



DEDHAM PARISH MAGAZINE

SEPTEMBER 2021

DEDHAM PARISH MAGAZINE

FIRST PUBLISHED IN 1876

DEDHAM PARISH CHURCH

dedham-and-ardleigh-parishes.org.uk

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DEDHAM PARISH MAGAZINE

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or Ruth Higginson ☎ **322 598**

CONTENT

2. Contacts
3. Services & events
- 4-6 Viewpoint
7. Dedham Church Organ
- 8-9 Local groups

Features:

- 10-11 My Time in Malawi
12. Dedham Educational Foundation
- 13-15 Dedham & Ardleigh Helpline
- 16-21 The Brook Street Corner
22. Beacon House
23. Poem
- 24-25 999 What's Your Emergency

Organisations & Features

- 26-27 Gardening notes
28. Kingsleigh Residential
- 29-52 ADVERTISING

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**



Follow us on facebook Dedham and Ardleigh parishes

Services & Events September 2021

Sunday, 5th September

| | | |
|--------|-----------------|----------|
| 9.30am | Rise N' Shine | Dedham* |
| 11am | Morning Prayer | Ardleigh |
| 5pm | Songs of Praise | Dedham* |

Sunday, 12th September

| | | |
|------|----------------|-----------|
| 8am | Holy Communion | Ardleigh* |
| 11am | Holy Communion | Dedham* |

Sunday, 19th September

| | | |
|------|------------------------|---------|
| 11am | Joint Benefice Service | Dedham* |
|------|------------------------|---------|

followed by lunch for Antony at Assembly Rooms

Sunday, 26th September

| | | |
|--------|--------------------------|-----------|
| 8am | Holy Communion | Ardleigh* |
| 9.30am | Morning Praise - baptism | Dedham* |
| 5pm | ReVive@5 | Dedham* |

Sunday, 3rd October

| | | |
|--------|------------------------|----------|
| 9.30am | Rise N' Shine | Dedham* |
| 11am | Harvest Morning Prayer | Ardleigh |
| 5pm | Harvest Evensong | Dedham* |

* = services which are live-streamed

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

Every Tuesday 10.30am Morning Prayer, Dedham Church
Monday Lunch Club - Monday, 6th September. Essex Tea Rooms, 12.30pm.

Arrive early as booking is not possible.

Walk & Talk – Thursday, 9th September, 10am. Meet outside the Dedham Arts Centre.
If you wish to join for the coffee and chat part only, this will be at 11am.

Men's Breakfast - Saturday, 18th September, 9am. The Vicarage garden, Dedham.

Ardleigh Friendship Group – every 2nd and 4th Tuesday of the month 10am to 12 noon
outside Ardleigh Church, during any weather!

Mission Bake Sale – Saturday, 25th September 10am outside Dedham Church.

THE DUCHY BARN is now available to hire again for local community groups, small family parties etc. We hope to be able to resume our community coffee mornings on Tuesdays, Thursdays and Fridays from early September - if you are interested in helping with these please contact Avril Biggins 322565.

We hope also that our regular user groups - Dedham Bridge and the Watercolour Painting group - will be restarting in the autumn.

For bookings please contact Anne Rowledge on 322394

New beginnings (and endings)

Recently I spoke to both groups of Year 6 pupils at Dedham and Ardleigh Primary schools, our churches had given each of them a copy of a little book called *It's Your Move* which helps them to make the transition from primary to secondary school. We looked back together and talked about what they were grateful for from their time at primary school, and also asked them to write down things that they would like us to be praying for them as they move on. You can see their responses on the boards at the back of our churches - do pop in and be praying for our Year 7s as they start their new schools this month.

You may know that I'm also moving on, later this month, also to a new school, when I take up the post of Chaplain to the Mill Hill Schools Foundation in North London.

As I look back over the last 5 years there are so many things to celebrate and be grateful for.

Dedham and Ardleigh Parishes were joined into one benefice when I started here in 2016. Having to share a Vicar has meant compromises at times, but I'm really encouraged by how our parishes have grown together, and how our ministry team has grown as people have discovered their gifts and talents. It's been a huge privilege to bring the bible to life in our church services and home groups, and to see a number of

people make a decision to follow Christ, often helped by the teaching on the Alpha courses. Relationships with our two primary schools have deepened and we have excellent foundation governors representing the church on the governing bodies. We have tried to ensure that there is a rich menu of different services through the month - something for everyone - maintaining our traditional services while developing Rise n Shine and Revive at 5.

Each year it's been a privilege to welcome several families to our churches as they have celebrated the birth of their child with baptism. Our ministry to wedding couples has helped them to experience the source of love, God himself. Many people have been involved in caring for and supporting them to build the strongest foundations for their relationship. Those of us who have the responsibility to help families who have been bereaved know how much of a privilege it is to come alongside people at their time of deepest sorrow, and share something of the hope of the Christian faith with them.

We've had lots of fun together - socials, BBQs, harvest suppers and of course our summer music events.

