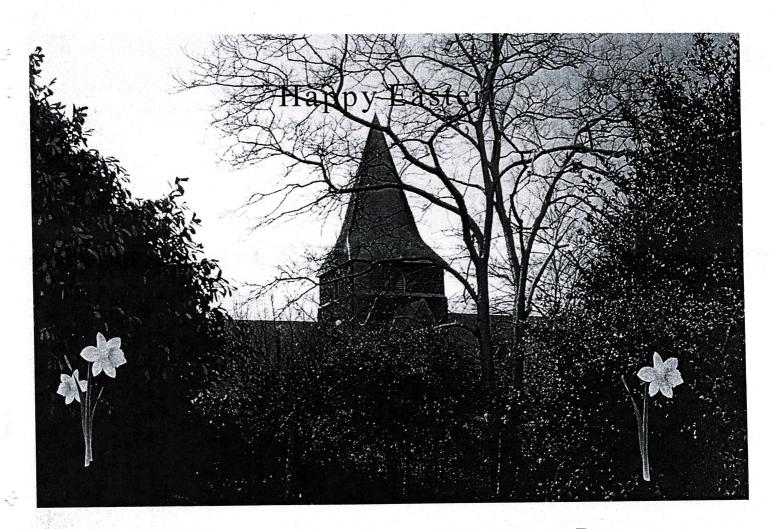
THEMOUNT

Mount Bures Parish News



Easter Services in St. John's Church Mount Bures

2nd April Palm Sunday 9.15am Morning Worship

Every evening during Holy Week Compline at 9 pm on zoom For the link: RevHWilcox@outlook.com

6th April Maundy Thursday 7.00pm Holy Communion

9th April Easter Day 6.00am Sunrise Service 9.15am Easter Praise

...and looking ahead: Sunday 7th May 10am: Coffee, pastries and newspapers in the church

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. 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, including wildlife crime: 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's Dairies 01787 372526

Bures "Footprints-carers and toddlers" 229052 Chappel School 01787 222296

Badger Hotline mob 07751572175 RSPCA enquiries line 0300 1234 999

Wildlife crime reporting: Essex police 101 Samaritans: 24 hour phone line 116123

New Mount Bures website:

https://e-voice.org.uk/mountburespc/

Mount Bures Whatsapp group

ruthwoodman1@gmail.com

Citizens Advice Colchester 03444 770808 Braintree District 0344 499 4719 Sudbury 01787 321400 or 0300330151

For advice on scams: consumer Helpline 0808 223 1133

To report scams 0300 123 2040

ECC helpline to book a slot at Recycling sites:

0345 743 0430

Mo –Fr. 8.30—5 pm

National Energy Action 0800 304 7159

Mt. Bures Footpath Society:



Chairman: Ian wooding Direction of the Mount Bures, CO8 5AJ 01787 227689 Chairman: Ian Woodman Linden House, 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.

Walk reminders and details are sent 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-

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 (subject to change) 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 photographs, helpers and sponsors of The Mount. Please send contributions, emails to Hildegard Hill 01787 228429 hildegardandbuster@gmail.com

Alan Alfred Morgan

2nd May 1939 - 13th February 2023

was born to Rose and Bert at 65 Bygrove Street, Poplar. He was the younger brother to Roy, and later became the older brother to Joan and John. During the war the family were evacuated to Windsor House with a great view overlooking Windsor Castle. Alan had clear memories of bombs dropping and being carried regularly to a shelter.

After the war the family moved to 15 Burnham Road in Dagenham where Alan attended Monteagles School and then Bifrons which is now closed.

In 1959, Alan did National Service for 2 years where his army number later came in very handy for securing credit cards. Alan quoted his Army number proudly at every opportunity.

It was during these early years that Alan's passion for cycling began, a hobby that lasted the rest of his life. This culminated on his 75th birthday which was celebrated by cycling for 75 miles, with an extra 3 added for good measure after a mix up!

Alan and his family shared a passion for West Ham United Football Club, a passion which stayed with him throughout his life. (up the hammers!).

