

DEDHAM

PARISH MAGAZINE

NOVEMBER

2020





DEDHAM PARISH MAGAZINE

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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Follow us on facebook
Dedham and Ardleigh parishes

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 NOVEMBER 2020

Sunday 1st November

9.30am	Rise N'Shine	Dedham
11am	Morning Prayer	Ardleigh
4pm	Remembering Your Loved Ones	Ardleigh
4pm	Remembering Your Loved Ones	Dedham

Sunday 8th November

10.45am	Remembrance Sunday	Ardleigh
10.45am	Remembrance Sunday	Dedham

Sunday, 15th November

9.30am	Matins	Dedham
11am	Parish Eucharist	Ardleigh
3pm	Sunday at 3 online	via zoom

Sunday, 22nd November

8am	Holy Communion	Ardleigh
9.30am	Morning Praise	Dedham
5pm	ReVive@5	Dedham

Sunday, 29th November

8am	Holy Communion	Ardleigh
11am	Benefice Service	Dedham

From the Register:

Interment of Ashes: Ruby Dorothy MAYHEW - 23 September,
 Carol Rudd HOWARD - 10th October, Anthony Guy HOWARD - 10th October
Burials: John Dane MITSON - 14th October, Ann Sylvia REGAN - 21st October



YouTube

<https://www.youtube.com/channel/UC78SZfh5QRXMpy7DgfwYslg>

Morning and Evening Prayer online Monday to Friday at 9am and 5pm

Weekly Midweek Services

10.30am Morning Prayer,
 Dedham every Tuesday

Saturday Morning Prayer, come and join us for prayer for our benefice and the wider community on second Saturday of the month, next one Saturday, 14 November, 9am at Ardleigh Church.

Dedham and Ardleigh

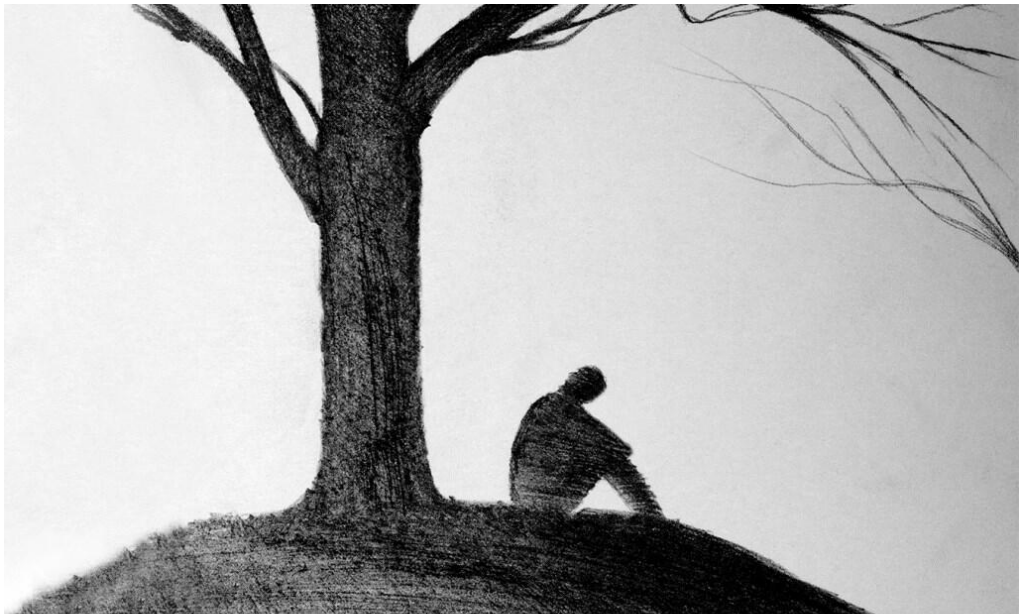


HELPLINE

during the Coronavirus pandemic

01206 322025

Please leave a message with your name, phone number and what you would like help with and someone will get back to you the same day. For example you may like help to get shopping, or a prescription, or just to have a friendly chat with someone!



November is a time for Remembrance and Remembering.

By the time many of you receive this month's magazine we will have welcomed families to our *Remembering your Loved Ones* services at Dedham and Ardleigh. This coming weekend you are welcome to join us as we gather for short services for Remembrance Sunday in the church yards at both churches - at 10.45am on Sunday 8th November.

Grief and loss have been a huge part of our collective experience this year, and have touched us in different ways. One writer, David Kessler, has said - we are dealing with the collective loss of the world we knew, the world we lived in before the pandemic.. things will never be quite the same again and we are all trying to find ways to virtually hold each other's hands... and the many small losses are like little deaths that we need

to name and grieve.

We have lost the ability to be physically close, we have lost the chance to be as hospitable as we were before. We can't help to care for relatives in hospital and care homes. We cannot go where we want or do what we want to, we have to use time to clean and clean and wait in queues. Many people have lost their jobs, others are worried about future prospects for employment. Some of us have lost trust in the Government.

Our experience of grief is affected by many things - our personality, family and cultural traditions, our age and life experience. CS Lewis who lost his wife Joy to cancer shortly after they were married wrote in *A Grief Observed* ... I thought I could describe a state, make a map of sorrows. Sorrow however turns out to be not a state but a process. there is something new to be

chronicled every day. Grief is like a long winding valley, a winding valley where any bend may reveal a totally new landscape. There are partial recurrences but the sequence doesn't repeat.

