

# THE MOUNT

Mount Bures Parish News



## Church Services

5th December 9.15am Community Service

19th December 3.00pm Carols and Lessons

Christmas Eve 3 pm Crib Service, pets welcome

2nd January 9.15am Community Service

Please join us in the church for a Soup Lunch

Tuesday, 7th December,

11.30am—1pm

RSVP to 07468425730 by Sunday 5/12 please

## 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](mailto:Michaela.c.harris@hotmail.com)

Cll. Fiona Willett [fionamacnab@btinternet.com](mailto:fionamacnab@btinternet.com)

Bi-monthly meetings on second Wednesdays

7.30pm. Next meeting dates 2022 : 12/01; 9/03.

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: Peter Chillingworth, Oak  
Farm, Vernons Road, Wakes Colne CO6 2AH  
Tel. 01206 240230

County Councillor Lewis Barber 07876237137  
[cllr.lewis.barber@essex.gov.uk](mailto: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

Silverline 0800 470 8090

Free 24 hour confidential helpline for older people  
to combat loneliness and to give advice.

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

Further news see main section of The Mount

Pilates: Jane Read [jane.elise78@gmail.com](mailto:jane.elise78@gmail.com)

• [michelle.bass4@outlook.com](mailto:michelle.bass4@outlook.com)  
07904733122

*Active*  
Nature Conservation: George Millins 01787 374874  
or mob 07534263629 *George B millins, mtd@essex.co.uk*

Essex Wildlife Trust 01621 862960

Suffolk Wildlife Trust 01473 890089

Samaritans: 24 hour phone line 116123

Customer Services Colchester Council  
01206 282700

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

Public Transport Traveline 08712002233

Hedingham/Chambers buses 03301 020801

Greater Anglia trains: 0845 600 7245

Nigel Taxis, Chappel 01206 240436

Sudbury Town Taxis 01787 377366

Bures Market on The Common

Every second Saturday of the month, 10am-1.00pm

01787 227781 Email [fyshhousefarm@aol.com](mailto:fyshhousefarm@aol.com)

Sudbury Farmers' Market Market Hill

Every last Friday of month 9.30am - 2.00pm

07794 627973

Many thanks to contributors of articles,  
ideas and photographs, to the helpers and sponsors of  
The Mount. Please send articles, e-mails etc. to  
Hildegard Hill, Two Hoots, Hall Road, Mount Bures,  
CO8 5AS, Tel 01787 228429 **by 15/02/22**  
[hildegardandbuster@gmail.com](mailto:hildegardandbuster@gmail.com)

*A Rocha UK Foxeak Meadows*

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

- Person to take Hall bookings
- other committee members

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

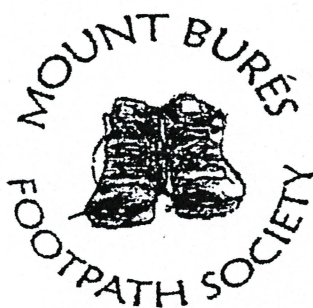
**Pilates** Wednesday 9.30am-10.30 Michelle 07904 733122

Michelle.bass4@outlook.com



## Mount Bures Connections

Thursdays 10.00am—noon



## Mount Bures Footpath Society

Walks normally start from St John's Church, Mount Bures or another local meeting point and cover about 3 or 4 miles taking around 1 ½ to 2 hours with occasional longer walks. Walks are suitable for all age groups including children. Dogs are also very welcome.

Membership of the Society costs £1 for a full year (50p for children) which ensures that all walkers are covered by the Society's insurance. Walk details

will be emailed to members and put on the Mount Bures Whatsapp group and the village noticeboards or can be obtained from Ian Woodman (01787 227689) or Lynn Baird (01787 228294).

**Forthcoming walks:** 05 December 2021 : 11.00 am starting from St Johns Church, Mount Bures

**BOXING DAY WALK 2021:** More info to follow **NO WALK in January 2022**

**06 February 2022 : 11.00 am** (start location to be confirmed)

**06 March 2022 : 2.00 pm** (info to follow) - possibly Snowdrop walk around Wormingford

A longer walk will be considered for the summer, with a mid-way break off point for those who are not able to complete a longer distance. More info to follow

*March*  
*Temp*

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

**Tuesdays 14.30—15.00**

**Next visits: 14 Dec, 4 & 25 Jan,  
15 Feb, 8 March**

### A & B Fresh Fish

Van visiting Mount Bures every Tuesday approx.  
8.00am, parking in a private drive next to the Level  
Crossing in Hall Road.

