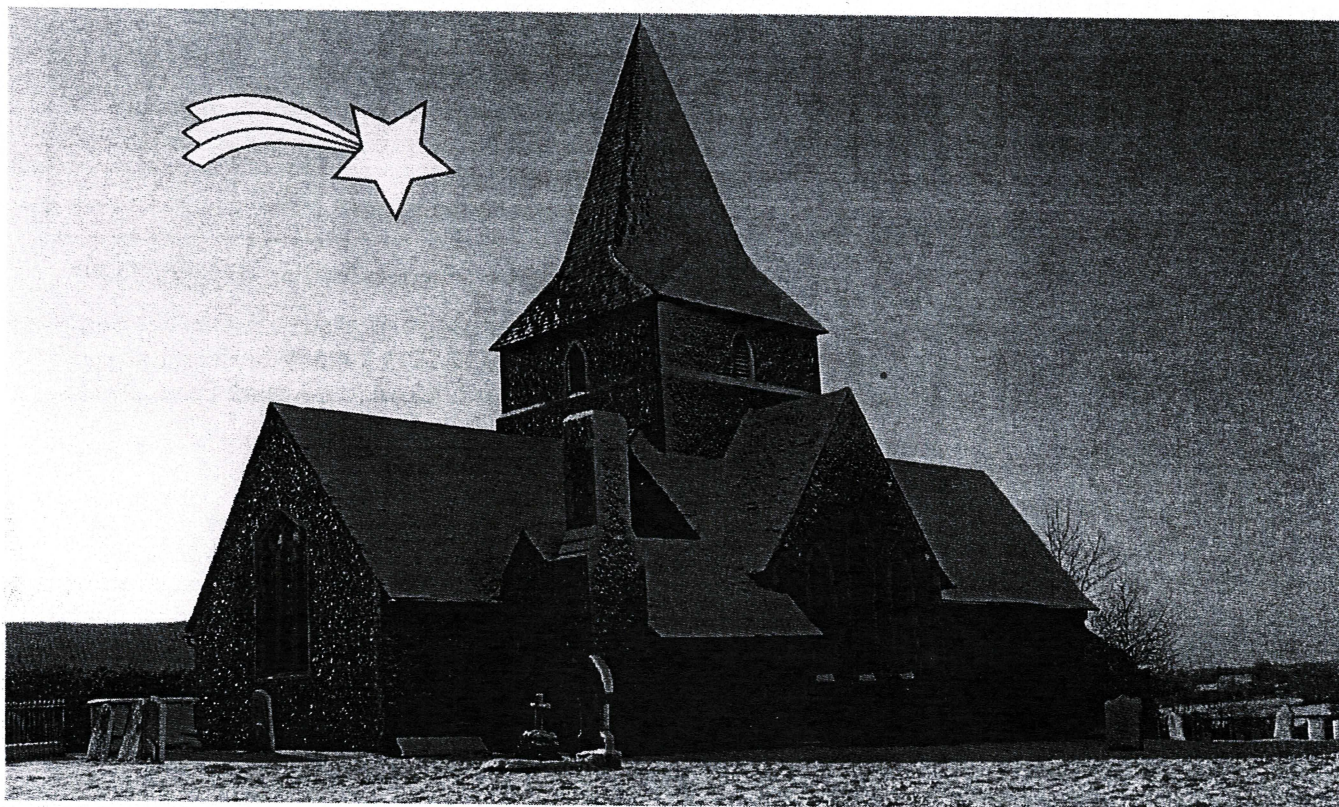


THE MOUNT

Mount Bures Parish News



Mince Pies and Nibbles in the Village Hall

Friday, 9th December, from 7 pm

Come and celebrate Christmas in the Village Hall with Mince Pies, nibbles and a complimentary glass of Mulled Wine.

