

# Alex and Rosie's Essex Heritage Colouring Book



David Blakesley and Tharada Blakesley

# Alex and Rosie's Essex Heritage Colouring Book

Stories by David Blakesley

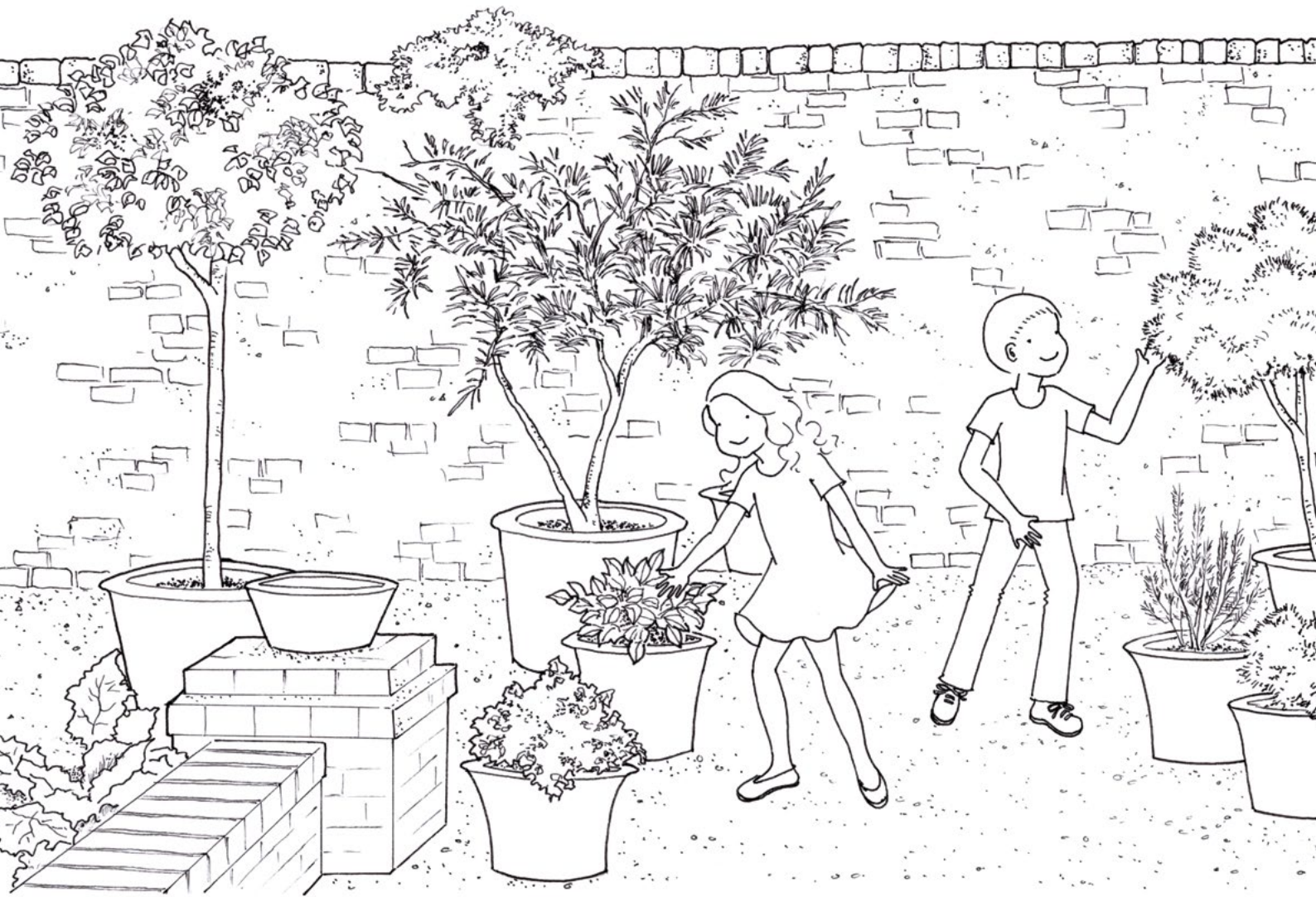
Illustrations by Tharada Blakesley



# Introduction

Autism and Nature is a non-profit organisation dedicated to enriching the lives of children on the autism spectrum, by helping to engage them with the countryside and rural heritage. This colouring book complements our guide 'Exploring Essex's Heritage: a guide for parents, carers and teachers of children with autism' and our children's story book 'Alex and Rosie Explore Essex's Heritage'. We hope that children will enjoy using this colouring book with their parents, carers or teachers, and that it will encourage their interest in rural heritage and the Essex countryside. We also hope that families will visit some or all of the places featured. For more information visit the Autism and Nature website ([www.autismandnature.org.uk](http://www.autismandnature.org.uk)).

This book has been generously funded by the National Lottery Community Fund, to whom we are very grateful. We would especially like to thank Jo Mason and Essex County Council Short Breaks for Disabled Children and Young People for their help in distributing this book. We would also like to thank Guillaume Duclaud-Williams (Widgit Software Ltd) for his valuable advice on symbolising the text. Finally, we would like to thank Tone Blakesley for scanning the artwork and the layout of the book.



Alex

and



Rosie

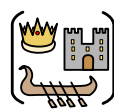


love

to



visit



heritage



places

in



Essex.

# Colchester Castle



Alex



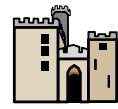
and Rosie



were excited



to visit



Colchester Castle.



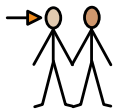
Roman kitchen slave



Roman boy with slate



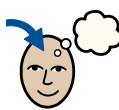
Roman lady



They



enjoyed



learning about



the Romans.

# Rayleigh Windmill



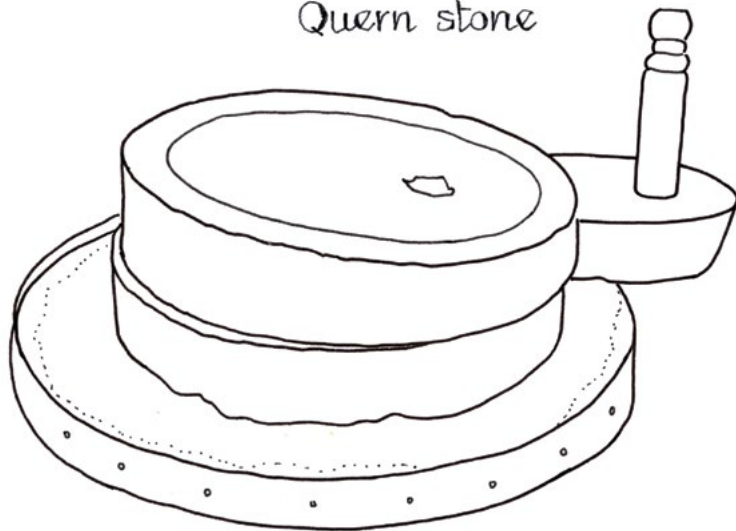
Raleigh windmill is magnificent!



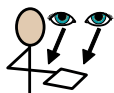
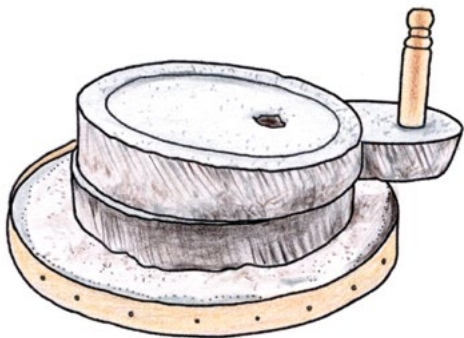
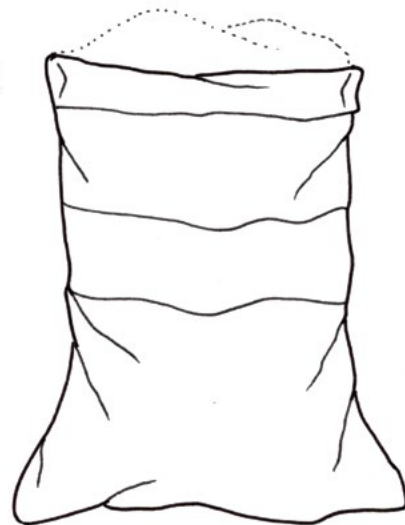
Wheat



Quern stone



Flour sack



Inside, quern stones show how wheat is ground to produce flour.



# Harwich



Alex

and



Rosie



enjoyed

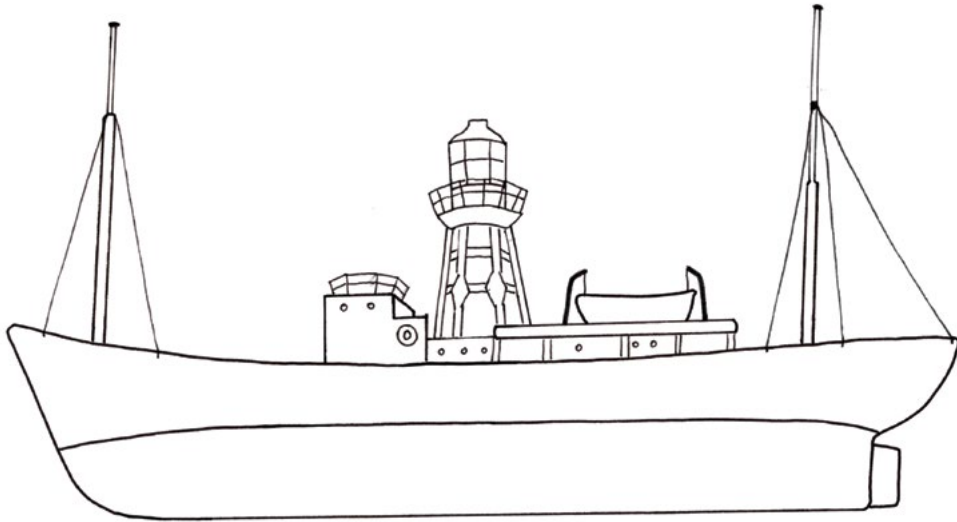


exploring

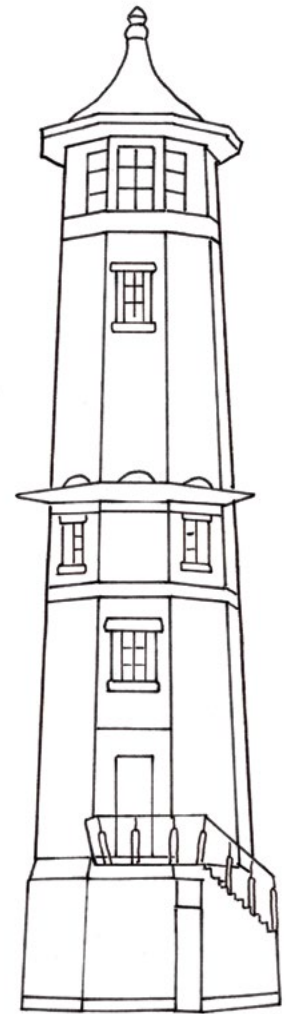
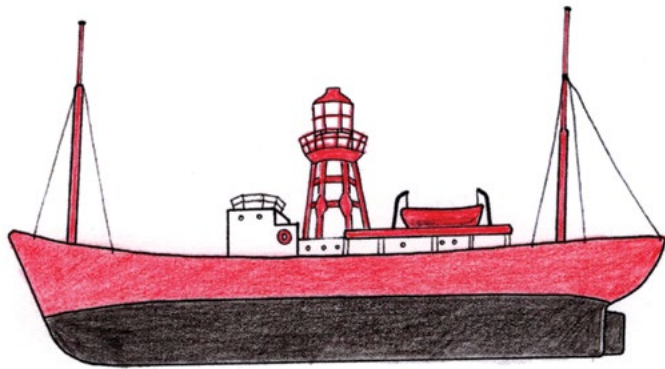
the LV18



lightship.