Sport played a big part in Alans life, this included running and triathlons as well as being a pretty good squash player. At Brentwood Squash Club he met many lifelong friends, some of whom are here today, which, of course, led to many shenanigans with his favourite drink a 'light and bitter'!

In September 1961, Alan married Betty Ferrie and two girls arrived in 1967 and 1968, Victoria and Joanne.

Alan had an extremely strong work ethic and was still undertaking odd jobs into his 80's. He was an incredibly talented 'engineering cylindrical grinder' and was never happier than when he was tinkering with some heavy duty rope and chain. As an engineer Alan knew that a straight line is the shortest distance between two points and so when he and a friend were out dog walking and found themselves in a blizzard in Bures he applied his knowledge to the situation and elected to walk along the railway line to Mount Bures. Well into the journey and with home in sight they found themselves confronted by a locomotive and had to choose between prosecution and a free return by train to Bures. Alan opted for the cheaper option.

Some may remember there was a period when he made iron gates and also dabbled with photography, hence the family have many photos to remember him by. Alan also enjoyed polishing stones to make jewellery. His favourite hobby, of course, was constructing items from wood pallets - now the coffin makes sense and no, he didn't make this one!

But it was his limitless kindness that many of us remember - a young neighbour in Orsett with learning difficulties loved nothing more than to discuss diggers with him and Alan's current neighbour, are just two examples where he has shown how selfless and generous he was with his time.

Alan adored animals, so from a young age the family had an assortment – a number of cats - Babs, Henry, Mindy and George, plus the obligatory hamsters and gerbils. As most of you will know he also had a special fondness of chickens and ducks. I'm sure you'll remember the many hours he spent building shelter for them, trying to outwit those pesky foxes (often unsuccessfully)!

Alan had a particular love of dogs (always rescue of course) and a special knack with training them:-

Colonel: his first love

Kipper: held such a special place in his heart but was sadly taken too soon

Dibble: the 'difficult child'



Tippy: his favourite (don't tell the others) pictured with Alan "She had a heart of gold and she was not very old"

Molly: his last love (he always said there was one more dog in him)

His daughters have very special memories of their Dad with some of their fondest being Sunday trips to Canvey Island, with happy times spent on the helter skelter, in the penny arcades and walking Colonel on the beach. There were also family holidays camping in France with the Berrys, McTighes and Grays where arguments with locals took place over stolen washing and the men folk would get into trouble after a few too many red wines.

Aldeburgh was also a family favourite with many happy hours spent messing about on the Thorpeness Mere.

Alan met his soul mate, Christine, in 1985 and he felt his life restarted, moving to their beloved Yorklette Cottage in 1987. They

married in Mount Bures Parish Church in 1988 and Yorklette Cottage became their little piece of heaven and they lived an idyllic life together – log piles, hanging random cups in trees, baking bread, building numerous sheds and even a Showman's Caravan took up residency in the garden.

When fire devastated their cottage in 1989 they moved out for 8 months but were able to concentrate on the garden which became a must see at every open garden since.

Alan and Christine would plan a project a year. The Rose Walk, various beds, and lots of tree planting were just a few. Some examples of Alan's thrifty ingenuity were the summerhouse he built, sourcing almost everything free apart from the glass doors which he bought for just £30, the small tiled barn and cover for the seed drill he spotted for sale at the side of the road on the way to Joanne's wedding.

Several times Alan and Christine holidayed in Scotland, packing a case, taking off and finding a B&B late in the afternoon. Most were very nice, especially one to which they returned several times and became friends with the owners. Alan used to send Christine in to check the B&B's and on one occasion, when one was found to be grim, Christine returned to the car to report to Alan and they drove off at speed! Life was always an adventure with Alan including the camping trips - one with Francesca is fondly remembered when there was a small hole in the tent letting in rain water - unfortunately one of Francesca's trainers was underneath!

For ten years it was a lovely holiday cottage in Northumberland that they returned to and also became firm friends with the owners.

Alan and Christine continued to make friends in the village and were always making more plans for the garden and their home. - Seeing them together was to know how much they loved each other and they renewed their vows in 2008.

Alan was someone you instantly liked when you met him. He adored chatting to everyone and always found time to amuse the nurses on one of his many hospital visits, he would undoubtedly have made you laugh with one of his incredibly bad jokes.

