### CLUBS & SOCIETIES

# Graeme Forsyth writes STOUR VALLEY U3A

Recent Meetings

the wild.

On Wednesday 9<sup>th</sup> March, Charlotte Harding spoke on "An Introduction to Warner & Sons", a talk on the 120 years of textile design and manufacture in London and Braintree, highlighting the Company's Royal connections.

Future Meetings On Wednesday 13<sup>th</sup> April, Rebecca Parry BSc, Director of Conservation, Education & Research, will talk on "Zoos and Conservation". Her talk will include the history of zoological collections, including Colchester Zoo; the Zoo's

current modern roles, its breeding

programmes & conservation projects in

Meeting Venue We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings every second Wednesday of each month, except August and December. For further information please visit <a href="https://www.stourvalleyu3a.org.uk">www.stourvalleyu3a.org.uk</a>

#### STOUR VALLEY MEN'S PROBUS CLUB

Recent Meeting On March 2nd,
Richard Walker presented a view
"When Pirates ruled the Waves" a very
local issue a few decades back and we
held our Annual General Meeting on
Wednesday 16th March when Graeme
Forsyth stepped down after his year as
President. Future Meetings On 6th
April David Carman will interview our
new President Hew Naylor in his
"Dessert Island Discs". On 20 April Phil

Hadwen will speak on the life Edith Cavell, a British nurse who saved the lives of soldiers from both sides, and helped some 200 Allied soldiers escape from German-occupied Belgium during the First World War.

#### Betty Callaghan writes

#### THE GOOD NEIGHBOURS CLUB

Our recent visit to New Scotland Yard and The Black Museum proved interesting and revealing. A further discussion on future possible outings ended an enjoyable afternoon. The next meeting will be on Friday, 1st April (no comment!). Competition: A Teapot. *Martin Broom writes* 

#### **DEDHAM FOOTPATH CLUB**

Sunday 3rd April - Meet in the car park of The Case in Altered PH Bentley Suffolk at 2.30pm for a 2-hour walk. Leader John Osborn 207919521607

Sunday 17th April - Meet in the car park

opposite Lawford Church at 10.30am for a 5-mile stroll. Leader lan Chapman

#### 07914749520

Colin Biggins writes

#### **DEDHAM HORTICULTURAL SOCIETY**

Next Meeting Wednesday, 6th April 7.30 pm in the Assembly Rooms. Our Guest Speaker is Francis Harper with a talk on "Silk from China to Essex". All welcome, members free, admission £2 for guests. Refreshments & raffle available. This is followed by our AGM on 11th May, at 7.30 pm in the Assembly Rooms with guest speaker David Morgan talking on "Essex Wind and Water Mills. On 14th May, our Annual Plant Sale 9-11.30 am will be in front of the Church.

### DEDHAM PARISH CHURCH

# www.dedham-parishchurch.org.uk *e-mail:* dedhamparishchurch@outlook.com

	MINISTERS			(012	(60
	Vacancy	Vicar and Lecturer			
	Paul Southern	Assistant Minister			
	Merv McKinney	Assistant Minister			
	c/o Parish Office, H	ligh Street, Dedham CO7 6DE		322	136
	CHURCH OFFICERS				
	Richard Hopkins	Churchwarden		322	361
	Quinlan Terry	Churchwarden		322	370
	Be Burleigh	Deputy Churchwarden		323	205
	Suzanne Woods	Deputy Churchwarden	01255	870	640
	Gabbie Watson	Verger		322	425
	Andrew Hodson	Caretaker & Groundsman	07968	445	572
	MUSIC				
	Antony Watson	Director of Music		322	425
	JUNIOR CHURCH				
	Tim Sarson	ReVive@5		322	810
	FLOWER ARRANGERS				
	Helen Sims	Co-ordinator		32 I	286
	Wendy Sarton	Weddings		323	027
DEDHAM PARISH MAGAZINE					
	Melanie Hargreaves (dedhameditor@gmail.com) Editor				
	Max Wilkinson	'What's On' Lis	stings		$\downarrow$
	Martin Hole	Adver			$\downarrow$
	PARISH OFFICE at the Vicarage				136
		_			

or the vicarage

9:30am-11:30am Tuesday 11am-1pm Thursday

Please note office opening times change in School Holidays. These will be published on Pew News and Noitceboard when applicable.