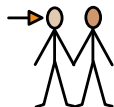
Model lightship in the Low Lighthouse



High Lighthouse



Later,



they



visited

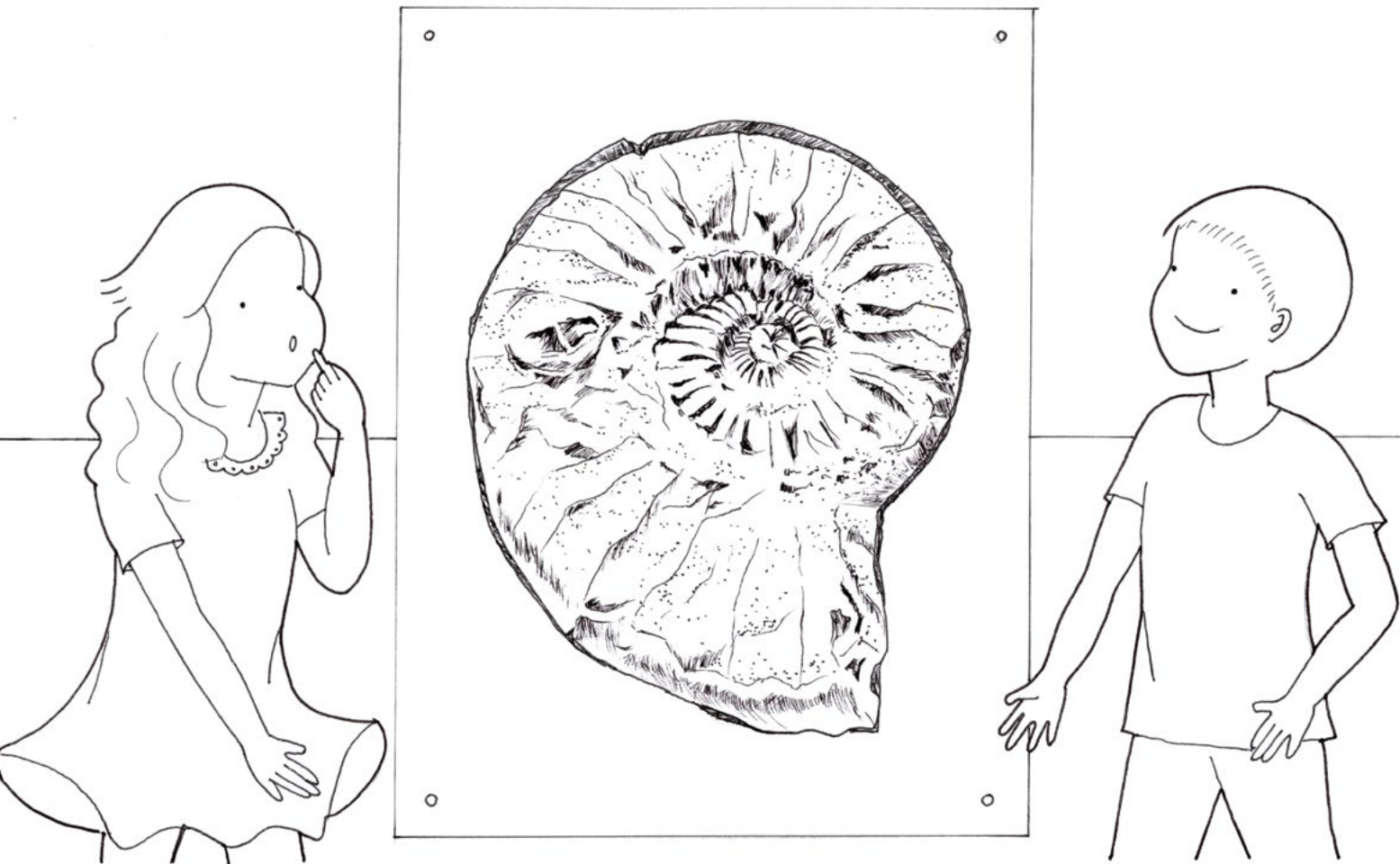


the lighthouse



museums.

# Saffron Walden Museum



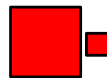
Alex



and Rosie



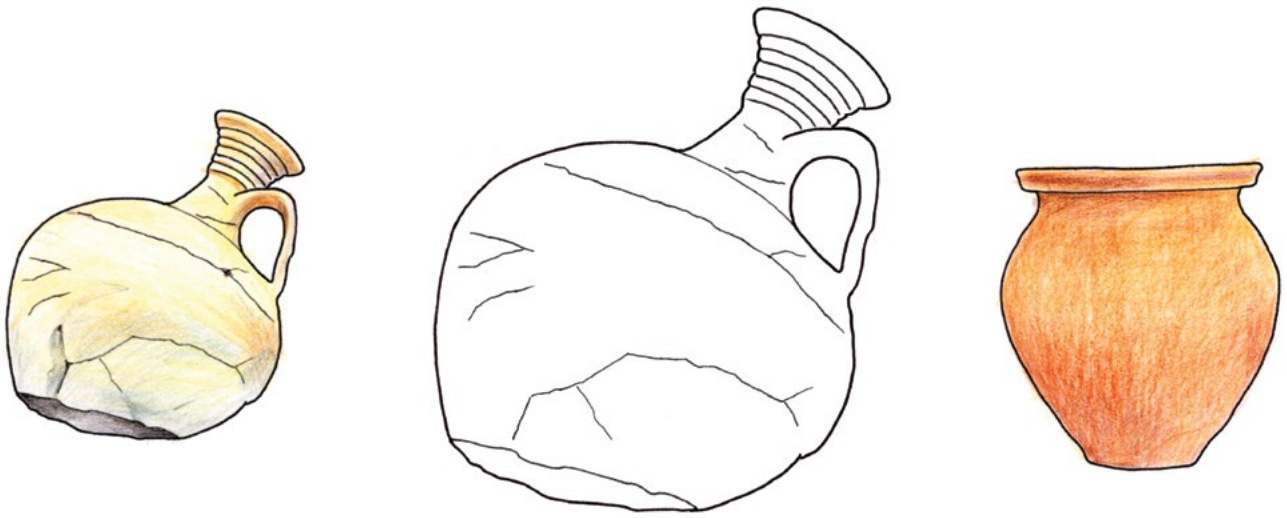
were amazed



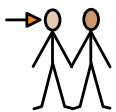
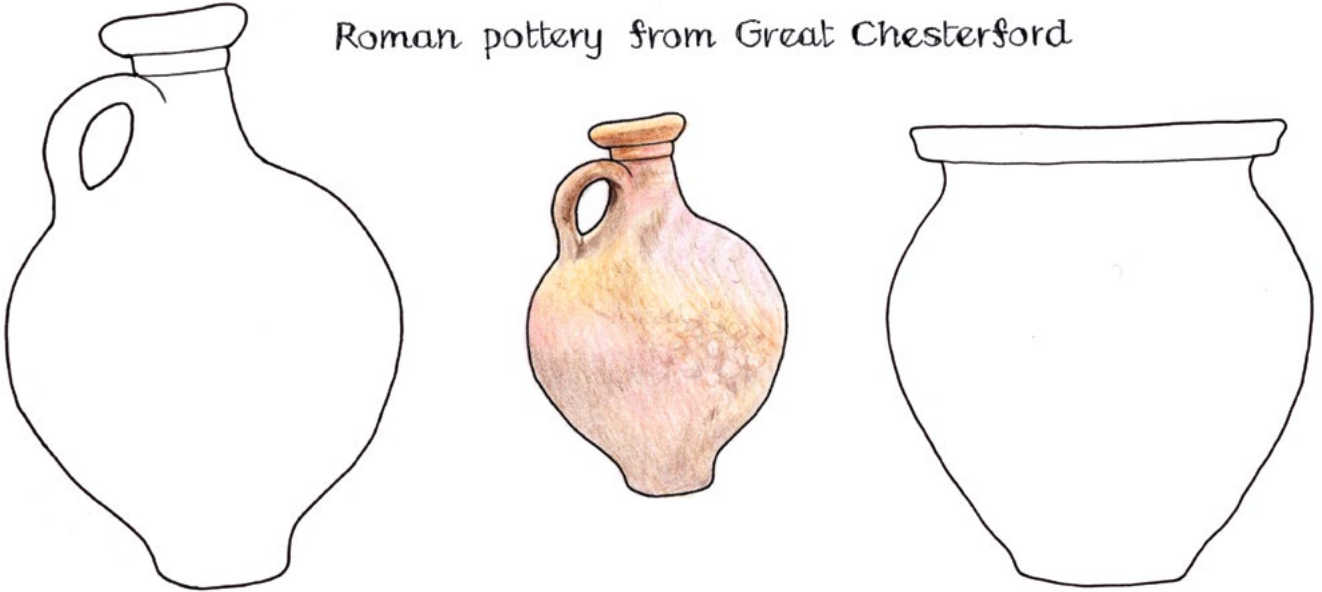
at the size



of the ammonite.

