

DEDHAM

PARISH MAGAZINE

September 2020



Dedham from a hot air balloon



DEDHAM PARISH MAGAZINE

SEPTEMBER 2020

The deadline for magazine entries is the 10th of the month

DEDHAM PARISH CHURCH

dedham-and-ardleigh-parishes.org.uk

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DEDHAM PARISH MAGAZINE

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Front Cover: photo taken by
Kim Wood from a hot air balloon
early on a Sunday morning

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Follow us on facebook

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

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 any one 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**

First Steps: Want to get back involved with church but don't know where to start?

Contact Liz and John Reed ☎ **323 770**

Services and Events SEPTEMBER 2020

Sunday 6th September

8am	Holy Communion	Ardleigh
9.30am	Rise N' Shine	Dedham
5pm	Compline	Dedham

Sunday 13th September

8am	Holy Communion <i>Followed by APCM</i>	Ardleigh
9.30am	Holy Communion	Dedham

Sunday 20th September

8am	Holy Communion	Ardleigh
9.30am	Matins	Dedham

Sunday 27th September

8am	Holy Communion	Ardleigh
9.30am	Harvest Morning Praise <i>Followed by APCM</i>	Dedham
5pm	Harvest ReVive@5	Dedham

Sunday 4th October

9.30am	Harvest Rise N Shine	Dedham
11am	Harvest Celebration	Ardleigh
5pm	Compline	Dedham

YouTube Weekly Midweek Services

Morning Prayer 9am and Evening Prayer 5pm online everyday

<https://www.youtube.com/channel/UC78SZfH5QRXMPy7DgfwYslg>



Annual Parochial Church Meetings:

Ardleigh: 13th September 9am following 8am service

Dedham: 27th September 10.30am following 9.30am service

Men's Breakfast every other week on Saturday, *bring your own buttie!*

Saturday, 26th September, 9.00am at The Vicarage

Ardleigh Friendship Group every second & fourth Tuesday 10am with seating in front of porch, weather permitting. Please bring your own drink and food.

We look forward to seeing you!

Mission Bake Sales:

BH Monday 31st August, Bric-a-brac sale

ME AND GOD IN LOCKDOWN by Christine Mingay

Perhaps you, like me, welcomed lockdown as a rest and a break from routine. You may recall the sunshine days of spring when the gardens were full of new growth and invitations to stand and stare.

Soon I was asking God, What shall I do? Two things came to mind. One was to remember my wartime childhood and learn an alphabet. The alphabet I chose was the Hebrew one because we had just learnt the Hebrew word for God's loving kindness in the sermon series on Ruth. The other was a Webinar which ran for 12 weeks and fitted exactly into the lockdown schedule. On my screen I met people from Bedfordshire, Shropshire and even as far afield as Spain and Nazareth in Israel.

I was really pleased to have organised my education alongside the school children who were also confined to home. Then I found that the church too was organising services and events for me and there was Christian teaching on YouTube.

Lest I should feel cut off my cousin and I started a correspondence by email and I had Facetime from New Zealand. My neighbours offered to help with the shopping and friends came to help in the garden. The surgery sent a physiotherapist and a care worker and

additional help arrived. Loving kindness like God's was manifested all around me. Then I found I could join in: phoning, emailing, texting, writing to others with words of encouragement and friendship. Hearing of the pressing needs of Great Britain and the wider world I spent time putting my faith into practice by praying for others. Also I came to cherish the weekly Wednesday Zoom prayer meeting with others in the parishes.

I look back in thankful gratitude to God, who in the midst of a pandemic, invited us to work alongside him extending his loving kindness as described throughout the Bible.



Christine Mingay

RiSe N SHiNe

is back on Sunday 6th September

Rise and Shine is our all-together service at Dedham, it lasts 45 minutes and will be especially appropriate for families with children at primary school, but people of all ages are welcome!

This month we're going to be having our service outside in the churchyard (weather permitting!), so do come and enjoy exploring the churchyard, worshipping and learning what being outside can teach us together about God.

Feel free to bring drinks and biscuits to enjoy afterwards.



RiSe N SHiNe

all-together worship
1st Sunday each month
Dedham Church 9.30 to 10.15am

hymns-songs-bible stories-refreshments
dedham-and-ardleigh-parishes.org.uk

Find us on:
 **facebook.** @dedhamandardleigh



Thank you for your help!

We are greatly encouraged by the response of church members to our appeal for funds earlier this year, and are extremely grateful to other members of our local community who have made donations to the church in these difficult times. This has eased our management of the essential running costs of St Mary's Church although, of necessity, we must continue to adhere to a strict budget.

Thank you for this very practical way of contributing towards keeping our place of worship open for ministry and prayer.

The Vicar and Churchwardens

DEDHAM MONDAY LUNCH CLUB

There will be a Monday Lunch Club meeting on

**Monday 7th September
at the Essex Rose at 5pm**

Sarah, the manager, has arranged for the Café to be open at this time for Lunch Club members only.

Please book by 6th September

by phone or by calling in, leaving a contact number if possible.