Tel. 07739739074 aandbfreshfish@tiscali.co.uk

**Mini-Recycling centre behind the Village Hall has 3 containers for clean glass bottles and jars.  
2 containers for clean cans/tins/aerosols/aluminium foil. Flatten drinks cans, please.**



# Save money, energy and make your home more environmentally-friendly


## What is the Green Homes Grant?

The Green Homes Grant scheme is a UK Government funded initiative supporting local projects to make energy-saving improvements in your home, helping to reduce household fuel bills, make homes warmer and lower carbon emissions. Warmworks is the Managing Agent in your area who will support your access to this funding.

## How does it work?

Following a survey of your property by one of our qualified surveyors at a convenient time, we will recommend a package that is suitable for your home. These improvements could include insulation, double/triple glazing, hot water tank insulation, new thermostats and more.

Get in touch today to find out  
more about Green Homes Grants

 0808 196 8255

 [surveys.est.org.uk/s/GreenHomesGrantSchemeLAD](https://surveys.est.org.uk/s/GreenHomesGrantSchemeLAD)

Please note that the repair or replacement of fossil fuel systems such as gas, oil and LPG boilers is not offered as part of this scheme

## Mount Bures Parish News September - November

Following the resignation of Councillor Martin Baird, the Council advertised the vacant position of Councillor, including on the Mount Bures What's App Group and subsequently co-opted Michaela Harris and Fiona Willett to the Parish Council.

In October the Parish Council Chair attended a meeting for local Parish Councillors at Woringford Gliding Club. This was an opportunity to relay some of the concerns that have been expressed by local residents about occasional noise from powered tow aircraft and gliders using the airfield to the Gliding Club. The Chair of the Gliding Club has agreed to come and talk to the Parish Council and local residents about the activities of the Gliding Club and their future plans. The Parish Council will let residents know the precise date once agreed.

Following repeated efforts by the Parish Council for something to be done to tidy up the increasingly dilapidated and semi-derelict Crossing Cottage by the level crossing, the Borough Council threatened the lease holder with enforcement action and work has now been done to clear the overgrown garden. Unfortunately lots of rubbish has been left behind the locked gates and nothing has been done to the Cottage itself. The Parish Council is concerned that if the garden is not maintained it will soon be overgrown again and that the building will continue to deteriorate and is therefore looking at ways to get the leaseholder or owner to carry out regular maintenance.

The Parish Council has also continued to work for action to reduce the risks to pedestrians and bus users crossing the road at the junction between Brook House Lane and the Colchester Road. This is a dangerous junction approached on a blind bend when travelling from Bures towards Colchester and there have been a number of accidents there, most recently a car demolishing the wall of the house opposite and another vehicle knocking down all the road signs on the small island. The Parish Council together with Bures Hamlet Parish Council have previously submitted an application to the Local Highways Panel for speed reduction measures at this junction. However, this was rejected. Following the most recent accidents, Braintree District Councillors and our County Councillor have agreed to support a further application.

*The Parish Council would very much welcome letters of support from any local residents who are concerned about the dangers at this junction whether as pedestrians, bus users or car drivers. The more support there is for action the more likely something will be done before someone is killed or seriously injured. Letters can be sent to the Parish Clerk at [mountburespc@gmail.com](mailto:mountburespc@gmail.com).*

Mount Bures Parish Council are working with Chappel Parish Council to consider buying a VAS (Vehicle Activated Sign) for the village to help reduce speeding vehicles coming through the village. A meeting to discuss this further will be arranged in the near future.

With the Queen's Platinum Anniversary falling in 2022, the Council is now looking at ways in which this might be celebrated within the Parish. Local communities generally are being encouraged to arrange a Big Jubilee Lunch over the weekend of the 2<sup>nd</sup> to the 5<sup>th</sup> of June and the Council is looking at whether this might be feasible. *If you would be interested in helping to organise an event or have ideas about activities, events or permanent memorials of the occasion then please do let one of the Councillors know.*

Finally, the Parish Council now has a new website at [mountburespc.co.uk](http://mountburespc.co.uk). The Council plans to use this to allow easy public access to information about the Council's work and events within Mount Bures. Do let us know if there is any information you would like to include on the website.



