

# THE MOUNT

Mount Bures Parish News



## St. John The Baptist, Mount Bures

**Tuesday 12th July**

Join us to celebrate the wildlife our beautiful churchyard supports. A guided walk will take place at 11am to find out more about this amazing habitat and the flora and fauna.

A light lunch will be served afterwards from 12pm.

There is no charge for this but a donation would be much appreciated.

To book call Emma on 07801 659345



## WHO'S WHO

### The Parish Council

Clerk: Grahame Walkingshaw, 01206 240 772  
[mountburespc@gmail.com](mailto: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 Wednesdays  
7.30pm. Next meeting Wed. 13/07, 7.30pm. Please  
contact the clerk for further details.

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](mailto:william@sunnucks.co.uk)

County Councillor Lewis Barber 07876237137

[cldr.lewis.barber@essex.gov.uk](mailto:cldr.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](http://mountburespc.co.uk)

Mount Bures Whatsapp group

[ruthwoodman1@gmail.com](mailto:ruthwoodman1@gmail.com)

Citizens Advice Colchester 03444 770808

Braintree, Halstead & Witham

0344 499 4719

Sudbury 01787 321400 or 0300330151

### Mt. Bures Footpath Society:



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

Email [imwoodman@btinternet.com](mailto:imwoodman@btinternet.com)

*Secretary:* Lynn Baird Tel. 01787 228294  
email [lynnbaird999@gmail.com](mailto:lynnbaird999@gmail.com)

*Footpath Maintenance Officer:*

Ian Andrewartha Tel 01787 227167

Walks on the first Sunday of every month,

Everyone welcome. The September walk will include  
Sergeants Orchard Nature Reserve

**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](mailto: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](mailto:emma.black@suffolk.gov.uk) 01394 445225,

[dedhamvale.project@suffolk.gov.uk](mailto: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 Hedingham 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 by 01/09/22  
[hildegardandbuster@gmail.com](mailto:hildegardandbuster@gmail.com) 01787 228429*

# 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](mailto:mycompletetrainer@gmail.com)

## Mount Bures Connections

Thursdays 10.00am—noon

## NEW: Digital Access Support

A representative of DAS will visit Connections on 4th August to assist with any problems villagers might be having with their mobile devices such as I-phones, I-pads etc.

This opportunity will be offered every other month.

Get in touch to find out FREE digital support: 01206 282452

Email [Digital.AccessSupport@colchester.gov.uk](mailto:Digital.AccessSupport@colchester.gov.uk)

[www.colchester.gov.uk/digitalaccesssupport](http://www.colchester.gov.uk/digitalaccesssupport)

## Flower Festival, Jubilee Lunch and The Queen's Green Canopy:

Thank you everyone who participated, from making the wonderful bunting, decorating the Church and the Hall, providing all the delicious food, not to mention the superb Jubilee cake, also planting the Oak tree in the churchyard making the event thoroughly memorable. *Photographs courtesy of Trevor Burch, Emma Barr and Dee Ellis who also made the Jubilee Cake*



## Attended Refuse Freighter 2022 (Aka Bulky Household Items Drop-off Service)

phone box/ Craigs Lane on

**Saturday, 6 August**

8.00 am - 9.15 am

**Domestic properties only. For the disposal of bulky items not normally collected with household waste. Items will be dumped for landfill, apart from separated garden waste which will be composted**

### PLEASE NOTE :

- NO Fridges, freezers, electrical/electronic goods – these can be collected by the Special Collection Service or taken to your local Tip for recycling/given to charities
- NO items which can be recycled through kerbside collection and bottle/can banks
- NO commercial refuse or hazardous waste such as asbestos, batteries, liquids or gas bottles
- NO large loads

For more information please telephone 01206 282700

**Mobile Library** Parking near the phone box in Craigs Lane: books, Cassettes, DVDs etc.

**Tuesdays 14.30—15.00**

**Next visits: 12 July, 02 & 23 August, 13 September, 04 October**

**Colchester Recycling Centre - Maldon Road, Shrub End, CO3 4RN; T: 0345 603 7625;**

Email: [wastemanagement@essex.gov.uk](mailto:wastemanagement@essex.gov.uk)  
opening times: March—Oct 9am-5pm every day

