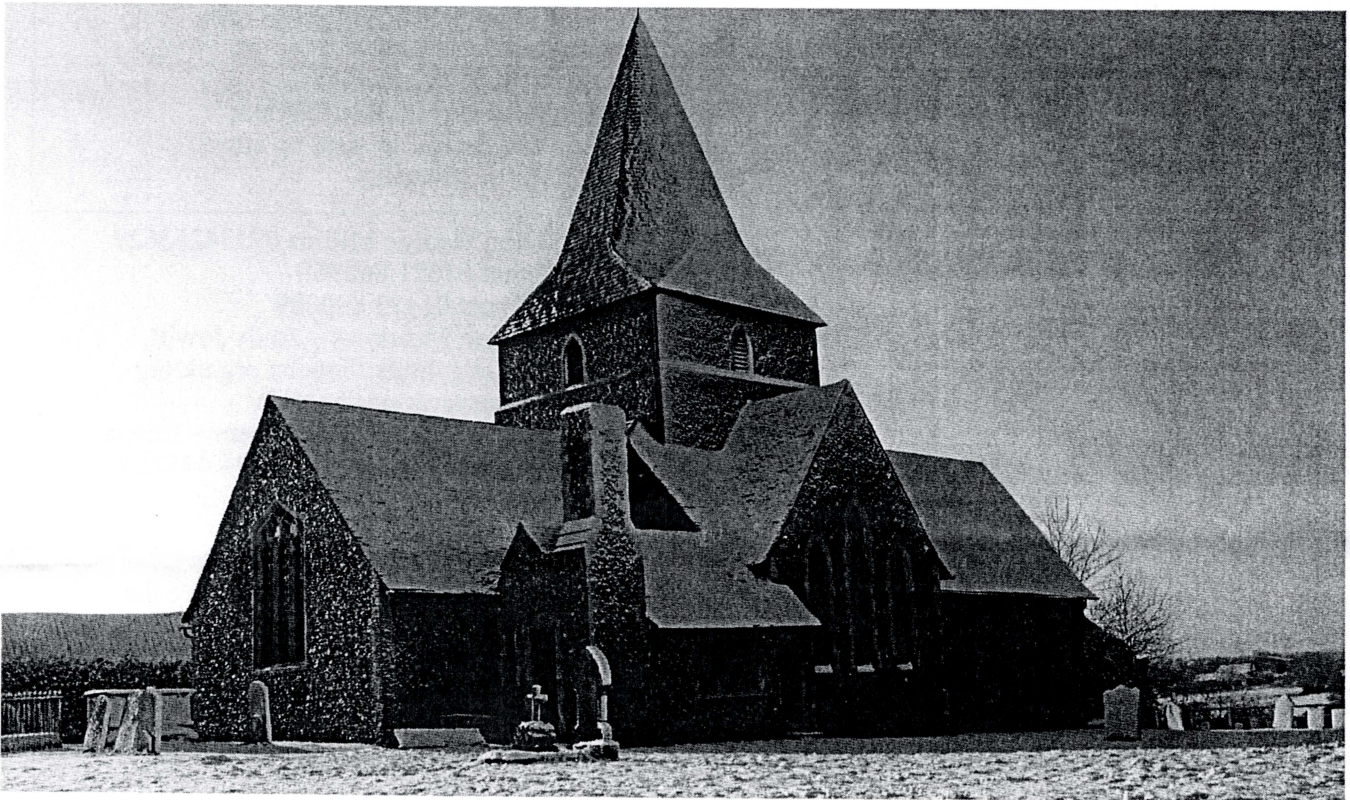


Autumn 2024

87th Edition

THE MOUNT

Mount Bures Parish News



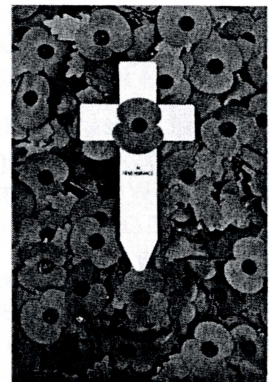
Dates for your diary

November 10th 9.15am Remembrance Sunday
with laying of wreath at the war memorial on the Green

December 15th 3pm Carols at Church

December 24th 3pm Crib Service all dogs
welcome

December 25th 10.30am Christmas Service
at Little Horkesley



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. Next meetings 12 November,
14 January 2025

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

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 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.

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 – Andy Jowitt,
andy.jowitt@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/>

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

Chambers buses 03301 020801

Service 753/754 Colchester/Sudbury/Bury St. Edmunds

Up to hourly service Monday—Saturday

New Sunday service from Sudbury to Bury and back

Hedingham Service 83 Bures—Colchester via Mt. Bures,
Fordham. 11.10am from Level crossing Hall Rd.

