



DEDHAM PARISH MAGAZINE

June 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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contact Ann Shaw ☎ 322 192
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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!

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Can we help?

Sometimes things in life can just get too
much to cope with on your own...

Psalm 34:18: The Lord is close to the
broken-hearted and saves those who are
crushed in spirit. If you would like some
support or know of 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 JUNE 2021

Sunday, 6th June

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

Sunday, 13th June

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

Sunday, 20th June

9.30am	Matins	Dedham*
11am	Eucharist	Ardleigh
3pm	Sunday@3	via Zoom

Sunday, 27th June

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

Sunday, 4th July

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

* = services which are live-streamed



<https://www.youtube.com/channel/UC78SZfH5QRXMpy7DgfwYslg>

**Morning and Evening Prayer online Monday to Friday at 9am and 5pm
Every Tuesday, 10.30am Morning Prayer at Dedham Church**

Wednesday Prayer - come and join us for prayer for our benefice and the wider community every Wednesday at 12 noon via zoom.

Walk & Talk – Thursday, 10th June, 10am. Meet outside the Dedham Church.

Men's Breakfast, Saturday 12th June, 9am. Meet in person at The Vicarage!

Ardleigh Friendship Group – every 2nd and 4th Tuesday of the month 10am to 12 noon outside Ardleigh Church.

Mission Bake Sale - Saturday, 26th June 10am, outside Dedham Church.

Women's Day - Saturday, 26th June - Dedham Church - email the parish office for more information and to purchase a ticket (tickets £10).

From the Register:

Burials: 17th March, Gloria Edevane & 9th April, Marianne Brenda Barrell



Why wait?

It was a farewell gathering for a work colleague who was to start a new job and we were presenting her with a leaving present. Patsy was by nature quiet but had got on with her work efficiently. Along with a gift there were speeches of appreciation for her work and for all she was as a person. I walked out at the end with a colleague who remarked ‘Why do we leave it until someone is leaving to tell them how much we appreciate them?’

Those words came back to me as I watched, read and listened just a few short weeks ago to tributes paid to Prince Philip. So much was said about the influence he had in his expressions of concern about the

future of the planet, of the impact for good on the lives of young people through the Duke of Edinburgh’s Award Scheme, there was appreciation of his enquiring mind and faith and of his support to the Queen and much, much more.

I really hope he knew all this and we hadn’t waited till he’d gone to say it.

How good are you and I in affirming what we value and appreciate about those we know whether it be those nearest and dearest to us, those we work with or our friends? Sue and I recently lost a dear friend of many years to cancer and because of the lock down restrictions were unable to travel to visit her but we both wrote to say what our relationship

meant and how much we appreciated her and her friendship down the years. We are glad we didn't leave it too late.

One of my favourite characters in the Bible is a man called Barnabas though that wasn't his real name which was Joseph. Barnabas was the nick name his friends gave him and it means 'son of encouragement'. His nickname said so much about him, he was likeable and encouraging. The Gospels which record the life and teaching of Jesus record him affirming what he valued in people around him but he would also call out hypocrisy when he encountered it. And in many of the New Testament letters

that St Paul wrote to Christians in various churches, he began by stating what he appreciated and valued about them.

So have you told those close to you what they mean to you? You may say 'I'm sure they know'. Perhaps but to be sure why not tell them? One final thought, sometimes in life relationships break down, often through misunderstanding over something said or done I trust you won't leave it too late to be reconciled.

Why wait?

Merv McKinney
Assistant Minister



Women's Day

Saturday 26th June 2021
Arrival 9.30am for 10am start
Finish at 4pm

The Care-Free Heart:
God's care of us in a worried world

NewWine
Local churches changing nations

St. Mary's Church
DEDHAM

Please book your tickets via the ticket source website or QR Code
<https://www.ticketsource.co.uk/dedham-parish-church/t-rvmryz>





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



*Cherishing
Churchyards*
Sunday 4th July

Cherishing Our Churchyards

Come and join us for a service in our churchyard,
celebrating creation and thinking about the part
we can play to care for it.

Welcome Group



Saturdays 10am-4pm

We aim to be a welcoming presence
in our church for visitors

Can you spare 2 hours to help us once a month?

