

Spring 2025

88th Edition

THE MOUNT

Mount Bures Parish News



Spring dates

Sat. 15th Feb Quiz night Village Hall

Sunday 16th Feb 9.15 am Morning Worship

Sunday 2nd March 9.15 am Holy Communion

Tuesday 4th March 12.00 noon Pancakes in the Church

Ash-Wednesday 5th March 7.30 pm Holy Communion at Little Horkesley

Sunday 30th March 9.15 am Mothering Sunday Worship Mount Bures

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 11 March, 13 May

Neighbourhood Policing 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 01787 372526

Bures "Footprints— carers and toddlers" 229052

Chappel School 01787 222296

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

To report scams 0300 123 2040

Badger Hotline mob 07751572175

RSPCA enquiries line 0300 1234 999

Owl and birds of prey rescue helpline

07711919505

En-form Colchester Environment Centre

15 Church Walk, Tel.01206 367776, also on
 Facebook

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

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

Dedham Vale & Stour Valley Volunteers – Emma

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

dedhamvale.project@suffolk.gov.uk

River Stour Trust – 01787 313199,

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

Save Middlewick Wildlife Site: Facebook save the

middlewick ranges

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

Heddingham Service 83 Bures—Colchester via Mt. Bures,

Fordham. 11.05am from Level crossing Hall Rd.

Daily service Mon—Saturday

Greater Anglia trains: 0845 600 7245

Nigel Taxis, Chappel 01206 240436

John's Taxi Services Suffolk 0789 6368018

Sudbury Town Taxis 01787 377366

Colchester Taxis 01206 577777/ 544444

*Many thanks to contributors of articles, ideas, photo-
 graphs, and the Parish Council for sponsoring The
 Mount. Please send articles, emails to Hildegard Hill
 01787 228429, hildegardandbuster@gmail.com*

Scrap Metal & Waste Electrical / Electronics Collection

Hall Road, Craigs Lane, Old Barn Road, Peartree Hill, Bells Hill, Dowling Road

Monday 24th February, 9.30am onwards

This free kerbside collection is one of many in the Borough, organised by Roy and his team with support from En-form, in aid of the Colchester Children's Charity . The proceeds from repair and resale as well as funding for scrap support children with special needs not catered for in mainstream schooling.

The charity was formed in the 1990ies by a group of parents (SNAP):

Special Needs And Parents.

Donating surplus items fulfils another vital role in society by giving materials many more useful lives rather than dumping them in a hole in the ground.

*The **following items** will be collected from the kerbside (where you normally put your recycling and refuse. Please phone Hildegard 228429 if unsure)*

Van and car batteries

Electric and gas cookers, Dishwashers, tumble dryers, washing machines

Hoovers, smaller electrical items such as toasters etc, coffee machines

Electric garden tools, metal garden tools, old boilers

Metal furniture, cages, metal

Kitchen utensils, cutlery, pots and pans

Copper pipes, metal pipes, wiring

table and floor lamps

computers, laptops, iPads, mobile phones, printers

radios, video players, CD players, cassette players, record players

Basically anything metal and or electrical and electronic

They do NOT take fridges, freezers and gas bottles (phone Council)

or fluorescent light strips (take to Civic Amenity Sites)

**The Village Hall still wants more people
to help with the running of the Hall**

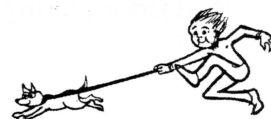
If interested please contact Pam 07974913139

Ongoing events:

Dog Training:

Every Monday starting at 7.00pm.

For info phone Val 01206 240328



Pilates: Monday 10—11am

Sally Trenchard 07530075586

Wednesday 9.30am-10.30 am

Michelle 07904733122



Thursday 12.30 pm– 13.30

Sally 07530 075586

Mount Bures Connections Thursdays 10.00am—noon:

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

The Digital Access Support team 20th February

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

www.colchester.gov.uk/dast/



Quiz night in aid of Mount Bures Village Hall

Saturday 15th February

7 for 7.30pm

£5 per person (incl. snacks but BYOB and glasses)

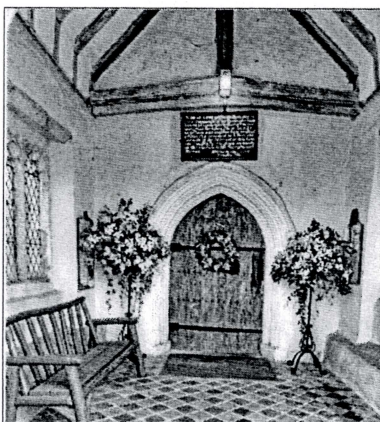
Max 6 people per team

There will be a raffle

To book in a team please call

Dick on 01787 227834 or Pam on 07974 913139

Or call in at "Connections" on a Thursday morning



Flower Festival

21st & 22nd June



80 years of end of WWII commemoration

May 8th

Village Barbeque hosted by the Thatchers

Mobile Library

Parking near the phone box in Craigs Lane:

Every third **Wednesday**

14.30—15.00

Next visits: 12 Feb, 5 & 26 March,
16 April

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.*

no plastic bottles, no plastic bags please.