### Poppy Appeal:



The Mount Bures totals came to £ 371.92. Huge thanks go to the collectors, Tia and Ian, Mark and the Thatchers. In the District, nearly £5,000 were raised for the Poppy Appeal this year!

# Biodiversity and Protecting our Environment

In previous articles I have written about how Colchester Borough Council is implementing action following the declaration of a climate emergency. I touched on our Climate Emergency Action Plan containing 5 themes, the first of which is tackling the task of decarbonising the organisation. I now want to tell you a little about on-going work around a second theme, biodiversity and protecting the environment. Although led by the Council and its staff, it is hoped this will involve communities across the whole Borough.

Initially launched by the Council in 2019 the Woodland and Biodiversity Project aimed to plant 200,000 trees in the Borough by 2024 although this is now accepted as being over optimistic. Not only would this be in part to off-set carbon emissions in the future but also to increase wildlife and biodiversity generally. In addition it is hoped to provide more green open spaces for people to enjoy to exercise and with general benefits to health. The Project has many facets and already many people have been involved in tree-planting. By 2021 some 28,000 have been planted although the droughty spring in 2020 slowed progress an expanded planting programme will take place this winter. Areas of Council and community land are being targeted with planning and planting carried out with the help of local people. In addition to land in urban areas Parish Councils including Chappel have been given trees to plant in the villages. The long-running 'Trees For Years' scheme giving out plants to residents continues with a further event this autumn. This will not be delivered at a single location as previously but will be through a 'click and collect' service from sites across the Borough.

Changes are being made in the way the Council carries out routine maintenance of some green spaces in the urban areas, with reduced cuts to encourage biodiversity. A trial scheme is being run in conjunction with Wivenhoe Town Council. Less cutting has led to some residents complaining that their areas are less tidy, highlighting the need for better explanation. Alternatives to the Council team's use of Glyphosphate, a general weedkiller are being developed.

A programme of wetland restoration and biodiversity recovery has been started along the Colne on the western approaches to Colchester and moving down stream, beginning with Hilly Fields and Cymbeline Meadows. The latter, a 182 acre area of tenanted farmland owned by the Council with existing public access has potential to become an example of re-wilding, working in conjunction with the agreement of our tenant.

Space allows me to only touch on some of the work, but I would be happy to enlarge further if anyone wishes to get in touch with me.

*Peter Chillingworth*



## Recycling tips:

- Textile Collection:

Should take place in blue week, alongside glass and cans and black bag rubbish and food waste.

To report a missed textile collection or to order more textile bags contact

Essex Textiles on 0800 787 9071 or email [info@essextextiles.co.uk](mailto:info@essextextiles.co.uk)

Alternatively, use textile bank at Bures recreation ground

- Alu foil in the green box: Roll into a ball so it won't be blown about in the wind.
- Recycle(charity shops)/sell your old phone (check Internet, ask en-form) or buy second hand
- ***DON'T throw your old phone out with your rubbish, nor dispose of them into the refuse freighter!***

## News from Sergeants Orchard

The year draws to a successful close

The programme of winter work is well underway as we write this. The two lockdowns mean that there is an element of catching up alongside the routine seasonal activities. Bramble, in particular, has re-established quite a hold in the old orchard. A certain amount provides good cover for wildlife, (as well as delicious crumbles for all of us). Too much, however, can harm the old fruit trees. Over the next months, we shall remove a lot from the centre of the old orchard but retain that on the perimeter.



We've had a good crop of apples this summer but few pears. The plums, especially greengages and damsons, have fruited well. As those who have them in their gardens know, neither of these are reliable annual croppers but very welcome when they appear.

In the last article, we mentioned the orchids. It was indeed a good year. A group of us counted the flowering spikes. There were about 1600 common spotted orchids and 45 pyramidal in the new orchard. There are a few common spotted elsewhere on the reserve as well. We also had grass vetchling, St John's wort, red bartsia, various vetches, bird's foot trefoil and fleabane flowering across the site. There were wood anemones earlier in the spring.

