31 August

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Thursdays 7pm – 10pm

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Not 10 August

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Wednesday 15th August Finding Your Feet (2017)

(PG13) Directed by Richard Loncraine



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27th AUGUST

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NOTE: *In last months, July 2018, Parish magazine, the beautiful Shearings article was written by Alex Scott, not Max Wilkinson as stated.*

Sincere apologies to Alex for this mistake!



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**Bank Holiday
Monday 27th August**

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To raise awareness for
mental health in young people.
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Charlie Watkins Foundation

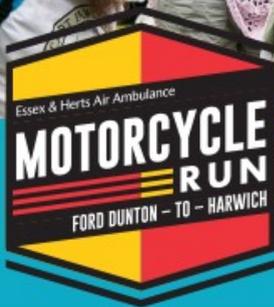
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Family fun day with live music for the grownups and plenty of stalls/ activities for children. To raise awareness and hopefully some funds for the Charlie Watkins foundation which is a very local and young charity with an aim to improve awareness and fight the stigma surrounding mental health particularly in young people.



HARWICH

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Charity Number: 1108989

All the World's a Stage...



As darkness fell, **Richard Powell's** lighting scheme bathed the performance area in a dramatic colourwash, beautifully conjuring Shakespeare's imaginary Forest of Arden, that enchanted space where characters lose and find themselves, couples are united and enemies mysteriously reconciled.

Ellie Kent-Dyson's Rosalind captured



The stage in question was the garden at **Castle House**; the play, **Shakespeare's As You Like It**, performed by the **Dedham Players** in early July. This was the eighth open air production they had staged at Castle House since 1995 but only the first time in their 48 year history that they had put on a Shakespearean play. If the first night was anything to judge by, it was an inspired, if somewhat overdue, choice!

The sun slipping behind the Castle House rooftop was the cue for the play to begin. The warm July evening was perfect for those who had arrived early to picnic in the grounds although experienced outdoor theatre-goers had also come equipped with coats and blankets at the ready, anticipating the inevitable later evening chill.

The outdoor setting was an obvious winner for a play where most of the action happens in a forest. Real birdsong and the evening breeze in the leaves of the surrounding trees just added to the texture of recorded natural sounds.

the warmth, wit and vulnerability of Shakespeare's appealing comic heroine. The portrayal of Rosalind's friendship with her cousin, Celia, played with a great sense of comic timing by **Ivy Dillon**, was a highlight of the evening.

Connor McBurney as Orlando, Rosalind's love interest, was a well-judged mixture of youthful passion and naïve idealism with **Paul Reed** equally convincing as his priggish and mean-spirited older brother. The intensity of their rivalry was powerfully conveyed as was the jealousy and intrigue of court politics and the paternal cruelty of **Joe Sales'** Duke Frederick who was responsible for several of the play's darker moments.

There was nice ensemble acting too with some lovely injections of song from the company and plenty of enjoyable comic business from Les Chisnall, Rob **Sadler**, **Alan Stock**, **Christine Hawley** and **Annie Simcox** who, as the mismatched 'yokel' lovers, managed to elicit a great deal of audience laughter with more than a moment or two of genuine pathos.



There was more serious clowning from **David Elliot** who brought energy and verbal deftness to the role of the 'wise' fool, Touchstone whilst the melancholy outsider, Jacques, played by **Don Poar**, added further shade to the comedy. His natural sense of phrasing and flexibility of pace allowed the famous *Seven Ages of Man* speech, with its poignant meditation on life and death, to establish a real connection with the audience.

Director, Jenny Burke, had been determined to make the Players' production 'accessible and fun for all' and in this she succeeded. Even setting aside the gloriously untypical English weather, the Players' thoroughly entertaining performance of this most good-humoured of comedies caught up cast and audience alike in its charming, summery 'feel good' mood.

Elizabeth Hopkins



FILM

Sunday 5 Aug

The Producers: 50th Anniversary, Firstsite, Colchester, 2pm.