Parish Secretary Claire Arculus
Asst. Secretary Be Burleigh, Louise Davison
Financial Administration Sara Marshall, Katrina Ablett

DEDHAM C.E. PRIMARY	SCHOOL www.dedham.es	sex.sch.uk	
Jason Skelton	Chairman	$\downarrow$	
Heather Tetchner	Head Teacher	322 242	
ASSEMBLY ROOMS	www.dedham-assemblyrooms.info		
Tracy Woods	Clerk to the Trustees	323 921	
Duguy Dugu			

DUCHY BARN Colin Biggins

Colin BigginsSecretary322 565Beth MitchellChairman323 949

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DEDHAM
PARISH MAGAZINE
April 2016

### SUNDAY SERVICES

8.30 a.m.

Holy Communion BCP Ist Sunday in month

10.30 a.m.

Family Service

Ist Sunday in month

Morning Worship CW 2nd & 5th Sundays Holy Communion CW 3rd Sunday in month

Morning Prayer BCP 4th Sunday in month

5 p.m.

Evening Prayer BCP Ist Sunday in month

5 p.m.

Re:Vive @5
4th Sunday in month

10.30 a.m.

Family Service

Ist Sunday in month

DEADLINE FOR NEXT EDITION:

13 April 2016

01787 880 260

# CHURCH NOTICEBOARD



### SPECIAL SERVICES OF WORSHIP:

NO SPECIAL SERVICES

#### TOWER FLAG DAYS THIS MONTH

21 APRIL 2016 - HM THE QUEEN'S BIRTHDAY 23 APRIL 2016 - ST GEORGE'S DAY



# From the Registers



#### **FUNERALS**

26 February 2016 - Andrew Wareing MARCH (aged 60) 3 March 2016 - Evelyn Elizabeth JEFFERYES (aged 90)

#### INTERMENT OF ASHES

6 March 2016 - Roy BLAKER (aged 94)



Great things can grow from a small decision...

Please Remember
DEDHAM PARISH CHURCH
in your Will

### GOD IN THE ARTS

#### HE GAVE US EYES TO SEE THEM

The screen at the east end 'I am the light of the world,' our Lord says in St John's Gospel. He is the one who can bring sight and insight to those born blind, and vision to those who feel they live in a world of darkness. In him is the glory of God and life for all people. That radiant glory



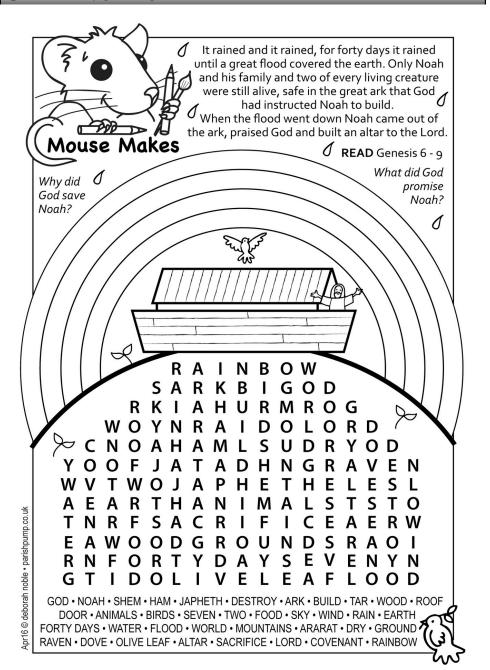
greets those who visit Wymondham Abbey in Norfolk and look down the main aisle to see the wondrous screen at the east end depicting Christ in majesty surrounded by our Lady and the saints.