Bring your own drinks

There will be a Christmas Hamper Raffle
Proceeds towards the Village Hall restoration project

Free event, donations will be appreciated

All welcome

Christmas Services in Mount Bures Church:

Sunday 18th December Carol Service at 3 pm

Christmas Eve Crib Service 3 pm

WHO'S WHO

The Parish Council

Clerk: Kevin Money Tel: 07810781509

mountburespc@gmail.com

Chairman Cll. Ian Woodman 01787 227689

Cll. Hillary Bufton 01787 227218

Cll. Mark Graham 01787 229950

Cll. Michaela Harris

Michaela.c.harris@hotmail.com

Cll. Fiona Willett fionamacnab@btinternet.com

Bi-monthly meetings on second Tuesdays 7.30pm.

In Village Hall

Neighbourhood Policing Team Tel 101, ext.
430136

PCSO *Dave Jones /Hayley Howe*

Mobile 07966 197134

Non Emergency number for Essex police: 101

Emergency phone number in Europe 112

Village Hall Management

Temp. Bookings: Pam Hailes 07974913139

Enquiries: Dick Gould 01787 227834

Dog Training Val Sayer 01206 240328

Royal British Legion Val Sayer -"

Borough Councillor William Sunnucks

william@sunnucks.co.uk

County Councillor Lewis Barber 07876237137

cllr.lewis.barber@essex.gov.uk

Doorstep Deliveries: Byham 01787 372526

RCCE Oil buying scheme: representative Juliette
Shields, 01787 228511

Bures "Footprints- carers and toddlers" 229052

Chappel School 01787 222296

Badger Hotline mob 07751572175

RSPCA enquiries line 0300 1234999

Samaritans: 24 hour phone line 116123

Silverline 0800 470 8090

Free 24 hour confidential helpline for older people

Mount Bures website: mountburespc.co.uk

Mount Bures Whatsapp group

ruthwoodman1@gmail.com

Citizens Advice Colchester 03444 770808

Braintree, Halstead & Witham

0344 499 4719

Sudbury 01787 321400 or 0300330151

For advice on scams: consumer Helpline

0808 223 1133

To report scams 0300 123 2040

Mt. Bures Footpath Society:



Chairman: Ian Woodman Linden House,
Mount Bures, CO8 5AJ 01787 227689

Email imwoodman@btinternet.com

Secretary: Lynn Baird Tel. 01787 228294
email lynnbaird999@gmail.com

Footpath Maintenance Officer:

Ian Andrewartha Tel 01787 227167

Walks on the first Sunday of every month, none in
January. There will be a Boxing Day Walk, further
details to follow by email.

Everyone welcome to the walks.

Active Conservation: George Millins 07534263629

Essex Wildlife Trust 01621 862960

Suffolk Wildlife Trust 01473 890089

A Rocha UK, Foxearth Meadows – Mark Prina, 07548
209652, mark.prina@arocha.org

[https://arocha.org.uk/our-](https://arocha.org.uk/our-activities/practicalconservation/foxearth/)

[activities/practicalconservation/foxearth/](https://arocha.org.uk/our-activities/practicalconservation/foxearth/)

Dedham Vale & Stour Valley Volunteers – Emma

Black, emma.black@suffolk.gov.uk 01394 445225,

dedhamvale.project@suffolk.gov.uk

River Stour Trust – 01787 313199,

<https://www.riverstourtrust.org/about/>

Colchester: **Save Middlewick Wildlife Site** facebook
save the Middlewick ranges

En-form Colchester Environment Centre 15 Church
Walk, Tel.01206 367776, also on Facebook and Twitter

Public Transport

Traveline 08712002233

Hedingham/Chambers buses 03301 020801

Chambers Services 753/754 Colchester/Sudbury/Bury St.

Edmunds and *First Service* 83 Colchester

Greater Anglia trains: 0845 600 7245

Nigel Taxis, Chappel 01206 240436

Sudbury Town Taxis 01787 377366

Essex County Council Sunday Saver ticket for
just £4.30. Most services accept this ticket which is valid
all day on Sundays/bank holidays. Find out more
here: <https://bit.ly/3FubzZT>

*Many thanks to contributors of articles, ideas and photo-
graphs, helpers and sponsors of The Mount. Please send
contributions, emails to Hildegard Hill 01787 228429
hildegardandbuster@gmail.com*

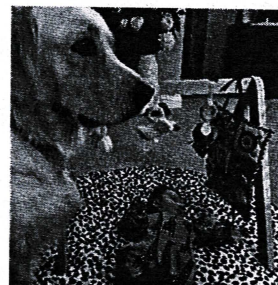
Welcome to the Planet:



Elise Clare Harris:

Born at West Suffolk Hospital on 23rd August. Arrived at 9.57am weighing 7lbs 11. She is very loved, particularly by Georgie the dog! *Michaela and Nick of Pepper House*

“Dogsitting”



Moira Flatt:

Kenn and Julie Flatt of Rosemary Cottage, Bells Hill proudly announce the birth of their second child, a baby girl at the beginning of October .