He was a kind and funny soul who brought life and laughter to all who knew him. We have been blessed to have Alan in our lives and we say goodbye with a heavy heart but with the comfort of knowing he was so incredibly loved and is now reunited with his parents Rose and Bert, sister Joan, brother John and, of course, his beautiful dogs who he will be walking endlessly in the heavenly fields of Bures.

He leaves behind his brother Roy, wife Christine, daughters Victoria and Joanne, granddaughters Devon, Darcy, Libby and Francesca, and great granddaughters Quinn and Elle - all of whom will miss him so very much.

He was a man with traditional values who never complained and 'just got on with it'. In recent months on asking how he was he would always answer "I'm still here". He wasn't necessarily a sentimental man in his younger days but you could see this changing as he grew older when the hugs got progressively longer and tighter.

Alan always added S.W.A.L.K ('sealed with a loving kiss') to the envelopes of letters and cards that he sent and it seems appropriate to do the same for him now.

Kenn

He is not here, He is risen!

April begins in a rather playful mood, with April Fools' day. Be it on TV, radio or in the papers, over the year, there have been some rather clever April Fools jokes played on us, the unsuspecting public. Who can forget Richard Dimbleby's report in 1957 on a particularly bountiful crop of spaghetti in Switzerland, due in part to the disappearance of the pesky spaghetti weevil. In 1977, the Guardian had a play on typefaces, as it published a travel guide to the mysterious island grouping of San Serrife. The two islands, Upper Caisse and Lower Caisse, forming the shape of a semi-colon. And in 1976, Patrick Moore announced on Radio 2 that at 9.47am we would feel what he called the 'Jovian-Plutonian gravitational effect.' At that exact moment, the planets would alight and gravity on earth would get a tiny bit weaker, so if you jumped in the air at exactly the right moment, you would almost float.

Just over a week after we enjoy the fooling around of April Fools' day, we will this year celebrate Easter Day. For the disciples on that first Easter morning, it must have felt like the women were trying to pull off the most elaborate April fools joke, running in to tell them that the stone that covered the entrance to Jesus' tomb had been rolled away and the body gone. Though Peter and John, run to the scene, they still can't quite understand what has happened.

Later that afternoon, two disciples on the road to Emmaus walk along in utter despair. Although they have heard the testimony of the women, telling them about the empty tomb, and the angels who told them Jesus was alive, still they cannot believe it. It sounds like complete foolishness, it is so unbelievable. As they journey on, Jesus meets them in their place of unbelief and says 'How foolish you are, and how slow of heart to believe all that the prophets have spoken! Did not the Christ have to suffer these things and then enter his glory?' and beginning with Moses and all the prophets, he explained to them what was said in all the scriptures concerning himself.

The testimony of the women, that first Easter morning, was not foolishness, it was not some elaborate hoax, what they had to report was real and has been the good news that has transformed the lives of millions of people ever since. And so this Easter time, we can with joy again declare, along with the angels 'He is not here – Jesus is not dead and in a tomb – He has risen! And through his resurrection, Jesus assures us of the promise of life everlasting. Alleluia.

May God bless you this Easter time.

Heather

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



Mount Bures Connections

Thursdays 10.00am—noon
Coffee, tea, cakes, chats, friendship and much more

The Digital Access Support team will visit Connections on Thursday 20th April For more information: 01206 282452 Email Digital.AccessSupport@colchester.gov.uk www.colchester.gov.uk/digitalaccesssupport

Looking ahead: Flower Festival 2nd and 3rd June

Cheese and wine in the <u>evening of Saturday 3rd June</u>. Further details on Whatsapp and Mount Bures Website

Coronation Tea

Come and celebrate the Coronation of King Charles III on **Monday 8th May**, 3.30 to 5.30pm in the Village Hall. Tea, coffee and soft drinks will be provided but please feel free to bring your own drinks.

Donations to Village Hall Projects.