Daily service Mon—Saturday

Greater Anglia trains: 0845 600 7245

Nigel Taxis, Chappel 01206 240436

Sudbury Town Taxis 01787 377366

Colchester Taxis 01206 577777/ 544444

*Many thanks to contributors of articles, ideas, photo-
graphs and paper, and the Parish Council for sponsoring*

The Mount. Please send contributions, emails to

Hildegard Hill 01787 228429

hildegardandbuster@gmail.com

**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 info phone Val 01206 240328

Pilates Wednesday 9.30am-10.30 am

phone Michelle 07904733122 Michelle.bass4@outlook.com

Pilates Thursday 12.30 pm

with Sally Loxton 07530 075586

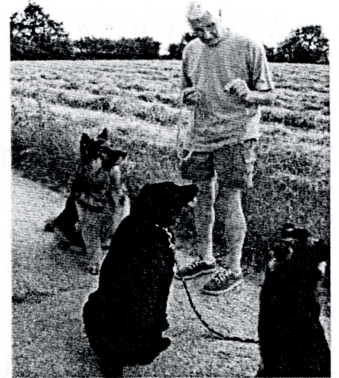
Mount Bures Connections Thursdays 10.00am—noon:

Coffee, tea, cakes, chats, friendship and much more

The Digital Access Support team visits postponed till February 2025.

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

www.colchester.gov.uk/dast/



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

Email: wastemanagement@essex.gov.uk opening times: October till March 9am-4pm every day

Bring photo ID (just in case) Online 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*

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

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

October till March opening 9am – 4pm each day. Booking online

WEDNESDAY CLOSED, also Xmas Day, Boxing Day and New Year's Day

The Mini Recycling Centre

(behind the Village Hall)

- 3 containers for clean glass bottles and jars
no ceramics, no Pyrex please
- 2 containers for clean food tins, drinks cans,
aerosols and aluminium foil.

Please flatten cans, no plastic bottles, no plastic bags.

Thank you for keeping the site tidy!

Mobile Library

Parking near the phone box in Craigs Lane:

Every third Tuesday 14.30—15.00

Next visits: 29-Oct, 19-Nov, 10-Dec,
31-Dec

May 24: Two New Ponds at Sergeants Orchard

The ponds have finally been dug at the reserve. It has taken us a while to get there with securing the necessary approvals and the wet winter not helping. The first stage was to mow a path through the large field to where the ponds were to be dug. The site of the ponds was also mown. The mowing is intended to discourage any small mammals or ground nesting birds getting in the way of the pond digging, as they will prefer longer grass.

The following Monday the digger and dumper arrived and digging commenced. By the following Tuesday, there were two new ponds with water in them. Two hibernacula were also constructed using cut wood from the field, some old pallets and topped with a membrane and soil to improve insulation.

The rest of the soil taken from the ponds has been spread over part of the field. Along with the raw edges of the ponds, that part of the field looks more like a building site than a nature reserve!



However, that doesn't seem to bother the wildlife. Dragonflies have already visited the ponds and pond skaters seen on the surface of one.

In time, marginal vegetation will appear and grass and other wild plants will colonise what is currently bare soil. It will be interesting to see what does arrive, possibly plants long dormant in the soil seed bank. The hibernacula will provide shelter for reptiles and amphibians.

We are now into summer work ensuring we don't disturb any nesting birds. We have seen and heard chiffchaff, blackcap and whitethroat of the summer visitors. Putting out seed for turtle doves is being done. So far, we have heard just the one bird, which seemed quite close by. One of our fellow volunteers was lucky enough to spot a great spotted woodpecker's nesting hole and hear the young calling.

A few butterflies have been spotted, including orange tip, speckled wood, red admiral, holly blue and peacock. The cool and wet weather probably not to their liking and keeping numbers low.

The orchids are flowering in a number of different locations, principally in the new orchard. It would be nice to think they might colonise the areas around the ponds. We have also seen the first grass vetchlings, along with large numbers of common vetch.

May has been an exciting month for Sergeants Orchard. Thanks to the Trust's Alan Brown for digging the ponds and for Nicky for all her hard work and support along with our fellow volunteers.

Shirley and David Green, Volunteer Wardens, Sergeants Orchard EWT reserve (07790 749286).