Our church buildings have been developed - new heating in Ardleigh; and redecoration, new hospitality and toilet facilities in Dedham; alongside the ongoing and often taken for granted maintenance of our historic fabric that helps to tell the story of God to our communities.



Thank you to Andrew our caretaker and all the volunteers who help to look after our churches.

We've given sacrificially to pay for our ministry and mission and embraced with cheerfulness and stamina new rules for governance, data handling and safeguarding. Sara and Katrina have played a vital role in this area, alongside our Treasurers - Francis, David and John.

We have taken seriously our responsibility as individuals and churches to be good stewards of creation, celebrating our Bronze Eco church award, but knowing fully that there is much more to be done in this regard.

Our most challenging time has of course been the last 18 months, as we have sought to respond to the COVID pandemic. I am so proud of the way that

over 500 calls were taken and responded to on the parishes helpline, how we quickly adapted to being online and invested in skills and technology to make this a vital addition to our ministry, and how we kept our buildings open for private prayer and reopened as soon as we could for public worship.

None of this would have happened without the huge commitment of so many people. I have been blessed to have been able to work with a hard working and creative ministry team and I am hugely grateful to them for their support and friendship - Merv, Carol, Sue, Christine, Antony, Amanda and Claire our parishes administrator who moved on from her role at the end of August. I would also like to thank all who have served as churchwardens during my tenure - Quinlan, Richard, Suzanne, Peter, Sue, Vee and Martin.

Thank you too to you, the people of our parishes, for your kindness, support and friendship. I will cherish my memories of my time here. It is these friendships that have encouraged and sustained me and in the moments when I feel a little daunted about leaving, I'm reminded of my words to the Year 6 - treat the new as a great adventure where you will take old friends with you but make lots of new ones too!

As we look to the future there are things to pray for. There will be an interval before a new Vicar is appointed (the Church of England calls this an interregnum) and their appointment will be shaped in line with wider plans for clergy deployment across the Harwich Deanery. Please be praying for our churchwardens - Vee, Peter, Sue and Martin; and for Merv and the wider ministry team. Please pray for me as I start my new role, that I would be able to settle in quickly and build good relationships with pupils and staff.

When I met with the Year 6s we also gave each of the children a copy of the

Good News Bible, and I drew their attention to the promise that God made to Joshua who was on the cusp of leading the people of God into a new country to make their home

Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.
Joshua chapter 1

Joshua had a close relationship with God which must have given him comfort and strength. We can have an even closer relationship by getting to know Jesus.

In the midst of life's changes, ups and downs, and genuine uncertainties it's so important to know that *Jesus Christ the same yesterday today and forever*
Hebrews chapter 13 verse 8.

So this is my prayer for you and for me as we journey on. Be strong and courageous... because Jesus Christ is the same yesterday, today and forever.

Take care
Reverend Antony



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

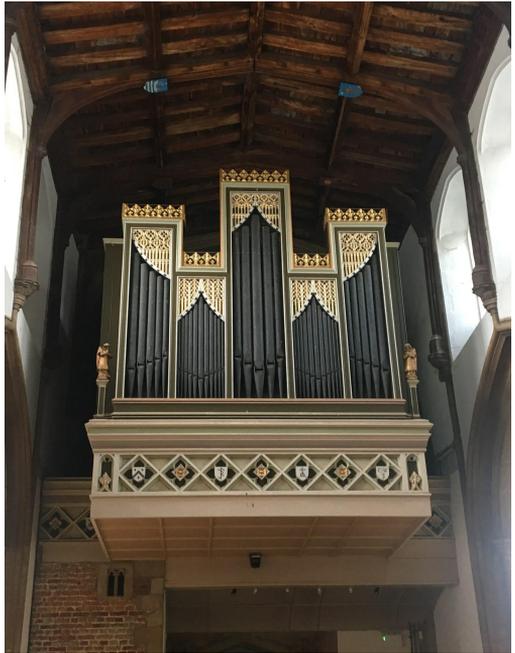
Dedham Church Organ Project

As many readers will be aware, concerns have been raised for some time about the future of our 1843 Hill of London pipe organ, which is reaching the end of its serviceable life. The current organ, having been the soundtrack to village life events (baptisms, weddings, funerals etc) and church and civic services for 178 years and bought by public subscription has served its time, and deserves to be replaced with a worthy successor.

The PCC asked me to look into all options, and an Organ Group was formed in 2018 to do just that. An exhaustive report (available on our website, hard copies available on request) was produced which considered a refurbishment of the existing instrument, a digital replacement, a new-build bespoke pipe organ, and the identification of a fine redundant pipe organ for refurbishment and installation at Dedham.

After 18 months of research, costings, visits to churches around the country, meetings with organ builders and digital organ specialists, and taking the views of a number of organists, the Organ Group have proposed to the PCC that an instrument by J.J. Binns of Leeds dated 1902, currently installed in a church in Glasgow is restored, updated and installed in our current organ loft.