It will be the usual menu with perhaps 1 or 2 salad specials.

We are looking forward to catching up with everyone.

Ann Shaw and Christine Frost

Medieval East Anglia

WEA Dedham - presents a course with Kate Jewell - which aims to explore the diverse society of medieval East Anglia and the rich culture which was an important part of that society.

We will discuss East Anglia's urban centres- Norwich, Ipswich, Colchester- it's power-players such as Bury St Edmunds Abbey, and the strong-minded women who played a vital role in East Anglian society. We will consider East Anglia's medieval culture- the cloth trade, the heritage of the parish churches, the written word and the many forms of art.

Where: ONLINE

When: 7th Oct - 16th Dec 20

How long: 10 sessions

Time: 9.00am - 10.30am

Reference: C2227506

Cost: £48.00

If you receive certain benefits you may be entitled to a free course.

Book today

enrolonline.wea.org.uk

0300 303 3464

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History & Culture



WEA
Adult Learning
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A Day in the Life of the Dogfather



I loved teaching; it was my passion for 22 years. I was proud of what I was doing and I knew I was making a real difference. But something changed, and what once energised me was draining me. Where I used to find drive, I found pressure. Then one evening, when I was feeling particularly worn out by my day, my wife asked me “what do you enjoy doing?” I could answer that straight away; “walking”, I said. “walking here, where we live. I could just do it all day long and I’d never get tired”. “So find a job that lets you do that then” she said.

I had never considered not teaching until that point, but what my wife was saying was so simple. Do what you enjoy doing.

I started researching, and considered studying to be a forest ranger or a green keeper. As I was reading about these options on the iPad, our little dog Henry potted in and plonked himself on my feet. Time for walkies. And that was it.

I could walk dogs. I love dogs! I could walk dogs in the beautiful Dedham Vale.

It was scary but so exciting, writing my resignation. Stepping into the unknown. But time to be brave; time to do what I was passionate about again.

I set up my business in January and I’ve never looked back. I did a qualification in animal care and dog walking and sorted out my insurance. I did a bit of local advertising and asked our wonderful local businesses for help. Now, instead of a double lesson with year 10 students at 10am, my timetable says “Kia”, followed by “Mollie and Flick”. Bobby is next, just before lunch, then in the afternoon I’ve got little Lego the Dachshund, followed by a short drive over to Langham to take out Romy and Mouse before my last walk of the day in Stratford St Mary. I’ll also be popping in to see Millie the cat for a play and a cuddle this evening as her family are away. That’s just an example of my new timetable, but every day makes me smile when I check what it has in store for me. My furry clients and I love nothing more than either a ramble across the fields or a trot by the river.

I have my energy back, and it sounds so cheesy I know, but I have a new outlook on life. My wife and I suffered a tragic loss a couple of years ago, and new clients have really helped me start to appreciate the little things again. The smell of the rain on the cornfields early in the morning. The way the sun breaks through the trees at a particular spot on East Lane. How friendly and kind people are who we meet and greet on a daily basis. I've raised my head up from the grindstone and have literally felt the tension I didn't even know was there, drain away.

Health and fitness has always been a hobby of mine, so what perfect way to spend my days? I'm now also studying for a personal training qualification at the tender age of 45, which I intend to fit around my furry clients. I'll be doing even more of what I love.

I do realise how lucky I am and not everyone can simply switch careers at this stage in their lives. But I would just urge you to spend a little bit piece of every day doing something you love. Something that makes you feel content and grateful.

My day now starts with yoga at 6am rather than lesson planning; and I like to think my clients get the best of me every day, as I genuinely can't wait to see them for our next adventure.

Lee Firmin
The Dogfather of Dedham



For more information on
Lee's services, contact him on
07896020060
or email him at
leefirmin41@gmail.com

The Eley Family in Dedham

I am greatly indebted to Ted's granddaughters, Ann Pearce and Janet Bugg and Ann's husband Mark for valuable information, the generous loan of their family albums and their kind permission to reproduce the photographs used here.

Part 2: Eley's Tearooms and Boatyard

Eley's bakery established in 1891 provided refreshments besides selling bread and as late as the 1950s the left hand side of the High Street premises was still being used as a tea shop. However the new business opportunity which opened up around 1900 was providing teas on a larger scale for the day trippers who were beginning to arrive in the village. Many of them were cyclists and the Cyclists Touring Club badge mounted on the side wall of the bakery, seen in a photograph dating from the 1920s, indicated that members were welcome and would get preferential rates. Horse charabancs brought the first tourist numbers. Tea gardens were very popular and John Eley's first one was in his orchard off Princel Lane. Then he bought London House across the High Street, where some of his employees lived, and its south-facing garden became the Eley's Tea Garden seen in a publicity photograph with a pergola and cascading roses. He faced direct competition when a former employee borrowed money from him and then shocked him

by setting up doing teas himself next door. Another rival was Henry Gammer whose tea garden behind Ivy House offered light refreshments and teas between 1907 and 1913.