**Sandy Lane Sudbury Recycling Centre:**

CO10 7HG, Tel.+44 345 606 6067  
Email [waste.management@suffolk.gov.uk](mailto:waste.management@suffolk.gov.uk)  
[www.suffolkrecycling.org.uk](http://www.suffolkrecycling.org.uk)

**March-Oct opening** 9am – 5pm each day  
May-August open till 7pm  
WEDNESDAY CLOSED

### The Mini Recycling Centre

(behind the Village Hall)

3 bins for *clean glass bottles and jars*

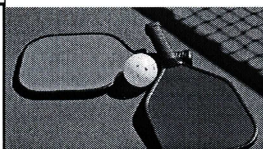
no ceramics, no Pyrex please

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 and plastic items and putrid food residues contaminate the recycle of the whole bin and may be dumped in landfill.



### Play Pickleball

Pickleball is a rapidly growing sport in the UK and is great fun. 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. If you already play a court sport, you will find Pickleball easy, but don't worry if you have no experience as 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.

Why not join us? Leonardo DiCaprio, Melanie Gates, George Clooney, the Kardashians etc all play Pickleball so there is no telling with whom you may be partnered!

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

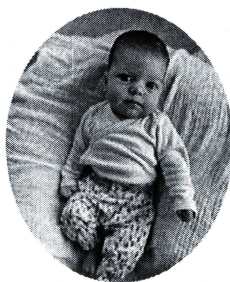
**Sheila: [sheiljb@yahoo.co.uk](mailto:sheiljb@yahoo.co.uk)**

## Mount Bures Parish Council News

With the arrival of spring and the rapid growth of vegetation, the Parish Council has invested in a new wheeled strimmer for use by our local footpath officer who does an excellent job keeping many of the local paths clear of undergrowth. Every year, the Parish Council spends around £500 on maintaining the paths by cutting vegetation and Councillors have also undertaken maintenance tasks including cutting fallen trees and making minor repairs to bridges. The Council cannot tackle every path, and major repairs to bridges and other structures remain the responsibility of the County Council, but if you do spot a problem with any of our public rights of way then do let one of the Councillors know and we will do our best to get it rectified or push Essex County Council to come and do repairs.

The Council has been pleased to learn that our application, in conjunction with Bures Hamlet Parish Council for measures to enhance the safety of people using the bus stop in the Colchester Road at the bottom of Brook House Lane has met with some success with the Local Highways Panel allocating £6,000 for improvements. The Council has yet to hear exactly what is proposed or when the work will be undertaken but hope that it will provide a significant improvement over the current unsatisfactory arrangements with people being forced to wait in a dangerous location. The Council also understands that Essex County Council is, or will be, reviewing a range of its road safety policies and hopes that this might provide an opportunity for progress on traffic calming measures at this junction.

The Council has also received a copy of a planning application, to be decided by Essex County Council, for retrospective planning permission for a composting facility to process 25,000 tons of green waste a year, on the concrete hardstanding belonging to Fairfields Farm adjacent to the farm reservoir at the top of the old road from Peartree Hill on Wormingford airfield. The submitted Transport Assessment for this application suggests that there could be up to 60 HGV movements a day to and from this site along the line of the public footpath on the old airfield perimeter track as far as the Fairfields Farm entrance and then on the local roads to the airfield. The application is similar to one for the same site rejected in 2011 when it was considered that such a development would constitute inappropriate development in the countryside and would cause harm to the character of the environment. The Parish Council is considering its response to this new application but is minded to oppose it given the impact on the tranquil nature of the location, the safety and enjoyment of those using the affected footpath and the impact on the local roads. The application can be viewed on the ECC planning website under Application No ESS/30/22/COL.



### **Welcome to the Planet!**

This is Alba, born 6th April in Colchester,  
daughter of Rebecca and Jose at Valley Green Cottage,  
Craigs Lane.

**New Green Event in Sudbury: Green Sunday**, featuring green produce, hints and tips of the eco type, bike repair shop etc.