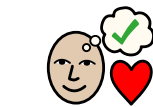


Roman pottery from Great Chesterford



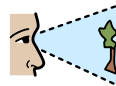
They

were



fascinated

to



see

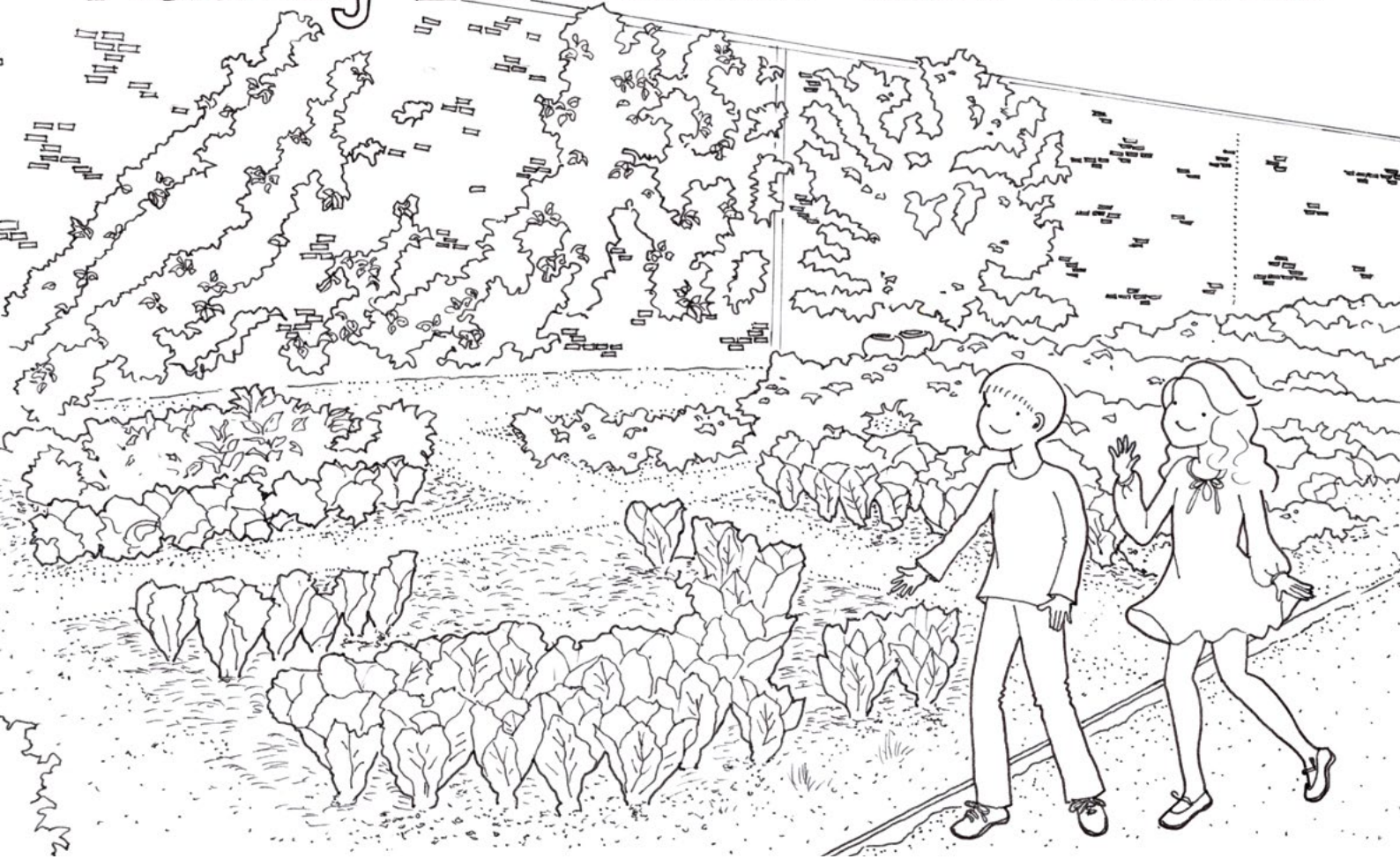


Roman

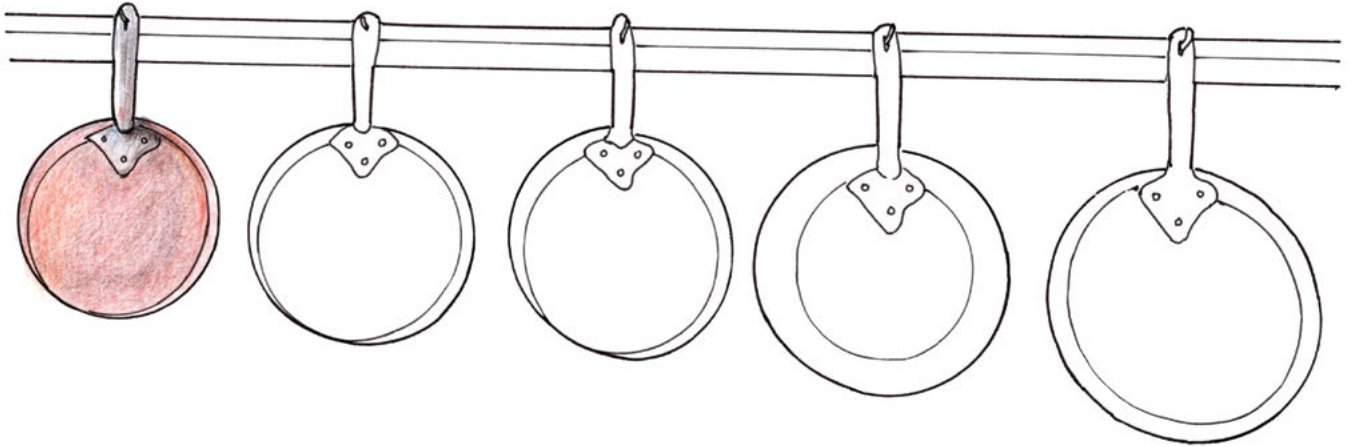


pottery.

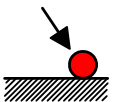
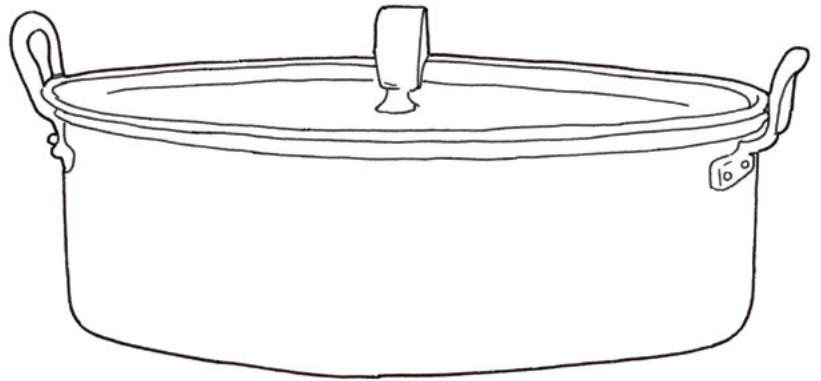
# Audley End House and Garden



Fruit and vegetables are grown in the kitchen garden.

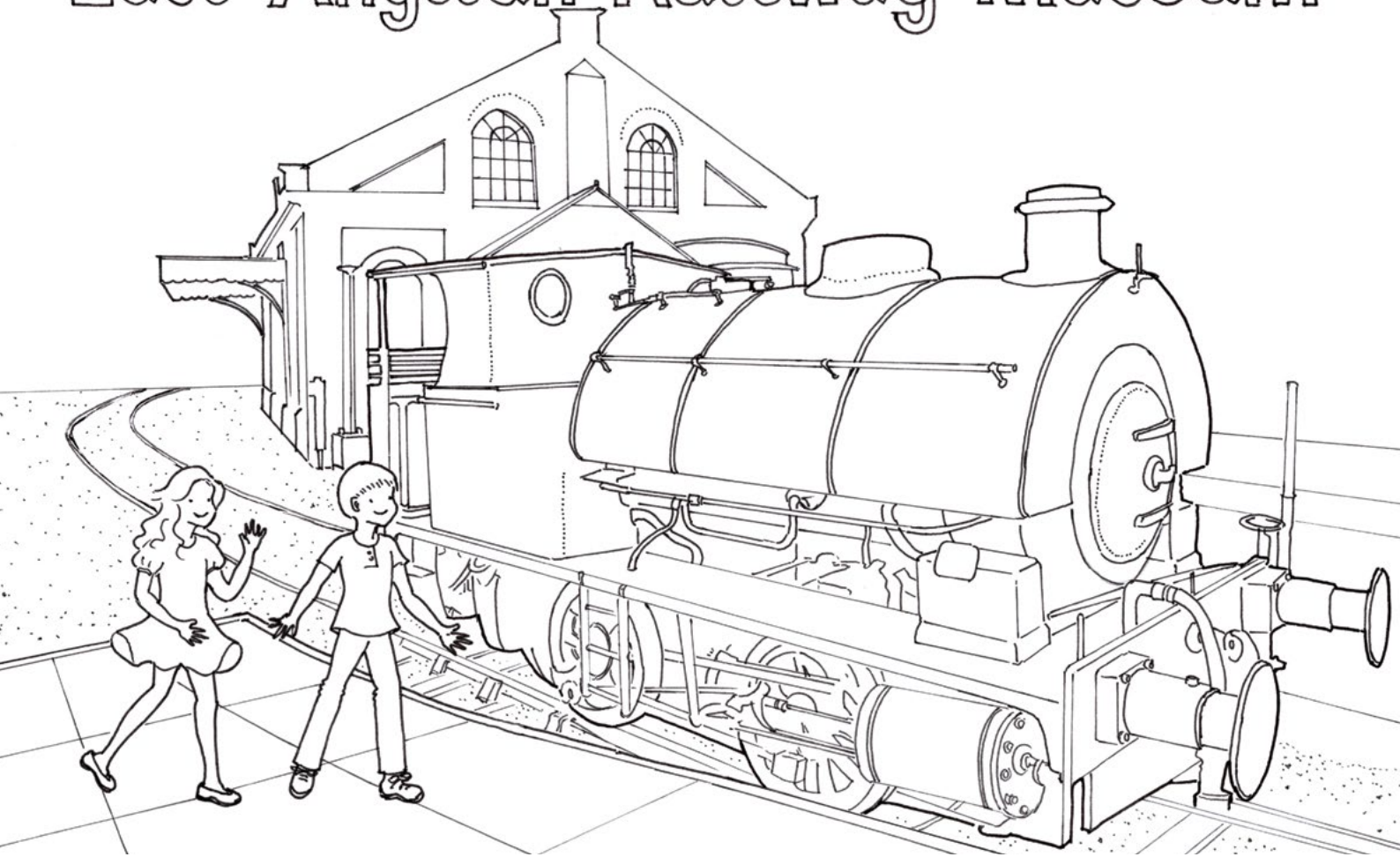


Pots and pans in the Victorian kitchen



There were a lot of pots and pans in the Victorian kitchen.

# East Anglian Railway Museum



Alex



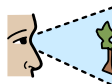
and

Rosie



were

excited



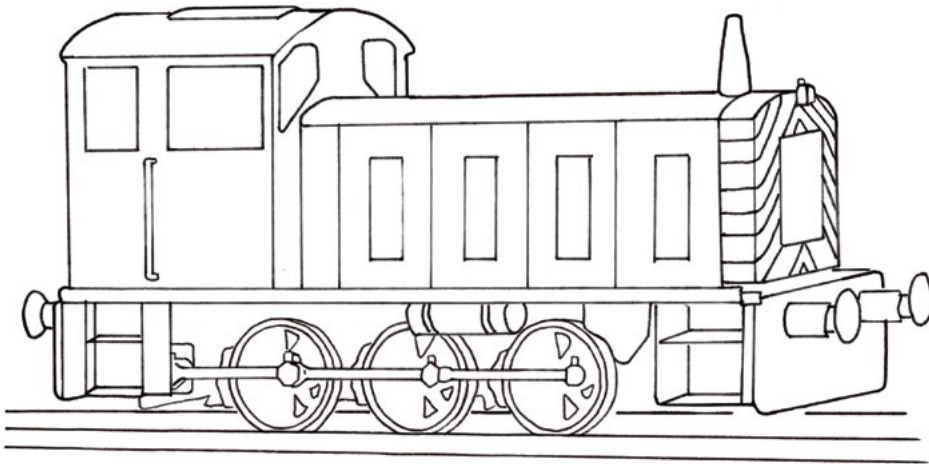
to

see

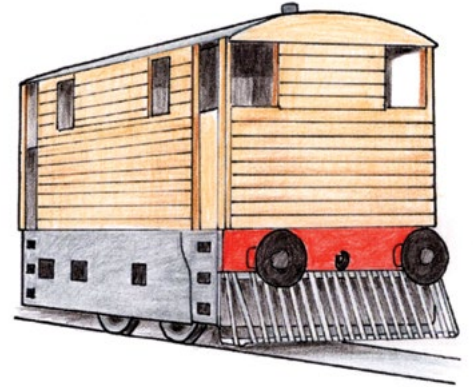
the



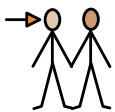
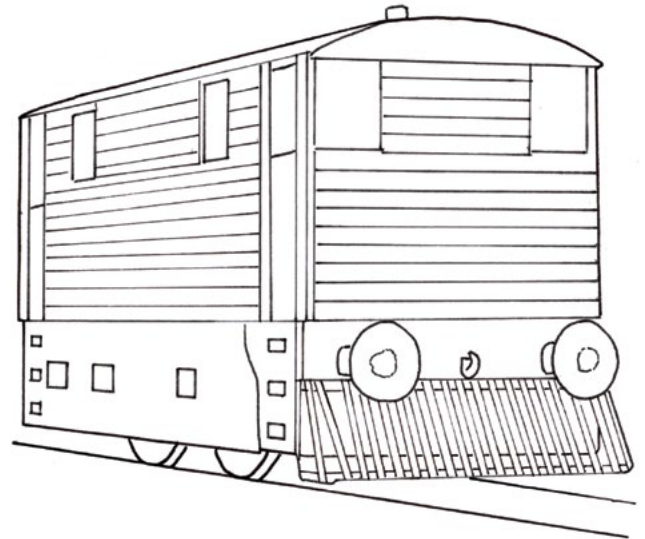
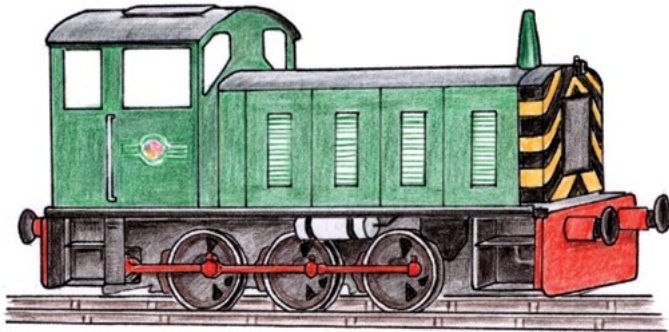
steam trains.