Mobile Library

Parking near the phone box in Craigs Lane:

Every third Tuesday 14.30—15.00

Next visits: 11-Apr, 02-May, 23-May, 13-Jun, 04-Jul, 25-Jul, 15-Aug, 05-Sep, 26-Sep, 17-Oct, 07-Nov, 28-Nov, 19-Dec

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 recyclate of the whole bin which will then have to be dumped in landfill



Attended Saturday Refuse Freighter 2023

(Aka Bulky Household Items Drop-off Service)

The vehicle will visit the village , parking next to the phone box/ Craigs Lane on

13. May and 12. August from 8.00am—8.45am

(please note: 2 visits only per year, and shorter time of stay)

Domestic properties only. For the disposal of bulky items not normally collected with household waste.

PLEASE NOTE: We will not take:

- items that can be recycled
- No upholstered seating (i.e. no sofas, arm chairs etc) book a special collection
- large loads, fridges, freezers or other electrical goods book a special collection
- hazardous waste such as asbestos, batteries, liquids or gas bottles <u>Find more information on how to dispose of them</u>
- business waste these can be arranged through our <u>business waste collections</u>
- Garden waste

Contact number 01206 28 27 00

Online booking system at Essex Recycling Centres:

Since Monday 13th March you need to book a slot online to visit an ECC recycling centre to dispose of your household waste that is not disposed of by the borough council's collection service.

This is a trial for 9 months. The objective is to reduce waiting times, congestion, idling of cars and any misuse of facilities. The booking system will not be applicable to Blue Badge holders, cyclists (including cargo bikes) or for pedestrians.

Please note:

- Booking slots will be made available for up to two weeks in advance.
- Bookings will close one hour in advance.
- To ensure fair usage, we advise residents to limit visits to one booking per week.
- Bookings for cars will have a 15 minute timeslot. You can arrive at your designated recycling centre at any point within this timeslot.

If you would like to cancel your booking, the booking confirmation email contains a link called 'return to my booking'. If you click this link, you will be able to follow instructions to cancel your booking.

Alternative booking options for persons without Internet access:

Essex County Council helpline on 0345 743 0430 Monday to Friday, 8:30am to 5:00pm

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

Email: wastemanagement@essex.gov.uk opening times: March—October 9am-5pm every day

Bring photo ID (just in case) Online booking

Sandy Lane Sudbury Recycling Centre: CO10 7HG, Tel.+44 345 606 6067

Email waste.management@suffolk.gov.uk www.suffolkrecycling.org.uk

March—October opening 9am – 5pm each day. Booking online

WEDNESDAY CLOSED

On Thursday 4 May 2023, local elections are taking place across England. To vote at a polling station, you will need to bring photo ID.

You can use any of the following forms of photo ID when voting at a polling station.

Passport issued by the UK, any of the Channel Islands, the Isle of Man, a British Overseas Territory, an EEA state or a Commonwealth country

Driving licence issued by the UK, any of the Channel Islands, the Isle of Man, or an EEA state (this includes a provisional driving licence)

A Blue Badge

Concessionary bus/travel passes

Identity card bearing the Proof of Age Standards Scheme hologram (a PASS card)

Biometric immigration document

Ministry of Defence Form 90 (Defence Identity Card)

National identity card issued by an EEA state

You only need one of these documents to vote.

You can apply for a free voter ID document, known as a **Voter Authority Certificate**, if you don't have an accepted form of photo ID or you're not sure whether your photo ID still looks like you You need to <u>register to vote</u> before applying for a Voter Authority Certificate.

Alternatively, you can complete a paper application form, obtainable from, and send to, your local council. Go to electoralcommission.org.uk/voterID or call their <u>helpline 0800 328 0280</u>

Know your plastic, and what is collected from the kerbside?

1 PET Poly Ethylene Terephthalate most drinks bottles, in clothing as Polyester, and in ropes YES, kerbside for containers, clothing banks, re-use ropes

2 HDPE High Density Poly Ethylene: milk bottles, pipes YES for containers, NO for pipes

3 PVC Poly Vinyl Chloride: rigid (windows), malleable for medical equipment such as oxygen masks, and lining for electricity cables, telephone wires NO not from kerbside, but recyclable as electric wiring, business waste, medical waste.