This is felt to be the best compromise on the grounds of cost and longevity, whilst retaining a pipe organ, which is



considered to be the superior instrument both to play and to listen to.

After a delay due to the global pandemic, you are warmly invited to a meeting in Dedham Church on Sunday 26th September at 10.45am to hear more, to ask questions and to register your interest in taking this exciting project forward in the life of our church and village community. This will help secure an instrument that will serve our needs well into the future.

We hope to see you all there.

*Antony Watson
Organist, Dedham Church*



We aim to be a welcoming presence in our church for visitors
Can you spare 2 hours to help us once a month?

*Please contact Liz or John Reed
Tel: 323770
lizannreed@icloud.com*

Mission Bake Sales



10am to 12 noon Outside Dedham Church



**USED
POSTAGE
STAMPS &
OLD AND
FOREIGN
COINS**

The charity TWAM, Tools with a Mission are collecting these to raise funds to support its work of livelihood creation in Africa. If you have any that you would like to donate there are collecting boxes for stamps in Dedham and Ardleigh Churches and the coins can be put in the red safe by the door of Dedham Church or given to Merv or Sue McKinney.

The used stamps only need at least 1 cm of paper round the edge and they don't need to be sorted before being put in the box.

In the churches there is information about the charity and up to date news of how lives are changed by the tools that are collected and sent out.

Your support in this way will be much appreciated.

WALK & TALK



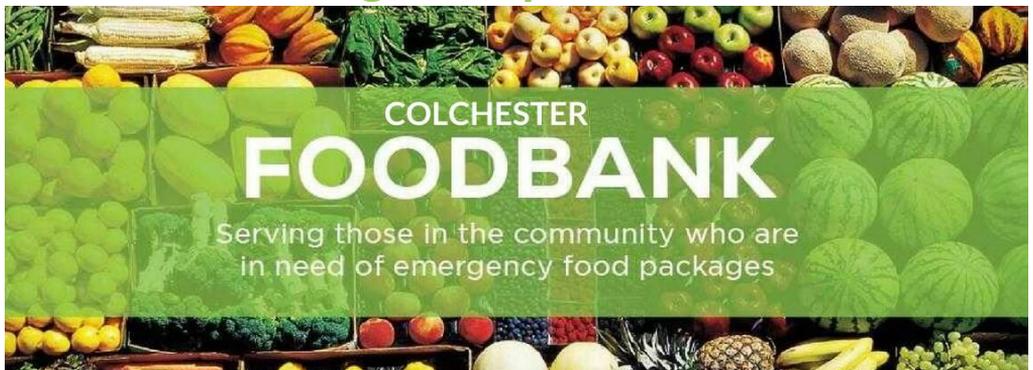
THURSDAY 9TH SEPTEMBER, 10AM
MEET OUTSIDE DEDHAM ARTS CENTRE
OR JOIN US AT THE ARTS CENTRE CAFÉ AT 11AM

Monday Lunch Club



First Monday of the month **12.30** at **The Essex Rose**
Bookings are not possible so please arrive promptly

We are collecting in the porches of our churches



Please do support the Foodbank

DEDHAM EDUCATIONAL FOUNDATION

The Foundation awards grants annually to young people and students attending Secondary School, Sixth Form College, Institute or University who live in one of 5 Parishes (Dedham, Ardleigh, Stratford St. Mary, Great Bromley or Bradfield). The article below is from a student who was studying for a Masters in Ecology and Conservation at the University of East Anglia, who has been supported by the Foundation through her University degree course.

Applications for this year's grants have to be submitted by the 31st October and application forms can be obtained from the Clerk to the Foundation, Claire Arculus, at dedhamefclerk@gmail.com

My Time in Malawi

A Summary: I stayed in Malawi from October 31st - 2nd April. During this time I was an intern for African Bat Conservation (ABC). My original post of 4 months was extended to 5 months.

What I gained from working with ABC in Malawi:

My internship exposed me to a whole new culture and working environment. I got to experience how field work was organised and carried out in-situ. I learnt how survey bats, how to carry out roost inspections and how to handle them which are all skills that I did not previously have but can definitely utilise for any future jobs that require bat surveying. My favourite bat species that I got to work with were the Little Epauletted Fruit Bat and the Banana Bat. I also took part in zebra work which is extremely useful for any future big mammal surveys that I do.

On a more personal level, working and living in Malawi for an extended period of time confirmed, and raised my self confidence, in being an adaptable and flexible person who can work in an

environment that starkly contrasts with the UK - hot temperatures up to 35 degrees celsius, insects everywhere, long days, intense rainstorms, all while living with basic amenities in isolated areas.