If so please contact Liz or John Reed

Tel: 323770

lizannreed@icloud.com



WALK & TALK

Thursday 10th June

10am

Meet outside the Dedham Church



A Policeman's Tale

It was suggested to me a few weeks ago that I should consider writing an article for the Dedham Parish Magazine about my years as Dedham's village policeman. Covid lockdown was clearly having its effect on that individual.

Where to start is always challenging as my police career started back in 1980 when my family returned to England having worked in Belgium for the previous 6 years. I was 29 years old at the time so considered a "late starter" so I had time to make up.

My first posting after training was to Leigh on Sea, a pretty and busy town near Southend on Sea famous for its cockle sheds. During my time at Leigh, I spent 6 months with colleagues in Nottingham during the Miners industrial action. This was never the best only the worst of times" I took the opportunity to go down a mine at Ollerton, and came up a few hours later thinking, "Give them the money, they deserve it". Of course, it was not about money, but jobs and family security. Several years later Pat and I

were returning home from York and saw the signpost to Ollerton, so I thought a quick visit would be in order. I arrived at where the pit head at Ollerton should have been, but now it was a Tesco supermarket. I remember a man being killed at the gates to the pit. A sad reminder of human tragedy.

At the time my wife Patricia and I had 4 young children and I was offered a posting to a village in north Essex. The village of course was Dedham. I think the television series Heartbeat was being shown and being part of a community appealed to me. During March 1985 Pat and I drove from Leigh to Dedham and surveyed the village and of course the police house in Crown Street. My initial thoughts were "I could do this". So I accepted the posting and my first "on duty" was scheduled for the early May Bank holiday.

I remember standing on the corner of High Street and Mill Lane when a well-dressed gentleman came out of the Essex Rose Tea room and introduced himself as Del. He then proceeded to

educate me on the pros and cons of parking in Mill Lane. A few hours later I returned to the same corner having surveyed the chaos and thought, "What have I done"? Parking in Dedham was to become a career long challenge.

My family had settled in well and Pat and I agreed we would never have open or closed on the police station, which I may have regretted once or twice in the years to come.

School visits: I especially enjoyed my frequent visits to Dedham Primary School, mostly at tea break. I would listen to the staff and of course the Head Teacher Mr Mick Atkins. We didn't always agree, but did share many similar views. If I was in a trench Mick is one person I would want by my side.

Horsing around: On this particular day I was at home but not due on duty until 6pm when there was a knock on the door. I answered and a distressed lady informed me that her horse had been bitten. That conjured up all sorts of thoughts but the lady quickly informed me, to my relief that it was by another horse. I was still puzzled as to what I could do for her, or the horse, which was in a nearby horse box. Apparently, she had no vehicle to convey the horse to the vet, well on my drive was a police Vauxhall Chevette. For those readers who remember such a vehicle will know that vehicle wouldn't tow a bicycle, let alone a horse box. I knew a local farmer to whom I explained my

predicament and he was kind enough to let me use his 4 x 4 to take the horse to the vet. A quick phone call to my police control and off we went to NEWMARKET. I returned after midnight and the job was done. Oh, and the horse made a full recovery.

Show us the bodies: I commenced my duties at 6pm and received a phone call from my colleague that he had dealt with an incident of a dog worrying sheep in Dedham. The investigation was passed to me. I contacted the farmer who listed the sheep that had died and those that needed veterinary care. The farmer had buried the dead sheep so I was unable to confirm all the facts. I did however manage to find the dog in a neighbouring village and spoke with the owner. The case began to escalate as the owner did not accept the facts presented and produced a letter from a breeder stating that her breed of dog was "harmless" and would not attack sheep. Well, I was always up for a challenge and I located a specialist breeder in Sittingbourne, Kent. So, another day out. Was that going to be the end of it? No, the defence council demanded to confirm that sheep had actually been killed. So, I contacted a "Scenes of Crime" officer who was tasked with presenting photographs of the deceased sheep. I'm sure to this day the officer has never forgiven me!

Day off?: No such thing for a village policeman, or so I thought. Langham Primary School was holding a fete on my day off. I decided to put in an

appearance so I attended in my police car and suitably attired. And the end of the fete I returned to my police vehicle and was just about to move off when another vehicle approached and the driver lost control hitting my vehicle to the point it was written off. I was uninjured but it took some explaining why I was in a police vehicle on my day off and had managed to have it written off!! The divisional commander was very understanding when he heard it was the Vauxhall Chevette.