Most dangerous to human health as it leaches out dioxins in production, incorrect usage and storage, and incineration.

4 LDPE Low Density Poly Ethylene plastic bags, film NO not any more collected from kerbside, take to supermarket instead (plastic bag recycling) YES as containers

5 PP Poly Propylene very durable, in food packaging, guttering YES, for food packaging

6 PS Polystyrene and Styrofoam insulates well, for packaging and construction. Another dangerously toxic plastic NO not from kerbside, but business waste recycling

7 Other anything else, typically non recyclable or very difficult. NO

News around the Parish

The NEW Mount Bures Parish Council website address https://e-voice.org.uk/mountburespc/

MBPC Meeting dates for the first half of 2023 are as follows Tuesday 18th. April 2023 at 7.30pm Annual Parish Meeting Tuesday 9th. May 2023 at 7.30pm Full Council meeting Tuesday 11th. July 2023 at 7.30pm Full Council meeting

Update on the Joint Highways Working Party meeting

A letter from Bures Hamlet and Mount Bures Parish Councils had been circulated to residents on the What's App Group and/or in hard copy seeking evidence in support of action on the junction of Brook House Lane and the B1508. Residents and youngsters using the bus stops at this junction would be further encouraged to write and support the scheme. There is evidence of previous collisions at this junction, and residents are invited to compile additional testimonies and witness statements about personal experiences as pedestrians using the Footpath, or cyclists & motorists negotiating the junction.

Please forward any letters supporting the Parish councils' request for safety measures to be considered, by post or by email, to the Bures Hamlet Parish Clerk Mrs. Jenny Wright, 38 the Paddocks, Bures Suffolk CO8 5DF

King's Coronation. The Village Hall Committee has arranged an afternoon tea on Monday 8th. May 2023 from 3 – 6pm.

Repainting of Village Sign. The village sign is to be removed and restored.

Planning Decisions made by CBC affecting Mount Bures

222262 - Hushwing Farm, Mount Bures Road, Wakes Colne, Colchester, CO6 2AP
Change of Use for an Education Centre and Welfare Facility building. Approve Conditional
223115 - Pepper House, Hall Road, Mount Bures, Essex, CO8 5AJ
Application to vary condition 1 (approved plans) and 2 (materials) Approve Conditional
222771 - Hall FarL Hall Road Mount Bures Essex CO8 5AS
ReplaceL ent dwelling and change of use of an outbuilding to a store. Approve Conditional

Bus News: the £2 bus fare cap for single journeys has been extended till June 30. If you change buses, you have to pay again. All local bus services taking part (Chal bers 753/754 and First 83)

From April 1, (coming into effect on 1/07), there will be a fare increase on ECC supported bus services (First 83)

Essex and Suffolk Gliding Club Dates

Essex and Suffolk gliding club is permitted to declare 4 power days per year, if the club give advanced notice to Colchester Borough Council. These are referred to as 'power days', and were allowed following appeal in 1991 (COL/91/0338) The following days are those the club will be using a tug aircraft to launch gliders:

20th & 21st May (2 Days) and 12th & 13th August (2 Days) Provisional

Loveney Hall Motorcycle events: Sunday 16th April: British Sidecar Meeting



This article is all about enrichment for our canine companions. Enrichment is looking at ways we can improve our dog's day-to-day life or environment, particularly when they are restricted from going for their usual walks.

Our poodle puppy was spayed a few weeks ago and I suddenly had a young active dog who couldn't race around as she normally does. The problem was that she thought she could and couldn't understand why her walks were shorter and she was confined to the lead. There are many reasons why a dog might not be able to go for their normal walks. And recovery after surgery is just one of them. A dog might be older and have arthritis, heart disease or eyesight problems. Or it might be pouring down! There is no way our whippet will go for a walk in the rain!

Different dogs will like different things. Some who are food motivated will like a filled Kong, a lickimat, or a long-lasting chew that they can take their time licking or chewing. Kongs and licki-mats can also be frozen which increases the time that the dog takes to enjoy them. Food can also be hidden in snuffle mats or under flower pots, or scattered on the floor or the lawn.