During my time on ABC team I:

- ★ Wrote identification keys for bats to help researchers determine what bats species they had
- ★ Produced a full list of bat species in Malawi
- ★ Produced free-hand drawn diagrams to accompany written information on bats
- ★ Gained experience in radio tracking bats, allowing us to find local bat roosts and learn more about their preferred habitat
- ★ Assisted with emergence, harp trap and mist net surveys. During these I was trained on how to handle, take measurements from and release bats
- ★ Learnt how to do internal and external roost inspections on buildings where people suspect they may have bats
- ★ Wrote project proposals for upcoming ABC projects
- ★ Wrote regular newsletter articles which were distributed to ABC



members

★ Preserved bat DNA samples in the lab, this included faecal pellets and wing punches (tiny skin samples taken from a bat's wing)

My other responsibilities included:

- ★ Carrying out regular vehicle checks on our Landcruiser
- ★ Being responsible for the monthly inventory of: first aid kits, entomology and bat processing supplies.

Extra activities I took part in:

While at the reserve I also learnt how to identify individual zebras by looking at their unique stripe pattern. I often practiced this by identifying zebras in photos visitors had taken, and during game drives out on the reserve.

After Malawi:

Once I finished my internship in Malawi I went straight to South Africa where I had been offered a 3 month internship working at an animal sanctuary. This role was very different from my position at ABC but allowed me to embrace a very practical and animal welfare orientated role as well as explore a new country and meet some fantastic people.

I hope you enjoyed reading about my adventure. Thank you again so much to the Dedham Educational Foundation for your generosity, without which I would not be able to do these kinds of amazing things.

*With much appreciation,
Abbie Hunns*

THE DEDHAM EDUCATIONAL FOUNDATION

The Trustees invite applications from residents in the Parishes of Ardleigh, Bradfield, Dedham, Great Bromley and Stratford St. Mary for financial grants that are available in the following categories:

Secondary Schools & Sixth Form Colleges:

Applicants must be at least 12 years old on the 1st August in the year of application.

Universities & Colleges of Further Education:

Applicants 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 the Clerk to the Foundation,
Mrs. Claire Arculus, at dedhamefclerk@gmail.com
07752201441*

**Closing date for applications:
31st October 2021**

Dedham and Ardleigh



Coronavirus Pandemic



We've been there to help you...



PRESCRIPTIONS



Friendly Chat



Shopping

The HELPLINE was set up on 23rd March 2020 by the Reverend Antony Wilson to support the villages of Dedham and Ardeleigh through the Covid Pandemic.

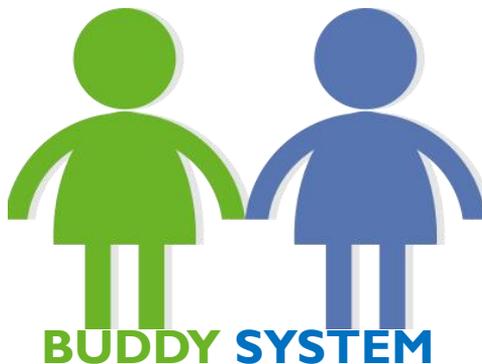
Little did we know for how long it would be needed, or the numbers that would come to use it over the next 16 months, and as we close down the facility we can report that there has been **525 requests** for help from local people.

In order to set up the Helpline we needed a telephone team to check on received messages at regular times each day, then find and allocate a responder. All the responders were DBS checked initially, and knew they would be asked to do either local shopping or pick up and deliver prescriptions, from both Dedham Pharmacy and Ardeleigh Surgery.

During the lockdowns many daily requests were followed up and acted upon by **a dedicated and caring team of 7 telephone operators and 45 responders**

Our sincere thanks goes out to each and every one of you who gave up your time to help those in need in both villages.

The number of requests has gradually slowed over the last few months and an alternative action plan has now been introduced to help people who still require help and support.



We call it the BUDDY SYSTEM, where those in need are allocated a responder to help them with prescription pickups or to lend a friendly, telephone ear should they require further support.

So, the Helpline in its pandemic form has now finished and we pray we will not need to be reinstated for the foreseeable future.

We have had many grateful recipients who have used the Helpline services, here are some comments from two sets of people and observations from one of our responders about their experiences;

Thank you



Margaret and Sam Stobbart, who live on the outskirts of Dedham in a rural area:

Anne Follows of Dedham:

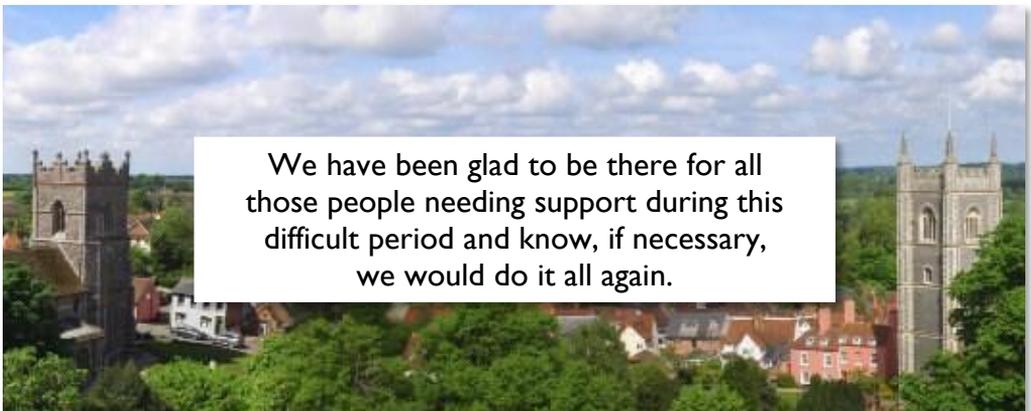
It has been more than just a service for us, both the phone line volunteers and the supporters have offered friendship and a good listening ear, so my thank you to you all.