John Eley described himself as "a refreshment contractor catering for large or small parties." Judging by a surviving menu dating from the 1920s the tearoom and garden provided substantial fare and must have been fairly spacious because Ted and Connie remembered that no fewer than five charabanc loads came on the day when Jim Eley was born in 1925. Providing so many teas put an extra strain on the Eleys' water supply which was needed for the horses drawing the delivery vans as well as the bakery itself. In summer the well tended to run dry; so on Saturdays when there was a water cart in Royal Square they employed a boy to come and go all day fetching water and pouring it into the tank above the bread oven. They paid £100 to have their well deepened, only to be told that the water was not pure; so they went on to the mains just as soon as it was possible.

Then, as nowadays, a particular lure for visitors was the river but there were no rowing boats for hire in the late nineteenth century. The Stour was still a working waterway at that time with barges plying between Sudbury and Mistley but by 1900 river traffic was dwindling. A serious drought in 1901 caused problems with the flow of water and barges were increasingly losing business to the railways.

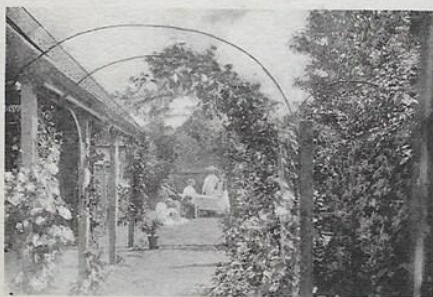
**JOHN ELEY,
HIGH STREET, DEDHAM.**

REFRESHMENT CONTRACTOR.
Large or Small Parties Catered for.

Boats on Hire. Storage for Motors & Cycles.



ELEY'S REFRESHMENT ROOMS.



ELEY'S TEA GARDEN.



ELEY'S LANDING STAGE.

John Eley's advertising postcard, before 1918, showing the shop, tea garden and landing stage

With manpower shortages at the outbreak of the Second World War it was decided to put down the tow horses and scuttle the remaining barges. Sir Alfred Munnings painted a derelict barge beside the river in 1924 and four years later Percy Clover's last barge made its final journey. Long after the navigation had lapsed the remaining traces of the tow path were finally obliterated when the river was dredged in the early 1950s and the spoil including heaps of oyster shells spread along its banks. As children we optimistically searched for pearls!

In the early 1900s John Eley realised that there was a new opportunity for leisure

boating and he bought a wharf beside Dedham bridge, which had been used for unloading chalk used in agriculture. He subsequently protected his monopoly by buying the nearby site of the gas works (now The Millstream and its garden) after it had closed down in 1923 because he feared a competitor might use it to establish a rival undertaking with access along the Black Brook to the main river. He set up his boatyard business around 1910, equipping it as economically as possible. There were no buildings on the site when he took it on. The weatherboarded structure with a corrugated iron roof, shown in a photograph taken c.1910, was an "engineering shed" bought from Courtaulds in Braintree; he had come to hear that it was being sold off because

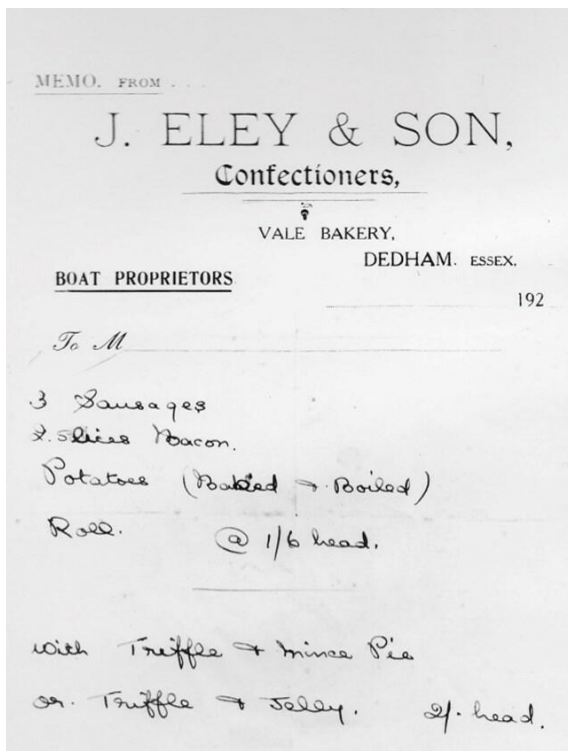
his wife's family lived in the town. He began making the boatyard setting more attractive by planting the chestnut trees which are such a picturesque feature now. The boats were second hand, made in Brightlingsea. There were two which came from Rowhedge and two from Ipswich and Mr Clementson at Langham sold him a canoe. Ted told me that two more canoes were left behind by fellows on holiday from Oxford, who sold them to Eley's rather than paying to take them home. The first four rowing boats were named Hilda, Amy, Peggy and Connie after John and Julia Minnie Eley's three nieces and their own daughter.