Remembrance Sunday November 13th, on Mount Bures Village Green



In Memoriam

We note their passing away:

Raymond Brewer of Brookfields, Craigs Lane

Margaret Leatherdale of Tower View, Chappel Road

David Cowlin of Mill Bungalow, Peartree Hill

Funeral Friday 9th December, 11.00 am, Mount Bures Church

Stanley Woodman of Plovers, Hall Road
(see obituary)

We will remember them

The Village Hall still wants people to come forward and help with the running of the Hall

If interested please contact Pam 07974913139

Ongoing events: **Dog Training:** *Every Monday* starting at
7.00pm

For further details please phone Val 01206 240328



Yoga Tuesday 10.00 am– 11.30am Jan Mather 07944 314809

Pilates Wednesday 9.30am-10.30 am phone Michelle 07904733122
Michelle.bass4@outlook.com

Parent and child exercise group

Wednesdays 11am. Bring your baby/toddler along for a circuit style exercise class. All abilities welcome! I will provide some matting to put babies on but please feel free to bring any additional blankets/toys for them. Come try your first class for £5 and after that £8 per class. Any questions please contact Sara via email at mycompletetrainer@gmail.com

Mount Bures Connections

Thursdays 10.00am—noon

Digital Access Support

Assistance with any problems villagers might be having with their mobile devices (I-phones, I-pads etc.) First group of 8 consecutive sessions to start in January 23, but more might follow at a convenient date.

For more information: 01206 282452 Email Digital.AccessSupport@colchester.gov.uk
www.colchester.gov.uk/digitalaccesssupport

Thank you

- to Jon of 1 Sackville Cottages for cutting back the vigorous *Pyracantha* growing up the Village Hall wall, taking great care to leave the berries for the birds.
 - to David Stannard for weeding the carpark around the Hall

Mobile Library

Parking near the phone box in Craigs Lane:

books, Cassettes, DVDs etc.

Tuesdays 14.30—15.00

Next visits: 6 & 27 December

The Mini Recycling Centre

(behind the Village Hall)

3 bins for *clean glass bottles and jars*

no ceramics, no Pyrex please

2 bins for *clean food tins, drinks cans, aerosols and aluminium foil.*

Please flatten cans

no plastic bottles, no plastic bags please.

Please note: Ceramics, Pyrex, plastic items and putrid food

residues contaminate the recycle of the whole bin which will then have to be dumped in landfill

Mount Bures Parish Council News

A wreath laying ceremony was held on the Village Green on Sunday 13th November following a remembrance service at St John's church. The Parish Council is most grateful to St John's Church for supporting this ceremony, to Stephen Barr for playing the bagpipes so evocatively, and to all of those who attended.

Following discussion about possible uses for the old telephone kiosk on the Village Green the Parish Council has arranged for shelves to be erected in the kiosk so that it can be used as a book exchange. A large number of books have already been donated and residents are most welcome to take any of these to read and to fill any gaps with any books they may wish to pass on. Please do not leave books if they cannot be placed on the shelves. The Parish Council is also looking to place a notice board in the kiosk for local information. If any resident has any further ideas for uses for the telephone kiosk please contact any of the Parish Cllrs or the Parish Clerk.

