

THE MOUNT

Mount Bures Parish News



The Church is now open for daily prayer

We have a short (30mins) service of the word at 9:15am every other Sunday,
all welcome.

Next service: Sunday 4th July 9:15am

Flower Festival 17th & 18th July, 10am to 2pm

Refreshments and Bric a Brac

Everyone is welcome to place flowers in the Church whether it is in a jam jar or something more substantial in memory of someone dear to them.

SUNDAY 18th JULY 9:15am Celebration service
all welcome 2 legged and 4 legged.

For more info Alison Deal, 07468 425 730 or 01206 210751
and a.deal@talk21.com.

Any time for a listening ear please call Emma on 07801659345

WHO'S WHO

The Parish Council

Clerk: Grahame Walkingshaw, 80 Chapel Road,
West Bergholt, Essex, CO6 3HL
01206 240 772 mountburespc@gmail.com
Chairman Cll. Ian Woodman 01787 227689
Cll. Hillary Bufton 01787 227218
Cll. Mark Graham 01787 229950
Bi-monthly meetings on second Wednesdays
7.30pm. Please contact the clerk for details.

**Neighbourhood Policing Team for the villages
north of Colchester: Tel 101, ext. 430136**
PCSO Dave Jones /Hayley Howe
Mobile 07966 197134

**Non Emergency telephone number for
Essex police: 101**

Emergency phone number in Europe 112

Village Hall Management

Temp. Bookings: Pam Hailles 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
cldr.lewis.barber@essex.gov.uk

Doorstep Deliveries: Byham 01787 372526
RCCE Oil buying scheme: representative Juliette
Shields, 01787 228511

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

Badger Hotline mob 07751572175
RSPCA enquiries line 0300 1234999
Silverline 0800 470 8090

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

Customer Services Colchester BC 01206 282700

Mount Bures website: [http://
mountburesparishcouncil.org.uk/](http://mountburesparishcouncil.org.uk/)

Citizens Advice Colchester 03444 770808

Braintree, Halstead & Witham
0344 499 4719

Sudbury 01787 321400 or 0300330151

Mt. Bures Footpath Society:



Guided walks usually take place on the
first Sunday of each month.
Non-members are welcome on the walks.
For insurance purposes there will be a
charge of £1/children 50 p which also
provides membership of the Society for the calendar
year. *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
Future walks to be announced.

Pilates: Jane Read jane.elise78@gmail.com

Nature Conservation

George Millins 01787 374874 mob 07534263620
Essex Wildlife Trust 01621 862960
Suffolk Wildlife Trust 01473 890089

Samaritans: 24 hour phone line 116123

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
Sudbury Farmers' Market St. Peter's Church
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 15/08/21**
hildegardandbuster@gmail.com

Parish Council report

The Chairman and fellow Parish Councillors would like to take this opportunity to thank Doug O' Neill for all his hard work and efforts on behalf of the residents of Mount Bures over the last number of years. Doug made the hard decision to resign from the Parish Council at the beginning of June 2021.

The Parish Council are now looking for someone to fill the vacant Parish Council position and would welcome any members of the public who might be interested. It is an enjoyable position offering a wide variety of scope for someone with an interest in the local community. If you are interested or would like more information on the position, then please contact the Parish Clerk, Grahame Walkingshaw on mountburespc@gmail.com

The Parish Council is looking to return to the village hall for its next meeting on Wednesday 14th July 2021 at 7.30 p.m. - it would be nice to see local residents at our meeting and an opportunity to catch up socially in what has been a difficult year for everyone. Zoom meetings have become normal for our councillors and it has been a lesson in new technology for us all to get our heads around over the last 16 months since the first lockdown.

Moving forward we have had local elections in Essex and Lewis Barber has been successful in becoming our representative as Essex County Councillor replacing Anne Brown who retired from the position. We look forward to working with Lewis, who has already been very busy in dealing with the issues of speeding which affect our community.

The derelict building at the level crossing is currently being looked into by the enforcement team at Colchester Borough Council and hopefully we will have some good news to report on any action being taken to restore the property to a better condition than at present.