Amongst the birds we see, buzzards are common visitors and kestrels are making a comeback. We think a pair nested on the reserve. Green and greater spotted woodpecker have been seen and heard along with the smaller songbirds – tits, robin, chiffchaff, blackcap, whitethroat and wren. These all seem to nest here. We have also seen and heard bullfinches.

Butterflies had a better year and red admirals are still about. In early November, we saw a female brimstone, which was in good condition and getting ready to hibernate no doubt.

We mentioned before the work being done to encourage turtle doves. The bare soil plot has been harrowed again and we are hoping to have another plot nearer the old orchard. We have also cut some blackthorn scrub back in the hope of getting it to re-grow more densely. We didn't see any turtle doves this year but we did hear them on two occasions, once for some time hiding in the old orchard.

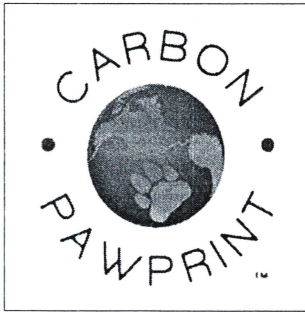
We end the year on an optimistic note. With our fellow volunteers and much help from Nicky of the Wildlife Trust, we feel we have achieved good progress, which hopefully we can maintain over the coming months. The paths are in good order, so enjoy a visit.

*Shirley and David Green, volunteer wardens (01206 240005)*



**Clean crisp packets** are a source of income for the Scout group in Bures. You can deliver them to our letter box next to our garage at Two Hoots in Hall Road. Hildegard, 228429

## Lovely Lurcher Pet Advice



The COP26 climate change conference in Glasgow has made us all more aware than ever of our need to protect the environment and to create a more sustainable future.

Unfortunately, pet ownership has quite a negative impact on the environment. The biggest environmental impact associated with our animal companions comes from producing meat-based pet food, which uses land, water and energy resources, and is a significant source of greenhouse gas emissions.

Whilst dogs are omnivores and can survive on a plant-based diet (although I don't recommend this), cats are obligate carnivores and need a meat-based diet to survive. Pets such as rabbits and rodents who have a predominantly plant/grain based diet have a much smaller impact.

According to one estimate, owning a medium-size dog can have a similar carbon 'pawprint' to owning a large SUV! As well as food, pets need toys, bedding, grooming products and various other accessories (yes Clive they really do!), which also comes at an environmental cost. Driving our dogs to different places for walks, training classes, breed/agility shows also has an impact. Even the veterinary care that pets receive when they are unwell contributes to carbon emissions.

While the carbon pawprint of pet ownership can be considerable, I would argue that it has to be balanced against the many benefits that companion animals can bring. Pets can be important in preventing or helping people better manage mental and physical illness. Pets provide emotional support and companionship, distracting people from upsetting thoughts and experiences and contributing to an overall feeling of improved well-being. They also give people the incentive to get outside and to keep active. Pets also teach responsibility and if you are responsibly looking after a pet then maybe that makes you more caring generally, to society and to the environment.

So what can we do to limit the impact our pets have on the environment?

- 🐾 Buy only as much food as your pet needs and avoid food wastage.
- 🐾 Don't over-feed your pet. Overweight pets have a greater carbon pawprint.
- 🐾 Consider pet foods which use less resource-intensive proteins, e.g. poultry, rabbit, sustainably-sourced fish, or animal by-products. There are even new pet foods made of insect protein!
- 🐾 Buy pet foods with recyclable or reusable packaging.
- 🐾 Make your own pet treats (from lower-impact protein sources, or vegetarian) and store in reusable containers.
- 🐾 Use local breeders or local rescue kennels to source your pet and have your pet neutered to reduce the chance of unwanted litters and overpopulation in rescue kennels.
- 🐾 Buy pet products made from natural or recycled materials, e.g. cat litter made from recycled paper, food bowls made from bamboo, rope toys made from hemp, dog coats made from recycled plastic bottles.



🐾 Try making your own toys! Our dogs love an old sock stuffed with more old socks and simply tied at the top. Or tie a couple of knots into an old tea-towel and use it as a tug toy. Toilet roll tubes and old cardboard boxes can make great games for cats, rabbits and rodents.