The Council has also commented on two significant planning applications relating to commercial activities affecting the Parish. The first of these is at Hushwing's Farm in Wakes Colne (but immediately adjacent to Mount Bures) where permission has been sought for additional buildings to support an equestrian business, including the provision of staff accommodation and a 'rural workers' home for the owners. The Council was generally supportive of the development of the business, but raised some concerns over the proposed location of new facilities which might impact on neighbouring properties and the size of the proposed new house. The second application at Fairfields Farm, Fordham Road, Wormingford covers the construction or conversion of lagoons or reservoirs for digestate storage on Wormingford airfield. (The digestate can then be used as a fertiliser on the fields.) Although most of this application relates to Wormingford, one of the existing reservoirs proposed for conversion lies just within the Parish of Mount Bures, at the top of the old road from Wellhouse Farm to the airfield, and immediately adjacent to two public footpaths. The Council has commented to the planning authority that it believes that given the risks of odours and leakage of digestate from this reservoir affecting those using the footpaths it would be better if all storage of digestate were concentrated with the other proposed lagoons closer to Fairfields farm.

A separate earlier planning application for a composting facility on the concrete hardstanding next to this reservoir, which the Council opposed on the grounds that it represented unacceptable industrialisation of a very rural site and would adversely affect people using the footpaths, remains under consideration by Essex County Council. *Ian Woodman*

Footpath Society news:

1. We hope to have a BOXING DAY walk starting at 11.00 - start location to be confirmed. Can you please let us know if you are hoping to get some exercise after those Christmas Day overindulgences !
2. We also wanted to let you all know that we haven't forgotten that we are due an AGM, and that this is in the planning stages for early 2023 - possibly with a sausage supper which we know everybody has been eagerly anticipating as there hadn't been the opportunity to have one during the COVID-19 period.

Bus News: Service 83

Our Monday to Saturday service from Bures to Colchester now also stops UPON REQUEST at Wilkinson in St. John's Street on the way home. Also change of operator from Hedingham to **First** Group. No other changes. Timetable and other enquiries from *Hildegard*

A Christmas Message



Over the centuries, many traditions have built up around Christmas, to the point, where many of us share the same traditions, be it singing Christmas carols, hanging stockings out for Father Christmas, decorating our houses, giving and receiving presents, pulling crackers with jokes told and eyes rolled, and eating too many festive foods, from turkeys to mince pies, all washed down with the ubiquitous tin of Quality Street or Roses (you get the idea, other sweet options are available!)

But there might also be those Christmas traditions that we always do as families, that others may not. For example, the first Christmas my husband spent with my family, he was completely bemused, when the Christmas pudding appeared, flames lapping, and everyone launched into singing, 'Good King Wenceslas'. It was something we always did, but until that moment in time, it had never occurred to me that it wasn't being repeated in every other home across the land. Whatever the traditions we have, there is something very comforting and familiar about Christmas. It is something that many people look forward to with great excitement, and of course the story of Christmas, as it gets retold time and time again, never gets old. School nativity plays recreate the drama of Mary and Joseph travelling to Bethlehem and giving birth in a stable, the Baby Jesus, the King of kings, wrapped in swaddling cloths, and laid in a manger.

For years, one thing many people across the country have tuned into on Christmas day, at 3pm is the Queen's Christmas Message, a message which has often touched on her deep Christian faith. This year, things will be different, as for the first time for many of us, it will be the King's Christmas Message we will hear. Whilst it may be different, the over-all message of Christmas remains the same, and it is a message of Joy and Hope, as the angels announce to shepherds on the hillside, *'Do not be afraid, I bring you good news of great joy that will be for all the people. Today in the town of David a Saviour has been born to you; he is Christ the Lord. This will be a sign to you: you will find a baby wrapped in cloths and lying in a manger.'*

So as we enjoy all the traditions of Christmas, old and new, may we never lose sight of the Hope and Joy the Christ child brings us.

May God bless you and Happy Christmas
Reverend Heather

The trussell trust: Colchester Foodbank Collection Point in the Church

A box is provided in the church, please donate an item or two from the list below:

Long life milk, long life fruit juices, pasta sauce, tinned custard/rice pudding, tea bags/instant coffee, rice, tinned meat/fish, jam /chocolate spread, biscuits/snack bars, hot chocolate, tinned vegetables, washing gel/tabs/powder, washing up liquid, shaving gel, male and female deodorant, toilet rolls

info 01206 621998, info@colchester.foodbank.org.uk

Play Pickleball

Pickleball contains elements of tennis, table tennis and badminton and is played on a badminton-sized court. You don't need to be super-fit to play. Pickleball is simple to learn and we would love to teach you. Our players range in age from teens to over 70 and what one may lack in speed can be made up for in craftiness; Pickleball has even been described as a chess match on court.