THEATRE

Friday 27Jul to 26 Aug

Babe, based on Dick King-Smith's book about a small pig, various time sat Mercury Theatre, Colchester.

Tuesday 7 to 11Aug

Play in a Week. Young people can join professionals to create a play. Performance at end of week, Lakeside Theatre, Colchester.

Friday 31 Aug

Oscar Wilde: A Woman of No Importance- DOT Productions, Headgate Theatre, Colchester, 7.30pm.

Thursday 6 Sep

Strindberg: Julie, National Theatre - LL, 7pm at Odeon Colchester and at Firstsite

MUSIC

Tuesday 31 Jul

Zephyr Baroque (wind trio), St Mary-le-Tower Church, Ipswich 1.10pm.

Tuesday 7 Aug

Taylor London (soprano), St Mary-le-Tower Church, 1.10pm.

Tuesday 14 Aug

Recital by Stephen King: Strictly Come Dancing, Friends of the Moot Hall Organ, 1pm at Moot Hall Colchester.

Michael Nicholas (organ), St Mary-le-Tower Church, 1.10pm.

Saturday 18 Aug

Cyrril Ibrahim (piano) - Chopin, St Mary-le-Tower, 1.10pm.

Tuesday 21 Aug

Daniel Joy (tenor), St Mary-le-Tower Church, 1.10pm, Ipswich.

Tuesday 28 Aug

Jenny's Accordionists, St Mary-le-Tower Church, 1.10pm.

Tuesday 4 Sep

Peter Crompton (organ), St Mary-le-Tower Church, 1.10pm.

SNAPE PROMS

From 1 to 31 Aug at Snape Maltings, Aldeburgh, mostly 7.30pm,

Thur 2 Aug: National Youth Orchestra of Great Britain.

Fri 3 Aug: Britten-Pears Orchestra & Marin Alsop.

Sat 4 Aug: Piccadilly Dance Orchestra & Lance Ellington.

Sun 5 Aug: Family Concert: Peter and the Wolf, 11am. Suffolk Youth Orchestra 7.30 pm.

Tue 7 Aug: Roberto Fonseca.

Thur 9 Aug: Courtney Pine featuring Omar.

Fri 10 Aug: Trio Isimsiz.

Sat 11 Aug: Britten-Pears Orchestra & Marin Alsop .

For details see: www.eamaa.org

Sun 12 Aug: Apollo's Fire, An Appalachian folk gathering.

Fri 17 Aug: Takács String Quartet.

Sat 18 Aug: Beethoven's Fifth, Aurora Orchestra, without scores.

Sun 19 Aug: A trio of female singer-songwriters.

Tue 21 Aug: Angela Hewitt: Bach The Well-Tempered Clavier

Wed 22 Aug: Altan, Irish traditional music.

Thur 23 Aug Hailey Tuck, jazz singer.

Fri 24 Aug: Milos Karadaglic and Friends, Guitar music from Bach to the Beatles.

Sat 25 Aug: Come and Sing Disney, 4pm. **The Brighthouse and Rastrick Brass Band**. 7.30 pm

Sun 26 Aug: The Dime Notes, Blues-1920s New Orleans jazz.

Mon 27 Aug: National Youth Choir of Great Britain.

Tue 28 Aug: Gretchen Peters, Nashville songwriter-poet.

Wed 29 Aug: BBC Concert Orchestra and guests.

Thur 30 Aug: Jon Boden and the Remnant Kings.

Fri 31 Aug: Abdullah Ibrahim, jazz pianist.

SUFFOLK VILLAGES FESTIVAL

Fri 24 Aug: Monteverdi: The Courtly Ballets, 6.30pm at St Peter's Church, Sudbury.

Sat 25 Aug: JS Bach: Harpsichord concertos, preceded by a talk at 5.30 pm, 6.30pm at Stoke by Nayland Church.

Sun 26 Aug: Love songs: Monteverdi to Purcell preconcert talk Boxford village hall at 5.30 pm, 6.30pm at Boxford Church.