Ironically, the history of the Abbey in the Middle Ages was one of darkness and conflict, where disagreement severed the harmony of monks and townspeople. The Abbey was dissolved in the 16th century, but restored to its former glory in the early 20th century. Ninian Comper began working on the screen in 1922, and it was completed in 1934.

In front of the screen is a large altar with a crucifix and six tall, stately candlesticks. Their lights are signs of Jesus the Light proclaimed by the dazzling central figure on the screen behind. Originally candlesticks would have stood on the ground before the altar, or lamps were hung above. In the 14th century candles were placed on the altar.

Aesthetic judgement will vary from person to person, and some may find tall candlesticks like these obtrusive, detracting from the sacrament of the altar. Whatever their size, when lit they announce that Jesus is the true light, who welcomes everyone to find nourishment and guidance for life's pilgrimage in communion at that table. Here at Wymondham Abbey I think the pilgrim visitor will find that the beauty and grace of these altar furnishings complement the great mystery of divine light celebrated in Ninian Comper's masterpiece.

# CHILDREN'S PAGE



### CHURCH NOTICEBBOARD

### Ruth Higginson writes

#### P.C.C NOTES AND MEMBERS

Quinlan Terry, Richard Hopkins, Suzanne Woods, Be Burleigh, Anthony Watson, Gabbie Watson, Ruth Higginson, Jo Hole, Briony Lawton, Brian Moore, Sue Vinter.

The AGM in the church on 24th April after the service. All are welcome.

#### **PASTORAL TEAM**

Ann Shaw, Lyn Al Sad, Ruth Higginson, Ian Sutherland, Sue Vinter. Anyone requiring lift to church please contact Ann Shaw on telephone **232192** or Ruth Higginson on **2322598**. Also if you are new to the village, or know of someone who would appreciate a visit from the pastoral team, please contact Ann Shaw on 322192.

#### **BEREAVEMENT TEAM**

Vee Druitt, Pam Tanner, Ruth Higginson, Tony Hughes. If you know of anyone who has been bereaved in the parish who would like a visit from one of our team please contact Vee Druitt on **2322000** or Ruth Higginson on **2322598** 

#### **MISSION TEAM**

Lyn Al Sad, Ruth Higginson, Heather Tetchner.

The first cake stall will be held in the porch of Dedham Parish Church on 14th May from 10-12 noon. We are always looking for volunteers to bake or to help on the stall. If you would like to volunteer to help contact Ruth on **2322598**. The dates for the rest of the year are: 25th June, 30th July, August Bank Holiday Monday, 24th September, 29th October.

#### **FUNDRAISING TEAM**

Forthcoming events: 30th June and 14th July at 2.30 pm in front of the church Afternoon Cream Tea Bank Holiday Monday – All day cakes and sandwiches, teas and coffees in the church. There will be a bric-a-brac stall and book stall in front of the church.

Big Breakfast in the Autumn - date to be decided.

### **NEWSROUND**

Dedham Youth Club presents an evening of



The Assembly Rooms, High Street, Dedham Saturday 23rd April—7pm

Tickets can be bought as a table of 10 or individually.

Ticket price includes a simple supper and your first game of bingo.

50p per game from then on.,

£10 per adult, £6 per child (11-16-years-old)

Wine, beer and soft drinks available for sale

Raffle and quiz on the night. Ticket sales **1 2 3 4 4 3 5 5 4 4 4 5 5 5 6 4 4 6 5 5 6** 



# FRIENDS OF DEDHAM CHURCH CHARITY GOLF DAY

Hintlesham Hall Golf Club Tuesday 3rd May

Prizes kindly sponsored by The Hunnaball Family Funeral Group And

Hole in One Competition kindly sponsored by Lancaster Toyota lpswich



If you would like a form please contact Beth Mitchell on \$23949

# In the Assembly Rooms Dedham



Wednesday 20 April 2016 BRIDGE OF SPIES (12A)

Directed by Stephen Spielberg (2015) Admission 7pm—Films begin 7.30pm Tickets £4 available from Shakespeare House Gallery or online at www.dedhamfilms.co.uk