Finally, we are still looking into drainage issues that affect Mount Bures residents and will continue to work on this despite the sudden change in weather - whilst we can all enjoy the wonderful sunshine - the Parish Council will continue to look at the issues and concerns over the coming months with the aim of reducing the impact of heavy rainfalls in our area.

Grahame Walkingshaw

Parish Clerk for Mount Bures

Mount Bures Parish Council

Notice of Vacancy In office of Parish Councillor

Notice is hereby given pursuant to Section 87(2) of the Local Government Act 1972 that Doug O'Neill has ceased to be a member and that a casual vacancy exists in the office of councillor for the Mount Bures Parish Council.

If **by 24th June 2021** ten electors for the said parish make a request for an election to fill the vacancy in writing to the proper officer of Colchester Borough Council, an election will be held to fill the said vacancy. Otherwise, the Parish Council will fill the vacancy.

Dated this day the 4th June 2021

Adrian Pritchard

Proper Officer

Rowan House 33 Sheepen Road
Colchester CO3 3WG

Mount Bures Village Hall News

The Village Hall Committee would like to extend a heartfelt thank you to Carol Lynch who has stood down as Booking Secretary after many years. She brought her professional approach to the bookings with new booking forms, awareness of Health and Safety as well as legal aspects and Safeguarding, and provided a cheerful and highly efficient welcome to Hall users, opening and closing the Hall after use. Her husband Ted also deserves thanks as he often did odd jobs around the Hall, maybe unacknowledged and even unknown, but deeply appreciated, and proving that behind every successful woman lurks a man! Thank you both so much for your dedicated and unstinting service to our community.

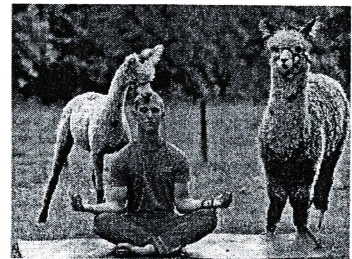
Pam Hailes has kindly agreed to stand in as Booking Secretary until such time as a relief comes forward. At the moment the Committee's average age is well over 70, (not Pam, of course), and willing though we may be, we are less able, less imaginative and actually less suited to lead the Village Hall into the future with events that people wish to attend than younger people.

Two things really need to happen, and perhaps all of us in the Village can think about and contribute to improving the Hall. The first thing is to get a more dynamic and younger Committee. It is not onerous, with a couple of evening meetings a year, and perhaps two or three Village events to help with through the year, and which attract many other helpers reducing the burden on the Committee. The second is to use the Hall more often. At present we are delighted to host an evening session of Dog Training and a morning session of Yoga. It is not expensive to hire, and post June 21st, hopefully, we can regain our freedom and meet again socially.

Failure to do one or other of these two things will inevitably lead to the decline and perhaps end of the Hall as a facility for the Village, ending a history of nearly 50 years of use. Please think hard about this and the part you wish to play in your community. If you would like to serve it through the Village Hall, then please call me, Dick Gould, on 227834

Anyone for Yoga?

Please contact Esther Morrell, of Hall Cottage, Mt. Bures,
Email Morrelle7@gmail.com



County Councillor Lewis Barber writes:

I am pleased to introduce myself as the new County Councillor for Mount Bures following the recent local elections. I look forward to the challenges ahead and representing this wonderful village. I will be working with our new Borough Councillor, Darius Laws, Cllr Peter Chillingworth, the Parish Council and the local community to deliver for all.

I recently met with the Parish Council and I have immediately begun work to help tackle issues such as improving road safety, flooding and our rural highway network.

If you need any assistance or wish to discuss any matter, please get in touch on cllr.lewis.barber@essex.gov.uk or 07876237137. I also have a Facebook page, Cllr Lewis Barber, which I post regular updates on too and I will be looking to keep you updated regularly with my colleagues through local news.

Goats on the Mount:

This is a project funded by Historic England and Essex County Council to try and reduce the huge amount of undergrowth engulfing the Mount!

Visitors can still access the steps, **BUT PLEASE NO DOGS, AND PLEASE MAKE SURE TO CLOSE THE GATE.**

Please **DO NOT FEED THE ANIMALS** otherwise they could become a nuisance to visitors.