If we believe in a personal God who has revealed himself and his purposes to us in the bible we can find great comfort there. The bible helps us to understand where death came from, why it exists in God's good world and how we are to come to terms with it. It is full of personal examples of grief which we might relate to. Finally it gives us hope of life beyond the grave and the eventual end of death itself.

The story of Job is a lesson in how to help another person who is experiencing grief. Job loses his family, his farm, his animals and his possessions. At first his friends come and do just the right thing - they sit in silence around him as he tears his clothes. Some time later God takes Job for a walk in a garden and gently but firmly reminds him who is in control of the universe. *Maybe we need to take a walk with God too?*

In the bible's song and poetry book, the Psalms, we find so many words that can help to express our feelings of sadness and lament.

Here's a personal psalm based on Psalm 13 written by David Winter

How long O Lord?

This pandemic feels like it will go on forever.

Are you hiding from us?

Have you forgotten us?

How much longer do we have to experience this anxiety and fear?

Some of us are in deep distress because we have lost a loved one

Is COVID 19 going to destroy us and our society completely?

It feels like we are besieged by an invisible and deadly enemy

Please listen us to and answer, O Lord God

Deliver us or the evil one will boast he has defeated your people and will be rejoicing at our confusion and downfall
We don't understand why you are allowing this suffering across the globe

But we trusted in your steadfast love in the past, and our hearts believe enough to rejoice in future deliverance

We sing to you because of your great goodness to us in the past. Amen.

If we can be of any support to you at this time please do get in touch.

There's a new walk and talk Friendship Group starting in Dedham

First gathering:

Thursday 12th November, meet at the church at 10am. We're also hoping to start a coffee morning gathering – look out for details soon. All welcome but especially anyone who is on their own having been bereaved.

Take care

Reverend Antony

Remembrance Sunday, 8th November



We will be marking Remembrance Sunday with short services that will take place within the churchyards at St Mary's Dedham and St Mary's Ardleigh. The services will start at 10.45am.

There will be one point of entry to each churchyard and we will need to take your details for track and trace.

Regulations issued by the Church of England state that persons attending are limited to: • those attending as part of their work • those providing voluntary services for event • members of the armed forces • veterans of the armed forces, their representatives and carers • spectators who participate alone, or as part of a group of no more than 6, or as part of a group all from the same household or from two linked households; spectators must not join any other group or mingle with any person from another group. Please follow the directions of the stewards and leave promptly after the service.

The service at Dedham will be recorded and made available on our parishes you tube site later in the day – see <http://www.dedham-and-ardleigh-parishes.org.uk/>

Both our churches are open each day and from 2nd November you can come and plant a poppy in a field of remembrance within the church.

DEDHAM CHURCH *Invites you to light up your homes for Christmas*

Due to Covid 19 there will be no Christmas Market or Christmas Tree Festival
HOWEVER... We can create our own Festival
By lighting up our houses OR putting our Christmas trees in the window
OR putting our Christmas trees outside OR lighting up our gardens
OR doing all of the above!!!

**Take part in our competition for:-
THE BEST DECORATED HOUSE & THE BEST DECORATED TREE
A Christmas Hamper to be won for each category**

If you wish to take part please fill in the enclosed entry form along with a donation to help towards costs

Voting for the best categories is up to you all

Walk round the village with your families between 12-19th December & make your choices

Your voting slips can be put in the voting box provided in the Church

Maps of the houses Taking part & voting slips can be purchased for £1 from KINGSLEIGH Property Consultants, High St, Dedham from 11th-19th December

Proceeds to Dedham Parish Church



REMEMBER
*If your spirits are low,
set them aglow
with the light of life
at Christmas*

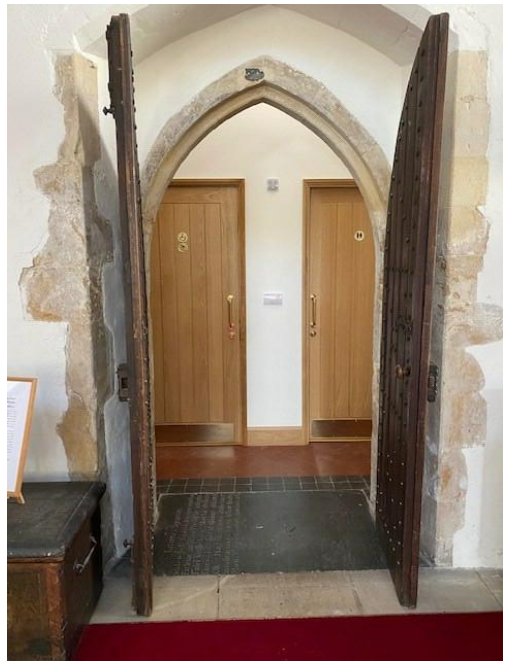
New toilets and Hospitality Unit

“Good things come to those who wait.” This proverb may certainly be used when talking of the new toilets and hospitality unit in St Mary’s Dedham, which were first discussed almost six years ago but have only now come to completion. This has been made possible thanks to a very generous donation of 50% of the cost from the Friends of Dedham Church.