Not all rosy: I received reports that garden machinery was being stolen from garden sheds in Dedham. With the help of a colleague, we carried out a patrol and arrested a suspect. We believed there was a 2nd man who we were unable to locate. Pat telephoned the police control to report that a man was in my office stating his van had been stolen. Well, that man in my office was the 2nd suspect. It was quickly resolved, but could have had a different outcome.

This is my home: Sitting in my office when I heard a commotion outside. I opened my office door and in fell 2 men. I asked what was going on and received a mumbled reply that it concerned a woman that had caught the attention of them both. The men were local and a little intoxicated. The fighting continued, albeit of the "paper bag" variety. I reminded the men that this was my home and my wife was next door. The men retired sheepishly, only to return the next day with flowers and chocolates for my wife.

VIP for the day: I walked into the office at Mistley Police Station to be asked by the sergeant whether I had any plans for the day. Well, that's usually followed by some request to volunteer for one task or another. I thought let's wait and see. Well, it wasn't really a request from the sergeant, I was going to collect a prisoner from SCOTLAND. "I'm not driving", I said in despair, "I will go by train". "No" was his reply, "you can go by plane". Well, how could I refuse! Chauffeur driven to Stansted, ticket waiting for me. Does it get any better? Of course, it does, a land rover was waiting by the plane on arrival in Glasgow, which drove me to Strathclyde police station. Collect the paperwork, and handcuff the prisoner for the return flight. Driven to the awaiting plane, other passengers were held back whilst we boarded first and settled at the back of the plane. An hour later we were with our chauffeur who had waited patiently for our return. You never quite know as a police officer what the day will bring.

Best job: By now, being the Dedham policemen had a certain kudos as it was recognised as being the best policing job in Essex. I suppose it depends on your own definition. To walk out of your front door and engage with people you have got to know over the years is priceless. The role of a policeman in Dedham came to the notice of a national newspaper who gave me my few minutes of fame by publishing the photograph of me walking along the river bank.

It was pointed out that I was on the Suffolk side of the river.

Moving on: By the year 2000 the days of a village policeman in Essex was coming to an end. Centralised policing was the way forward or so it seemed. History may tell a different story, maybe long after I'm gone. I can only reflect on the best years of my working life and will be forever thankful to have worked and met so many decent and caring people. With the closure of the Dedham Police Station, I was transferred to Colchester where after 18 months I was promoted to Sergeant and faced a different challenge.

Gone were the days of a chat in the street with a local, or perhaps drop in for a cuppa, no time. Crime and criminals had taken on a different, more sinister appearance. It had become a faceless society, which helped me look forward to my retirement in 2006.

I will always be thankful for the decision I took in 1985 and I was proud to be called the "Dedham Policeman".

Michael Sharp



Dedham's West End Part 2

The White House, dating from the eighteenth century, was partially destroyed in the 1930s when it was bought by Cyril Woods, Director of the Colchester firm Woods who were manufacturers of small electric motors and propeller fans. He removed the upper storeys leaving only the ground floor with a loft above it and turned the western half into a garage for the Croft, a large new house which he built on the back garden. During WW2 two surviving ground floor rooms to the left of the front door were used on Thursday afternoons from 3 to 4.30 as War Work Rooms for knitting and sewing sessions. Then and for some years afterwards they were also used as classrooms by Littlegarth School. When Allan and Gaye Drummond moved into the house in 1994 they made bedrooms with dormer windows inside the existing attic but in 2007, after they had left, the top of the house was demolished once again and replaced by the present upper storeys and a redesigned roof.

When William Ephraim Topsfield Cottee came to Dedham he was employed as a steam-roller driver working on road repairs in this area for a firm at Rochford. In 1911 he married Julia Hunnaballs and soon afterwards bought Rose Cottage on the Stratford Road where their three children grew up. Being a motor and cycle engineer he leased the forge next door to the

White House, which had been the premises of a blacksmith called Rogers, and established the West End Garage. John Jennings recalled that the eastern end with its own door and window on to the street had previously been an ice cream shop run by Italians, who had a motorbike with a sidecar to take their wares round the district. Cornets cost a penny and there was a special device for sandwiching the two penny wafers. These were made by putting the bottom wafer into the machine, then the ice cream was squeezed in on top before a lever brought the upper wafer down and fixed it into position. After the shop closed an ice cream sign still survived inside the garage workshop.