It's 1957 and lawyer James B. Donovan is recruited from his prestigious law firm to defend accused Soviet spy Rudolf Abel. Donovan hasn't practiced criminal law since he was a prosecutor at the Nuremburg trials after World War II. Also, the strong anti-Communist mood at the time think Abel should be executed. Abel is convicted but Donovan convinces the judge to sentence him to prison, as in the future it may be possible to swap him for an American spy. Just such a scenario comes into play when in 1960 U-2 spy pilot Francis Gary Powers is shot down over Soviet territory and taken prisoner. Donovan is again recruited to travel to East Berlin and act as intermediary and negotiate swapping Able for the American.

# Wednesday 27 April 2016

### HANGMEN

**Directed by Mathew Dunster** 

#### **National Theatre Live Encore**

A co-production with The Royal Court Theatre Starring David Morrissey and Andy Nyman

"Drop dead hilarious"

The Independent

"The funniest play in London" Time Out





Admission 6.30pm—Screening begins at 7pm Tickets £10 from Shakespeare House Gallery or online at www.dedhamfilms.co.uk

Refreshments available before the Films and Screenings and during the intervals

Contacts: Jax Horswill 322328 or dedhamfilms@gmail.com

To find out more about the films and live screenings visit www.dedhamfilms.co.uk

# WHAT'S ON: OPERA, MUSICAL, BALLET, DANCE

#### **OPERA/MUSICALS**

❖Sat 2 Apr: 5.55 pm Metropolitan Opera New York - live link: Puccini's Madam Butterfly, Firstsite.

**❖Tue 5 Apr:** 5.30 pm Regent Theatre Ipswich: The Wizard of Oz with Bobby Edmunds Amateur Operatic & Davro and Dani Harmer.

**∻Wed 6 Apr:** 7.30 pm Regent, Ipswich: Opera & Ballet International -Puccini's Tosca.

**❖Thu 7 to 9 Apr:** 7.30 pm English Touring **Opera** at Aldeburgh: Donizetti's Pia de' Tolomei: Mozart's Don Giovanni: Gluck's Iphigénie en Tauride;

**❖Thu 7 Apr:** 7.30 pm Regent: Ireland's Call, musical adaptation of Essence of Ireland, and at The Mercury,

Colchester on 26 Apr.

**❖Tue I2 to 23 Apr:** 7.45 pm **New** Wolsey, Ipswich: Sweeney Todd, a Wolsey Young Company production of Sondheim's musical.

❖ Wed 13 to 16 Apr: 7.30 pm lpswich Cinema, Colchester. **Operatic and Dramatic Society:** Rodgers and Hammerstein's Oklahoma; The Regent, Ipswich.

❖Sat 16 Apr: 5.55 pm The MET - live link: Donizetti's Roberto Devereaux. Firstsite, Colchester.

❖Sun 17 Apr: 7 pm Swansea City Opera: Puccini's La Bohème; New Wolsey, Ipswich.

❖Mon 25 Apr: 7.15 pm Royal Opera

House - live link: Donizetti's Lucia di Lammermoor: Firstsite and Odeon. Colchester. 7.30 pm Regent: Annie to 30 Apr.

**❖Tue 26 to 30 Apr:** 7.30 pm **Bury St** Dramatic Society: Legally Blonde;

> Theatre Royal Bury. **∜**Wed 27 to 30 Apr: 7.45 pm Wolsey: Laila, the musical. **♦ Sat 30 Apr:** 5.55 pm The MET - live link: Richard Strauss's Elektra: Firstsite. Colchester. **♦ Sat 7 May:** 8 pm Aldeburgh: Pleasure, a new opera commissioned by Aldeburgh Music, Opera North and The Royal

> > Snape,

Aldeburgh.



Rebecca Gouldon, Mimi in Swansea City Opera's

#### **BALLET/DANCE**

❖Wed 6 Apr: 7.15 pm Royal Ballet live link: Giselle: Firstsite and Odeon

Opera;

❖Sun 10 Apr: 4 pm Bolshoi Ballet live link: Don Quixote; Odeon, Colchester.