🐾 Use non-toxic grooming and cleaning products.

I hope this has given you a few ideas! By working on reducing our carbon pawprint we can reduce the negative impact on the environment while preserving the many benefits that pet ownership can bring.

I would be interested in any thoughts or discussion on this or any other pet-related topics! Please pass any ideas/questions on to Kate for the next edition of *The Mount!*

### Twelve tips for Christmas and after

With Christmas rapidly approaching here are a few seasonal tips to help keep you safe at home, shopping, visiting, and after Christmas too:

1. If you need to store Christmas food and drink, presents and other goodies within garages and outbuildings, ensure what you are storing is out of sight and that the building is securely locked with good quality well fitted locks. Treat your shed to a shed alarm.
2. Avoid tempting window shopping burglars; don't leave presents and valuables on full view in front of a window. Make suitable secure delivery arrangements for parcels to reduce the risk of theft.
3. When leaving the house always ensure your windows and doors are closed and locked (remember your face covering). Don't attract burglars to your home by leaving it in darkness; leave lights on timers, perhaps treat yourself to a TV simulator too.
4. Lock gates to keep unwanted visitors from getting to the rear of your home.
5. When you go to leave the house and find that your car is all iced up, don't leave it unattended with the engine running to de-ice it. It only takes a second to steal your car and it would invalidate any insurance claim.
6. Park safely; look for a Parkmark accredited car park [www.parkmark.co.uk/car-park-finder](http://www.parkmark.co.uk/car-park-finder) Check that your car is locked before you leave it and don't leave valuables and gifts on display in your car.
7. Whether an evening out or Christmas shopping keep your bags, handbags, wallets and mobile safe. Busy places make it easier for the sneak thief, so be alert at all times.
8. A Christmas get together – make sure that you have considered how you are getting home in advance and avoid using unlicensed taxis. Ensure you drink responsibly, social distance and are aware of your surroundings, whilst keeping your drink and belongings safe.  
[www.suzylamplugh.org/Pages/FAQs/Category/personal-safety](http://www.suzylamplugh.org/Pages/FAQs/Category/personal-safety)
9. Watch what you put on social media; check your settings to ensure that you are not broadcasting when you are not at home and the lovely gifts you may have received.
10. After Christmas don't advertise your nice gifts to the thieves by putting the empty boxes out for collection, disguise them, fold them up inside out or put them inside another non-descript box.
11. Record your new property free on [www.immobilise.com](http://www.immobilise.com) , install tracking and security apps on relevant electrical and computer products.

#### **12. Have a Great Christmas and New Year!!**

For further crime prevention advice see: [www.essex.police.uk/cp/crime-prevention/](http://www.essex.police.uk/cp/crime-prevention/) or <https://www.securedbydesign.com/guidance/crime-prevention-advice>

## Wildlife Friendly Gardens: Ella's Top Tips on Beautiful Boundaries

Hedges have as many uses as they do styles and autumn is the ideal planting time.

Hedges are environmentally friendly absorbing carbon as they grow to provide wildlife habitats, nesting sites and providing shelter for insects and smaller mammals. Ideally they should have nectar rich flowers and berries for pollinators and birds to feast on.

Hedges are also beneficial as they help to reduce noise pollution and trap air pollutants. Using Cotoneaster "franchetii" captures 20% more emissions than other varieties (RHS study).

If you're thinking of security, Pyracantha, Hawthorn, Blackthorn and Berberis make a prickly form of defence. (be sure to clean up thoroughly after trimming them!)

Do not despair if ivy and bramble mingle with your hedge, as long as you don't allow them to take over completely, they are very beneficial for wildlife.

Best time for planting is now till middle of December as you can take advantage of using bare-rooted plants.

### The following are highly commendable hedge plants for eco conscious gardeners:

- *Guelder rose* (Viburnum Opulus), deciduous, bright red berries, loved by birds
- *Spindle berry* (Euonymus Europaeus) orange-pink fruit resembling "cardinals'hats"
- *Rose*: Rosa Rugosa, Rosa Canina (dog rose), Rosa Rubiginosa, flowers and hips
- *Flowering Quince* (Chaenomeles) Flowers early spring are a hit of nectar for early bees
- *Ornamental Currant* (Ribes) attractive autumn colours
- *Hornbeam* (Carpinus betulus) - Deciduous and fast growing. A great shelter for non-migratory songbirds in the Winter whilst providing a space for insects and the source of food for nesting birds.
- *Beech* (copper and green): holds on to its leaves throughout winter. The caramel/brown leaves are replaced with green or red leaves in the spring.