A dog who is toy motivated might prefer a game of hide and seek. One of our poodles loves searching for a favourite toy which can be hidden in the garden or in the house. This can also be mentally stimulating for dogs who like to use their brains. Dogs can be taught the names of their toys and then be sent to search for them.

Some dogs enjoy being sociable. Our older dogs love a trip in the car with the boot open at the other end while we have a takeaway coffee. This is also great for puppies before they have had all their vaccinations. They can watch the world go by from the safety of the car and get used to lots of different sights and sounds. Our oldies also enjoy a trip to a dog friendly café or the Thatchers Arms (yes, great excuse Clive!).

Or how about a spot of pilates! ("Paw-lates".) This is a great rainy day activity. Even a dog who can't manage much in the way of long walks can do simple toning exercises which help to maintain muscle mass and core strength. You could also incorporate some gentle doggy massage or grooming.

Hopefully this has given you some ideas! By enriching your dog's life, you will be helping them to enjoy their lives to the full as well as slowing disease progression and even helping with pain relief. When your dog is enjoying these gentle activities they will be getting release of feel good chemicals from their central nervous system. Some act directly as painkillers (e.g. endorphins, endocannabinoids) and others act indirectly by improving mood (e.g. serotonin, dopamine).

Be prepared to try different things to see what your dog likes. The only limit is your imagination!

Any questions or ideas for future articles, please get in touch! $\mathcal{K}ate$



Looking Forward to Spring at Sergeants Orchard

One advantage of the relatively dry winter has been we have been able to get on with things more easily. The winter work is coming to an end as thoughts turn to spring and summer.

We will soon hear our visitors such as chiffchaff. At present though, fieldfares have still to return to Scandinavia and their harsh clacking calls can still be heard. There have also been large parties of small birds, mainly linnets but also the odd brambling and chaffinches. The resident robins and blackbirds are more vocal now.

Blackthorn is opening and leaves are appearing on hawthorns. The first primroses are opening here and along adjoining lanes.

If you have visited recently, you may have noticed some "mats" along the sunnier edges of the large field. This is a well-recognised technique for surveying the presence of reptiles. As the mats warm up more than the surrounding ground, it encourages reptiles and others to shelter under them (or even on top of them). It will be interesting to see what turns up. We have seen grass snakes and lizards have been spotted by others. To provide additional shelter for the reptiles as well as amphibians, we have been constructing piles of logs and twigs, using material from the reserve.



We have finished laying the hedge along the bridleway. It proved, as we expected, more difficult than the first one we laid. The hedge had been interplanted amongst some existing trees. It was quite a job to weave material through the larger trees. We got there in the end and, hopefully, it will grow away well and benefit birds and mammals. We also took the opportunity to do some maintenance on the

other laid hedge, which should thicken it up further. Once done, the hedges shouldn't need major work for many years.

The creation of the new pond is still progressing. It should be carried out this year. Its construction will not disturb nesting birds so we can get on with it through the year. Once complete it should be of major benefit to wildlife. The spoil will remain on site and will be used to construct habitat for solitary bees and others.

Thanks again to all who help us, especially Nicky from the Wildlife Trust and all the volunteers. Don't forget the reserve is open to all, so please visit, especially when the blossom appears – a stunning sight.

Shirley and David Green Essex Wildlife Trust Volunteer Wardens

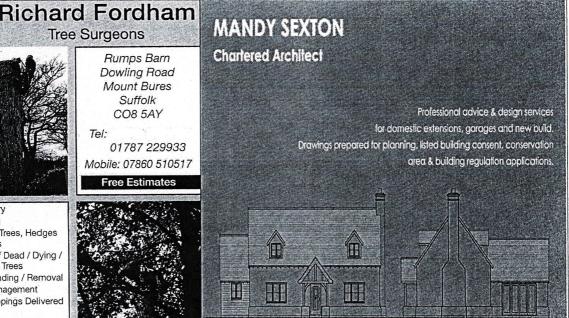


Rumps Barn Dowling Road Mount Bures Suffolk CO8 5AY

01787 229933 Mobile: 07860 510517

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Sudbury Office Supplies

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Email: 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 Email cuckoohillworkshop@gmail.com Tel 07951609927