May 24



“I had a Plum Crumble” - An Autumn Update from Sergeants Orchard



We are now well into Autumn and our focus turns to maintenance jobs around the reserve. We had sheep up there until recently – quite a mixture of breeds. Black Welsh Mountain, Wiltshire Horned and various crossbreeds. They were doing a good job in eating not only the grass but also the willow and ash seedlings. Their action helped to prevent the fields being overtaken by scrub. The new orchard will require to be mowed and raked now they've gone.

The fruit crop has varied. Some apples have done well, especially the Worcester Pearmains. There was a large crop of plums and damsons earlier and some greengages. There are not a lot of pears, although it looks as though there will be some “pound pears”. These are cooking pears and popular with some visitors.

The ponds are now filling with water. One had dried out and the other was much lower. The sheep were able to use them, so they achieved one of the aims of putting them in. There were quite a lot of diving beetles and other pond life earlier. Once marginal vegetation gets established, they'll blend into the field. Hopefully, we'll see a change by this time next year.

Thanks again to our volunteers and to Nicky Payne from the EWT for all their hard work and support.

Shirley and David Green, Volunteer Wardens 07790 749286

Fungus Foray

Sunday 3rd November 2 pm Fungus Foray at *Tiger Hill Assington*.

All ages welcome. We are on the turn-off from Assington – Bures Road towards Arger Fen/Wormingford. The gateway is among trees, between Moors Farm and the Watersplash.

No charge. Please don't bring any excitable dogs.

Postcode CO8 5BW grid reference TL 926358



SURVIVING WINTER'S CHILL

As winter approaches, the weather turns and woodland wildlife species must focus on surviving until spring. Maintaining body temperature and looking for food can burn more energy than they're able to consume. But which species actually fully hibernate? And where does wildlife go during our harshest weather?

The only mammals that truly hibernate in the UK are hedgehogs, dormice and bats. Hibernating animals enter a state of inactivity which means they can survive long periods without eating, although they'll wake if temperatures drop so low they could freeze to death.

Rabbits, shrews, mice and more seemingly disappear. But rather than hibernating, some of our woodland residents enter 'torpor'. Like hibernation, this is also a state of inactivity but for a shorter period.

Our reptiles spend winter hibernating. You're unlikely to see them until they come out to bask in spring – unless you happen to disturb one while turning your compost heap.

Badgers are also less active, going through cycles of torpor which last for around 29 hours. They will stay in their home – an underground sett – for days without food.

Want to protect woodland wildlife this winter? Play our raffle today and help us conserve the habitats they need to survive and thrive, this Christmas and beyond!

PLAY ONLINE UNTIL 10 DEC
woodlandtrust.org.uk/tickets



SIMON PHILLIPOTTSPHOTOGRAPHY/
ALAMY STOCK PHOTO

Dormouse

The hibernation period for dormice begins around October to November. They stay in their nests until April or May. These tiny creatures slow their heartbeat and breathing and lower their body temperature to just a few degrees above freezing. They can lose half their body weight over winter, so they eat so much at the end of summer that they grow to twice their normal size!



NEIL ANDERSON/NATUREPL.COM

Red squirrel

It's a common misconception that squirrels go to sleep for the winter too. It's true you're less likely to see them, but they are still awake. Red squirrels prepare for winter by storing surplus food near their home so they can keep time outside their drey to a minimum and save energy. When the weather is especially bad, they often stay in their dreys for several days at a time.



ANNE COATESY/ALAMY STOCK PHOTO

Hedgehog

Hedgehogs build a winter shelter – known as a hibernaculum – from dead leaves, twigs and feathers. In urban areas they take up residence in stacks of logs, compost heaps or under garden sheds.

Hibernation takes place any time from October to April, but in a warmer winter you may still see hedgehogs out and about in December.

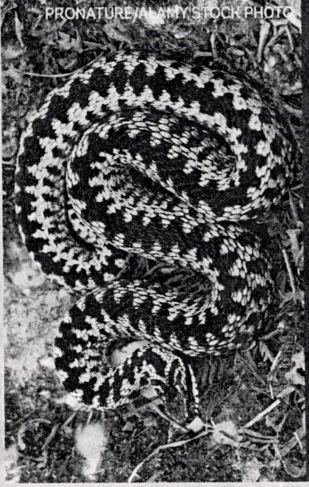


DAVID CHAPMAN/ALAMY STOCK PHOTO

Noctule bat

Bats, like the noctule, enter hibernation in November and may not be fully active again until mid-May. While in this state of torpor, their body temperature lowers and their metabolic rate slows.