Mon 27 Aug: Roots of Welsh Traditional Music, 11am at St Peter's Church, Sudbury.

Purcell & Handel, 6.30pm at St Peter's Church, Sudbury.

ROMAN RIVER FESTIVAL

Thursday 20 to 30 Sept in and around Colchester and Stoke by Nayland: classical concerts, spoken word, visual art, history, talks, debates, world music, poetry, jazz, walks, and new compositions.

OPERA/MUSICAL

Tuesday 14 Aug

Samuel Barber: Vanessa, Glyndebourne Music - LL, 6.30pm at Firstsite, Colchester.

Monday 27 Aug to 1 Sep

An Officer and a Gentleman, a new musical, Regent Theatre Ipswich, 7.30pm.

Thursday 6 to 15 Sep

Wizard of Oz, Colchester Operatic Society CO2 at Mercury Theatre.

Vanessa Kirby and Eric Kofi Abrefa in Julie 6 Sept

For details see: www.eamaa.org

A photograph of the stone tower of St Mary's Church in Ardleigh, featuring a clock face and a crenellated top, surrounded by green trees under a clear blue sky. The text is overlaid on the top portion of the image.

St Mary's Church Ardleigh

Flower Festival

5-8th October 2018

Theme - *Musicals*

- **Opening times:** Friday, Saturday & Monday 10am-5pm; Sunday 12-5pm
- *Cakes and Refreshments all weekend*
- **Saturday** from 2pm : Bell Ringing, Tours of the Tower, Children's Activities, Organ Recital at 4pm
- **Sunday** *Harvest Celebration* at 11am, *Songs of Praise* at 5pm
Donations on entry – we are raising funds for the fabric of the church

Constable Country Medical Practice

Summer Heat waves

We have experienced some excellent weather so far this year, and hopefully it will continue. However, a hot summer can be dangerous, especially for the very young or very old or those with chronic diseases. Advice on how to reduce the risk to either for yourself or somebody you know can be obtained from NHS Choices.

On very hot days Public Health advice is as follows: Stay out of the sun. Keep your home as cool as possible – shading windows and shutting them during the day may help. Open them when it is cooler at night. Keep drinking fluids. If there's anybody you know, for example an older person living on their own, who might be at special risk, make sure they know what to do. If you are worried about what to do, either for yourself or somebody you know who you think might be at risk, you can also speak to your pharmacy, phone 111 or ring the practice.

Appointment System

We hope you have noticed the changes we have made to our appointment system over the last couple of years. We now have fewer patients queuing at the practice at 8am for an appointment (some days there is no queue at all) and the number of calls we receive at 8am has decreased. The main reason for this is our commitment that whatever time of the day you contact the practice you will be able to speak to a doctor if you need to and will be seen in person the same day if you need to be (unless demand is exceptionally high). We are fortunate to have six permanent doctors and two nurse practitioners. This means that we do not need to employ locum doctors very often. Our clinical pharmacist also works 3 days a week, which frees up our doctors to spend more time with patients. We hope you are benefitting from the changes. We are always keen to receive feedback when our system is working well or if you feel we can improve it further.

Training Days

Just a reminder that in 2018 the practice will be closed from 1pm on the following dates for staff training:

13th September (Thurs)

10th October (Wed)

On these afternoons the Capel St Mary building will be open to enable access to the pharmacy but the Practice reception will be closed. East Bergholt reception will be open. Please note that there will be no clinicians at either building after 1pm as they will be attending training off-site. If you phone the practice the recorded message will ask you to ring 111 for medical assistance if your problem cannot wait until the next day.

Pete Keeble
Practice Manager

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Stour Valley U3A

Recent Meetings: “Around the World in a Container Ship” was the interesting talk by Peter Hesketh, a former Police Officer and Merchant Navy Purser on Wednesday 11 July. As a lone passenger for around 4 months it positively was not a cruise. He explained the attraction of and comments on, life at sea when the ship spends so little time in port.