**❖Sat 7 May:** 5.30 pm Mercury Theatre: Flamenco dancers.

For details see: www.eamaa.org

### **NEWSROUND**

#### Hilary Persent writes

#### THE CASTLE HOUSE TRUST

Notice is hereby given that The Castle House Trust has applied in respect of The Munnings Art Museum, Castle House, Castle Hill, Dedham, Colchester, Essex CO7 6AZ for a Premises License under the Licensing Act 2003 to allow for: the sale and supply of alcohol, Monday – Sunday, 10:30 am - 5pm.

Representations to this application must be made in writing, by 14th April 2016, to the Colchester Borough Council Licensing Authority at PO Box applications is 20th 889, Town Hall Colchester, COI IFL, where the register of Licensing applications can be inspected between 9:00 MATTERS WEEK and 17:00 Monday to Friday.

It is an offence on summary conviction, to knowingly or recklessly make a false statement in connection with this application, the maximum fine for which, is £5000.

#### Tracey Lovelock writes

#### **DEDHAM GUIDES DUCK RACE**

1st Dedham Guides invite you to take part in the Dedham Duck Race on Bank Holiday Monday 2nd May at 12 Noon, at Mill Bridge, Dedham.

The winning duck will win £50, and there will be homemade cakes, book and plant stalls.

All funds will be in aid of Girlguiding and the entry fee is £1 per duck. For more information call ≈323521.

Steve White writes

#### ALMSHOUSE VACANCY

A vacancy has arisen in one of Mary Barfield's Almshouse's in Crown Street, Dedham, Strict rules of the Mary Barfields Charity require that a resident should be an unattached female preferably over 50 years of age who has strong connections with the Parish of Dedham.

Applications in writing to: The Chairman for the Trustees. Mr S | White, Westvale, High Street. Dedham. CO7 6HL. Closing date for

April 2016.

# **DYING**

During Dying Matters Week

(9th-15thMay), come along to Dedham Parish Church on Saturday 14th May between 10am-2pm. The Hunnaball Funeral Directors will be available along with a member of the clergy for you to ask any questions. Literature will also be available. Tea, coffee and cake offered on arrival.

#### Judith Anderson-Fowle writes **PARTY PIECES**

An evening of music, classical and jazz, performed by some of the county's outstanding young musicians at the Dedham Assembly Rooms, Thursday 7th April, 7:30pm for 8pm.

Tickets are £15 (£12.50 concessions), and nibbles will be available on tables and at the bar.

For more information, call ≈322938

### PARISH COUNCIL

Sheila Beeton writes **IANE HUGHES** 

It is with great sadness that we learned of the untimely passing of our ex-councillor lane Hughes on 17th February. Jane gave three years support to the village as a local councillor and contributed to other community groups in so many other ways. | lane and Michael left Dedham to be with their family in Devon and it is sad that their time was cut short in this way. Our thoughts are with Michael and the girls.

#### NEW BUS SERVICE FOR DEDHAM -USE IT OR LOSE IT!

the new bus timetable for Dedham, commencing in April. Two new features are services to and from Manningtree Station in the early morning and evening and buses to and from Colchester in the evenings. Negotiating these improvements has been a significant achievement for Dedham and I encourage you to use them as frequently as possible to ensure their retention.

#### INFORMATION DAY ON **HALLFIELDS**

A reminder that this event will take place on Monday, 18th April 3-7pm in We have had only modest interest in the Duchy Barn. Anyone interested in the idea of a regular luncheon club for the new affordable housing is encouraged to attend.

#### **DEDHAM PARISH ASSEMBLY**

This will take place on Monday, 25th April this year in the Assembly Rooms, 7.30pm. This annual event provides an Clerkclerk@dedhamparishcouncil.org.uk opportunity for you to give feedback to

your Parish Council on their work over the previous year and presents an opportunity to raise issues of general concern. The event this year is particularly important as this is the last Parish Assembly of our Council Term. Please come and give us feedback on our overall performance. There will also be a session focusing on priorities for the new Council. Refreshments provided.