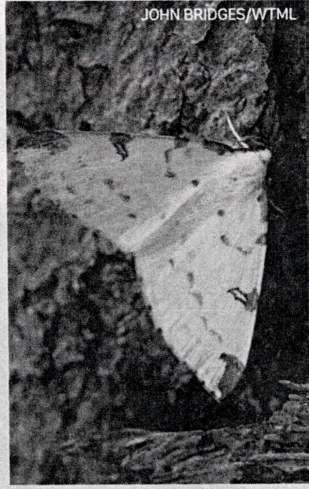
This means they can survive on the fat they have stored up, rather than expending vast amounts of energy in the cold weather searching for sparse food.



PRONATURE/ALAMY STOCK PHOTO

Adder

Adders are found across Britain but are absent from Ireland. They are associated with open habitats such as heathland, moorland and woodland edges. Adders hibernate through the coldest part of the year. From around October to March they sleep in sheltered, dry spots such as old rodent burrows or within fallen trees.



JOHN BRIDGES/WTML

Brimstone

Brimstone is often cited as one of the first butterflies of the year because adults hibernate over winter in woodlands and emerge on warm spring days. Look for them in gardens or woodlands, particularly early in the year before other butterflies have emerged. They begin to hibernate in early autumn and will be completely inactive before emerging to mate in the spring.



Microchipping your pet

In 2016 it became a legal requirement for dogs to be microchipped in the UK and for the owner's details to be kept up-to-date on a national database.

From 10 June 2024 it also became compulsory for all owned cats in England to be microchipped and registered in the same way.

Unlike dogs who have to be microchipped by 8 weeks of age, cats have to be microchipped by 20 weeks of age. This means that kittens can be microchipped while being neutered which reduces any potential discomfort or stress. An adult cat who has never been microchipped can have the procedure in a normal consultation.

The microchip is tiny, the size of a grain of rice. It is inserted under the skin between the animal's shoulder blades. It contains a number, which will show up whenever your dog or cat is scanned. The owner's contact details relating to each number are logged on a central database. Vets, police, RSPCA workers, rescue centres, and dog wardens all have scanners and will immediately look to see if a found pet has a microchip.

It is extremely stressful and upsetting when a pet goes missing. Cats in particular often roam a long way from home and can be injured in cat fights or in road traffic accidents. Having your pet microchipped (and making sure your details are up to date on the database) gives peace of mind that when the pet is found, they will be immediately traceable back to you. If the pet is found injured then being able to contact the owner to get immediate authorisation for treatment will undoubtedly result in a better outcome.

You can be fined up to £500 if your pet is found not to be microchipped or registered on one of the national databases.

You must make sure that your details are up to date on the database. Don't presume that your vets will have done this for you! There are currently 22 databases. If you are not sure which database your pet's microchip details are held on, then try entering the microchip number on www.check-a-chip.co.uk. This should identify the database and you can then check your contact details are up to date. If you can't find your pet's microchip number then ask your vets to scan your pet.

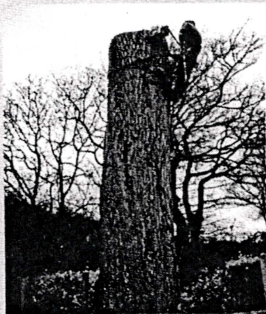
And be aware that even when microchipped, dogs must still by law wear a collar and tag with your name and address on when in a public place.

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



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

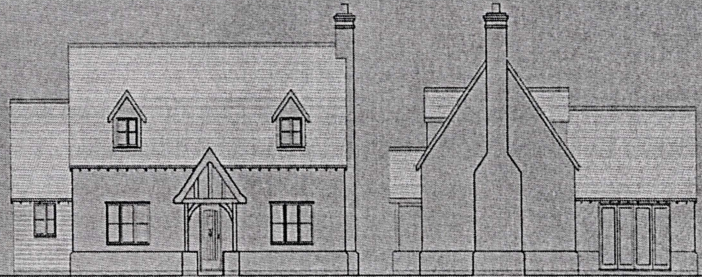


Fully Insured - £10 Million Insurance cover

MANDY SEXTON

Chartered Architect

Professional advice & design services
for domestic extensions, garages and new build.
Drawings prepared for planning, listed building consent, conservation
area & building regulation applications.



Tel: 07729 236253

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.

H. Byham & Son Ltd
01787 372526

Sudbury Office Supplies

Edgworth Road, Sudbury
Suffolk

01787 374331

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

Mo, Tue, Thurs, Fri

9.00am—1.00 pm & 2.00pm—5.00pm

Wednesday & Saturday 9.00am -12.30pm

Last post 11.30am & 4.45pm

Fish and Chips van

On Mondays 4.00pm till 8.00pm

Opposite Eight Bells 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