Fiona Taylor,
Volunteer Responder Team:

I have met many lovely people, some needing more regular support than others. I am delighted to have been asked to help with the new Buddy System, where I am developing a relationship of support and friendship with an elderly lady in Ardleigh.

Ardleigh Surgery suggested to get in touch with the Helpline as we needed regular prescription pickups, due to us having to isolate during the pandemic. We feel really grateful that you have all been there for us over the difficult times and feel so glad that we have now been offered the Buddy System to help us continue with our prescription pick up requests thank you.

A final word from all the Helpliners:



We have been glad to be there for all those people needing support during this difficult period and know, if necessary, we would do it all again.

Liz Reed

The Brook Street Corner

Having published two important books on the village in 1937 Dedham's distinguished twentieth-century historian Canon Gerald H. Rendall began to follow them up with detailed discussions of specific buildings, which took the form of illustrated Christmas cards intended "to serve as a memento of scenes fast vanishing from living memories." After only two of these had appeared in 1938 and 1939 they came to an end, probably because of wartime paper shortage, and since he died in 1945 they were never resumed. To add pictorial interest to his research Canon Rendall asked the painter John Foster who lived at Muniment House to provide the illustrations and one of these shows "Cottages in Old Brook Street" accompanying the melancholy message: "May Christmas 1939 be the blessed harbinger of a Happier New Year".

The four or five cottages in question included the three shown in the picture, which are copied from an old photograph. They lay between the present row of Brook Cottages and Muniment House and two more were round the corner out of sight facing the cart track to Dedham Hall Farm. They were all demolished in 1903 by Ebenezer Clover of Dedham Hall, allowing him to divert the drive to his house away from the farmyard. Dedham Hall has been identified as the subsidiary Dedham Manor of Overhall and Netherhall, consisting of the half share of the Norman Dedham Manor given by Sir John de Stuteville to the Nuns of

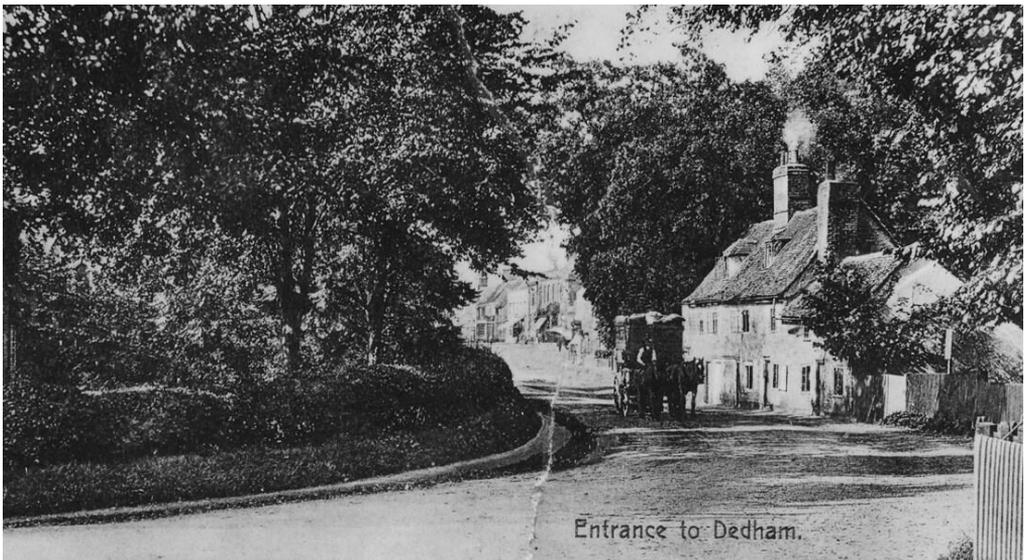
Campsey Ash in 1240. Its Demesne included a thatched hall, three barns, three dovecotes and fishponds which were still in use in the eighteenth century; one of them adjoining "Conifers Slade" (see below) was referred to in a Rental Document of 1748 as "the Nether Pond" and like the present pond reinstated c.1980 was located in the banked meadow between the Dedham Hall drive and Brook Street.