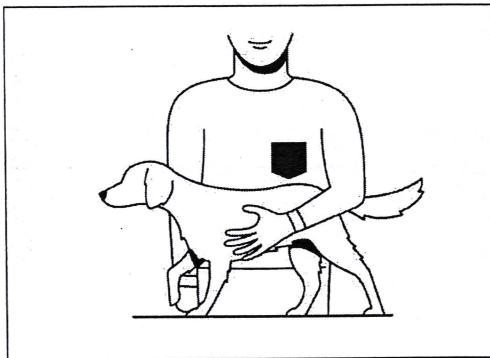
We have two Pickleball courts in Bures and we usually play five times a week. Times are flexible, whenever suits our players. We play throughout the year, weather permitting.

We will provide all the equipment and Pickleball is FREE to play in Bures. We look forward to welcoming you. For more information, please contact **Sheila: sheiljb@yahoo.co.uk**



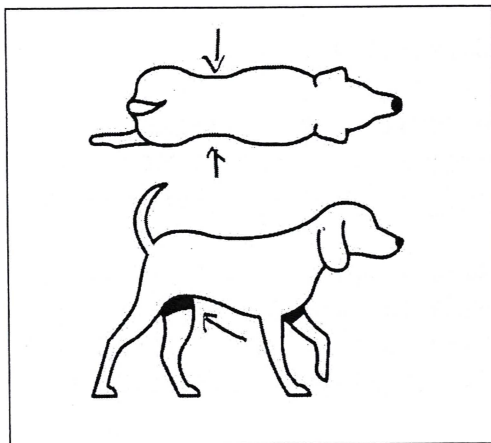
The Christmas season is upon us once more, and like most people I am already looking forward to tucking into some of my favourite festive foods. However, please think twice before letting your pets join in the fun! I have written many times about the dangers to our pets of many of our festive food items (dried fruit, chocolate, macadamia nuts to name a few), but more generally, obesity is becoming a major issue in our pets. In my line of work, I see even a slight increase in weight make a huge difference (in a negative way) to a pet's mobility. Recent estimates have suggested that 51% of dogs and 44% of cats are overweight or obese. However, only 14% of dog owners and 18% of cat owners consider their pet to be overweight. So are we all in denial or are we so used to seeing overweight pets that we think this is normal?

It is important to understand that being overweight is a serious disorder, in fact obesity is now recognised as an actual disease in veterinary medicine. Staying in control of your pet's bodyweight is a lifelong commitment to their health and wellbeing. Overweight pets will be much more prone to mobility problems as well as other serious health conditions and will also have a shortened lifespan.



Being able to recognise if your pet is overweight is key. 8th early intervention will result in a quicker return to normal. It is therefore important to understand what an ideal weight looks like. The three areas of the body to look at are:

1. Ribs - if your pet is an ideal weight you will be able to feel the steps between the ribs when you run your fingers along their chest wall.




2. Waist - if your pet is an ideal weight, you will see an 'hour glass' figure when you look at your pet from above.

3. Tummy tuck - if your pet is an ideal weight, you will see an upward slope of their tummy when you look at your pet from the side.

Most vet practices offer free 'weight clinics' where a veterinary nurse will weigh your pet and use the above assessment to give your pet a body condition score on a

scale of 1-9. A score of 4-5 is ideal. If your pet scores 6 or above, they fall into the overweight or obese category and the nurse will advise you on how best to manage your pet's weight.

As always, prevention is better than cure and limiting festive treats and leftovers will go a long way in helping to keep your pet fit and healthy.

KS Veterinary Acupuncture wishes everyone (two- and four-legged) a very happy Christmas! 

Darker nights: make your home look like you are in

With many of us now working from home it is easy to forget about our home security, what would have been routinely thought of before we left for work can easily be forgotten. Autumn brings darker nights, whether working from home, going out to work or just popping out for “a moment” later in the afternoon ensure that either lights in the house are left on or are operated by a timer to come on when it gets dark. **A home in darkness looks unoccupied and becomes an attraction to the burglar.** After dark have energy efficient lights on in rooms that replicate what your home looks like when you are in.