Replica Steam Tram Engine

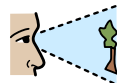


Diesel locomotive



They

also



saw



old



diesel trains

and



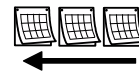
goods wagons.



# Grange Barn



800



Grange

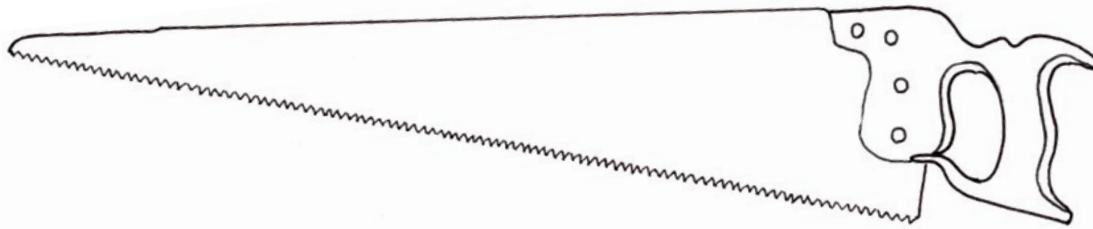
Barn

is

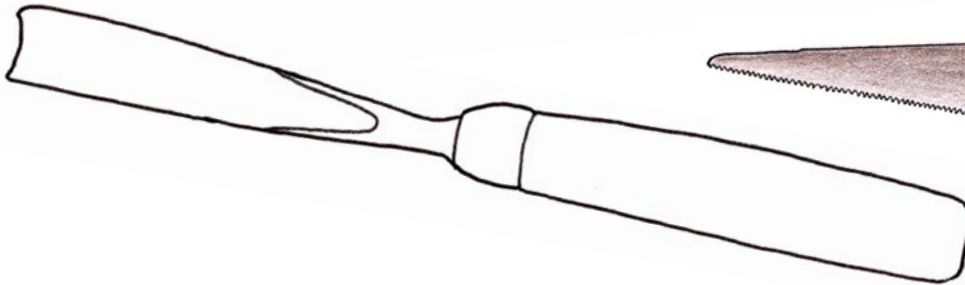
800

years

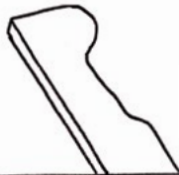
old!



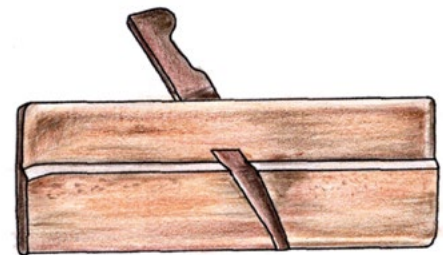
Saw



Carving chisel



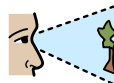
Moulding plane



Alex



was interested



to see



the



old

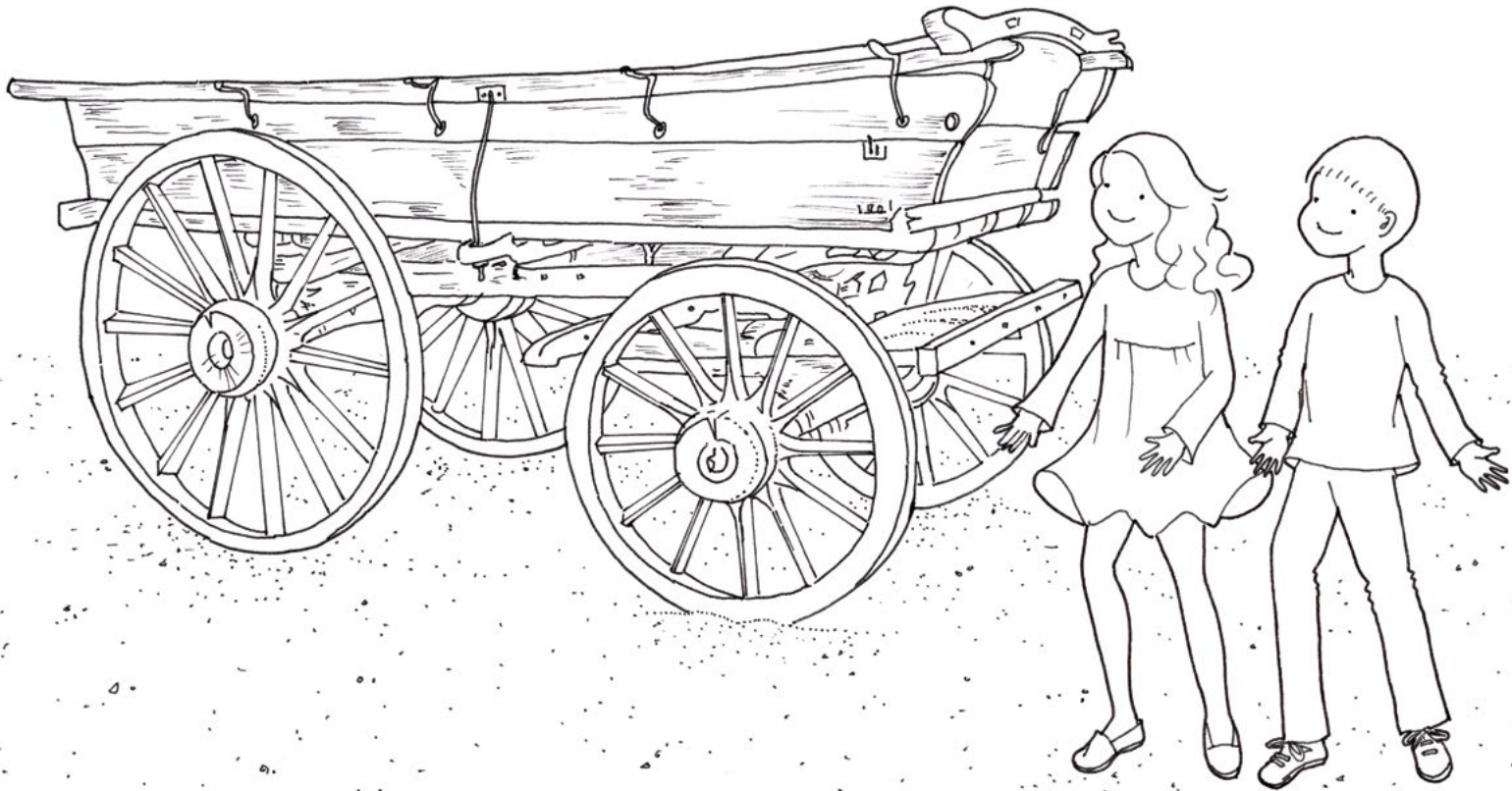


woodcarver's



tools.

# Crossing Temple Barns



Alex

and



Rosie



found

an



old



cart

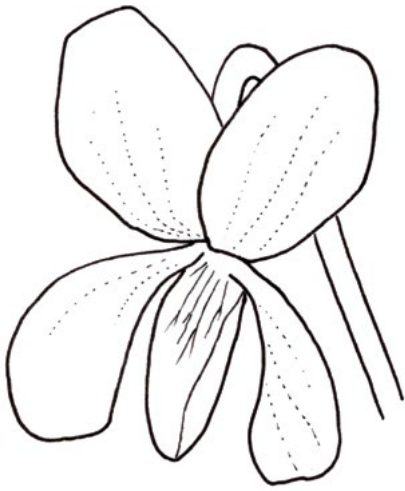
in the



Cart



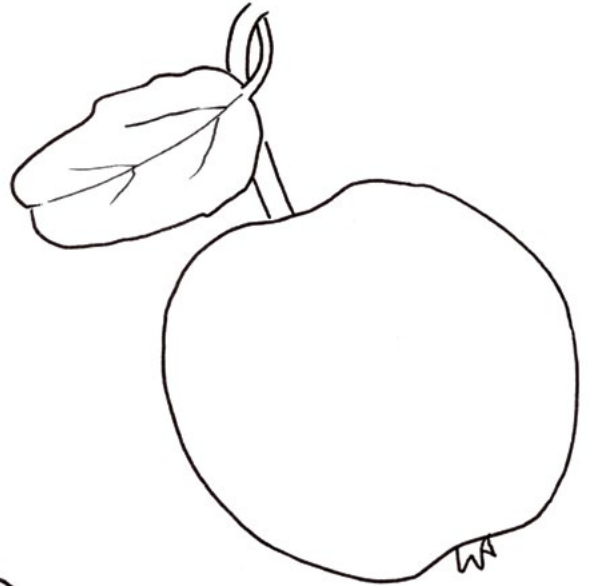
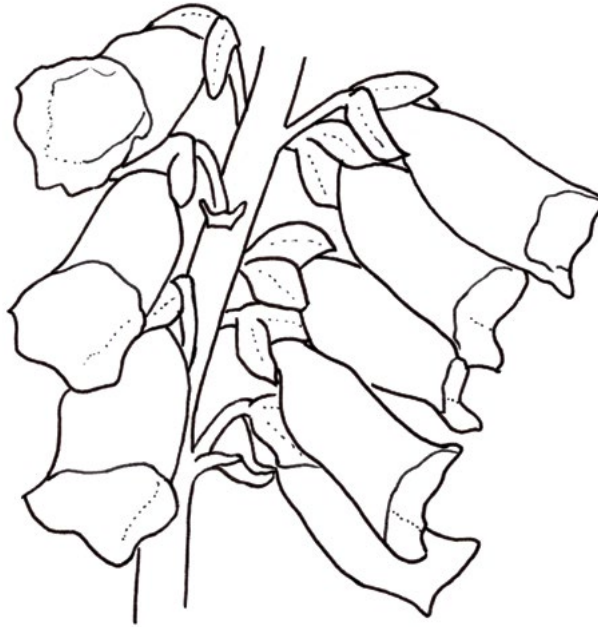
Barn.



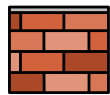
Sweet violet



Foxglove

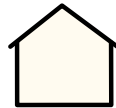


Crab apple

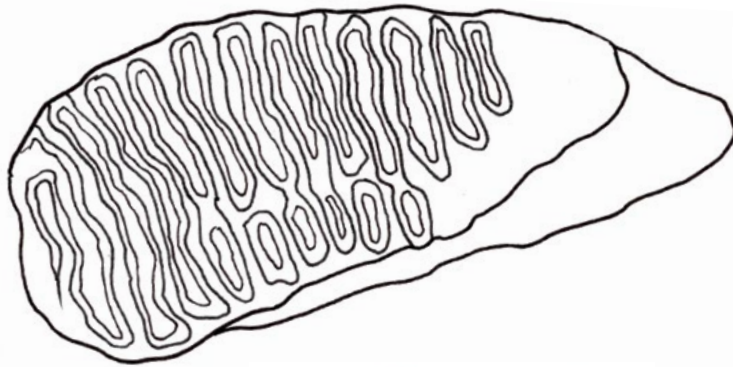


Plants in the walled garden were grown in Tudor times.