St Mary’s is a beautiful and important listed and historic building: the current church was rebuilt in the period 1492-1522 on the site of an earlier church dating back to 1322, so any work to the church must be done in a sympathetic manner and blend in with the existing interior.

St Mary’s prides itself on providing a welcoming environment for its regular worshipers and the many hundreds of visitors who come to the church each year. Some of the facilities that people need and expect have however been lacking. The church had one outside toilet which was in poor condition giving health and safety concerns as well as safe guarding issues when younger people needed to visit the toilet, and while we were trying to encourage young families to church there was no baby changing facility. The hard working ladies who provide refreshments following a service or after a concert had no proper washing facilities, no ready access to hot water and limited service and storage area.

There were many different opinions within the church congregation on how to proceed: local church planning refused to consider any extension to the church building, and so it was eventually decided that the facilities should be inside the church, but they needed to be discrete and be seen as an integral part of the fabric of the church. The toilets have been located in what used to be the Vicar’s vestry, but had become an ad hoc storage area. We have been able to provide a single toilet and an accessible toilet which also includes a baby changing facility: fittings are to a high standard and the solid oak doors are very much in keeping with the church fabric. The access is through large double doors which lead into a small vestibule and separates the main body of the church from the toilets.





The hospitality unit is located at the rear of the church in an area which provides space for people to mingle and circulate. There is a large work surface and ample storage space including a fridge, and the sink and taps can be recessed so that they are hidden from view when not in

use; as well as hot and cold water for washing crockery and glasses, there is also a “quick heat” boiler for making drinks. The units are finished in oak and blend in with the surroundings so that they already look an established part of the building.

Our church architect Simon Marks produced the detailed design and drawings, and we were pleased that we could award the build contract to Peter Gibbins who is a local contractor living in Dedham. In spite of the restrictions caused by the current pandemic the contract was completed in a timely manner and to a very high standard. I hope you will all view these additions over the coming weeks and/or months and agree that they are a worthy addition to the church.

Peter Wilson



Dedham War Memorial

If all had gone according to plan the War Memorial would have been in place exactly 100 years ago in time for Remembrance Sunday 1920; 31st October was the provisional date for the dedication ceremony. At a Parish Meeting on 13th February 1919 it had been agreed that *“a war memorial should be representative of the whole parish, permanent in character, and worthy of the object it is designed to commemorate”*. A second meeting a week later determined that it should be erected in Royal Square. A Committee formed of eight parishioners and the Vicar, Canon F. G. Given-Wilson, was appointed to collect subscriptions and recommend what form the memorial should take. It was not until December 1919 that there was a further meeting to approve the Committee’s choice: *“the design of Mr W. D. Caröe’s of a Way-side Market Cross”*.

The architect William Douglas Caröe (1857-1938) was a very distinguished *“Architect to the Ecclesiastical Commissioners”* who designed many war memorial crosses at this time, each one different but to a broadly similar design; one of them stands in the churchyard at Stoke-by-Nayland. Caröe was already known in the parish because his wife’s sister was married to Canon Gerald Rendall, who lived at Dedham House and was much involved in church matters.

Four years earlier he had been chosen to design the choir vestry screen in the church. Since Dedham was formerly a market town, his proposal for the war memorial evoked a traditional market cross, mounted on a stepped platform where goods could be displayed. It was skillfully sited to dominate the wide civic space created where Royal Square adjoins the broadest part of the High Street.



Postcard showing Royal Square in the late 19th century

The Ipswich stonemasons Clay and Wright were appointed to construct the War Memorial, which was funded by donations from parishioners. The sum raised exceeded the £475 needed and funds over this amount were set aside to cover future maintenance. In November 1920 it emerged that although the memorial itself had been built by that time, it still had not been completed because, *“the work was delayed in the carving of the figures”* which were an important part of the design. They show the Virgin and Child, referring to our church’s dedication to St Mary; the Crucifixion, with the clothed figure of Jesus denoting the “Victorious Christ”, triumphant over death; the Archangel Michael defeating Satan, symbolising good overcoming evil; and England’s patron saint St George with the Dragon at his feet, representing the nation triumphing over its enemies.

It was not until the following summer that the War Memorial was at last ready and the Parish Magazine was finally able to report that it was dedicated on Sunday afternoon, August 7, 1921 in perfect weather and *“in the presence of a large concourse of people”*. The carefully-staged ceremony was master-minded by Dedham builder Mr Saunders after a short service in the overflowing parish church with music arranged by the organist Mr Hicks. Two cornets were played to fine effect by Mr Parish of Salmon’s Farm and his son while ex-Sergeant Henry Howard sounded the clear and impressive bugle calls. The procession of clergy and choir was followed by ex-servicemen and the path

was lined by the Dedham Troops of Boy Scouts and Girl Guides. The memorial was unveiled by Dedham resident Major-General C.M. Ross-Johnson, C.B., C.M.G., D.S.O., who had served in the Royal Field Artillery during WWI and he gave a short and memorable address. The Vicar felt that the village could be justly proud that the ceremony to honour their dead had been carried out in the right way entirely by Dedham men and women. A postcard of the occasion went on sale for people to send to their friends.