Canon Rendall writes that the most interesting of the lost cottages was the shop with bottle-glass window panes nearest to Muniment House. He suggests that its position makes it a lineal descendant of the Cheese House recorded in 1414-15 "at the gate of the manor"... "where the products of the Hall farm were purveyed to the townsfolk". It is not to be confused, he explains, with Cheese House (now Loom House) next to the Marlborough which belonged to the primary Dedham Manor on the site of Royal Square and would have traded in competition with it. He writes that at the shop in John Foster's picture "the Hunnaballs did a thriving fish trade, supplemented by sweets and small sundries". He notes that the name Hunnaball appears with various different spellings in the register of births and deaths in the parish. The people shown on the doorstep in John Foster's picture are members of the family of the fishmonger James Hunnaball and his wife Julia. One of them is their daughter Elizabeth Julia, later wife of William Ephraim Cottee. Canon Rendall says that it was she (he mistakenly calls her Emma) who lent the photograph which



Cottages and shops next to Muniment House which were demolished in 1903. This view by the artist John Foster was copied from a photograph borrowed from Mrs Elizabeth Julia Cottee, née Hunnaball who is shown in the group standing in the doorway

The corner of Brook Street showing Brook Cottages, the row of four cottages described in early manor rolls as Conifer Stead. Note the fence which marks the site of the row of vanished cottages and shops between them and Muniment House.



John Foster copied. After this cottage was demolished the Hunnaballs moved their fish shop and their home westwards along the High Street to the corner of the lane between the Old Exchange and Littlegarth, where James was followed by his son Percy who also sold ice cream. The family continued to own land behind Muniment House which was the former Archery Piece, where the pupils at the Grammar School used to do their shooting practice. When George Stiff and his wife and daughter lived at Muniment House in the 1970s he had a plot where he grew his vegetables on "Archers Meadow."

The other shop shown on the left in the picture, which had a rounded bow window, was rented by the Sharps. Their family were still living close by in the later twentieth century in a cottage attached to the eastern end of the main block of Brook Cottages, which was a late sixteenth-century structure whose roof had been raised in the mid seventeenth century to increase living space. It provided four dwellings, now reduced to three. In early Manor Rolls it was described as "*Conifer Stead*," spelt in a variety of different ways. Canon Rendall takes this name to refer to a vanished conifer plantation but its position tempts one to wonder whether it may alternatively derive from a nearby rabbit (*archaic: cony/coney*) warren, an area of land preserved by the manor for the domestic rearing of rabbits as a source of meat and fur. *Fairstead (Old English faeger - pleasant, stede - place)* is familiar locally as the name of a village near Braintree.

Muniment House dates from the 1700s. Canon Rendall says it was "*popularly known as 'Monument House' because School muniments [title deeds or other documents relating to the ownership of land] were lodged there!*" but I have never heard that name used. John Foster occupied the house for four decades in the mid twentieth century. Born in 1877 at Sculcoates in Yorkshire, where his father was a nurseryman and florist, he was educated in Hull before studying at the Royal College of Art in London. When young he worked in the family business and in 1911 he married Sarah Lillian Mallison (1876-1954).

They moved south to Dedham in the 1920s, both ending their days at Muniment House (which he called "The Corner House") where he died aged ninety in 1968. His pictures were predominantly in oils of flowers or still life subjects but he did landscapes too and also painted in watercolours. His work was exhibited at the Royal Academy, the Walker Art Gallery, Liverpool and elsewhere.

I remember seeing his wife as an old lady being towed round the village by an extremely strong dachshund which threatened to pull her over! When she died in 1954 John Foster presented one of his paintings to St Mary's Church in her memory. It hung on the west wall of the Vicar's Vestry until it was stolen after Evening Prayer one day in late June 2003. The theft was reported to the Stolen Artwork Register by the Vicar, the Rev. Gerard Moate but sadly the picture has not been recovered.

Limetree House next door was formerly known as The Limes when it was the home of retired farmer Dick Langton and his wife Daphne, who ran it as a guest house for visitors to the village. Daphne Langton was an expert gardener and I used to go and buy lettuces from her, freshly-cut in the back garden.

The street front of the house is unaltered since then except that the window of a former butcher's shop in the adjoining building on the right has now been blocked up. The position of the shop's door on to Brook Street can still be seen where the brickwork has been filled in.

Until the 1960s the only building on Frog Meadow on the other side of Brook Street was the schoolroom,

which was put up in 1868 for the Grammar School only twenty years before it closed down. It was demolished in the late 1960s.

© Lucy Archer

I am most fortunate to have been able to draw on Canon Rendall's important research on this subject. I am also grateful for their help to Georgina Cottee and Maureen Floyd (née Stiff), who has allowed me to reproduce her photograph of Muniment House in the 1970s. The Rev. Dr Gerard Moate has kindly supplied the photograph of John Foster's painting stolen from the church and information relating to it.



Muniment House and The Limes (now Limetree House) in the 1970s. Notice on the far right the large window of the former butcher's shop.



Patched brickwork at Limetree House in 2021, showing the position of the door into the former butcher's shop.