Market Hill, Sudbury, on **Sunday July 17, Sept. 18, and October 16**

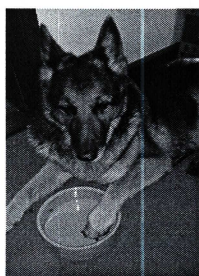
For more information visit [www.sudburytowncouncil.co.uk/eco](http://www.sudburytowncouncil.co.uk/eco)

## Summertime Home Security Advice

1. Even if you are at home working or relaxing still consider your home security. As it gets warmer, we tend to see a rise in the number of “Creepers Burglaries” where burglars take advantage of open windows, and doors, and an open or insecure garden gate will provide the thief with access to the back of your home.
2. A few tips for keeping your home secure:
3. Don't attract a thief with insecure pedal cycles or cars on display.
4. Keep side or rear gates, sheds and garages shut and securely locked.
5. Before going out or 'turning in for the night' lift the blinds or open the curtains and check windows and patio doors are closed, the sun may have been on the TV when it was hot, and so the curtains were drawn whilst the window was open or someone may have closed it, but did they lock it?
6. Doors - Leave any accessible external door open or insecure and an opportunist thief could pop in and anything lying around may be taken. You may have only popped out, or down the end of the garden or having a quick shower; it only takes a second for a thief to steal. Don't forget that with a PVCu multi-locking door you may have lifted the handle but until you turn the key (or on some doors a thumb-turn on the inside) you have not locked all of the locking bolts in place.
7. Windows - If you have unoccupied rooms that are accessible to others from outside or off flat roofs make sure the windows are closed, if you need ventilation in these rooms whilst at home at least lock the larger window and only have the small window open even. If you only have bigger opening windows, consider a lockable window restrictor and a small alarm sensor on the window to detect entry.
8. If you have an intruder alarm activate it when going out and activate the zone for any unoccupied areas whilst in.
9. Car keys - don't take them to bed with you, where possible leave them in noisy drawer/location. Keep the keyless car key fobs in a “Faraday” bag.
10. If you do hear a suspicious noise in the house that you are not happy with dial 999 and make a noise, shout out, it could cause any intruder to flee, they may not have known you were home, remember your life is more important than your property. If safe to do so, get a good description of the person/s and if possible, the car index number and direction of travel.
11. NB: In case of fire or other emergency ensure that keys to windows and doors are always readily accessible to occupants but not in view of possible burglars.
12. For further crime prevention advice see: [www.essex.police.uk/cp/crime-prevention/](http://www.essex.police.uk/cp/crime-prevention/) or [www.securedbydesign.com/guidance/crime-prevention-advice/home-security](http://www.securedbydesign.com/guidance/crime-prevention-advice/home-security)

### **\*\*RHS Hyde Hall Summer Flower Show 3<sup>rd</sup> – 7<sup>th</sup> August 2022\*\***

Your garden is the first line of defence to your home, come along and see the Designing out Crime Team and Essex Watch Liaison Officers at our 'Safe and designed and built show garden, where nature contributes to a gardens security. <https://www.rhs.org.uk/gardens/hyde-hall/rhs-garden-hyde-hall-flower-show>



“Please, can I have some more?”

#### **In memory of Taz**

5 April 2009 – 26 June 2022

You were a great companion and friend, on regular patrol in the church, and “teacher’s pet” in the training class. We’ll miss you lots.

Bye, bye, wooves, pawsome chum!

## Kerbside Recycling news:

The annual **clear recycling bag delivery** across Colchester will start on Monday 11th July and run until Monday 25th July. Each of the 75,000 households with a kerbside rubbish collection will receive one roll of 62 clear recycling bags for recycling paper and plastics. Residents are asked to note that their delivery may not be on their normal collection day.

**Click and Collect service for recycling containers, additional sacks and bags visit [Click and Collect Recycling Equipment - Start](#) · Colchester Borough Council**

### A) You will need the following to complete an online order form:

- Your details including your address, an email address and, depending on the service you choose, your name and telephone number
- Choose where to pick up your order, with addresses and opening times given.

**B) For residents not online:** phone 01206 282700 or 01206 282222 to order items. They will be delivered to your house, and it may take up to 3 weeks.