There were two tablets on the memorial carved with the names of 33 men directly associated with Dedham who lost their lives in the Great War 1914-18; some died in major battles such as Arras, Loos, the Somme and Gallipoli, others in action as far afield as Macedonia, Egypt and Palestine. In 1945 two further tablets were added listing the 14 Dedham men who died in the Second World War in France, North Africa and other countries including Greece, Tunisia, Italy and Burma. Tragically there were also two civilian casualties, a mother and her infant son; they were killed when a bomb destroyed their home on the Long Road, which it is thought the enemy pilot may have mistaken for a runway of Langham airfield. Ivy Carr told me that the baby was about to be baptised and the christening cake was found still intact among the ruins of the house.

There were also four lines of a verse on the war memorial, suggested as appropriate by Canon Rendall.



They come from a poem that was written in 1631 by Captain Thomas James (1593-1635) celebrating the bravery of his comrades who died during the Arctic winter on a failed expedition to discover the “North-West Passage” sea route between the Atlantic and Pacific oceans.

“We that survive, perchance may end our days. In some employment meriting no praise ... They have outlived this fea, and their brave ends. Will ever be an honour to their friends”.

The eagle-eyed will spot that the letter “r” has been accidentally left off “fear!”

The memorial was much admired by visitors to Dedham, including the architect’s wife Grace Caröe when she came here to stay with her sister Ellen

Rendall. The Magazine reported that in August 1922 she presented the village with a set of seven earthenware pots to hold local people’s offerings of flowers, which so far had been displayed in “*a medley of pots and vases of different shapes and sizes, which might have a very unpleasing effect*”. The new containers were specially designed by her husband “*to be in harmony with the cross*” and Mrs Rendall offered to reserve one for anyone who was interested; if more were wanted Mrs Caröe would be happy to provide another set. It is very likely that these pots were made by the arts-and-crafts Compton Pottery, set up in 1901 close to the Caröes’ home at Hambledon in Surrey, which we know carried out commissions for a number of architects including Caröe himself. It would be most interesting to know whether any of these pots with the



Dedication of the war memorial 7 August 1921

impressed Compton Pottery mark on the underside (or photographs showing them) have survived in the parish.

In November 1946 when most of the original subscribers who were its legal owners had either died or moved away, the survivors agreed that the War Memorial should be handed over to the custody of the Dedham Parish Council to be preserved and maintained by them in perpetuity. The remaining funds entrusted to them were to be used for its future upkeep.

The cobblestones round its base were later installed to raise the level of the gravelled circle around the memorial, so as to prevent cars causing damage by backing into it. In December 2007 the memorial was cleaned and repaired with a grant from the War Memorials

Trust and nine years later a further grant was awarded for steam-cleaning, stone repairs and repointing using lime mortar.

© **Lucy Archer**



The south side of the cross shaft with a sculpture of the Archangel Michael defeating Satan