In the mid 1930s William Cottee bought the plot opposite his garage with the bungalow on it and he set up petrol pumps along the side. He also built lock-up garages, later incorporated into the workshop which his daughter Betty's husband George Southgate established on the land at the back. In 1937 William asked his son Jim, who had spent nine years working on a sheep station near Inverell in Australia, to come home and take over the running of the business. William and Julia lived in the bungalow, which they named Inverell after that town in New South Wales and when they married in 1939 Jim and his wife Mabel moved into West End Cottage opposite. They had two sons, Anthony who worked in the garage straight from school, qualifying as a mechanic at technical college through the day-release scheme and

Dedham from the Hill



The houses on the south side of the High Street in the early 20th century showing the White House still at its full height and the open field opposite before the bungalows were built in 1935. In the centre of the photograph is the barn where the wheelwright had his workshop. Wordley Cottage is on the far left.



The White House in 1902

who joined him in 1972 after service in the RAF. Jim was in charge of the garage from the late 1930s, except during WW2 while he was serving in the RAF. He did not just work as a mechanic but turned his hand to a whole range of other jobs such as mending bicycles or lawnmowers, delivering paraffin and running a local taxi service which included a weekly school run and long-distance journeys for local residents, increasingly undertaken by Anthony.

He leased the garage at Stratford St Mary from Shell, who sold it to the Cottees in the 1960s when petrol sales fell after the new A12 bypass diverted most of the through traffic. They parted with it in 1980 after George Southgate's death, when they were able to use his former workshop in Dedham. Jim Cottee died aged only fifty-five in 1969 but Mabel lived until 2005 and was still helping with serving petrol well into her 80s. Anthony's wife Georgina was in charge of the office from 1968 until the garage closed down and was sold in 2015.

The main part of its High Street workshop has become a garage for the White House with a flat built above it. The remaining space and Mabel's West End Cottage have been replaced by two small houses, Cottee's Cottage and West End Cottage. The workshop behind the bungalow opposite has recently been demolished and a new house is being built on the site. Only the Phoenix petrol sign in front of Inverell remains as a reminder of the

West End Garage, much valued and fondly remembered by many of Dedham's older inhabitants.

The last house next to the Cottees' original premises is now called Wordley Cottage after William Wordley who lived there with his wife Edith, their son Reginald and daughters Gladys and Marion, who did not marry and outlived the rest of the family by many years. When I remember them Gladys could be seen walking to Stratford St Mary every day to catch the bus to Ipswich, where she worked at Alderton's shoe shop in the Buttermarket and Marion was housekeeper to Jack Spearing, retired owner of Dedham's renowned grocery. Behind their house Hall Cottage beside the Assembly Rooms was built by the Church between the wars to provide a house for the Verger and Caretaker. In 1939 he was the aptly-named Francis Godbold who lived there with his widowed sister and her two schoolboy sons.

© Lucy Archer

This account draws on an excellent article by Georgina Cottee on the West End Garage published in the Dedham Vale Society Newsletter No. 79, Winter 2015-16. I am very grateful to her for all her help and for permission to reproduce her photograph of the Cottee family at the garage. I am also indebted to Veronica Cottee and Sally Gotelee for useful information and to Allan Drummond for photographs of the White House.



A later photograph showing all that was left of the White House after Cyril Woods removed the upper floors in the 1930s and used it as a garage.



The White House with dormer windows for attic bedrooms inserted in 1995.



Cottees' original premises still in use in 2007. The earlier ice cream shop was in the part on the left.



Anthony, Georgina, Mabel and Dennis Cottee at the West End Garage c.2002

stour valley u3a learn, laugh, live

Retired? No longer in full-time employment? Join nearly 400 local u3a members and 40 groups organised locally to keep you fit, both physically and mentally.

Groups include travel, art lovers, dining, bridge, walking, table tennis, language, kayak, singing, photography,

ukulele, churches and gardens.

Monthly meetings and lectures are currently via Zoom – May “The History of Jazz Piano” and June “Walt Disney: Struggles of a Legend” and return to our usual venue, Constable Hall, East Bergholt, thereafter.

Visit the Stour Valley website
u3asites.org.uk/stourvalley

for full information

New members are always welcome.



Thank you for your support!

We would like to express our sincerest gratitude to the Parishes of Dedham & Ardleigh for supporting Korban with their walking challenge. Your generous gifts are very much appreciated as we continue to meet the needs of the vulnerable young homeless people in Colchester.