Conveniently the boatyard could be reached from the bakery by a path leading from the end of Princl Lane through to Mill Lane. Mr Banting, proprietor of the Sun told the Eleys about this right of way behind the High Street which must originally have been the night soil track, used before the days of mains drainage to gain access to the backs of the houses for emptying the residents' earth closets. The path then passed through the field behind the present Haywain (then a row of cottages), where the Eleys had a pigsty, an orchard and gardens for the use of their employees living at London House. They kept this land until Ted and Connie retired and closed the bakery in 1962.

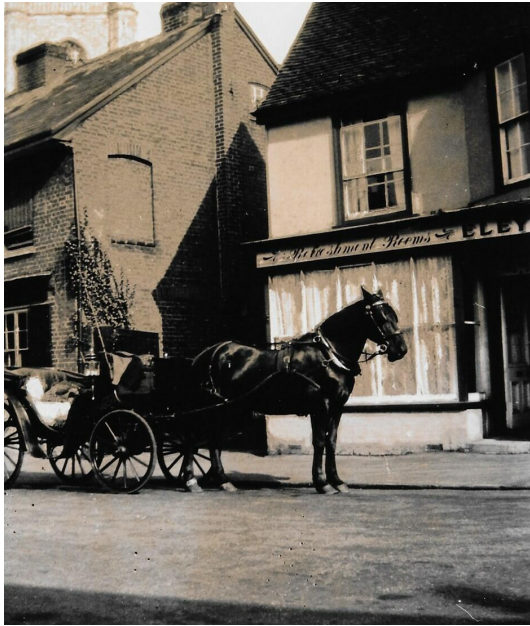
The boatyard eventually shut down during the Second World War and was bought by a firm at Ipswich, who in turn sold it on to its next owner, boat builder Frederick Smeeth. Since 2002 it has belonged to Cameron and Claire Marshall, who run the popular Boathouse Restaurant. They have twenty-six rowing boats available for hire during the summer months.

© Lucy Archer

Next time:
Part 3: Ted and Connie Eley



Eley's tearoom menu, 1920s, offering meals at 1/6d or 2 shillings a head



Eley's Refreshment Rooms at London House in the early 20th century. The tea garden was behind the house.



The boatyard in the early twentieth century beside the new Dedham bridge installed in 1900. Note to its right the wooden planking of the surviving tow path across the tributary



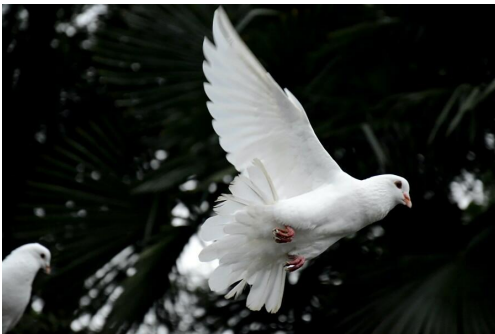
John Eley's boatyard, set up around 1910. On the left is a tent belonging the recently-founded Dedham Scout Troop



The Boatyard with rowing boats and canoes in 1934. The round-topped corrugated iron shed was bought second-hand from Courtaulds in Halstead

Huit Préludes pour Piano

This poem is the first in a set of eight entitled 'Huit Préludes Pour Piano', based on the early compositions for piano by the French composer Olivier Messiaen. The poems themselves include frequent references to other works of European literature, as well as to the particular interests and compositional habits of Messiaen himself. Among these is his synaesthesia, which caused him to see colours when hearing music. Fortunately, he wrote about the specific properties of each of his preludes, which I weave into each poem – in this case, orange veined with violet. Messiaen also sustained a particular passion for ornithology throughout his lifetime, which would inspire several of his late works, and therefore I have attempted to weave in references to various species where appropriate throughout the poems. Note also the symmetry of the poem's form, which reflects Messiaen's interest in repetition and symmetry.

*James Sambrook***I. La Colombe**

*'Guint' è la Primavera e festosetti
La Salutan gl' Augei con lieto canto'*
– anon., possibly Antonio Vivaldi

swaying, swaying
weaving
the viridescent brushstrokes
offer themselves to the wind

untouched, untouched

a single leaf
takes its freedom
and rides the zephyr
far, far, a traveller
in the breeze

untouched, untouched

the grass that grows uncut
the hanging willow
the overgrown path
with veins of violets
the empty sky
the breath of the earth
and the dove that found land

untouched, untouched

moss over forgotten cobbles

untouched, untouched

a nesting dove
by a web of silk

untouched, untouched

a single leaf
takes its freedom
and rides the zephyr
far, far, a traveller
in the breeze

untouched, untouched

swaying, swaying
weaving
the viridescent brushstroke
that offers itself to the wind

Dedham – perfect country for fine wines



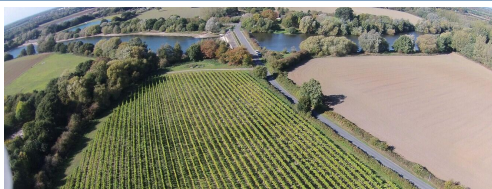
Grape harvest at Dedham Vale Vineyard

Cheers! *Appellation Dedham Controlée* does not yet trip off the tongues of wine connoisseurs, but it may be a matter of time. A growing number of vineyards around the village is joining the highly successful English wine industry. Most are expanding production, notably of sparkling wines intended to compete with the better champagnes.