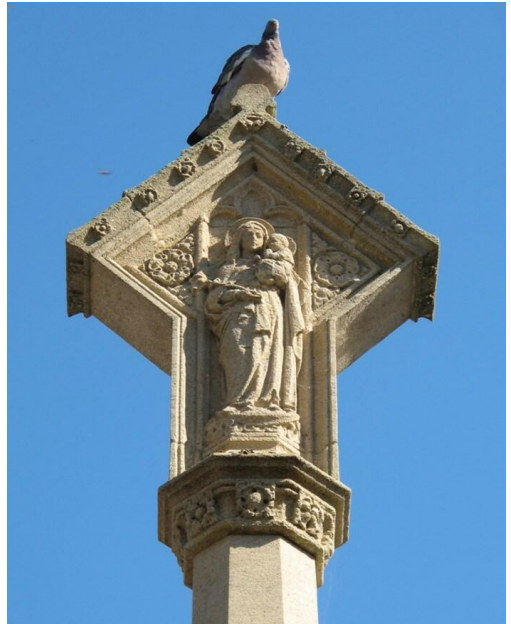


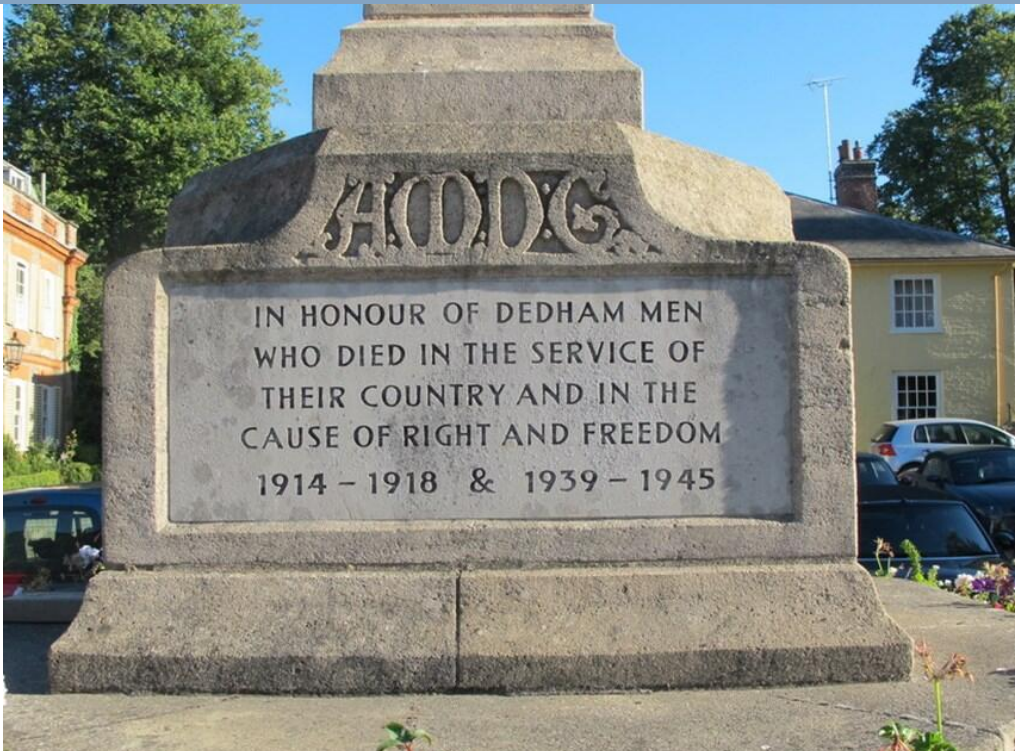
The north side of the head of the cross with a sculpture of the Crucifixion

The north side of the cross shaft with a sculpture of St George and the Dragon



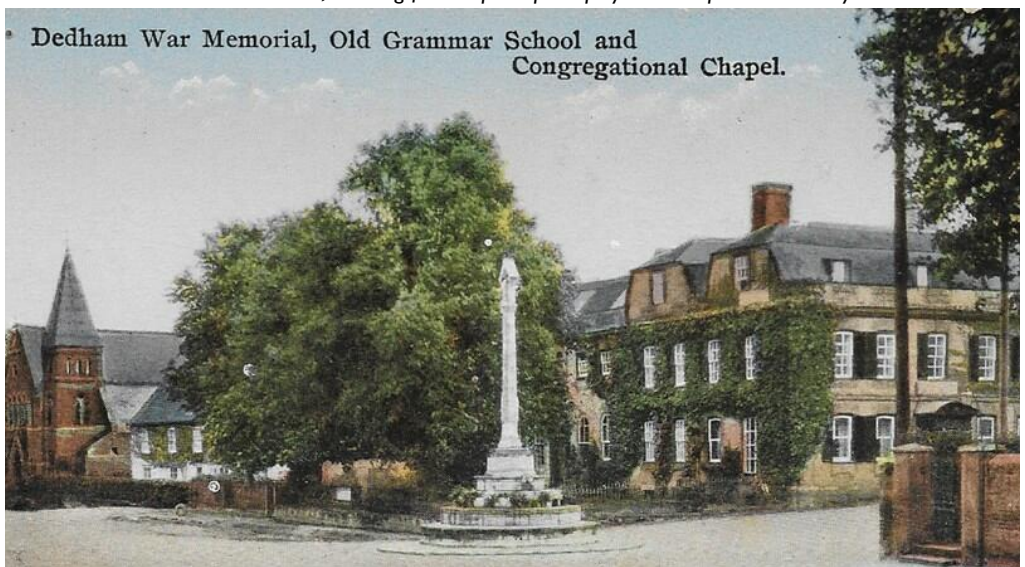
The south side of the head of the cross with a sculpture of the Virgin and Child





The inscription on the north face of the memorial, honouring Dedham men who died in both World Wars. AMDG stands for Ad Majorem Dei Gloriam (To the Greater Glory of God)

The Memorial in the 1920s, showing flowers perhaps displayed in the pots donated by Mrs Caröe



**Dedham War Memorial, Old Grammar School and
Congregational Chapel.**

AND THE WINNERS ARE.....

The NETG Award Ceremony duly took place on 11th September, virtually. All eyes of The Dedham Players were on its nominated and hugely successful production of *Pressure* by David Haig and performed at the Assembly Rooms in October last year.

The ceremony was a pretty sombre affair without the participation of a 'live' audience with just two members of the judging panel reading out a list of names of nominees for each category and then opening an envelope to further announce the winner.

NETG told the virtual audience that the standard of productions and performances for the year was very high. The Dedham Players had received eight nominations and were declared the winners in two categories, Best Actress and an award for the sourcing and production of the Maps and Props used in the production.

It was perhaps only fitting that these two awards came to Dedham Players. The Maps formed the central focus of the play. They had to be large enough for the audience to see and the actors to work with. There were five maps which had to be changed at various times during the performance as the timeline of the play progressed.

There were many challenges. The maps were exact replicas of the originals. Pdf images were available, at cost, from the Performing Rights Agents; the images

had to be reproduced for the stage. Much thought was put into how this could be achieved to the greatest effect.

Thoughts of back projecting the image onto the set had to be abandoned as there was insufficient room backstage to do so. Likewise projecting from the balcony - the candelabra would get in the way. After considering having the maps individually printed the production team had to take a cold shower to get over the cost of such printing!

Eventually, and with the help of Hedingham School and Sixth Form Reprographics Department the images were printed by photocopy in five horizontal strips for each of the five maps which then had to be stuck together with clear tape but in such a way that the stage lighting did not reflect off it and distort the audience view.