Could residents please make sure their refuse and recycling sacks are tied up to prevent any items blowing away. Lids of tins are best put inside tin, tin sides squashed and if possible bent over to prevent lids from spilling onto ground. (These sharp-edged lids are very damaging to pets' paws and wildlife in general)

Please do not leave your black refuse sacks out over night. Any unwashed containers, nappies and sanitary items in the refuse attract wildlife/birds, pets and pests.

*Please note : crisp packets which were previously collected by the Scouts to be recycled by Terracycle for much needed Scout funding, should now be taken to large Supermarkets (Sainsbury, Tesco etc.) along with carrier bags and cling film.*

## Susan nee Higgleton

26<sup>th</sup> August 1955 – 30<sup>th</sup> March 2022

Susan lived her young life in Mount Bures with her mum Joyce, dad Gerry and brother Brian. They lived at 2 St. John's Cottages, in Hall Road.

Susan went to school at Wakes Colne until it closed around 1963 then on to Chappel School and to Halstead Secondary Modern. Her best friend Beryl Fox lived in Craigs lane. Susan always loved horses and used to ride with local friends.

The Higgleton family were great supporters of the church and also helped with Mount Bures School building being used as a Village Hall.

Susan had two sons and now a granddaughter Lizzie-Sue.



After a service to celebrate her life, Susan was laid to rest in Mount Bures churchyard, on 29<sup>th</sup> April.

*Photo courtesy of Mandy Sexton*



## **The history of acupuncture**

The understanding and treatment of chronic pain is improving in both human and veterinary medicine. Acupuncture, as a treatment for chronic pain, is increasing in popularity and availability for both humans and animals. It is used in many NHS GP practices as well as in pain clinics and hospices. And there are many vets such as myself who are performing acupuncture on animals.

While we still do not fully understand how acupuncture works, we know enough to understand that the insertion of fine needles into certain points on the body can stimulate sensory nerves in the skin and underlying muscles to provide pain relief.

It is widely believed that acupuncture is a treatment derived from ancient Chinese medicine. The use of acupuncture in China dates back at least 3000 years. However, it now seems clear that techniques involving piercing the skin have developed independently in many communities around the world. In 1991 the frozen remains of a man ('Otzi') were found well-preserved in a glacier in the Tyrolean Alps in Austria. (One of Hildegard's relatives perhaps?) He had remained undisturbed for over 5000 years. Otzi's body showed evidence of a skin piercing technique that dates the use of an acupuncture-like technique to around 3200 BC. 47 tattoos on his legs and back were found, a large number of them within 5mm of recognised acupuncture points. None were on exposed parts of the body where tattooing may have served an ornamental purpose. He had signs of degeneration in the lumbar spine and his bowel contained whip worm eggs and charcoal. The areas of his body stimulated in the tattooing process correspond closely to the points which would be chosen for acupuncture treatment of the spine and intestinal disorders.

Despite whatever was happening throughout the world, it was the Chinese who first developed a system of medicine ('Traditional Chinese Medicine' or 'TCM') that incorporated acupuncture. TCM is still a recognised form of acupuncture today in both human and animal medicine. It involves many complex ideas and concepts and may be considered to be a more holistic approach to diagnosis and treatment.

Since the 1970s, a different, more 'scientific' form of acupuncture has evolved in Western Europe. The 'Western Scientific Approach' or 'WSA' is based more on scientific principles. It involves the use of acupuncture as a therapy following modern clinical diagnosis of disease.

Many practitioners such as myself use a combined approach, using selected ideas from both.

Many people are surprised that acupuncture can be performed on animals! Whilst it may not be suitable for all animals, most actually accept the treatment very well and the results are often very positive.

*Please pass any pet/vet questions on to Kate for the next edition of The Mount.*

*Have a good Summer!*



## The Delights of Summer

“Chiff chaff, chiff chaff”. This cheerful song is a constant accompaniment to any visit to Sergeants Orchard at present. The chiff chaff is always our first summer visitor. We first heard it in mid-March this year. It has been joined by whitethroat, with its

scratchy song, and blackcap, which has the most melodious song of our regular visitors. We were also lucky to see and hear a garden warbler, a rather dull coloured bird with a beautiful song, this year.