The Brook Street corner c.1900 showing the schoolroom built for the Grammar School in 1868, the only structure on Frog Meadow until the 1960s. It was demolished in the late 1960s.





The reinstated manorial fishpond at Dedham Hall in 2021



This painting by John Foster was presented by the artist to St Mary's, Dedham in memory of his wife Sarah Lillian née Mallison (1876-1954). It was stolen from the church in 2003 and has not been recovered.



The painter John Ernest Foster (1877-1968) who lived at Muniment House in the mid twentieth century



Beacon House

Looking for Volunteers!

Normal Hours
9:30am-2pm
Mon-Fri

TO HELP WITH:

COOKING
LAUNDRY
SHOWER

Contact email:

office@beaconhouseministries.org.uk

for application form



God's A Cappella Choir

(Bird Song in Australia)

*Kookaburras laughing
Thrush and blackbird fluting*

Magpies carolling

Sometimes solo, often duo

Bellbirds ringing

Tiny breasts convulsing

To make such pure sound

Cockatoos raucously screeching

Greeting the dawn of a new day.



Tiptoe with me

Through tropical greens

Where ferns as tall as trees

Sway in the breeze.

Gaze at the rainbow of colours

As red and green parrots

Compete with rosellas

For seeds in boxes

Some falling to earth.

Give birth to flowers and trees

Wander and wonder

At God's re-creation

Of this Southern Nation.



*Geraldine Watson
17th August 2021*



999 what's your medical emergency

Langham, Dedham, Stratford St Mary and the surrounding villages have several systems in place to help in the case of medical emergencies.

The very first thing that should be done is call 999, this should be done as a priority in all cases where help is needed. Once the call has been made, several things will happen. In this area we are covered by a number of Community First Responders (CFR). These are trained volunteers who live in our area and can normally get to an incident prior to an ambulance arriving.

The call centre will contact these volunteers (if they are on call at that at that time) and give them details of the incident. The CFR will then go and provide care and support until a crew arrive. These volunteers are not always on call and are not sent to all incidents as certain criteria applies. Once on scene the volunteers can contact the call centre to update the status of the incident if things change and will

remain there until they are stood down or a crew arrives.

If the emergency is a suspected cardiac arrest, the call centre should give the caller a code to access the nearest defibrillator. We are lucky to have these in Langham, Dedham and Stratford st Mary which can be accessed 24 hours a day.

Defibrillators are located at Langham Community Centre Hall Farm and the Craft Centre

The call centre will also contact the on duty CFR who will attend, they carry a defibrillator as part of their equipment and have been extensively trained in CPR and Life Support. The CFR will give CPR and life saving treatment until an Ambulance arrives.

If you are with a person who is suffering from a cardiac arrest and you have called 999, you will be given instructions on how to give CPR by the call centre and the location of the nearest defibrillator. They will have

alerted the CFR's in the area.

You may be in a position where another person with you can go and collect the nearest defibrillator or you may be in the position where this is not possible...

Langham and Stratford st Mary also have another system in place. This is the Village Emergency Telephone System (VETS).

The VETS is a group of volunteers in Langham and Stratford st Mary who have had training in CPR and using the defibrillator. The system has a unique telephone number in each village, which when called goes through to all the volunteers at the same time.

If a volunteer answers, you will be able to give them your location and details of the incident, they will then go pick up the defibrillator and head to your location. They will give CPR and deploy the defibrillator until either a CFR or Ambulance crew arrives. This system is for cardiac arrests only.

The number for

**Langham VETS
01206 700990**

**Stratford St Mary VETS
01206 700919**

Finally, there is one other system in operation. This is the GoodSam application. This is another automated system activated by the ambulance call centre. This again is volunteers who are trained in CPR and using defibrillators. This system actually tracks where each volunteer is and if

there is a cardiac arrest an alarm goes to the nearest volunteer.

The above systems depend on volunteers and whilst efforts are made to cover as many hours as possible there may be times when volunteers are not on call.

HELP US TO HELP YOU..

As we live in a rural area, a lot of houses do not have numbers, just names. These can be difficult to locate at times. Leave lights on, a car with hazard lights or a person standing by a gateway. This is especially important at night. Make sure your house name is visible and if possible lit. CFR or VETS volunteers do not use blue lights so are not always highly visible but a car driving slowly could be a clue. The sooner we get to you, the greater chances of early treatment is possible.

From the above information you can see that our villages are covered by numerous systems and volunteers, so that help can be provided in medical emergencies prior to an Ambulance arriving.

If you would like to find out more about either the CFR roll or the VETS phone system, please contact

**peterdaw50n@hotmail.com
or on 07775 667753**

The important thing to remember is call 999 and stay calm, as help will be on its way

Late autumn flower And early winter prep

As we head into autumn, there's still plenty of plants doing their stuff in the garden. My dahlias are in full bloom but need deadheading regularly to keep flowering until the first frosts. I've also been growing chrysanthemums this year, which always seem to get away from me before I can tie them and keep them growing straight. I'm not sure about the scent but the blooms can be as spectacular as dahlias – although they get really bashed about in wind and rain.