#### PARISH COUNCIL ELECTIONS

Nominations for Parish Councillors to serve on a new Dedham Parish Council in May of this year are currently being sought (details on Enclosed in this magazine is a copy of website and all Parish Noticeboards). The Parish Council encourages new applicants to join any existing members who may seek re-election.

Election for office will only take place if more than nine nominations are received. As current Council. Chairman I would like to thank all councillors for their hard work and dedication over the last 4 ½ years and all members of the village who have supported us. I hope you believe we have made a positive difference.

Christine Frost writes

#### **LUNCHEON CLUB**

over 70s and now extend our invitation to over 65s. If you are interested in attending a monthly lunch club to be held locally, please get in touch via the Clerk.

### WHAT'S ON: MUSIC

#### **MUSIC**

❖Sun 3 Apr: 6.30 pm Woodbridge Choral Society with Phoenix singers, Snape Maltings, Aldeburgh.

❖Sat 9 Apr: 3 pm Music in Felixstowe: Come and Sing Fauré's Requiem: St Peter and Paul Church. Felixstowe. 7.30 pm **Quattro Amici**: vocal quartet - songs from opera and musi-

cals; Headgate Theatre, Colchester.

**❖Fri I5 Apr:** 7.30 pm Studio Music: Diverti-Brightlingsea. menti.

♦Sat 16 Apr: Ipswich Bach Choir: Mozart Requiem & Clarinet concerto and Haydn's Te Deum; St John's Church, Ipswich. Trianon: Ipswich Corn Exchange.

**♦ Sun 17 Apr:** 2.45 pm Kingfisher Ensemble: violin and piano;

Lion Walk Church, Colchester. 4 pm Wrabness Concerts: The Archaeus String Quartet: Mozart, Salzedo, Beethoven; Wrabness Church. 7.30 pm Sudbury Choral Society: Mozart, Haydn; St Peter's Church, Sudbury.

Brahms

Requiem

❖Sat 23 Apr: 3 pm Stour Choral Society: Brahms's Requiem; Frinton Church.

**❖Sun 24 Apr:** 7.30 pm **Pimlott Foun**dation: Shakespeare's 400th Birthday Celebrations: Old House, Great Horkesley.

❖Tue 26 Apr: 4 pm Concerts at

Cratfield: fundraising chamber concert for Cratfield Church roof; The Cut Arts Centre, Halesworth.

❖Sat 30 Apr: 7 pm University of Essex Choir: Haydn's Nelson Mass and Vivaldi's Gloria; Snape, Aldeburgh. 7.30 pm Kelvedon Singers: Vivaldi, Mozart, Schubert; Coggeshall Church.

❖Mon 2 May: 1.10 pm Theatre Royal

**Bury**: Anna Noakes (flute) With Gabriella Dall'olio (harp). **♦ Sat 7 May:** 3 pm Aldeburgh Music: Mark Padmore sings Bach cantatas; Long Melford Church – also at Snape on 8 May. 7.30 pm Colchester Symphony Orchestra: St Botolph's, Colchester. 7.30 pm **Stowmarket** Chorale: Mozart Coronation Mass, Vespers, Clarinet Concerto:

The Apex, Bury. 7.30 pm Woodbridge Chamber Concerts: The Sacconi Quartet; Woodbridge Church.

**❖Sun 8 May:** 3 pm **Studio Music**: Marmen Quartet, Brightlingsea. 7.30 pm Headgate Theatre: Music on a Spring **Evening Colchester National Trust** Group.

## WHAT'S ON: FILM, THEATRE

#### FILM

❖Tue 29 Mar: 7.30 pm Firstsite, Colchester: Peggy Guggeheim, art addict. **❖Wed 30 Mar:** 7.30 pm Firstsite: Cinema Paradiso.