David Thompson who designed the set and Julie Hastings-Smith the stage manager and DP Hon. Secretary, Rachel Culley, set about the task of splicing the strips together - a humungous job which saw them scrambling around the floor of The Assembly Rooms and which took over three nights to achieve.

The finished effect was perfect - who would have known the maps were photocopied strips?

The Best Actress Award was bestowed on Danielle Tile.



Danielle Tile: ...As Lt. Kate Summersby in *Pressure* and as Emma



Danielle Tile...

in God of Carnage and Cactus Flower



Danielle has appeared in several Dedham Player productions including Cactus Flower and God of Carnage. These were later followed by her appearance in the title role in Jane Austin's "Emma" directed by Claire Nicholson. Although Danielle was nominated for her performance as Emma, she did not win but the play gained the award for best production for that year.

And then her winning role as Lt. Kay Summersby in Pressure. In fact Danielle had originally declined to audition for the role having appeared in Emma only a few months earlier. Emma was a massive role and the role of Kay Summersby equally challenging,

However, the director persisted in persuading her to take part and eventually secured her agreement in a telephone call with Danielle whilst she

was in a cupboard working at a Scottish conference centre!

There is no doubt the award is well deserved.

But what of Best Actor for which Mike Cook as Dr. Stagg? Although Mike was nominated he did not get the nod BUT HE DID win the nomination for Best Actor in a musical for his role in 'A Little Night Music' for Headgate Productions. Mike Cook also appeared in "Emma" playing opposite Danielle - these two actors have great stage chemistry and we hope that we see them on stage at The Assembly Rooms in a Dedham Players production again soon.

Congratulations to the Maps and to Danielle and Mike and to all who made Pressure such a wonderful production.

Kelvin Hastings-Smith

Lots of lovely prizes

Please support your local School



Christmas Raffle

Friday 11th December 2020

All Proceeds to Dedham Primary School



Tickets on sale soon!

For more information or to donate a prize please contact the Parent Group

dedhampg@gmail.com

Dedham Parish Council

The River: Although the autumnal weather has meant that we are not seeing large numbers of visitors to the river, DPC continues to work with partners to try to ease the situation next year. The bridge is currently undertaking maintenance work by Suffolk County Council and remains closed.

Planning: Just a reminder that the Parish Council, although not the decision maker on planning issues, does consider each planning application which is notified to us by Colchester Borough Council. Our local knowledge and a good working relationship with planning officers at CBC helps to ensure that our voice is listened to.

Street trading: Colchester Borough Council is introducing a new policy with regard to street trading. At its October meeting, DPC approved its own policy to enable us to consider fairly and equitably any applications which may come to us. We can then let CBC know our views on any applications. However, the final decision will remain with CBC.

Meetings: DPC is continuing with Zoom meetings for the present. The next scheduled meeting is on Monday 2 November at 7pm. The details will be on the DPC website. If you would like a link to the Zoom meeting please contact the Parish Clerk, Emma Cansdale by e-mail

At clerk@dedhamparishcouncil.co.uk
or tel 01255 871483

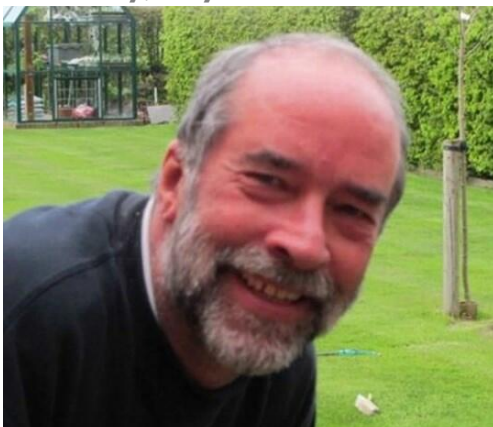
For full details of all matters discussed at our meetings, please take a look at our website,

www.dedhamparishcouncil.co.uk

On the website you will also find up to date information about the Covid pandemic.

Nicola Baker

Obituary, Roy Laverick



Roy Laverick was born in north London on the 11th of December 1947. He attended Tottenham Grammar School and on leaving school joined the Bank of England where he specialised in computer security. In 1990 he took early retirement and moved to Dedham. He continued to work as a freelance security consultant to banks around the world. He enjoyed this work because it allowed him to indulge his hobby of travelling on and photographing steam engines. He made very professional DVDs of his journeys which he sold to steam enthusiasts. As steam trains became rarer, he combined his passion for birds (he was a Life Fellow of the RSPB) with his love of photography and continued to travel widely photographing birds.

Roy was also a keen gardener. He was an active member of the Horticultural society and specialised in growing chillies. To keep fit, he cycled, played

squash and croquet. He played bridge in the Dedham and Langham bridge clubs and played internationally for the “Bank of England” team. He regularly entered a team in the Dedham village quiz and was a member of the “Five No Trumps” team that competed on Eggheads in 2016.

Roy joined the Parish Council in May 2005 and became chairman in June 2009. Amongst other things, he initiated the building of the children’s playground and the renovation of the Dutchy Barn shed. He was also a trustee of the Mary Barfield alms-houses and a Church tower guide. He supported many charities, including a school in India and has left the bulk of his estate to charities. He fell ill in early 2020 and died of liver cancer on the 6th of August 2020, peacefully at St. Helena Hospice.