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

Mobile Library

Parking near the phone box in Hall Road/Craigs Lane, visits every 3 weeks on

Tuesday 14.30—15.00

Next visits: 29 June, 20 July, 10 & 31 August
21 September

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

opening times: 9.00am—5.00pm every day
Please check for Easter opening times.

Sandy Lane Sudbury Recycling Centre

Open 9—5, Closed Wednesday
Contact @SuffolkHWRC Tel. 03456066067
Online booking only, 1 week in advance of intended visit. Items (laptops, lawn mowers etc.) also accepted for re-use. Separate booking required

Mini recycling centre

behind Village Hall Craigs Lane

3 containers for glass bottles and clean jars
No Pyrex (heat resistant glass),
No window sheet glass please

2 containers for cans (rinse & squeeze),
clean food/pet food tins, alu foil and
(metal) aerosols

*Thank you for keeping the site tidy!
No plastic bags, please*

kerbside recycling service:

one box for glass,

another container for cans/tins:

Serious injuries from kerb sorting glass and metal have resulted in the requirement to separate cans/tins from glass:

unsorted boxes will not be emptied

You can use any rigid/semi-rigid container (old washing up bowl, large plastic tubs, but no cardboard boxes) *Problem? Contact Hildegard*

- Flatten cardboard boxes
- Rinse and squash plastic bottles, lid back on
- *Need a recycling calendar? contact Hildegard*

The **Green Homes Grant Local Authority Delivery Scheme** has been extended. You now have up until 31 August 2021 to make free energy efficient upgrades to your home.

You can apply for the scheme if you own a home with an Energy Performance Certificate (EPC) of E, F or G, and have a household income of under £30,000.

The scheme is also available to private landlords, local authority-owned properties and social housing. Landlords need to make a 33% contribution to the works and the maximum funding per property is £5,000.

For further details and to apply for a grant visit www.essex.gov.uk/energy-funding
Or call Aran Insulation on 0800 587 7795
or 01284 812520

Sudbury Rowing Club's annual International Regatta,

Saturday 7 August.

Richard Fordham

(29th December 1963 to 10th March 2021)

Richard's Eulogy written by his daughter Kerry

Dad, I always knew you were a larger than life character and hugely admired by everyone but these passed weeks I've been overwhelmed and incredibly proud of the hundreds of messages we've received since you left us. There have been some wonderful stories and kind sentiments sent. I hope you knew just how loved you were or can I say still are???

You are highly respected who left an impression on everyone you met. One comment someone made recently was that you were perfectly imperfect and I think this is a true reflection on the man we all knew and loved. You'd help anyone out of a muddle and were so many people's first call if ever they were in trouble. You were supportive of all local businesses and sponsored the local village cricket club for many years and were generally a huge part of village life.

From a little boy I'm told you had a desire to build a future for yourself. From as young as four I hear while attending a family wedding reception that was being held at a golf club, you disappeared off and were found collecting all the missing golf balls and selling them to the club members! I also hear you used to collect the clays that were left on the ground after shoots and sell them back too. Legend!

As you got older, you picked up lots of different gardening and handy jobs in the area which included cutting the church yard grass at Wakes Colne and Bures.

You were really good with your money. This enabled you to purchase your first plot of land in Great Tey. You had to ask your Mum, our wonderful Nanna, to sign the paperwork because at the age of 16, you were too young to do so. This is where you met your very best and most loyal friend Peter May . From here on you did lots together and always helping each other out, generally being there for one another. Pete is loved dearly by us all. I personally will always think of Pete as an Uncle and will forever be grateful for his friendship to Dad.

After leaving school Dad went on to work for Manns in the wood shop. But he missed the outdoor life. Thanks to Chris Price, who sadly is no longer with us, Dad got his first job working with willows in the willow beds for Wrights.

Dad had always dreamt of having his own wood business so alongside working for Wrights, Dad started selling logs at the weekends to local customers. Mr Price loved to tell the tale of seeing four white pickup trucks loaded up ready to deliver wood all with identical number plates. In the words of you Dad "Well Done Buh" I say while rolling my eyes.

Dad never lost his attitude for work. He enjoyed every day come rain or shine. He worked seven days a week the majority of his life and he wouldn't have changed a thing. Even in hospital he told the nurses that as soon as he was better he'd get back to what he was doing before. He also sent a card to the boys just days before he sadly passed away telling the boys how grateful he was to them for holding the fort while he was too poorly, for supporting Dawn and that he'd see them in a couple of weeks. Through everything Dad was going through he was kind to the nurses and paid his respects to his work family. Something to be admired for!