**❖Tue 12 Apr:** 7.30 pm **Firstsite**: Painting the garden, Monet to Matisse, film of the Royal Academy exhibition. ❖Fri 15 Apr: 7.30 pm Polstead Films:

Wed 20 Apr: 7.30 pm Dedham Films: A Bridge of Spies dir. Stephen Spielberg; Assembly Rooms.

Brooklyn; Village Hall.

Wed 30 Mar: 7 pm National Theatre live link: Shakespeare's As You Like It with Rosalie Craig; Dedham Films Live - Assembly Rooms.

#### THEATRE

al Bury: Torben Betts's Invincible, to 2 Apr and at The Mercury, Colchester on 28 to 30 Apr.

**❖Wed 6 to 16 Apr:** 7.45 pm **New** Wolsey, Ipswich: The Government Inspector by Nikolai Gogol.

♦ Sat 9 to 23 Apr: 7.30 pm The Mercury: Clybourne Park.

**❖Wed I3 Apr:** 7.30 pm The Headgate, Colchester: A Matter of Life and Death, based on the film by Powell & Pressburger, to 16 Apr. 7.30 pm: London Academy of Music & Dra-Shakespeare's A Midmatic Arts summer Night's Dream to 16 Apr, Theatre Royal, Bury.

Wed 13 to 16 Apr: 7.45 pm Dedham Players: The Dresser by Ronald Harwood; Assembly Rooms.

❖Fri 15 to 17Apr: 8 pm The Mercury: Hamlet, Who's There? Flute Theatre' s modern take on Shakespeare's tragedy.

❖Tue 19 Apr: The Original Theatre Company and The Theatre Royal, Bury: Invincible, to 23 Apr at New Wolsey, Ipswich. 7.30 pm Theatre Royal, Bury: Agatha Christie's A Murder Is Announced, to 23 Apr.

❖Fri 22 to 23 Apr: 8 pm The Mercury: The Day That Shakespeare Died, Guerrilla Shakespeare Company - a comedy fantasy.

❖Wed 27 Apr: 6 pm The Mercury: NT Connections: short plays performed by young people from East Anglia, to 30 Apr. 7.45 pm Headgate: ❖ Wed 30 Mar: 7.30 pm Theatre Roy- Happy Days by Samuel Beckett, to 30

> Wed 27 Apr: 7 pm NT - live link: Hangmen; Dedham Films Live -**Assembly Rooms**

❖Thu 28 Apr: 7.30 pm Lakeside Theatre: Arabian Nights...and Days! The story of Scheherazade.

**❖Tue 3 to 7 May:** 7.45 pm **Wolsey**: Lotty's War, set in the Channel Islands during World WarTwo.

❖Fri 6 to 7 May: 7.30 pm The Mercury: Mrs Roosevelt Flies to London, Hint of Lime Productions.

### **NOTICEBOARD**



#### Sarah Gale writes ST HELENA HOSPICE

Come together with your friends, family and work colleagues and enjoy the sea air at the St Helena Hospice Pier to Pier 2016 sponsored walk between Clacton and Walton Piers on Sunday 17th April.

This year you can start your walk at 10am from either Clacton or Walton and have a choice to walk 7 or 14 miles. In return for a great day out, the hospice asks that each registered walker over the age of 16 raises a min- hang out with people who listen and imum of £30 sponsorship. This money will help people it supports in your community who are affected by lifelimiting illness.

Grab your walking shoes and register today for free to start fundraising. Visit www.sthelenahospice.org.uk/ piertopier 16 or contact the fundraising team on **☎931468**.



#### MAD YOUNG CHRISTIANS

Do you feel Christmas and Easter should be more than a shopping and chocolate fest? Do you wish you could do more to help people whose lives are harder than your own? Are you looking for something more rewarding

than a computer game or Big Brother episode? Is it possible you have an interest in Christianity but are nervous about getting involved?