### Evergreen hedges:

- *Eleagnus* has tiny, perfumed flowers
- *Thuja and Cypress* – evergreen conifers not to be confused with Leylandii
- *Cherry laurel* (Prunus laurocerasus 'Rotundifolia') advisable to cut by hand to avoid ragged foliage. CAUTION - Laurel leaves, when crushed or cut, leak hydrogen cyanide which can be deadly when consumed. After cutting your hedge never store the green waste with the laurel in your vehicle overnight or for a prolonged period as the toxin levels in the air can be fatal.
- *Portuguese laurel* (Prunus lusitanica) - Flowers and berries attract birds, bees and butterflies. Its dense structure is a safe haven for small animals during Winter.
- *Wild Privet* (Ligustrum Vulgare) semi-evergreen

### Best places to buy locally:

Glebe Farm Hedging, Boxted, Colchester, [www.glebefarmhedging.co.uk](http://www.glebefarmhedging.co.uk)

Mill Race Garden Centre, Aldham, Colchester, [www.millracegardencentre.co.uk](http://www.millracegardencentre.co.uk)



Merry Christmas and a Happy New Year  
to the readers, contributors and sponsors of The  
Mount!



# Support your AONB

Conserving and enhancing the Area of Outstanding Natural Beauty (AONB) is the responsibility of everyone who lives in, works in, and visits the area.

As custodians of the AONB for future generations, we can all play a part in ensuring the landscape remains such a special place of such outstanding natural beauty for people, nature and wildlife.

There are many ways we can work together and you can support your AONB in your everyday lives.



Volunteer in your local area, support community projects, lend a helping hand.



Travel sustainably, walk, cycle or use public transport where you can, and drive less.



Help the local economy prosper by shopping local and supporting local businesses.



Be an advocate for the AONB, help spread the word, and be a social media champion.



© Gregg Brown

# Sustainable Visiting



Stick to designated footpaths and keep your dogs with you. When near livestock or nesting birds, put dogs on a short lead.



Bring a bag with you to put your litter in. Please take it home with you or dispose of it in the next bin that you come across.



Be mindful of wildlife and others when using the river. Please also make sure your craft is registered for us on the Stour.

The AONB is home to people, nature and wildlife, local communities, businesses, and organisations that all come together to make the area such a special place to live, work and visit.

When planning your trip, please bear in mind that the AONB is a living and working natural landscape.

It is important to look after ourselves, each other, the landscape and the wildlife that calls the AONB home.

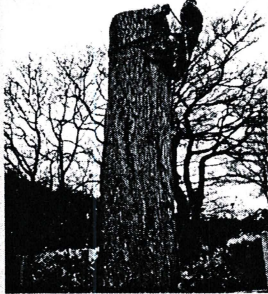


© Gregg Brown



## 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

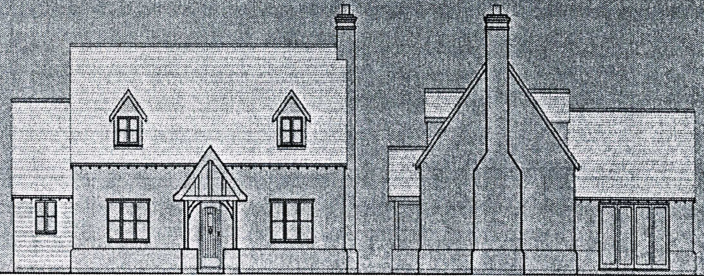


Fully Insured - £10 Million Insurance cover

## MANDY SEXTON

Chartered Architect

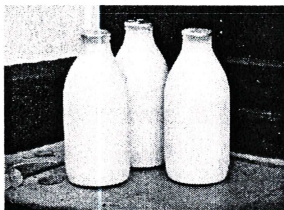
Professional advice & design services  
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Drawings prepared for planning, listed building consent, conservation  
area & building regulation applications.



Tel: 07729 236253

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

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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