As well as making sure your home and garden are secure when you leave don't forget outside lighting (activated by a “dusk till dawn sensor” is best to the front of the house) may deter thieves. There are also TV simulators such as “Fake TV” that produces lighting that resembles a television switched on within a room. Other products available to make it appear that you are home are a movement sensor that activates an appliance plugged into a plug socket and doorbells that you can answer remotely after viewing the caller; an internet search will find these and other security products.

If you would like further advice regarding security please look at the Essex Police website www.essex.police.uk/cp/crime-prevention/ and <https://www.securedbydesign.com/> .

Naturally we also ask locals to report any unusual activity to police; in an emergency on 999 or after the event on 101 or “Do it online” www.essex.police.uk/do-it-online/report-a-crime/ or to Crimestoppers anonymously on 0800 555 111.

Christmas Recycling news

- There will be **no garden waste** collection over the two weeks of the festive period. (in weeks beginning 27th December and 3rd January). All other services of refuse and recycling as well as the days, remain the same.
- **Real, whole Christmas trees** can be recycled through St Helena Hospice's Tree-cycle scheme, sponsored by Tree & Lawn Company. To register your tree to be collected for recycling this year, go to www.sthelena.org.uk/treecycle23 and make a donation to St Helena Hospice. Volunteers will be out across Colchester and the surrounding areas and some parts of the Tendring area on Saturday 7th January 2023 collecting registered real Christmas trees from the postcode areas of CO1 to CO9, CO11 and CO13 to CO16.
- Christmas trees for the garden waste collection need to be cut up into manageable chunks **to fit inside the garden waste bags.**
- **Recycle your electricals at Currys:** You can bring them into any Currys store, whether you bought them from them or not. **Call 0344 5611234 or visit currys.co.uk**

Merry Christmas and a Happy New Year

Charity walk

Georgie, Elise and I did a 100 mile walk during October to raise money for Macmillan. With 1 in 4 people living with cancer right now saying they are struggling with the cost of living I wanted to give a little back. My schools work with the charity and I've seen first hand the positive impact their support can have for families.



The fundraiser link is: <https://www.Facebook.com/donate/195864000766306/> and any donations would be gratefully received. Many thanks, *Michaela, Elise and Georgie*

Oil buying all mostly online now www.af-affinity.co.uk/fuel/ and a phone number 01603 881888. There is also this local club www.oil-club.co.uk

Poppy Appeal

the total collected in Mount Bures is **£334.54**. Many thanks *Ian, Mark and The Thatchers Pub*

Stanley Woodman

3/11/1925 – 24/10/2022.

Stanley and Eva moved to Mount Bures in 2009 after 54 years living at High Wycombe. Stan was 84 when he moved to his new home but in the early years still managed to get out canoeing on the river at Bures and doing a little walking in the surrounding countryside. As walking became more difficult, he concentrated on his garden, growing wonderful tomatoes in his greenhouse alongside many flowers and vegetables. Stan loved every moment of living in Mount Bures and often wished he could have moved here earlier. He particularly liked watching the many different birds visiting his garden and he was inspired to take up painting very late in life in order to capture the lovely views from his home. He and Eva celebrated their 69th wedding anniversary together in Mount Bures last July. He will be much missed by Eva, Ian, Ruth, Tia and Cody.

Scam warning from Which?, The Consumers' Association

The latest Post Office text scam tells you that your parcel has been "redirected to your local branch due to an unpaid shipping fee."

It links to a legitimate-looking website, where it asks you to pay for the redelivery of your parcel. Never click on this kind of link or provide any personal data.

Parcels are only delivered by Royal Mail. The Post Office is a physical shop where you take your parcels to be sent off. If you need to arrange redelivery for a parcel (for example, if a card is put through your door while you're out), you can do so for free at www.royalmail.com/receiving-mail/redelivery.

If you receive a text like the above, don't click on any links – these will take you to unsecure websites, where you'll be prompted to share personal information. Instead, report the text by forwarding it to 7726 and block the number.