He is greatly missed by his many friends locally and around the world.

This poem was written about Roy by a friend, Frank Lynn, to be read out at his funeral.

Steam

The train passed too quickly,
 the steam fades away
 But In our hearts and souls,
 the memory will stay
 Independent, even eccentric, perhaps,
 still always thoughtful, considerate
 Punctilious, ever-so-correct, always
 proper
 never early, never late
 Dissimilitude of friendship and family
 disappear,
 the “adopted son”, the steam engineer
 Quiet passion for life’s many successes,
 Yet never boastful, never smug
 Deep feelings of love and respect,
 But please, don’t hug.

Bob Foster

**Constable Country
 Medical Practice**

Flu Vaccination Programme: This year, all flu vaccinations will be by appointment only. We aim to complete vaccinations by the end of November and we will be contacting all eligible patients through this period, initially prioritising vulnerable patients and patients with medical conditions which put them at risk.

Please be patient and do not contact the practice regarding flu vaccinations, as the reception team will not be able to book them. The practice will contact all eligible patients in due course.

When attending the practice for a flu vaccination, please arrive at your appointment time but not more than 5 minutes early. Please follow strict guidelines regarding hand sanitising, and wearing of face masks/coverings. In addition, please wear appropriate clothing so you can quickly expose your upper left arm for vaccinating. This will enable us to deliver vaccinations efficiently and safely.

For appointments at East Bergholt, please go directly to the waiting room at you appointment time and follow the signs. At Capel St Mary, please wait outside the rear entrance to be called for your vaccination.

Capel St Mary Premises: We have now reopened our Capel St Mary site and have GP, Nurse, Phlebotomy and Flu clinics operating every week.

However, as space is more restricted at our Capel site please avoid visiting in person unless you have an appointment or need to collect or drop off documents or a sample.

If you have an appointment at Capel, please phone the practice to notify us of your arrival and then wait for the clinician to call you in. If you have a flu appointment, you do not need to notify us, just wait outside the rear door at your appointment time. Please avoid visiting Capel reception if we can deal with your query by phone. If you do need to visit then please use the main doors and follow directions to the reception hatch. Please socially distance yourself from pharmacy customers who may be in the waiting room.

Coronavirus Update: If we are to avoid further restrictions and minimise the number of infections, it is vital that we continue with the measures which have been in place over 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. Please inform the practice when you have arrived. The clinician will then 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 you 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.

Thank you for you continued support and co-operation.

Pete Keeble
Practice Manager

Mrs Fyl Ridgewell
wishes to thank all the lovely people who have helped her, visited her and cared for her during the last twelve months.

She is sincerely grateful to you all as your kindness has meant a great deal to her.

Stour Valley U3A

News: Knocked back by Covid we are now rebuilding as quickly as is safely possible. The majority of our activity groups, including walking, ten pin bowling, fitness, canoeing and kayaking, are back up and running.

Other groups, from philosophy, to book club and languages, continue to operate using Zoom.

Our gardening group has a number of visits planned, including a week away to Harrogate.

Membership: We are always open to new members. Our fee for 2020/21 is just £8. To find out more, visit our website to see how we work and get the latest updates about our local activities: stourvalleyu3a.org.uk.

You can also get in touch by email:

Graham Manuel (chair)

gandamanuel@gmail.com or Sue Basted (secretary) susanbasted10@gmail.com.

About us: Stour Valley U3A is one of more than 1,000 U3A groups in the UK. We have just over 400 members based in the Essex/ Suffolk border encompassing areas including Manningtree, Dedham, East Bergholt and Shotley. We work with neighbouring branches in Hadleigh, Harwich and Colchester which provides a wider range of social and learning opportunities. The Third Age Trust looks after all U3As nationally bringing together people in their "third age" to develop their interests and continue learning in a friendly and informal environment. Third age is a time after you have finished working full-time and have time to pursue interests or just try something new.

Stour Valley Men's Probus Club

Sadly, this will be the last article appearing in this magazine from our Club. An Extra Ordinary meeting, called by the Committee, was held on Wednesday 16 September at the covid secure Ogilvie Hall, Lawford to discuss "The Future Of The Club".

In past years, despite trying hard, we have been unable to recruit sufficient new members despite a strong presence in many local magazines and the local paper. With an ageing membership most members had, over the years, held various committee positions.

Having been formed in 1985 we have held meetings at various local halls and we now find ourselves, due to COVID restrictions, without access to our current venue, the St John Ambulance HQ in Manningtree, with no known date for a future opening, if at all.

The number of active members has reduced to such a position which is not self-financing and the committee recommended to members that the club be closed. After discussion the proposition was unanimously approved by the members present and following the constitution it was agreed that funds held by the Club after all debts are paid-off will be distributed to charity as agreed by the committee.

Please ring President Dave Carman on 01255 880202 or Secretary Graeme Forsyth on 01206 399049 if you need to make contact with the Club.

Get some plants in before the winter sets in

There's nothing very exciting to do this month as we head into winter, but if you get satisfaction from cutting back, pruning and dividing (you know you do) – there's plenty of that going on.