In addition to the new vineyard south of the A12, overlooked by the Stratford St Mary Church, there is Prettyfields vineyard, close to the Ardleigh reservoir on Dead Lane, and a newly planted vineyard on the Coggeshall Road owned by Thorrington Mill vineyard near Brightlingsea. Jarrow House on the Harwich Road outside Ardleigh has been planting new vines, as has the larger Dedham Vale Vineyard at Boxted. A little further afield, Shotley Vineyard produced its first vintage last year while the longer established Mersea Island Vineyard produces some 20,000 bottles a year.

Robert Auld, owner of Jarrow House, says: “We have the perfect dry climate and free draining soil for vines – similar to the Bordeaux region in France.”. When Robert retired from growing salad crops six years ago, he decided to plant a few vines on his land. He has since planted more and now has 700 vines that will produce about two tons of grapes – around 500 bottles of sparkling wine.

For him it is not much more than a retirement hobby. “It’s great fun,” he says. “Pals come to help me and I pay them in wine. It’s ever so nice if you have a little party or celebration and bring your own wine.” But even at this small scale he hopes to make money and to interest his grandchildren in the business. His sparkling wine sells for £28 a bottle, but the outlay is high. Each vine costs about £1.50. There are the stakes and wires and protection for the young plants and then a two-year wait before the first harvest. Robert’s grapes are taken for processing to New Hall near



Prettyfields Vineyard next to the Ardleigh reservoir

Maldon, a comparatively long established winemaker. The wine is stored there for two years or more and is made by the traditional (labour-intensive) method of upending the bottle, freezing the neck, then withdrawing the cork to scrape away the sediment - without losing the all-important bubbles.

Other growers use different winemakers, However Dedham Vale Vineyard, now under the management of Hugo Wilson and his family, plans to build a new winemaking facility with about three times as much capacity as it will need for its own vines. The vineyard now produces about 12 tons, although this will increase as 2200 new vines were planted last year. Hugo said: "We plan to provide a service to other vineyards and smallholdings."

Dedham Vale, like several of the other wineries including Prettyfields, Thorington Mill and West Mersea encourage visitors to tour the vineyards and, they hope, to buy some bottles. These visits were suspended during the lockdown, but Robert Blyth at Prettyfields says they are now open again with a range of activities.

Prettyfields produces about 20,000 bottles a year of still and sparkling with a top price of £30. Robert says they have to compete on quality because UK taxes are higher than in France. However, in addition to the natural advantages of climate and soil in the region, his vineyard enjoys a microclimate from the Ardleigh reservoir which keeps it warm during cold periods.

Robert Blyth's cousin and partner, Tom Bunting is one of the larger operators in the area. He owns the vineyard by the A12, among others, and used to be one of those running the Dedham Vale Vineyard. He says he got into the business by chance about 20 years ago but the last four years had been "phenomenal".

This optimism is reflected nationally. Simon Robinson, chairman of WineGB, says the industry has "come of age". An excellent harvest in 2018 combined with extensive new planting brought the UK's total production to about 13 million bottles. more than twice the previous year's output. East Anglia is only a small part of this. with just 4 per cent of the 3500 hectares of vineyards in the UK. By far the greatest production is in the South East.

Still, if East Anglian wines can maintain their quality, they will benefit from the growing international reputation of English white and sparkling wines. The increased investment in the Dedham area reflects this optimism.

Max Wilkinson

Open Water swimming at the Dedham Mill Pond



Have you noticed lately that the swans and ducks are not the only ones enjoying swimming in the river stour?

Along with the huge increase of water traffic from kayaks, canoes and inflatable sup's, since lockdown the number of open water swimmers has also significantly increased here in Dedham.

Open water swimming is one of the fastest growing sports in the UK and Dedham has always been a swimming beauty spot for many whom enjoying dipping and swimming here all year round.

Vicky Malmsjo is the founder of Swimspirational Open Water Coaching and member of the Dedham River Swimmers Group, she tells us why she believes that the summer of 2020 has been all about wild swimming

“Wild Swimming has certainly increased in popularity this year. As both a coach and outdoor swimmer myself I have seen the number of people wanting to swim outside double. As the pools remained shut until the end of July, swimmers were keen to embrace new

experiences and take their training outside. Triathletes have traditionally always swam in lakes and seas but this summer many chose to introduce river swimming into the mix too.

However, it's not just triathletes that are swimming in the river. There are many more people that are choosing to swim in the great outdoors for many other reasons. River temperatures can range between 16 and 24 degrees in the summer months and considering that most pools are around 30 degrees, the cooler water that outdoor swimming offers can provide both physical and mental health benefits to those that take part in the activity.