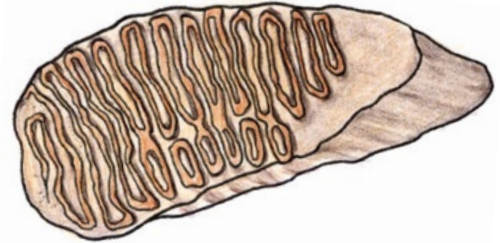
# Chelmsford Museum



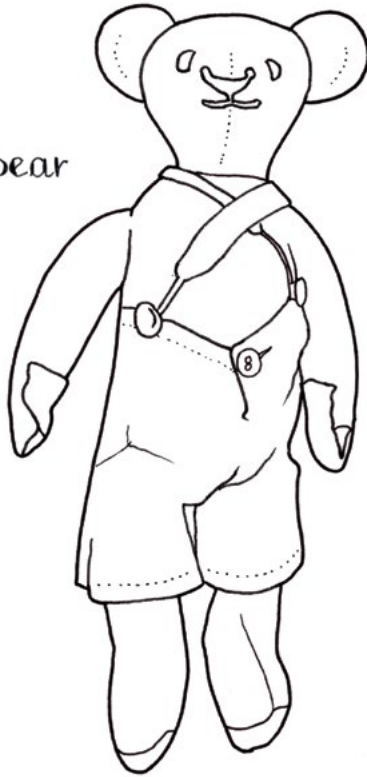
The museum is inside an historic building called Oaklands House.



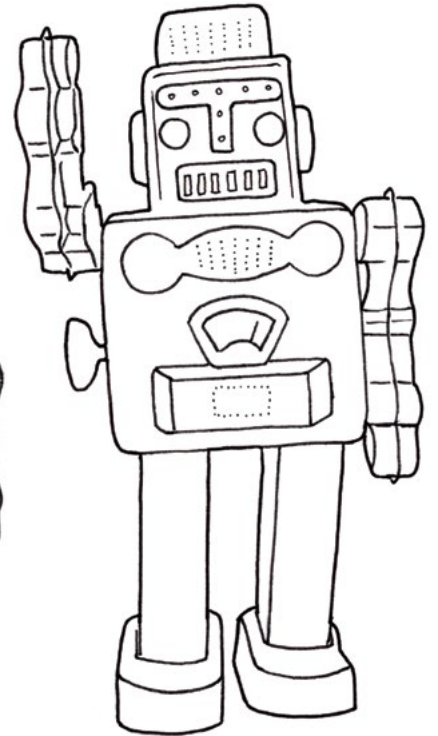
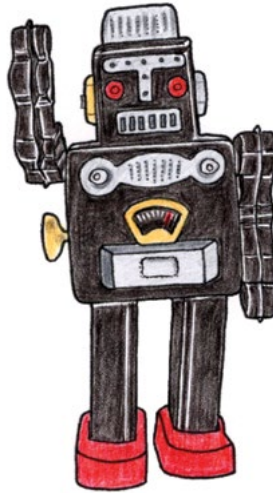
Woolly mammoth tooth



Teddy bear



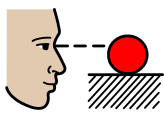
Toy robot



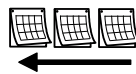
Alex



enjoyed



looking at



old



toys.



Rosie

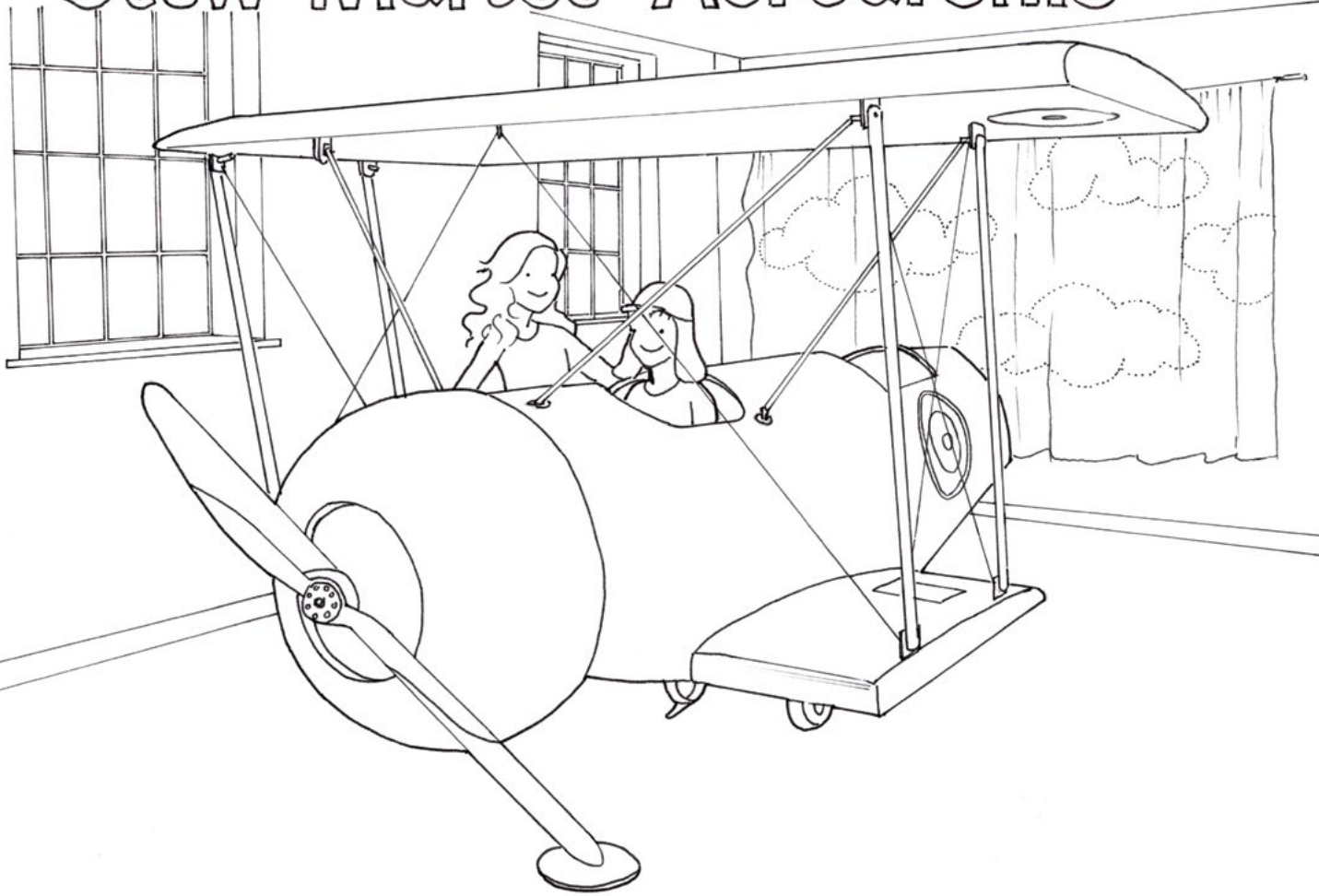


preferred



the fossils.

# Stow Maries Aerodrome



Alex



Rosie



pretended



to

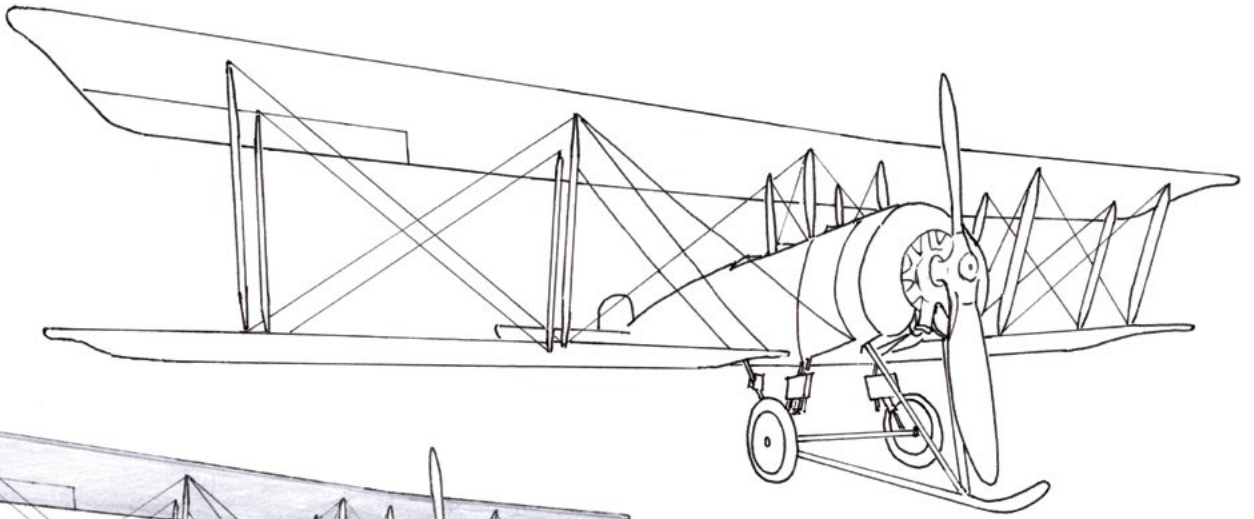


fly

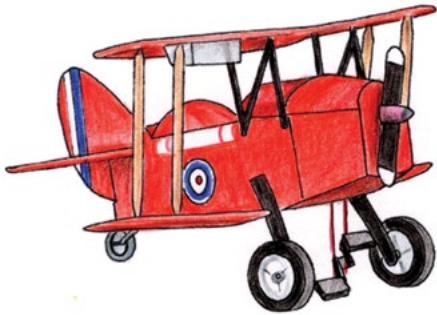
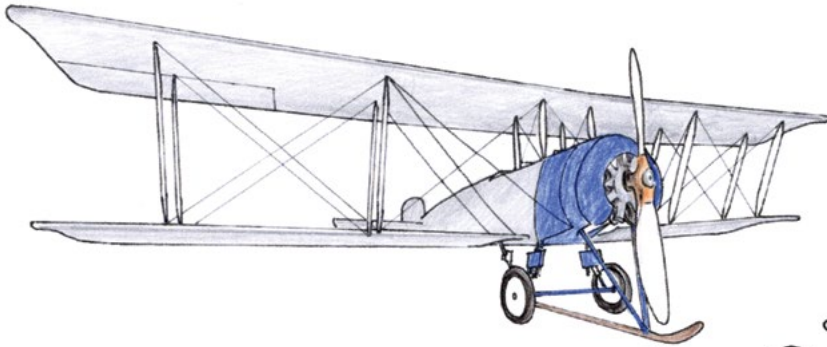
a Sopwith



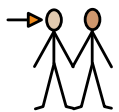
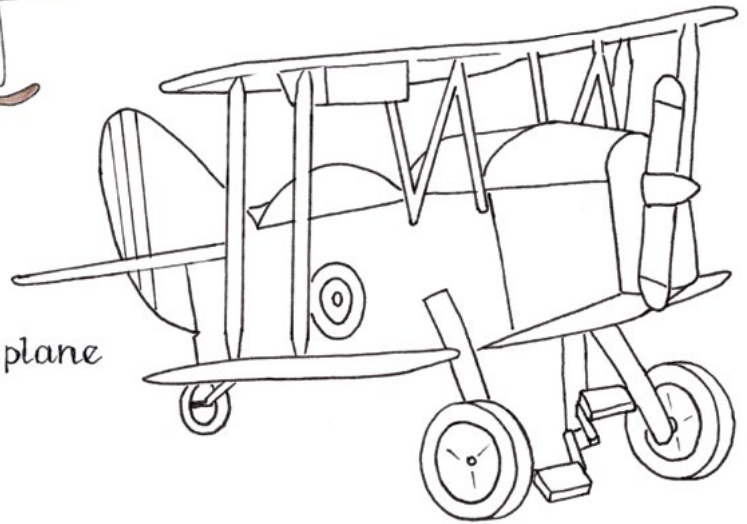
biplane.