MAD Young Christians get together once a week in Ardleigh through term times to explore ways in which our faith might let us Make A Difference in the world. We also have a lot of fun and do plenty of exciting and challenging things - fancy camping for a week on pilgrimage with a thousand other teens from across the country? Want to help refugees or local homeless

youngsters? Any good at French cricket?? Do you enjoy drama? Movies? Want to



respect you?

We encourage people aged 11-18 to explore faith at their own pace and in the context of life in the 21st century. If you think this might be for you give Mandy **☎07834 323931** or Jo **☎07756 766169** a ring or text or e mail us at mandypratt@sky.com. Contact us - it could be the best thing

you'll do all year!

Phillippa Black writes **CALLIGRAPHY** TASTER MORNING

Wednesday, 27th April 9.30 am to 12.30 pm in Dedham. Cost £10. If you are interested, please contact Philippa Black on **☎322922** or email philippadow22@googlemail.com for more details. Cake & drinks available.

### **NOTICEBOARD**



SUFFOLK BREAST CANCER NOW

Come and join us on either a 12 or 6 mile walk on the riverside through beautiful Constable Country and help

to raise money and awareness for research into Breast Cancer.

The Walk starts from and finishes at the Boathouse Restaurant in Dedham and the cost ranges from £10 - £25.

Suffolk Breast Cancer Now is a charity committed to fighting breast cancer through research and awareness and has established the UK's first dedicated breast cancer research centre. For more information go to www.breastcancernow.org

For further details and an application form please

### **Dedham Tennis Club**

Now taking membership for 2016. The club offers:

3 hard courts and a picturesque clubhouse.

Tennis for all ages and abilities.

LTA registered including Wimbledon ballot.

Match play and club competitions

Online court booking

Free access to practice balls

Coaching programmes

Family friendly

Brilliant club sessions

Regular social events

In addition we are delighted to announce the appointment of a new coach at the club, Paul Newman. If you would like to book coaching please email coaching@dedhamtennis.org.uk

For further information feel free to contact our Membership Secretary

### **NOTICEBOARD**

# Liz Connelly writes IST ARDLEIGH CUB SCOUTS

We mix some of the traditional skills of scouting with some newer aspects of the modern world! The main task is to have fun whilst learning some important life skills. 2016 is the Centenary year for Cub Scouts and we have lots of activities planned with a number of camps, our first one in February. We have a few spaces available currently so if you are 8 – 10 ½ year old and would like to join us, please contact Akela (Liz) at either ardleighscout-

group@outlook.com or on **☎07747 792392**.

# Lydia Polom writes HIDDEN TREASURES

St Helena Hospice is inviting local people to showcase their gardens from March to August in order to raise money in support of its patients and their families.

The hospice recognises that lots of its supporters have beautiful gardens nestled away which have had a lot of hard work, time and effort put into, and it would love supporters to share their masterpieces in aid of its work.

The community fundraising team will

provide fundraising materials for anyone opening their garden as well as helping with advertising to the local community. An event raising just £25 could pay for a chaplaincy visit to provide a 'listening ear' to a patient,

regardless of any religious beliefs.

A small donation can make a large difference.

Find out more information about the event and how to get involved at sthelenahospice.org.uk/opengardens I 6 or by calling the community team on \$\mathbb{G}\$93 | 468.

# Mike Kinton writes ST JOSEPHS COURT

For people with multiple sclerosis, finding the right exercise is important. MS affects people differently, and the specialised equipment at Josephs Court enables people with limited mobility to take part in exercise.

MS-UK supports people through their Wellness Centre, Josephs Court. Based in Hythe Quay, Colchester, the centre opened in 2012 to support local people affected by multiple sclerosis. Since then, the centre has grown and developed new services for people experiencing a range of neurological conditions.

To keep up with rising demand and to ensure MS-UK can meet the needs of all people affected by MS, they have extended their opening hours.

The Wellness Centre is now open 10am to 8pm Monday to Thursday, 10am to 5pm on Fridays and 10am to 4pm on Saturdays.

By extending services to include evenings and weekends, Josephs Court is able to support more people affected by MS, including those that may be in full-time employment or that would prefer to come along later in the day.