The other huge benefit for many is the social aspect of open water swimming. There is something very special about outdoor swimmers, they always have enormous smiles on their faces, they are some of the most welcoming people that you will probably ever meet and everyone leaves a swim as new friends. Swimming outdoors as a group bonds people together as no matter what else is going on in your life, you can always find solace in a river swim. “

There are also safety considerations whenever you swim in the river and Vicky shares her Top Tips with us below

1. Acclimatisation: The sudden change in temperature on entering the water can cause physical and mental shock that may result in panic. To prevent this, it is important to change the skin temperature in a controlled way. If you are new to open water swimming wear a wetsuit and always enter the water slowly and calmly. Acclimatise to the water by gently splashing your face, back of neck, hands and feet. Open the wetsuit around the wrists and neck to allow water to enter the suit. This will create a warm layer between skin and neoprene.

2. Breathing: RELAX, RELAX, RELAX. Do not panic or breathe too quickly as this may cause you to hyperventilate. Maintain slow, calm, controlled breathing. Do not start swimming until your breathing is relaxed.

3. Kit: Always swim safely, preferably with your wetsuit, brightly coloured swim cap, tow float and goggles. Swim socks and gloves may also help in the colder temperatures.

4. Swim in a Group: It is recommended to swim as part of a group and always at the pace of the slowest swimmer. Never leave anyone behind. If you are an experienced open water swimmer and do swim alone always make sure that someone knows you are there.

5. Duration: Always keep track on how long you have been in the water. Be sensible. If possible wear a

waterproof watch. Recognise the signs of hyperthermia – slurred speech, confusion, shivering, muscle stiffness, pale cold skin, low levels of response. If this happens leave the water immediately and warm up gradually with loose fitting layers and a warm drink.

6. Risks & Hazards: Always pay attention and seek local knowledge when swimming in any rivers. Be aware of your own swimming ability. Be aware of risks such as algae, swimmers itch, rocks & rugged terrain underfoot, current and depth. Water levels can change very quickly and currents can move you in opposite directions to which you are swimming. Always do your own risk assessments.



If you are curious to learn more about Open Water Swimming, please visit www.swimspirational.co.uk or email info@swimspirational.co.uk

Alternatively please join the Facebook Group “Dedham River Swimmers” – regular social swims take place every Sunday morning at 8am from the mill pond and everyone is welcome to attend

Dedham Parish Council continues to use 'Zoom' for its monthly meetings on the first Monday of each month for the time being. Please check our website for full details.

We have completed a risk assessment on our playground prior to re-opening and hope that users will follow the rules designed to keep everyone safe. In common with many areas we are seeing a large increase in visitor numbers which puts pressure on our limited facilities. We continue to work with partner agencies to try to minimise disruption for residents.

We are seeing an increasing number of 'near miss' traffic incidents along Long Road East and West. There is a form on our website for residents to log any incidents. This will help with our attempts to secure some form of traffic calming along this long straight stretch of road. The form can also be used to log issues on any other road in the village."

Nicola Baker
Dedham Parish Council

Gardening Notes

Cut back for cuttings

I bet you thought you could relax in the sunshine and enjoy the fruits of your labour now summer is drawing to a close. There's certainly plenty to look at: colourful dahlias are doing their thing and black-eyed susan (*Rudbeckia*) are starting to make yellow pops of colour in the borders. But there's no time for that, now we need to start thinking about autumn, about cutting back and clearing the borders for winter.

I know... already?! But we can ease ourselves into the bigger jobs with a little bit of summer pruning of any fruit trees or bushes. Get this done as quickly as possible as it should really have been done in August. Summer pruning is to restrict growth (so trained forms like cordons, espaliers and fans benefit from most from it), while pruning in winter encourages growth next season.

My mini-orchard needs some serious pruning as I may have gone overboard in training cordon pears and plums, and growing apples as pyramid trees. Look for any new shoots (laterals, if you want to be horticultural about it) growing out from the main stem that are more than 8 inches long (about the length of your secateurs). The base of this growth should be woody by now and you need to cut it back to three leaves.

On non-trained forms, for instance if you're growing a pyramid tree, you will probably have branches (laterals again) coming off the stem that you want to keep. There will be side-shoots (sub-laterals) growing off these and you can cut these back harder to one leaf.

Job done? Now look around for what needs cutting back and tidying up other than trees. Hardy geraniums may have finished their first flush of flowers and be flopping all over the place, so whack them back to ground level. Water well with a good liquid feed and your reward should be fresh growth and maybe more flowers. If you have it, you can probably cut back the shade-loving *Pulmonaria officinalis* (lungwort) too, while *Achillea ptarmica* 'The Pearl' has done its thing in my borders, so I chop it back by half to

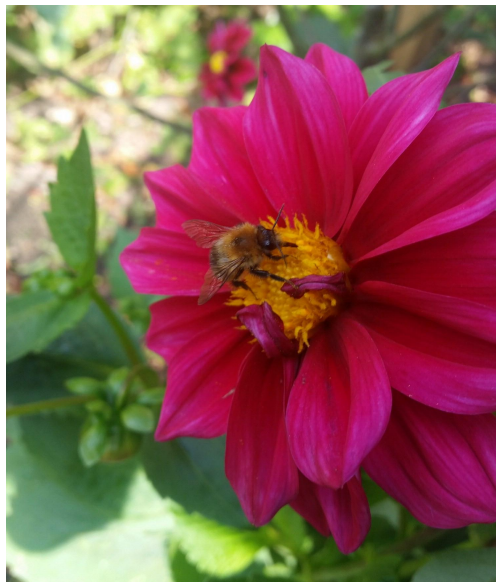
remove the unsightly browned flowerheads. This is a great filler: spreading well but easy to dig up and replant elsewhere if it gets too much.