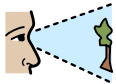
Avro 504K



Pedal plane



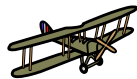
They



saw

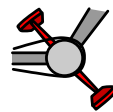


old



biplanes

and



pedal



biplanes

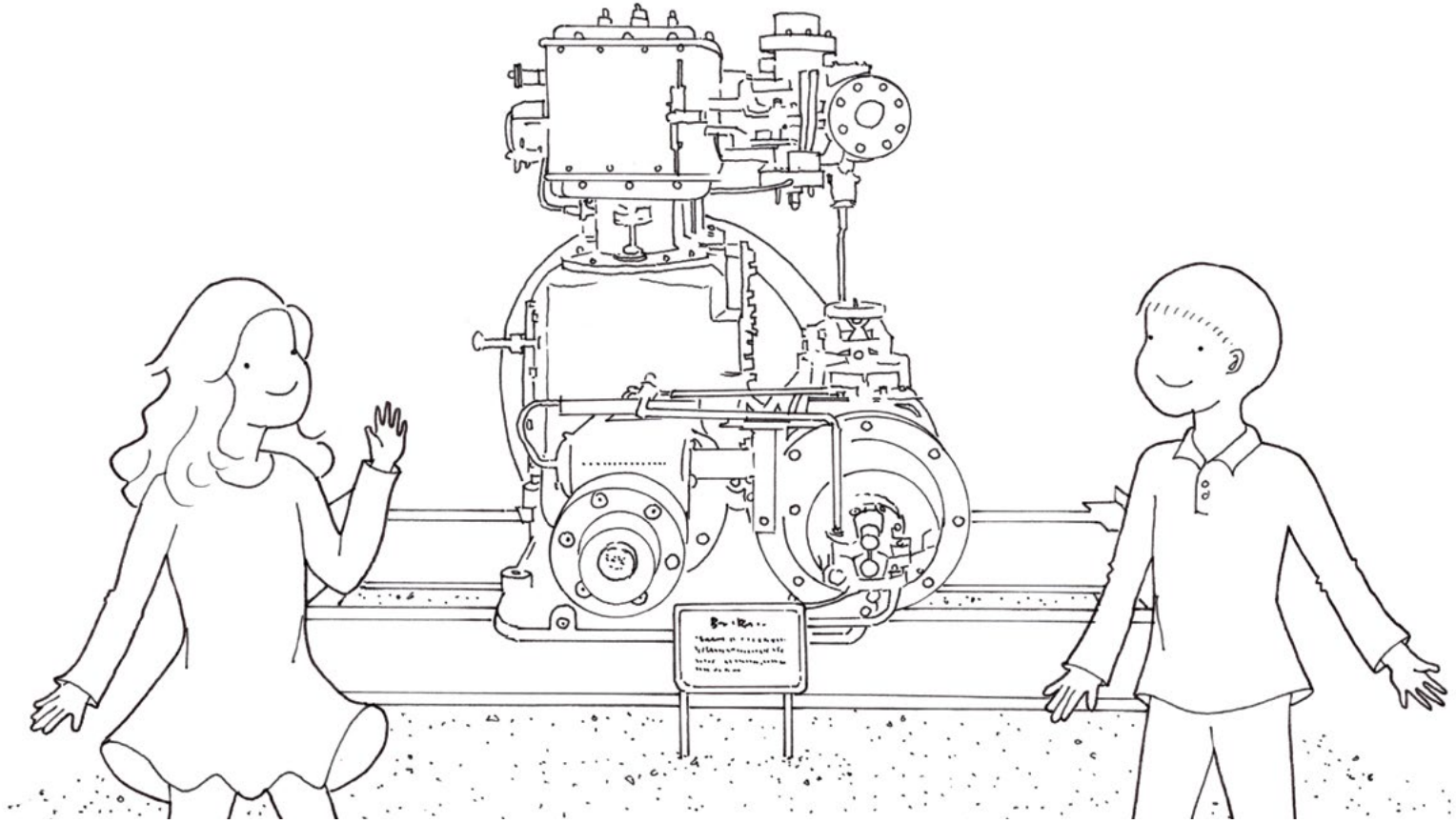
for



children.



# Museum of Power



Alex



and Rosie



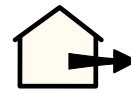
discovered an



old



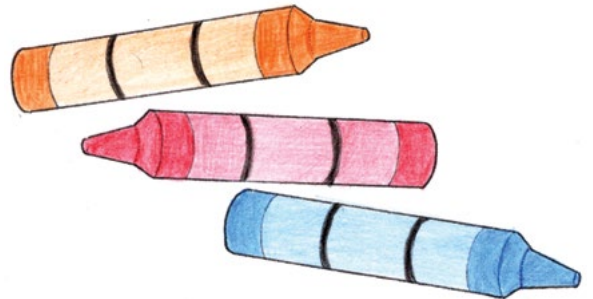
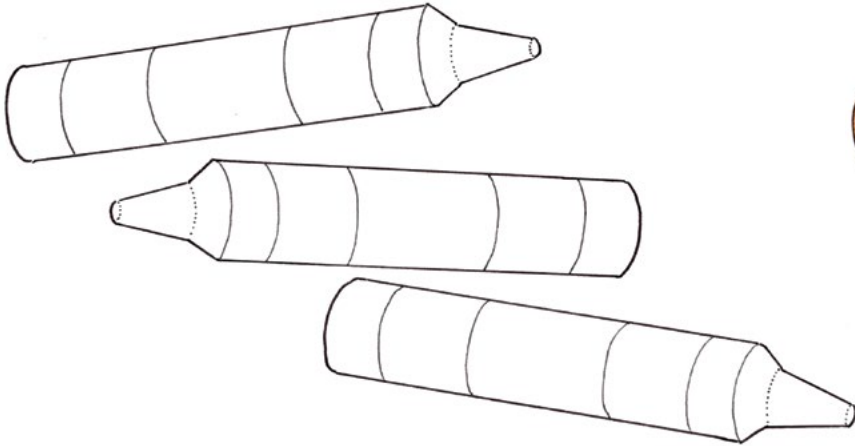
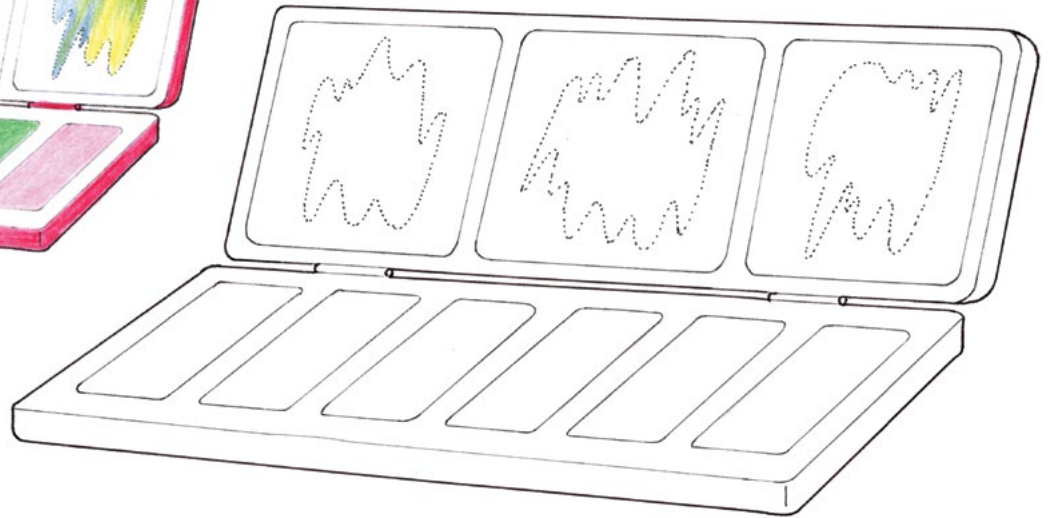
engine



outside the



museum.



Alex

and



Rosie

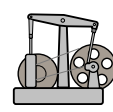


enjoyed



drawing

the



steam engines.

# Prittlewell Priory



Alex



and

Rosie

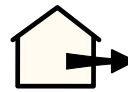


enjoyed

a



picnic



outside



the

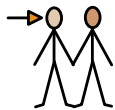
priory.



Model of the old Priory



Inside,



they



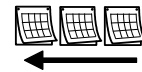
found



a

model

of the

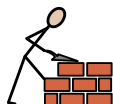
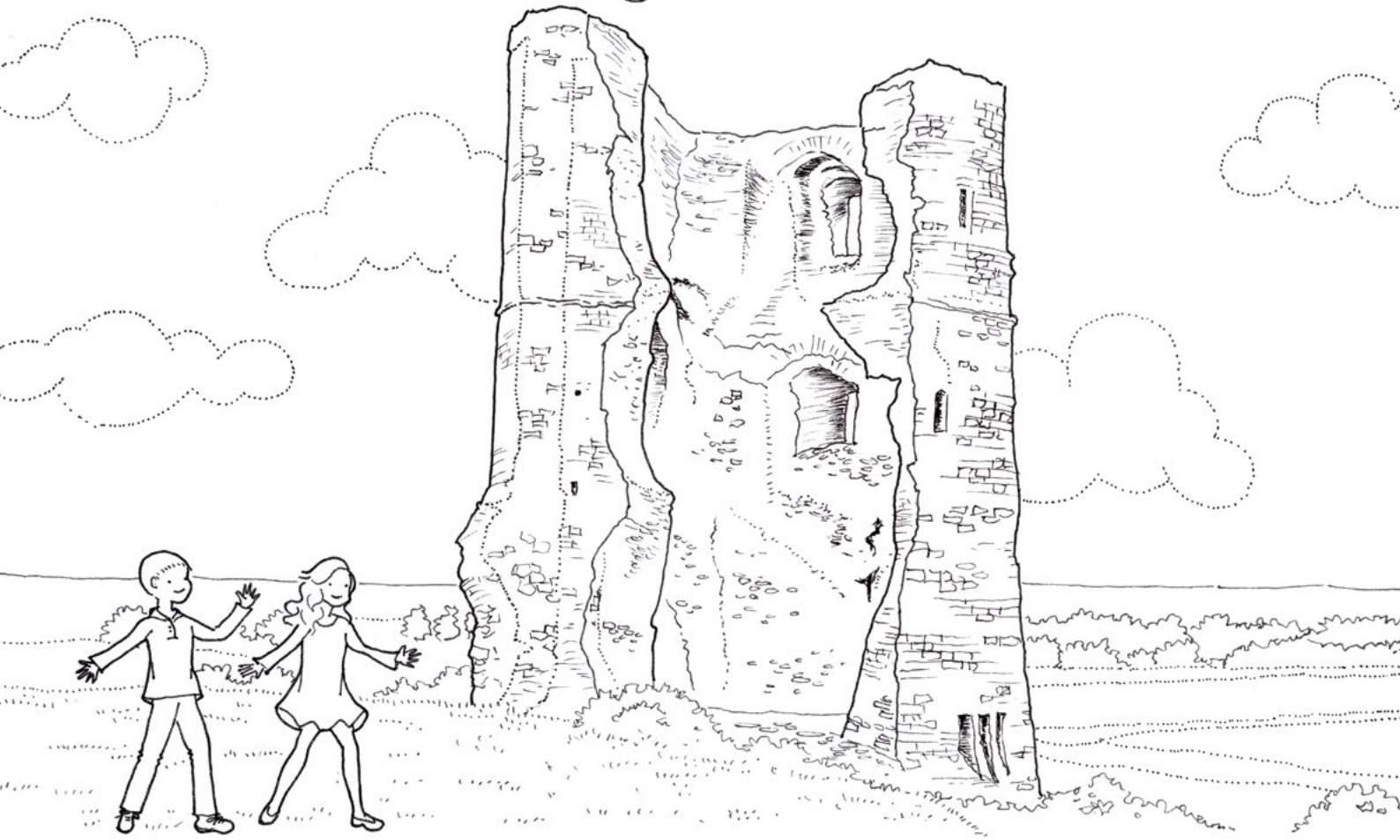


old



priory.