One bird, which sadly we haven't seen or heard yet this year is the turtle dove. This is an increasingly rare summer visitor, although they have been seen locally. We continue to put out seed to encourage them, although the main beneficiaries are probably the local pigeons, who need no encouragement.

The wildflowers are generally doing well, especially in the new orchard. The orchids, both common spotted and pyramidal, are spreading. Birds' foot trefoil, buttercups, various vetches and the curious looking grass vetchling have all brightened both fields. There is also red bartsia, common centaury, stitchwort and pignut to be found; knapweed and fleabane will soon be flowering.

It looks like it should be a reasonable year for apples and plums, probably not pears. We're now experiencing the “June drop” and in early July we will thin the apples and pears further if necessary. This should produce better fruit and avoid overloading the branches.

We haven't seen as many butterflies as some years and no new species. Meadow browns are now being seen and, no doubt, ringlets and gatekeepers before long. We have seen cinnabar moths, whose caterpillars love ragwort and help to keep it in check. We were also lucky to see a blood vein moth the other morning. These pale coloured moths have a “stripe” running across both wings resembling a vein or artery.

It's getting a bit warm to work up at the reserve these days and we have to avoid disturbing nesting birds. However, path clearance has started with the path round the large field and that through the old orchard brushcut. The remainder will be done over the next few weeks. We will also, with our fellow volunteers, make a start on clearing again those areas of the old orchard we cleared earlier and removing vegetation along the fence lines.

Visitors are always welcome to wander round, there's usually something to see or hear.

*Shirley and David Green EWT Volunteer Wardens*

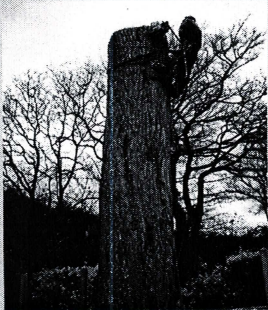


**Essex**  
Wildlife Trust



## 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
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- Logs Delivered Locally
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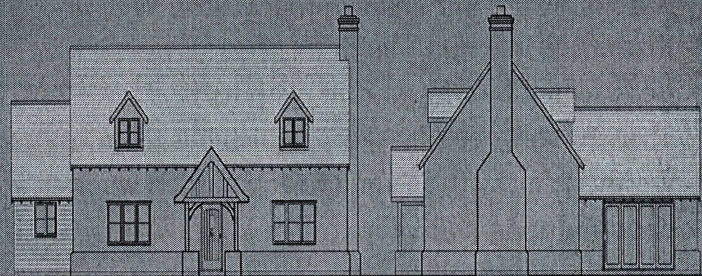


Fully Insured - £10 Million Insurance cover

## MANDY SEXTON

Chartered Architect

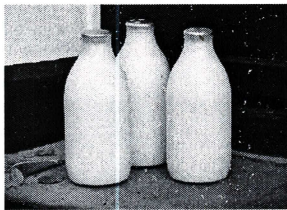
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Drawings prepared for planning, listed building consent, conservation  
area & building regulation applications.



Tel: 07729 236253

[mandymsexton@hotmail.co.uk](mailto:mandymsexton@hotmail.co.uk)

### Less Plastic, More Planet: a Touch of Glass milk in returnable glass bottles



Regular delivery of milk including  
organic, fruit juices, bread, eggs,  
biscuits, cream, etc.

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Suffolk

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Commercial Stationery  
Computer Supplies, Copying  
Service

Email: [sales@  
sudburyofficesupplies.co.uk](mailto:sales@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

### The Village Deli Bridge Street, Bures

Freshly made sandwiches and baguettes  
Sausage rolls, pastries and pies

01787 228032

### Wakes Colne Village shop and P.O.

Nearest stockist of Colchester Borough  
compostable Food waste caddy liners

01787 222449

### Cuckoo Hill Workshop

Character handcrafted chopping boards, cheeseboards and serving platters, also garden furniture and  
memorial benches. Made at our Suffolk workshop from ethically sourced local English hardwoods.  
[www.cuckoohillworkshop.com](http://www.cuckoohillworkshop.com) Email [cuckoohillworkshop@gmail.com](mailto:cuckoohillworkshop@gmail.com) Tel 07951609927