Now that the flowerheads on your lavender have faded, cut it back to encourage new growth before the end of the season and help protect it over winter. A good trim will also maintain a good shape to this plant that is notorious for getting leggy. Cut away the whole flower stem (you can hang them upside down to dry if you're into that) and a couple of centimetres of this year's growth. Be careful not to cut back to bare wood that has no leaves, as this will not always regrow.

It's getting a bit late now, but you can still have a go at taking semi-ripe cuttings with the bits your remove to replace any plants that may not make it through the winter or, like some of mine, are leggy beyond repair. You can do this with other shrubs too including box (*Buxus*) and the Californian lilac (*Ceanothus*).

Take cuttings from this season's growth with sharp secateurs or a knife. The base of the cutting should be hard, while the tip is still soft. Trim each one to 4-6 inches and cut just below where a leaf meets the stem. Remove the lowest leaves and the soft tip which will wilt rapidly. Dip the base of the cutting in hormone rooting powder and insert around the side of a pot filled with very gritty and free-draining cuttings compost and water well. Cover with a plastic bag to maintain humidity and put in a warm, light position, out of direct sunshine. You'll know it has taken

when you see fresh new growth, which can happen quite quickly at this time of year. Try it with fuchsias too.



After clearing and cutting back the borders, give everything a good mulching to give moisture in, reduce weeds, help more tender plants through the winter and improve soil structure. Chuck everything you've cut off on the compost heap, stirring it regularly to let in lots of air and help it rot down faster. Now you can relax.

Although we are taking it one event at a time, Dedham Horticultural Society is unlikely to run events this year due to Covid-19 precautions. Keep an eye on our website, for the latest updates

www.dedhamgardening.wordpress.com,

If you can and as they continue to open in coming weeks and months, please try to show your support for one of our great British gardens or local nurseries.

Elliot Frisby
Dedham Horticultural Society

Constable Country Medical Practice

Coronavirus Update

As we head into autumn it is vital that we continue with the measures which have been in place for the last few months to protect both staff and patients from Covid-19.

Our primary objective at the practice is to minimise the need for patients to come to the practice at all, but if they need to then to minimise the risk. Here is a summary of the measures we have put in place:

- If possible, submit any medical or admin query via our online eConsult service. We aim to respond to all eConsults within 2 working days.
- If you cannot use eConsult or if your need is urgent, our receptionists will place you on a triage list and one of our doctors or nurse practitioners will call you back.
- If you need to come to the practice, the clinician will ask you to wait in your car with your mobile. The clinician will call you when they are ready to see you.
- You must tell us if you are experiencing any Covid-19 symptoms such as fever, a new cough, or loss of taste and smell.

Please wear a mask or wrap a scarf around your face when you come to the practice, and sanitise your hands.

Please be assured that you can contact us if you feel you need to speak to a

clinician about any health concerns you may have. If you have concerns regarding the health of vulnerable patients, please inform us.

Flu Vaccinations

We will operate our flu vaccination programme very differently this year. All flu vaccinations will be by appointment only. We will commence vaccinations at the end of September and aim to complete them by the end of November. We will be sending out invite letters to all eligible patients through this period, initially to vulnerable patients and patients with medical conditions that put them at risk.

The letter will contain full instructions but essentially patients will contact the practice to book an appointment. They must not attend for the appointment more than 5 minutes early, and must follow strict guidelines regarding entering and exiting the building, hand sanitising, and wearing of face masks/coverings. This will enable us to deliver vaccinations efficiently and safely.

Thank you for your continued support and co-operation.

Pete Keeble,
Practice Manager



Learn, laugh, live Stour Valley U3A is bouncing back! Groups re-opened include Wine Appreciation • Five Mile Walking • Philosophy • Country Walking • Science • Book Group • French Conversation • Italian • Canoe & Kayak • Curry Club • new group Get Fit Again and many others re-opening soon Visit our website for latest news and information

www.stourvalleyu3a.org.uk

or contact Chairman Graham Manuel

gandamauel@gmail.com

or Secretary Susan Basted

susanbasted10@gmail.com



Stour Valley Men's Probud Club

Recent Meetings: Our last meeting, held on 17 March 2020, was our AGM when Dave Carman was voted in, again, as President and Speaker Secretary, Graeme Forsyth as Secretary and Val Pretty as Treasurer.

Future Meetings: In the light of the Coronavirus outbreak all future Club meetings have been cancelled. We always take a break in August and we plan to meet again on 16 September 2020, conditions permitting, when Norman Jacobs will return again and this time speak on "Clown Bertram - Clacton's most famous entertainer".