# Hadleigh Castle



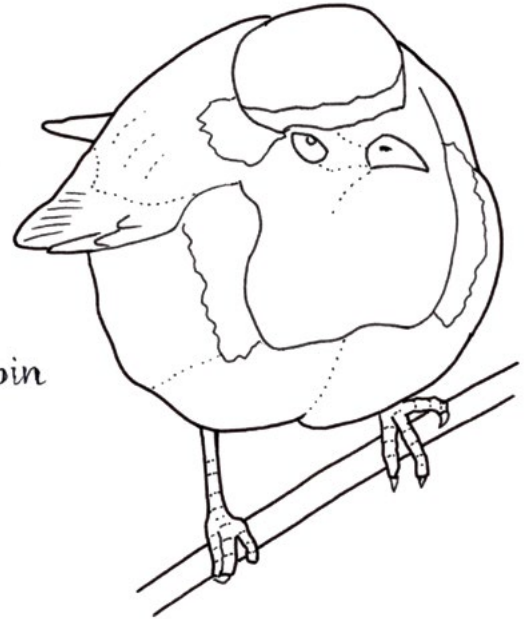
The castle was built in the 13th century, but it is now in ruins.



Chaffinch



Robin

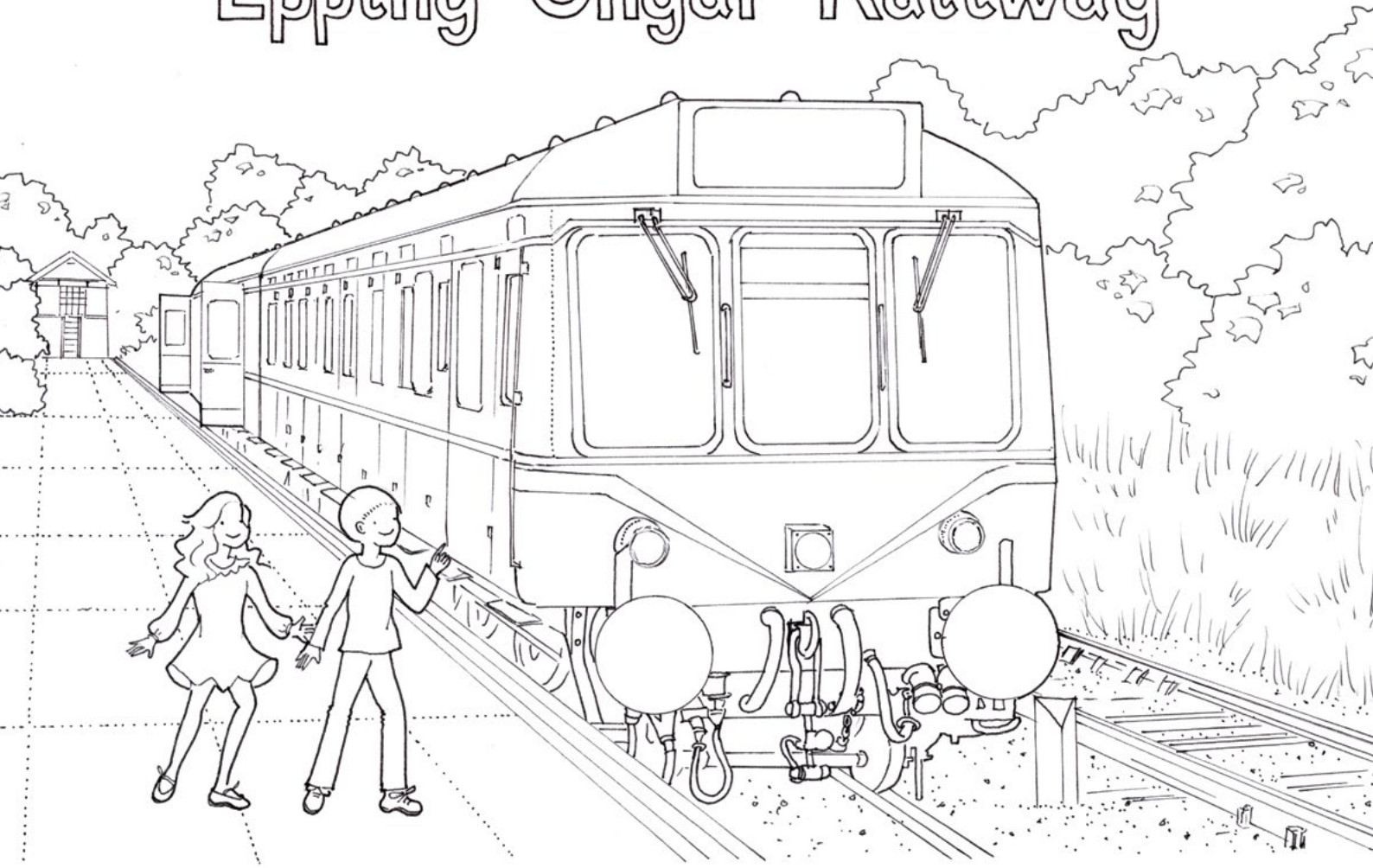


Goldfinch

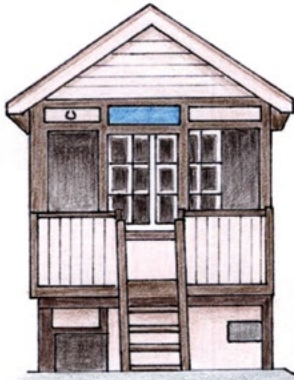


It was very peaceful and Alex and Rosie enjoyed the birds singing.

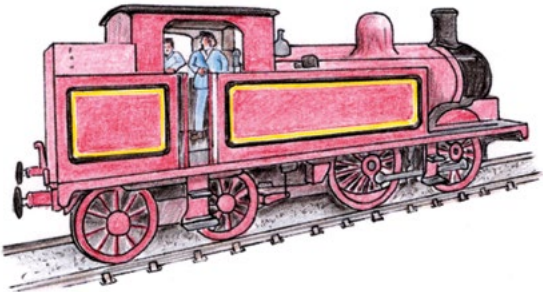
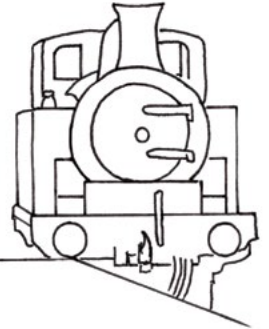
# Epping Ongar Railway



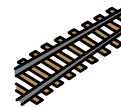
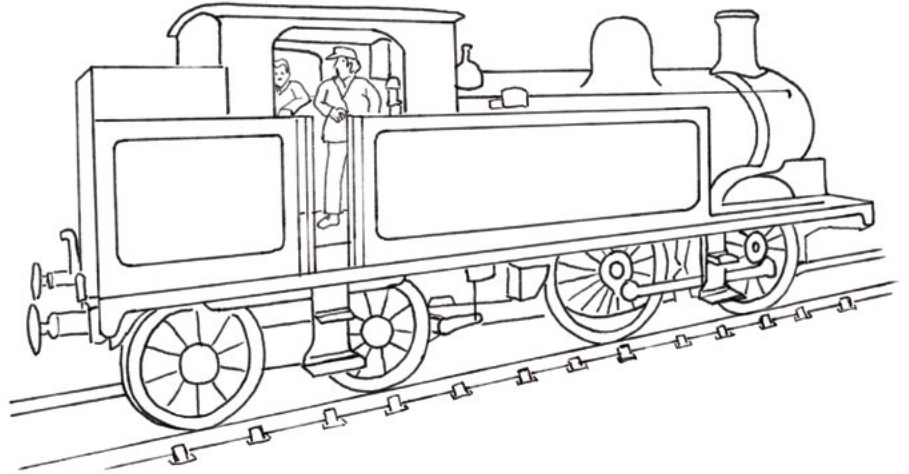
A diesel train was waiting in the station.



Signal box



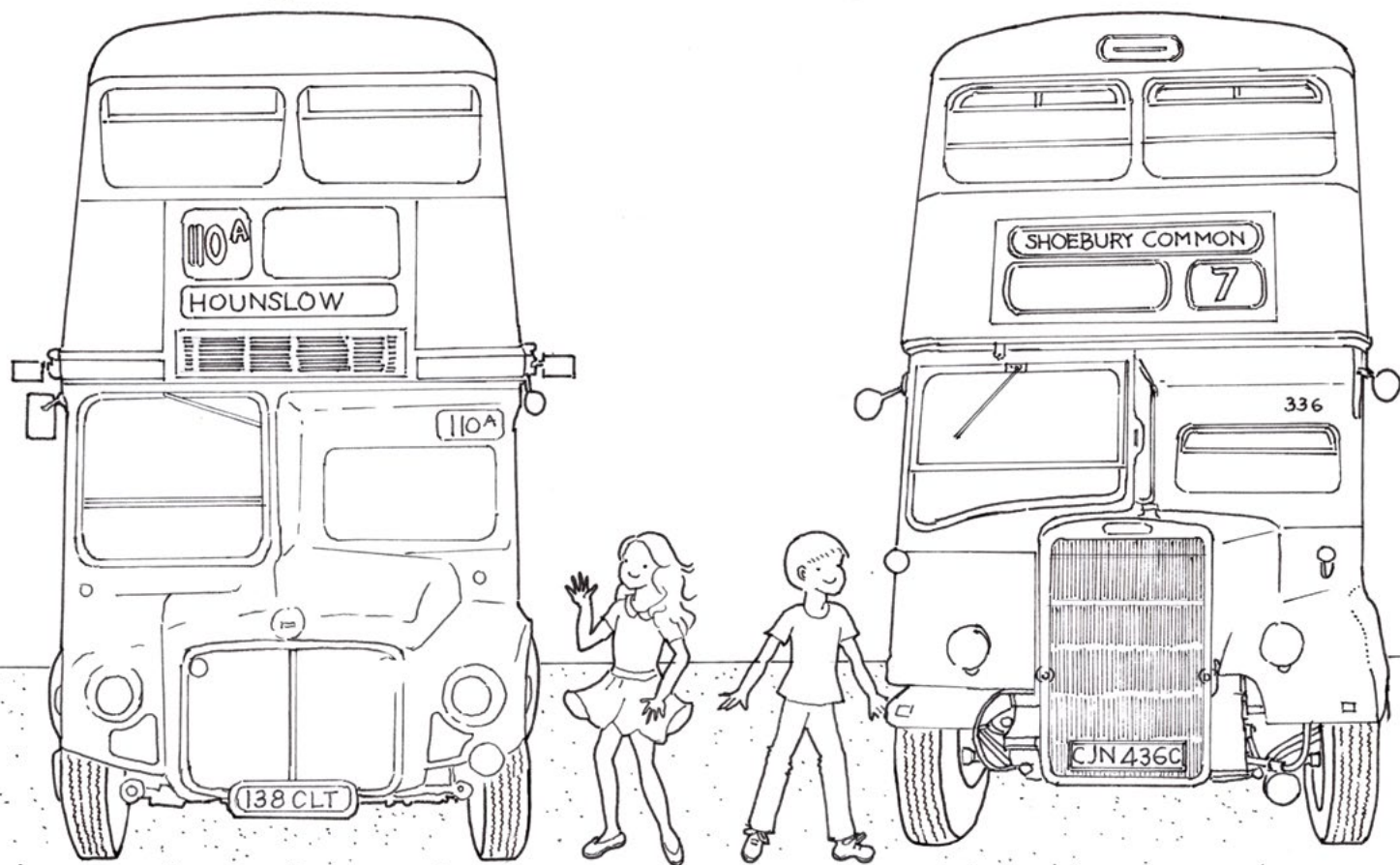
Beyer Peacock locomotive



Steam trains also run on the railway line.