Complementing the colours of dahlias and chrysanthemums are grasses, *Miscanthus sinensis* 'Flamingo' and 'Malepartus': towering a couple of metres with dark pink and purple flower stalks that glow in the sun and – as we move deeper into autumn – will become ostrich-like plumes of white that last well into November.

September onwards is time to plant spring bulbs, except tulips which should wait until November when it's colder and less chance of them getting the fungal disease Tulip fire (*Botrytis tulipae* if you want to get Latin about it). Daffodils, crocuses, alliums and lilies can all go into the border now, although I find crocuses a bit irritating as a flower. They look pretty but are so delicate and out so early, they inevitably get completely destroyed by spring wind and rain. Fortunately (for them) the bees love their early nectar and pollen, so they earn their place. Purple alliums look great with the fresh fronds of ferns in May and June, so why not chuck both into a new fernery?

Though I love their delicate checkerboard pattern and brown-purple flowers, I've never had much luck with snakeshead fritillaries in the borders; only a few of them seem to come up and they rarely last more than a single season. So instead they go into bulb 'lasagnes' in pots. Start with six inches of compost, then a layer of the largest and latest flowering bulbs like daffodils, another layer of compost, then smaller bulbs, and so up to the top where crocuses, fritillaries and snowdrops can be planted.

If you didn't manage to trim your lavender plants in August, September is really the last chance to do it. Shear back the spent flowers and make sure to take off some of the current year's growth to stop the bush becoming leggy. You can take back two to three centimetres but make sure you only cut



If you didn't manage to trim your lavender plants in August, September is really the last chance to do it. Shear back the spent flowers and make sure to take off some of the current year's growth to stop the bush becoming leggy. You can take back two to three centimetres but make sure you only cut back to the point at which you can see growth.

I don't really grow a lot of them, but now is a good time to sow hardy annuals so they get a good start in spring for bigger, stronger plants and better flowers for summer. I do like white umbellifers like *Orlaya grandiflora* and *Ammi majus*, which need a cold period before they germinate, and am sowing *Daucus carota* for the first time. With the soil still warm, this is a great month to lift, divide and replant perennials. If they are overgrown or

tired-looking, this will refresh them and improve flowering next year but also give you extra plants for free! I'll be splitting up *Crococsmia* 'Lucifer' corms, *Epimedium*, *Hosta*, *Hemerocallis* (daylilies) and *Primula* for better flowers. I can also divide any grasses that are outgrowing their space – often they die off in the middle of the clump, so dividing them will let me discard the centre and replant the outer pieces.

And finally, rake and aerate, feed and tackle moss in the lawn. You can use a spring-tined rake if you're feeling energetic and have a smaller lawn, but may want to invest in a machine to help with bigger gardens. Scarifying (raking) will take out the thatch of dead grass, moss and other debris that has built up in the lawn – it's going to look a mess, but autumn's mix of warmth and wet will give it plenty of time to recover before winter.

Aerate by pushing a fork about 6 inches into the ground, giving it a wiggle and repeating every foot or so. This will help loose the compacted ground that results from all the mowing and playing, but also gets air in to help grass grow. Finally, top dress with a weed and moss killer, feed and a sprinkling of seed.

All this should set you up for the end of the season and a great start in spring.

Elliott Frisby
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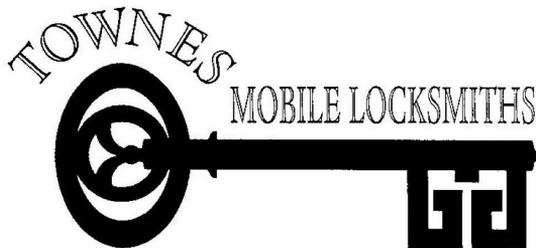
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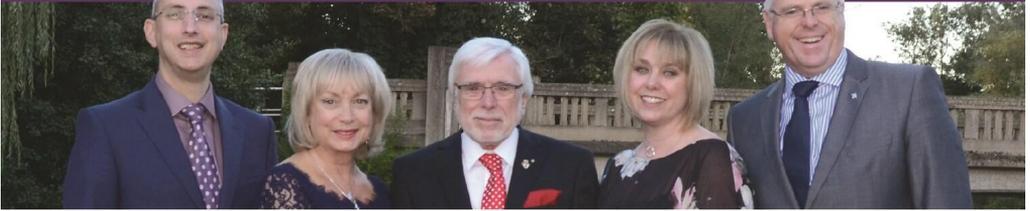
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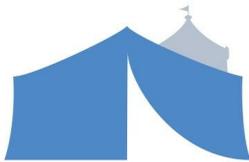
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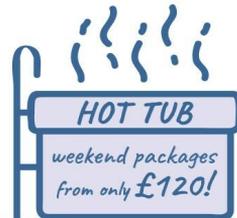
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