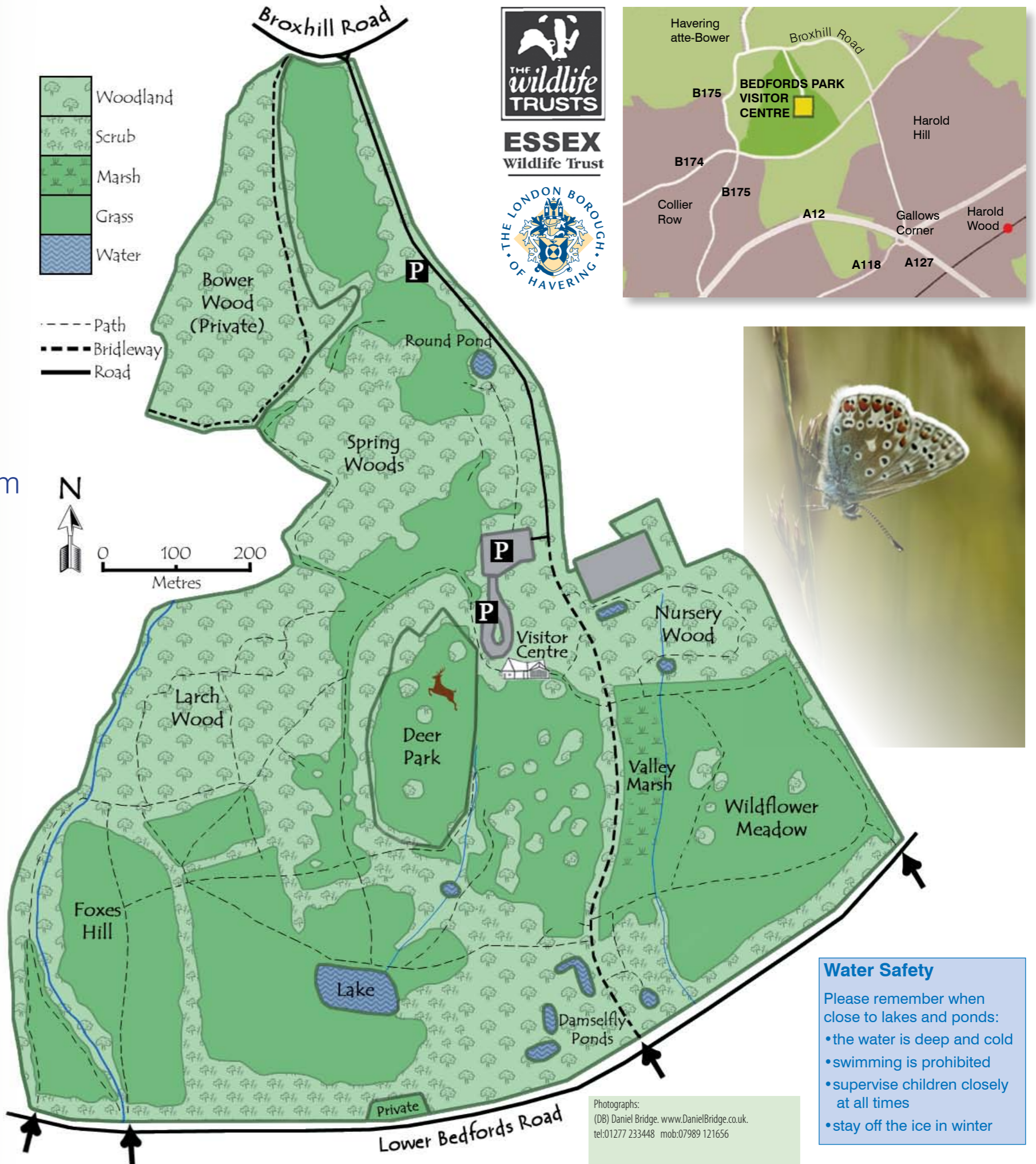


Bedfords Park & Visitor Centre

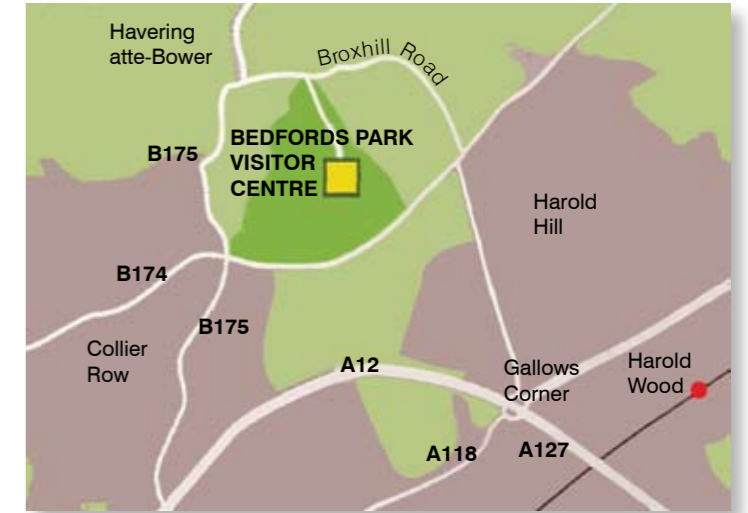


Healthy Life
Mind, Body & Soul

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ESSEX
Wildlife Trust



Water Safety
Please remember when close to lakes and ponds:

- the water is deep and cold
- swimming is prohibited
- supervise children closely at all times
- stay off the ice in winter

Photographs:
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