# Canvey Island Transport Museum



Alex



liked

the



blue



bus.



Rosie



preferred

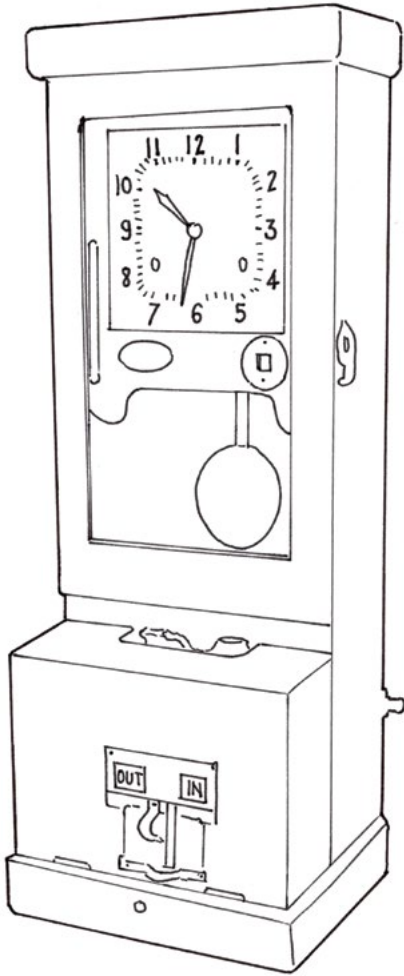
the



red



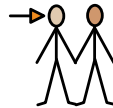
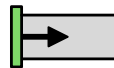
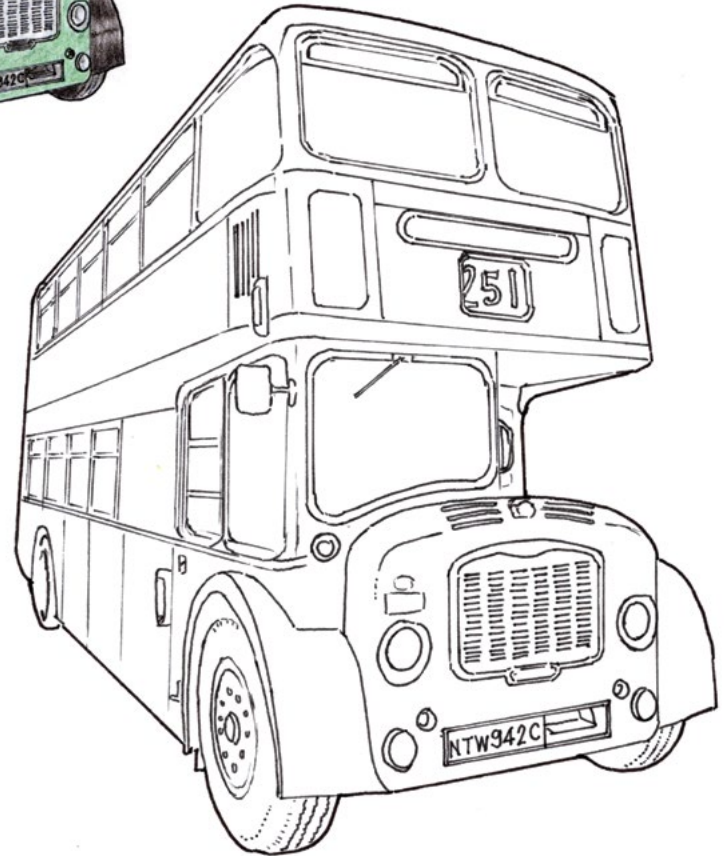
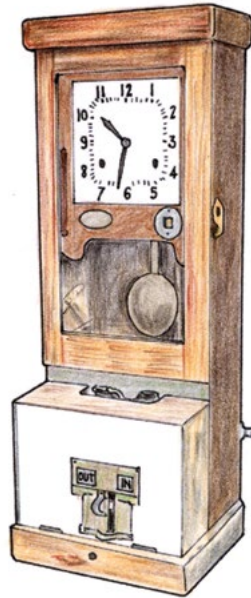
bus!



Clocking-in machine

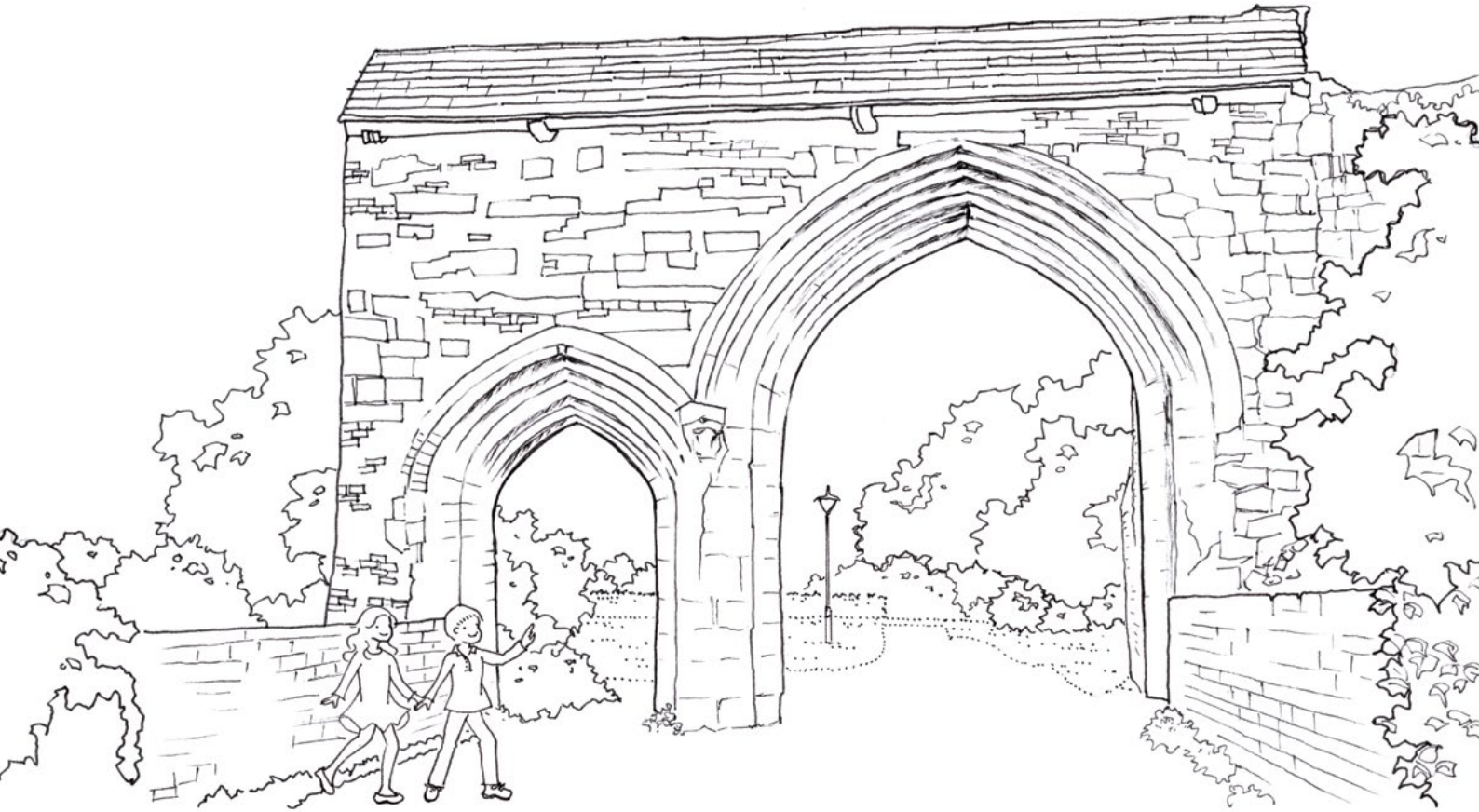


Vintage bus



When the drivers started work, they used the clocking-in machine.

# Waltham Abbey Gardens



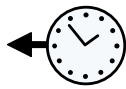
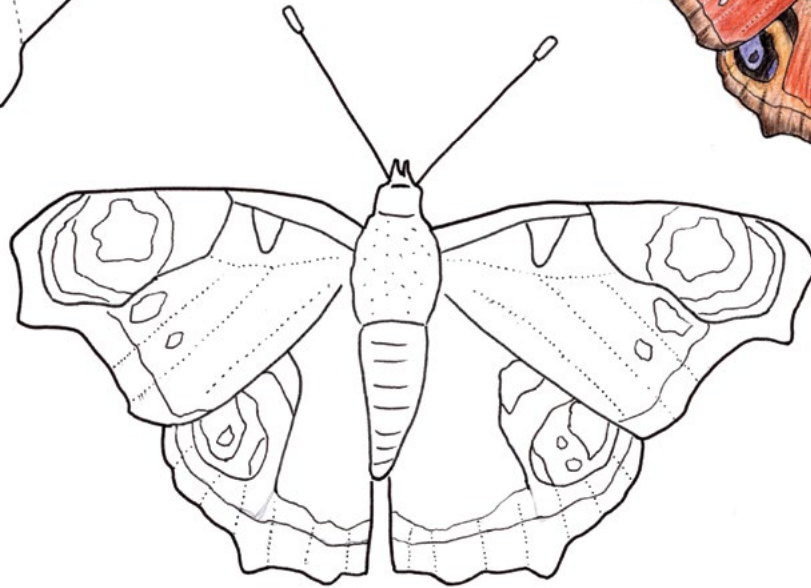
The abbey and gatehouse are in ruins.



Yellow flag



Peacock



The Cornmill stream used to power mills. Now it is home for wildlife.

For bibliographic purposes, this book should be referred to as  
Blakesley, D and Blakesley, T. 2023. Alex and Rosie's Essex Heritage Colouring Book.  
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First published 2023

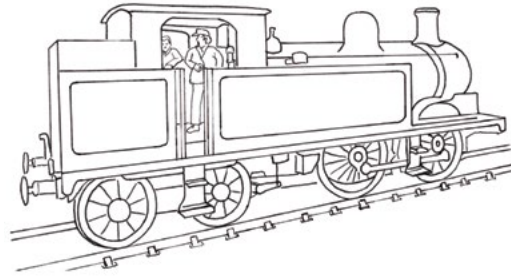
British-Library-in-Publication Data  
A catalogue record for this book is available from the British Library

Layout by Tone Blakesley  
Published by Autism and Nature  
Printed by Amadeus Press

[www.autismandnature.org.uk](http://www.autismandnature.org.uk)

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Alex and Rosie had a lot of fun visiting their favourite heritage places in Essex.  
Find out where they went and what they saw.

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