VOLUNTEERS NEEDED

The Colchester Korban Project is a Christian Charity, providing supported housing for 16-25 year olds who have found themselves in crisis. It would be wonderful if you could get involved and are able to spare an hour once a month to help with a food collection from Tesco's

For more details please contact
Michelle Percival

01206 869533 or email admin@korban.org.uk



Focus on Dedham Business

throughout 2020 & future plans for 2021

Wandering Sole Reflexology

Hello, my name is Claire and I am a 41 year old mum of two and Dedham local (coming up to 8 years!)



I started reflexology training in 2018 following a visit to a reflexologist myself during a period of ill health that the GP could not get to the bottom of. During the treatment as well as a feeling of being super relaxed, a few areas were

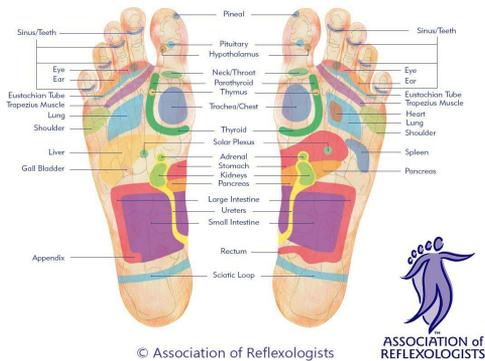
picked up on that hadn't been considered by my GP and this is where my journey began.

I am a natural helper in life and have a holistic and open mind. Being very inquisitive and having a thirst for knowledge, reflexology seemed the logical transition from my administration job that had run its course and was not fulfilling my needs. It was the perfect time to take a leap of faith! I am now a fully practising reflexologist as 'Wandering sole reflexology' and a member of the Association of reflexologists.

Prior to lockdown I was a mobile therapist, however through Covid it became apparent that my next step was to create a safe space within my home to offer treatments from. I transformed my unloved dining room into a cosy, tranquil area for treating clients, providing home comforts whilst adhering to the government Covid regulations which has been licensed through trading standards.

Reflexology is based on the belief that our feet and hands hold an energetic map to our body systems, this dates back thousands of years and is even depicted in Egyptian hieroglyphics.

balance and reset and I truly believe that there are major benefits to regularly checking in with yourself in this way, which should be explored, enjoyed and utilised as part of regular maintenance towards a healthy mind, body and soul.



As well as having regular reflexology I also partake in other activities to keep me grounded and healthy as I can be, which I feel is very important as an energy worker. I regularly run, take yoga classes, meditate as well as some not so conventional fitness which takes me as far from grounded as you can get, as an aerial hoop artist.

One of the things that I love about Reflexology is that whatever your belief system, age or profession, you most certainly can reap the benefits. Even from as little as a single treatment and If you are someone who doesn't enjoy their feet being touched, there are always the hands to work on as an alternative.

It is never too late to learn or to encounter new experiences and is so important to be our own personal cheerleaders and go for what we want in life, because anything is achievable if you want it enough!

Reflexology is a wonderful tool which can be used alongside many other methods to help bring us back to the present moment, unblocking and drawing our attention to what our body is really trying to tell us. On an energetic level, Reflexology helps to ease the areas of pent up or blocked energy within us that obstruct our natural energetic flow, which may well lead to unwanted side effects if left to ferment within us.

If anyone has any questions about reflexology, please do contact me on my business Facebook page 'Wandering Sole Reflexology' where I am more than happy to help.

In a nut shell Reflexology aims to calm,



Pruning and pinching

How did June arrive so quickly? It feels like I've barely started and – not to depress anyone – the longest day is almost upon us. From there it's a downhill slide to Christmas.

Fortunately, a look round the garden offers plenty to cheer one up: the roses are in full bloom in shades of red, pink, white and yellow (I heard that! There's nothing wrong with yellow); deep indigo spires of delphiniums; jewel-coloured clematis wired to walls; glossy, rich crimson Turk's cap lily (*Lilium martagon*) 'Claude Shride'; and foxgloves – lots and lots of self-seeded spikes of purple, creamy pink and white.

There's also plenty of pruning. Some of the garden has gone over by now and

June is a good time to prune spring-flowering shrubs, now they've finished their show. These include *Kolkwitzia* and *Philadelphus*, as well as, in my garden, flowering currant (*Ribes sanguineum*), *Weigela* 'Bristol Ruby' and a couple of unknown *Deutzia* plants. These flower on the previous year's wood, so pruning now gives new growth over the summer enough time to ripen sufficiently to flower well next year.