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

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

Colchester Recycling Centre -

Maldon Road, Shrub End, CO3 4RN; T: 0345 603 7625; Email: wastemanagement@essex.gov.uk

opening times: Due to repair works the opening hours from January till approx. March when works should be finished are from 8 am—5pm every day. There will be fewer booking slots. Normal hours 9 – 5 till October.

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.

March till October 9am-5pm, Thursdays 9am - 7pm

Booking online

WEDNESDAY CLOSED,

Mount Bures Parish Council Update January 2025

Defibrillator

Towards the end of last year a number of residents drew the Parish Council's attention to an offer by the British Heart Foundation to provide free defibrillators to community bodies, including Parish Councils, where there was sufficient need. The Council subsequently submitted an application to the BHF for a defibrillator to be located in a storage box on the outside of the Village Hall where it was judged the maximum number of people would be able to access it, if needed.

Sadly, our application was unsuccessful. The British Heart Foundation response said that it receives a high number of applications for funding and therefore prioritised communities where local health needs indicate a higher risk of out-of-hospital cardiac arrest. In short, we are generally too healthy in Mount Bures to justify a free defibrillator!

While this is disappointing, it is probably not very surprising as it obviously makes sense to provide free defibrillators to communities with the largest number of people able to access the defibrillator and get back to the patient within the 10 minute window when it might make a difference. However, the BHF are offering defibrillators for sale to community groups at much more affordable prices than has previously been the case (the cheapest would be £1200 including a cabinet). The Parish Council will therefore be discussing at its next meeting on 11 March whether it should purchase a defibrillator for the Parish and how this might best be funded. Any views or suggestions about this from residents would be most welcome.

Local Government Reorganisation

You may have heard about the proposed Local Government Reorganisation where Essex County Council's functions could be split among 3-5 new "unitary" authorities formed from merging existing District Councils with some functions also going to a directly elected Mayor. If this were to proceed, Colchester is most likely to be merged with Braintree and Tendring to form a new unitary authority. It is not expected that the reorganisation would affect Parish Councils.

Changes like this offer both benefits – especially reduced costs – and risks, including the provision of local services becoming more 'remote' from local communities. There will have to be a public consultation before any reorganisation could proceed and it will be important to make sure we all have our say. The Parish Council will comment on the proposals if they generate particular concerns about the delivery of services that are important to the local community and Councillors would welcome any feedback from local residents once specific proposals are published. Of course, there will also be opportunities for individuals to comment directly to Government and District/County councils during any consultation period.

"Here we come a-wassailing"

At the end of our last work party at Sergeants Orchard, we held a wassail. This is an old custom designed to "bless" the trees and drive "evil spirits" away. The hope is this will lead to a bountiful harvest. We processed around banging saucepans and singing a wassail song. Pieces of toast are put in the trees. Cider (in our case non-alcoholic!) is drunk as a toast to the trees and we ate apple cake. It is a popular custom in various parts of the country, accompanied with different activities.



We're well on with the winter jobs. The pruning of the apple and pear trees in the new orchard, along with a few in the old orchard is now complete. It's a job that becomes more difficult each year as the trees get that much higher.

We've also cleared quite an area of bramble and nettle in the old orchard. The primroses and wood anemones will benefit from this. We will try and keep this area clear throughout the year. We will probably plant a couple of new trees in this area to replace those lost in the last few years.

The new orchard has been partly mown and hand cleared using a scythe. (A tool that has proved very useful this autumn.) This work helps to reduce competition for the trees as well as encouraging wildflowers. We have also started on a willow screen in front of the tree nursery.

The new ponds continue to fill, and the grass and some wildflowers are reappearing on the bare soil around the ponds. It will be interesting to see what vegetation appears this year. We shall have to manage it to prevent the ponds being too shaded.

If you have visited the reserve recently, you will know how wet it has become. One of the new ponds has, however, kept dry one section of path that used to flood badly.

One advantage of this wet ground has been that the large field has been visited by snipe; a small wader with a long bill and a winter visitor to these parts. We haven't seen many fieldfares or redwings on the reserve this winter, which seems to be the general picture. One winter visitor we did see was a merlin, a small bird of prey with a distinctive flight pattern (rapid wing beats and then a glide).

There are welcome signs of spring with the first primroses coming into flower and snowdrops along the bridleway. We are looking forward to seeing what the year brings to Sergeants Orchard. We hope all our visitors enjoy the sights and sounds of spring.

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



Something a bit different for this edition of The Mount, I thought I would write about a few things happening in the veterinary world that you may or may not be aware of, may or may not affect you, and may or may not interest you!