Every two or three years you can make new plants from ones you already own. Herbaceous perennials like *Hosta*, *Crocsmia*, *Epimedium*, *Anemone*, *Sedum* and more can be dug up and prised apart, either by hand or with two forks placed back to back, though some might need a sterner approach with a bread knife or – good Lord – an axe. I'm not sure I should be hacking at any plant with an axe but let me know how you get on! New corms of my *Crocsmia* 'Lucifer' grow on top of each other in a conjoined string and to propagate them, I gently pull the corms apart. The top two corms are the newest and, when replanted, make the most vigorous plants. It's a great time to plant now with just enough warmth in the soil for plants to get a bit established so they grow away as soon as they can in the spring.

Other perennial plants can be cut back if they are past their best unless you think they will make winter interest or can feed wildlife: teasels are a good example of both. Yank out any annuals as they are unlikely to last – and keep looking good – through winter: chances are they're already turning to mush with the recent rain we've had.

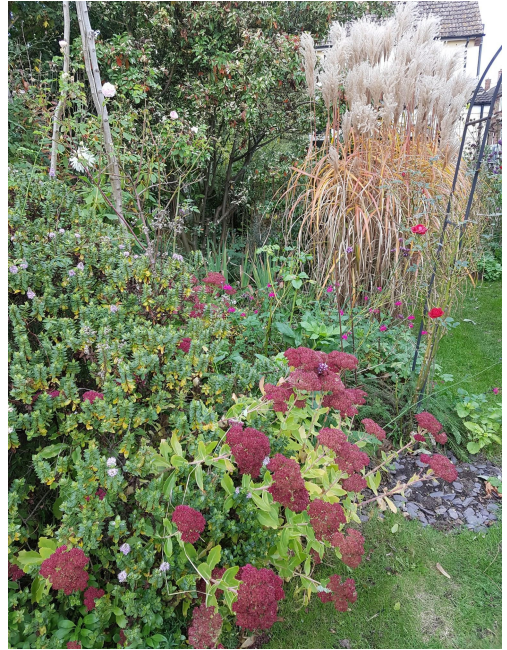
Cut the leaves off Lenten rose hellebores, *Helleborus orientalis*, so that the flowers – when they come through in winter – can stand proud. You might also remove unsightly brown-black damage on the leaves and stems, a sign of the common fungal disease hellebore leaf spot.

Talking of cutting back; from now until early winter is a good time to prune climbing roses, which flower on new growth. Remove dead, diseased or dying branches, as well as any crossing stems which can rub, get damaged and let in disease. Tie in any new shoots to their supports. By tying in long stems horizontally you will encourage vertical shoots that carry flowers next year.

Wind rock can damage plants in the winter months, causing the roots to move around and loosen in the ground. In time the stem works loose where it meets the soil, water and ice get in and damage the plant and its roots. As shrub and bush roses are generally shallow roots, it's good practice to give them an overall prune and reduce their size by about a third. You can give a similar trim to some shrubs like *Buddleja davidii*, *Cornus alba* and *Lavatera*.

Don't prune rambling roses now as they flower on older wood, so anything you take off will also remove next year's flowers.

I'll also put some protection on the trunks of my fruit trees to prevent winter moth damage. You can attach



the grasses and autumn colour have been beautiful in the garden

glue bands but, as my trees are smaller with thinner trunks, I buy tubs of black grease and slather it on so the flightless little beggars get stuck when they try and crawl up from the soil. Apple and pear trees can also be pruned this month as they become dormant, but I tend to leave them until December or January.

I talked about bulb planting last month and, by now, most types should be in the ground. Tulips are the general exception and November is the best time to get them in, when the soil is colder and there is less chance that the fungus which causes fire blight – and will rot your plants – can spread. Most tulips perform less well year after year, but Darwin hybrids and Viridiflora types can

do better than most. Plant them deep – as much as four or five times the depth of the bulb (more than the usual three) – so that the stems grow tall and strong.

Elliott Frisby
Dedham Horticultural Society

Stay up to date on news from the Society on our website,

www.dedhamgardening.wordpress.com.



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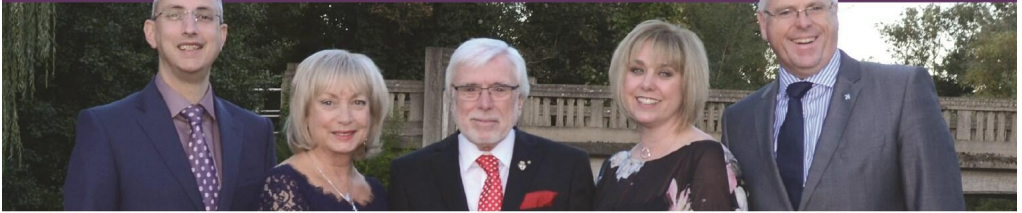
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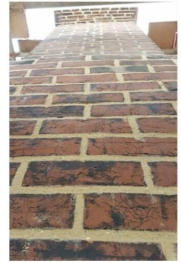
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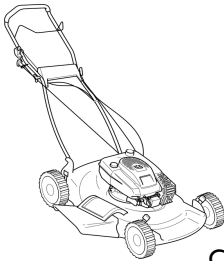
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