I'll also take my secateurs to the *Spiraea* 'Arguta' (also called bridal wreath), which you'll remember from the April issue and has finished its spectacular display. It's a fairly mature specimen, so the idea is to cut back about one in three of the older, fatter stems to encourage new growth from the base



and shorten other flowered stems to help it bush out, neaten it up or reduce the height and spread.

Now that all that frost is done with (finally), you can also cut back tender shrubs such as *Penstemon* and hardy fuchsias. The former doesn't do well in my garden and I think the "frostiest April for 60 years" has done for most of them, but perhaps I just need to find the right place for it. I have a much hardier *Fuchsia magellanica* var. *gracilis* 'Aurea' with golden leaves and simple scarlet and purple flowers; I take stems back by about a third now to encourage bushier growth.

Perennial Oriental poppies (*Papaver orientale*) look mess after they've flowered, so cut the whole lot right back to the ground. Follow with mulch and a feed (liquid tomato feed is fine) to stimulate the growth of fresh new foliage and possibly even a second flush of flowers. You can do the same with hardy *Geranium* (the cranesbill) without which no garden is complete.

I'm going to try something new with a few of my hybrid tea roses: disbudding. Remove all the smaller buds from the cluster that forms at the shoot tip, leaving the largest one in the centre. If the flowers are as 'show-stopping' as some say, maybe they'll win me some points should the Society's Autumn Show be able to go ahead in September.

While May had its Chelsea chop in the borders, in my mini-orchard there's the June drop, when trees naturally shed

some fruit and I can thin over-congested branches for bigger fruits. I'm pinching out the side shoots of my tomato plants on the allotment: you only need to do this on cordon – also called indeterminate – varieties, which should be grown up a single stem. Bush tomatoes are more shrub-like and don't need it.

It's not just cutting though. June is also the time to sow biennials which put down strong roots this year and flower in the next. I'm going to try germinating wallflowers, foxgloves and beautiful umbellifer *Daucus carota*, the wild carrot. By the end of summer, I should be able to plant them out into the garden, giving them chance to get established before winter.

All this pruning and pinching is certainly hard work, so don't forget to relax, give yourself a pat on the back, enjoy the fruits of your labour whenever you can.



Elliott Frisby
Dedham Horticultural Society

Dedham Vale Community Face Coverings

Another £137 has been donated to Dedham Therapy Farm
Thanks to everyone who has supported our fundraising.
Face Coverings are still available at Birchwood Farm Shop
So far we have been able to donate £1693 to the Therapy Farm



Thrive Nature Adventures

Forest school stay & play sessions
at Dedham Therapy Farm

All sessions must be pre-booked
Parent & Child under 5ys

Tuesday 9.30am-11am & 12pm-2pm
Friday 9.30am-11.30am & 12.30-2pm



Meet the farm animals then come and play
rope swing, mud kitchen, muddy puddles,
hammock, nature crafts & games,
campfire for warm drinks & toasting
marshmallow and much more

For more information visit:  
<http://bookwhen.com/thrivenatureadventures>

Thrive Nature Adventures Play & Stay Session's

Play, explore and make new friends in a supportive
nurturing group surrounded by nature

www.bookwhen.com/thrivenatureadventures

Stoke by Nayland - Monday
New setting starting 24th May
10.15-11.45am under 5yrs old

Dedham - Tuesday
9.30-11am under 5yrs old
12-2pm under 9yrs

Family Saturdays & Half Term Fun
Various dates @ Copdock & Dedham

Dedham - Friday
9.30-11.30am under 5yrs old

Dedham SEN Session
Every 3rd Saturday 9.45-11.45am

12.30-2.30pm all ages welcomed



Copdock Thursday
Nurture Me Woodland Session
10.15am-11.45 am under 2yrs old
www.bookwhen.com/tna-nurtureme



HEALING THROUGH BONDING WITH NATURE

Dedham Therapy Farm provides
bespoke, person-centred therapeutic
services and Occupational Therapy
using nature and animals.

We improve people's physical and
mental health using Animal Facilitated
Therapy and farming activities.

We strive to empower people to
develop, recover, or maintain their
wellbeing through nature, animals and
meaningful activities.

Whether they have anxiety, learning disabilities, autism or phobia,
we are here to help.



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