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. **New Members** are always very welcome at all meetings of the Stour Valley Men's Probud Club, just join us at 10am on a meeting date. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. We meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am.

Please contact President Dave Carman on 01255 880202 for further details.

The Dedham Educational Foundation

The Governors invite applications from residents of the parishes of:

Ardleigh, Bradfield, Dedham, Great Bromley & Stratford St Mary

For financial grants that are available in the following categories:

Secondary Schools & Sixth Form Colleges;

Applicants must be at least 11 years of age on 1st August of the year of application

Universities & Colleges of Further Education;

Applicant must have lived in one or more of the five parishes for at least 2 years prior to the application date

For an application form or further details, please contact Clerk to the Governors

Mrs Jean Flewin, Telephone 01206 322215

Coppins, Crown Street, Dedham, Colchester, Essex, CO7 6AT

CLOSING DATE FOR APPLICATIONS: 31st October 2020

A range of online events is still available during the shutdown, mostly FREE and much of it via YouTube. The daily showing from the Metropolitan Opera New York has now tended to move into repeats. However it is putting on a series Star recitals until the end of the year, each costing \$20.

The National Theatre has ended its free online shows, but Glyndebourne still offers free operas. You can check details on my website which has clickable links to performances. If accessing my site online press and hold Ctrl while clicking this link:

www.eamaa.org

Max Wilkinson

Theatre

Marquee TV, Many productions , including from the Royal Shakespeare Company, the Royal Opera House, Glyndebourne, Free 14 day trial then £8.99 per month.

BBC iPlayer, **Shakespeare: eight plays , one ballet**, from The Globe: The Tempest and A Midsummer Night's Dream. From the Royal Shakespeare Co: Much Ado about Nothing, Othello, The Merchant of Venice, Romeo and Juliet, Macbeth, Hamlet plus The Royal Ballet: Romeo & Juliet- Beyond Words.

Globe Theatre London, rent or buy, **Shakespeare**, most of his plays and some others, Globe Player online.

Royal Shakespeare Company, **18 productions**, available to stream on Marquee TV. After the free trial, Marquee TV costs £8.99 per month .

WhatsOnStage, **An excellent list**, of free online stage shows, musicals and opera including The Importance of Being Earnest, What The Butler Saw, Pride and Prejudice (musical), live readings of Shakespeare plays (the Show Must Go On),

Music

London Philharmonic Online, series of free concerts.

Schedule of online free musical events, from ClassicalMPR.

Berliner Philharmoniker Orchestra, **Concert Archive**, Some 600 concerts are in the archive. Free trial offered.

London Symphony Orchestra. More than 500 videos on the LSO YouTube channel.

Metropolitan Opera New York, **Met Stars Live in Concert**, A series of 12 pay-per-view recitals From around the world, each \$20 from the Met website. To December 19. Concerts available for 12 days.

Metropolitan Opera New York, live pay-per-view recital, **Robert Alagna and Aleksandra Kurzak in Èze, France**, 6pm, to 5 Sep, Price \$20; starts 6pm UK time; available for 20 days.

Monteverdi Choir and Orchestra, **A selection of concerts**.

Music in Felixstowe, **Wednesday concerts**, at 11.30 am . Previous live streams also available, streamed via FB.

Orchestra of the Age of Enlightenment, **The Show Must Go On(line)**, Includes quarantine sessions with musicians playing from their homes.

Orchestra of the Royal Opera House, **Bach: Double Violin Concerto in D Minor, Handel: Alleluiah Chorus**, played remotely while social distancing, via YouTube.

Wigmore Hall, **video library**, almost 50 concerts available to stream via YouTube.

Saturday 29 August

Metropolitan Opera New York, live pay-per-view recital, **Lise Davidzen** in Oslo, 6pm, to 17 Sep,

Saturday 12 September

Metropolitan Opera New York, live pay-per-view recital, **Joyce DiDonato mezzo-soprano** in Barcelona, 6pm, to 9 Oct,



Joyce DiDonato in concert 12 Sept

Saturday 26 September

Metropolitan Opera New York, live pay-per-view recital, **Piotr Beczala and Sondra Radvanovsky** in Barcelona, 6pm, to 16 Oct.

Opera/musical

Les Misérables, the West End show in a staged version available to download via Sky, Amazon or iTunes Store for £9.99, of which £5 goes to charities.

Wind in the Willows, From London's West End, Rent for £2.99.

Marquee TV, Many productions, including from the Royal Opera House, the Royal Shakespeare Company, Glyndebourne, Free 14 day trial then £8.99 per month.

Andrew Lloyd Webber, various shows streamed free on Fridays for 48 hours, via YouTube.

Sunday 23 August

Glyndebourne Music, **Purcell: The Fairy Queen**, to 30 Aug.

Sunday 30 August

Glyndebourne Music, **Wagner: Die Meistersinger von Nürnberg**, with Gerald Finley, to 6 Sep.