First topic is the Consumer and Markets Authority (CMA) review which is happening at the moment and is likely to impact all veterinary practices (and their clients). In 2024, a formal market investigation of the veterinary sector was launched after “multiple concerns” were identified. One of the areas being investigated is the possible lack of transparency as to ownership of veterinary practices. Around 60% of veterinary practices are now under corporate ownership but this is often not immediately obvious as the practice usually continues trading under the same name and with the same staff. These large corporate organisations also often buy numerous practices in one area leading to possible reduction in choice when you are deciding where to take your pet. Other issues being investigated at all practices (not just those under corporate ownership) include the rising costs of veterinary treatment and medicines and how transparent practices are when it comes to displaying their fees. The CMA is due to present its findings in the next few weeks so watch this space!

Another challenge facing the veterinary profession is that of staff retention and recruitment. There has been a shortage of vets and vet nurses for some time, exacerbated by the COVID-19 pandemic and Brexit. An increase in pet ownership during Covid and a decrease in overseas vets able to come to the UK to work has put UK vets under a lot of extra pressure. Currently, 45% of vets work for less than 4 years in practice and suicide rates in vets is on the rise. It's a tough job so go easy on your vet, they will be doing their best under potentially difficult circumstances! (And those rising costs are unlikely to be their fault.)

Another subject that I am following with particular interest is one that I wrote about a few years ago in The Mount and is current news again this week. The environmental impact of flea treatments and worming treatments that we use on our pets. For a long time the advice was to treat your pets regularly and all year round against fleas, ticks, lungworm, and intestinal worms. Indeed most of the monthly health plans that veterinary practices offer their clients include such regular preventative treatment. A few years ago, some of the insecticides that we use on our pets were identified in our rivers and other waterways and it was feared that they were harming insects and other aquatic life. Two particular substances were fipronil (found in products such as *Frontline*) and imidacloprid (found in products such as *Advocate*). There is now even more evidence emerging as to how toxic these substances (and others) are and they have recently been linked to deaths in blue tits and great tits. Our songbirds have been declining in numbers for the last 50 years and this is yet another threat to them. Rather than blanket treatment of all pets, it is worth discussing with your vet or vet nurse what the risks are to your individual pet based on geographical location and lifestyle. They can advise you how to minimise the use of these chemicals on your pet and minimize environmental contamination.

Please pass any questions or thoughts on to me, I am interested to hear your views! *Kate*

God's Beloved Flock

Spring is making an attack on winter with the lighter mornings and drawn out evenings, something I always rejoice at as we are in the middle of lambing and it makes it so much easier and cheerier having light.

This year with 103 ewes scanned in lamb we were set for a busy time. It is always a time of waiting and watching, with excitement and anticipation knowing there will be the amazing success stories of lambs being adopted to other mothers and little ones making it against all the odds, but as with all things there are also the sad stories of loss.

Lambing is a time of reflection as we spend more time than usual looking at the sheep and really paying attention to their characters. When the sheep are in the fields I find it difficult to see many distinguishing features between one sheep and the next but when in the barn at lambing time you really get to know them and their individual characters.

Jesus says of Himself that He is the Good Shepherd and that He knows His sheep (John 10:1a). God, who created all things and each person and each sheep, knows each one by name. How incredible it is that God knows the intimate details of all that He has created! In Psalm 139 David says;

"For you created my inmost being; you knit me together in my mother's womb... I am fearfully and wonderfully made"

So we can have confidence in a God who knows us and treasures each one of us, knowing our individual personalities, gifts, strengths and weaknesses, and being able to tell us apart from everything else He has created.

As we come to the end of lambing for 202a we have had the stories of loss and others of success but above all we have been privileged enough to have witnessed creation at its best.

We now watch the lambs play out in the field with their huge skips of joy and the comfort that we are their shepherds just as Jesus was a special baby sent from God to be a loving shepherd to look after us....

And out of love He laid down his life for every one of us, his beloved sheep.



God bless
Reverend Emma

Richard Fordham Tree Surgeons

Dowling Road
Office Tel No 01787
229933
Mobile 07950 142030
Email

dawn.fordham@btinternet.com



Blake Tree surgeons

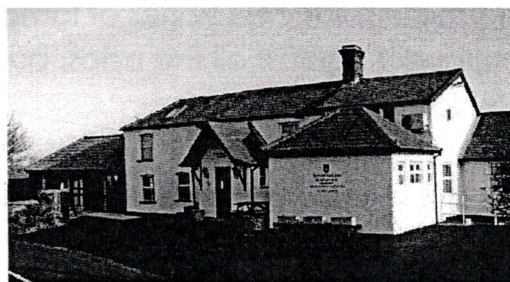
Bells Hill

Tree felling, shaping and
pruning, logs
Tel 01787 228341
07515 288736

info@blaketreecare.co.uk

**The Thatchers Arms,
Mount Bures
CO8 5AT**

info@thatchersarms.co.uk
01787 227460
Closed Mondays



**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

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

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**