Future Meetings & Diary Dates: As suggested by Members we are introducing our first August meeting, on Wednesday 8, when Tania Harrington MA, artist, art lover and researcher will talk on “Art Attack- A History of Vandalism In Art”. She will look at works of art that have been vandalised over the years and the reasons behind these criminal attacks, divided into Political Motivations, Mad Attacks and Artist Attacks. It will be a serious, at times disturbing, but also humorous illustrated talk.

On 12 September Taff Gillingham, Historian, will present a very British view on “Remembrance and The Great War”. Taff advises film makers emphasising the need for historical accuracy on the 1914/18 War.

Richard Heap, Production Director, Stephen Walters and Sons Ltd will introduce us to “Silk Weaving in Sudbury”. His presentation will cover the history of silk weaving and how it came to Sudbury; the Silk Road from China to Sudbury; how silk yarns are processed; the silk trade, partnerships

and relationships with supplier and customer and how the company engages with the local community and the environment.

Membership: Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, and Stratford St Mary. We are affiliated to the Third Age Trust, have over 330 members and 40 active groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.

Meeting Venue: We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

Remember: It's never too late to learn! Join over 400,000 members across over 1,000 U3As throughout the UK today!



Stour Valley Men's Probus Club

Recent Meetings: John Field introduced us to "The Treasures of Ipswich" on 4 July and we held our Summer Buffet at The popular Haywain on 18 July when our spouses and Probus Widows joined us for what was an enjoyable event and a tasty meal.

Future Meetings & Diary Dates: We don't meet in August and return in the autumn on Wednesday 5 September when Tracey Mackness of the Giggly Pie Co will present her "Life Story". Then on Wednesday 19 September David Ablewhite will return to tell us about "The Other Prince William". Norman Jacobs talks about "Pie 'n' Mash and Prefabs" on Wednesday 3 October and two weeks later on 17 October Sally Chicken's talk is on "The Regeneration of Shotley Pier"

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

New members are welcomed: Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10 for

10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.



DEDHAM TENNIS CLUB

Dedham Tennis Club is located in the heart of the village. We welcome new members along with pay as you go coaching and junior groups.

Adults: We have Sunday club sessions from 3pm and Wednesday evening sessions from 6pm during Spring/Summer. We are actively seeking new members so please come and try us out for free.

Coaching: Individual coaching is available from Paul and Steven. Please visit our website for contact details.

Juniors: Group lessons are held on Saturday mornings and the classes are divided according to age and ability. Red balls (ages 5-8, 9:15-10:00), Orange/Green balls (ages 9-11, 10:00-11:00), Yellow balls (12 & up, 11:00-12:00). £5 per session per child. All newcomers are welcome.

Summer camps: 9:00 - 16:00 Tuesday to Thursday, 31 July to 23 August, for all children from Reception age. £25 for a full day and £15 for half a day, with discount for siblings. Contact our junior coach Zico for details: zico.davies@zicotennis.co.uk

For more details, please visit our website clubspark.lta.org.uk/

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RDA Ipswich based at Bentley Riding School is re-grouping and looking for more helpers to volunteer at sessions for adults on **Tuesday** mornings and children on **Thursday** early afternoons (term time only).

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Clare Phillips on 01206 392385/07947 105414

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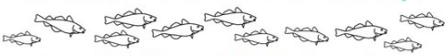
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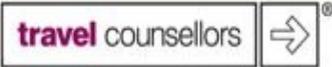
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In 2018 the museum celebrates Sir Alfred Munnings as President of the Royal Academy, in its 250th anniversary year, and as a founding member of the Dedham Vale Society, established 80 years ago. The special exhibition *Munnings and the River* continues. Details of events and workshops can be found on our website.



Open Good Friday, 30 March - 31 October 2018, Wednesday - Sunday and Bank Holiday Mondays, 2-5pm

FREE entry for local residents on Sat 21st & Sun 22nd April 2018

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