Winter is coming to Sergeants Orchard

“Would you like some more?” “Yes, please”.



This was the response to our first delivery of eating apples to the Colchester Food Bank. We mainly sent Worcester Pearmain, of which we had a good crop and they are a lovely looking and tasting apple as many will know. Picking the fruit is always a challenge with the height of most of the trees.

We were pleased they were well received. I'm hopeful we can do the same next summer. It was also nice to see local people helping themselves to some of the fruit. The “pound pears” seem popular for crumbles and tarts, even if they are “fallers”.

We are now in full swing with our winter work; the cooler temperatures making it easier to get on with more energetic tasks. The pond and its adjoining ditches have no water following the dry summer. This has allowed us to clear vegetation and let more light into the pond. This has proved a major task and is still not complete at the time of writing.

We are also making a “dam” at the pond's outfall, using an existing fallen tree trunk and some other logs. Hopefully, this will help retain water in the pond for longer each year.

Two other major tasks for the winter are to dig out a pond in the large field and to complete laying the hedge alongside Balls Chase. The former is part of the continuing project to help turtle doves but will benefit other species as well. It should also help to make one of the paths round the field less flooded in the winter.

The laying of the first length alongside the bridleway appears to have been successful. We shall make a start on clearing vegetation for the next length soon, with the hedge laying itself being done in late winter.

It was pleasant to welcome the Mount Bures walking group for a tour of the reserve. For most it was a first visit. The reserve is open for all and we try and keep the paths as clear as possible. Of course, more visitors help to keep the paths clear! Dogs are welcome but please clear up after them.

There haven't been many wildlife sightings recently. The occasional late butterfly (usually a red admiral enjoying the rotting fruit) has been seen. A raucous Jay shatters the peace but birdsong is less noticeable now.

Thanks to all who have helped us in any way at the reserve this year, especially Nicky of the Wildlife Trust and all our wonderful fellow volunteers.

Shirley and David Green Essex Wildlife Trust Volunteer Wardens



Richard Fordham

Tree Surgeons



Rumps Barn
Dowling Road
Mount Bures
Suffolk
CO8 5AY

Tel: 01787 227713
01787 229933
Mobile: 07860 510517

Free Estimates

- Tree Surgery
- Tree Felling
- Pruning of Trees, Hedges and Shrubs
- Removal of Dead / Dying / Dangerous Trees
- Stump Grinding / Removal
- Hedge Management
- Wood Chippings Delivered Locally
- Logs Delivered Locally
- Reliable and Courteous Staff

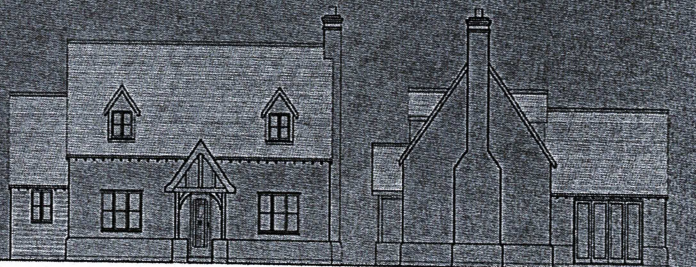


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sudburyofficesupplies.co.uk

Bures Surgery Tel. 01787 227529

Reception/Dispensary hours

Monday 8.30—1.00, 2.00—6.30

Tue/Fri 8.30—1.00; Wed/Thu 8.30-1.00, 2.00-6.00

Surgeries as normal. Follow instructions re social Distancing.

Repeat prescriptions: drop in through letter box on your right. (or in the door) or order repeat prescription on-line, follow steps on Hardwicke house website

Bures Post Office Tel. 01787 227 252

9.00am—1.00 pm & 2.00pm—5.30pm

Early closing Wednesday & Saturday
12.30pm

Fish and Chips van

On Mondays 4.00pm till 8.00pm

Opposite Eight Bells Pub Bures

tel. 07377815446

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Sausage rolls, pastries and pies

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Nearest stockist of Colchester Borough
compostable **Food waste caddy liners**

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www.cuckoohillworkshop.com Email cuckoohillworkshop@gmail.com Tel 07951609927