Dad's little log business grew into "Richard Fordham Tree Surgeons" as we know it today even if he is still referred to as "log boy" by some. Of course staying loyal and working with Wrights who I know will miss you hugely Dad and I think Nick and Jeremy and all the gang will agree when I say the willows will weep.

Dad's success never changed him. His skill with his business earned him the highest of reputations and yet he was always polite and never took anything for granted. He was proud of his achievements and his boys. Everyone always commented on what brilliant work they do and how tidy they leave the work site. He always kept high standards and kept those around him in check which was always noted. He'd helped many boys in to the trade, some of whom have stayed loyal to him for over 20 years and are here today as part of our family.

It's amazing that after all Dad's struggles at school due to dyslexia he ran such a successful business overcoming all hurdles and difficulties that faced him. I know we are all so proud of you Dad.

Dad learnt to live by the saying "All work and no play makes Jack a dull boy" from his early twenties. Here comes me... Dad's first love was with my Mummy, Carole, resulting in becoming a Daddy on his twenty-third birthday. Despite their relationship not lasting Dad always supported me and included me in his future.

Dad then married Dawn and was a very proud Dad to Charlotte and Jake. Since Jake left school, Dad and he have worked away together 40 weeks of the year. Dad has been Jake's boss, guidance and friend.

Dawn and Dad worked alongside each other becoming business partners and best friends too. It's like they think the same! I used to love at Christmas when Dawn used to sign the cards love Prawn and Pilchard. They were evidently meant to be. Their love for one another always shone brightly and through everything they stayed united.

Dad was a protective, annoying big brother to Auntie Alison and was a fun awesome uncle to Laura, Sam and Guy. That's when he wasn't terrifying them when they were little with stories of how the donkey ate his finger...

Dad was a Mummy's boy and always tried to show his love to Nanna by buying her flowers and probably more lovingly picking primroses for her from the side of the road at the first sight of spring. Dad was a devoted son to Grandad too helping lots on the farm even during his busiest times. The farm was always "home". Dad and Grandad had a special bond way further than just father and son which was always admired.

Dad enjoyed fishing and shooting and led a colourful social life. He loved country walks but equally loved a good night out at a nightclub. I'm sure Pete, Andy and Murdock have some good stories of their escapades together. Dad could bust some interesting moves and could drink all of us under the table. He'd get in at silly o'clock in the morning and still be up for work the following day. He was well known in the local pubs and will definitely be sorely missed. He really did love his life, and could never be described as dull.

Dad also loved spending time with Mandy, Woody and Ted. He always talked about their dog walks and enjoyed travelling the country together shooting and making memories outside of work. They shared a passion for the seaside often going there for fish and chips followed by ice-cream while walking along the seafront together.

Dad had just this past six months converted a fabulous barn and despite all the odds stacked against him, he did it! This is a true reflection on the sheer grit and determination Dad showed and how no was never an answer. Did I tell you he was stubborn?

Dad you were one in a million. When I think of you I'll remember your grin, that tatty hat you're sporting today, your magic Mary Poppins pockets which always revealed a lemon sherbet or a bar of chocolate, the old trusty Nokia 6310 you refused to upgrade and of course not forgetting a pack of Rothmans. I'm so grateful Charlotte and I got to share our wedding days with you and Noah got to meet his Grandad. You will live on in our children, which was made clear after my scan when my little girl put her thumb up just like you would. I know you're with us and I know your memory and wisdom will stay a big part of everyone of us here today.

Words from the family

Following the funeral the family said they loved that all aspects of Richard's life were included on his final trip through the villages he loved: shooting, friends, cricket club members in their whites raising their bats in respect, families who came back to the village especially to say goodbye, customers, ex Staff and business associates. Many had come a long way despite not being able to attend the church service, or join us afterwards for a wake. Richard's boys were unable to bear his coffin (Covid restriction) but we certainly feel they made up for it. They wanted to bring "Their Leader, their Friend and their Boss" down to the church and, we think, they certainly did it in style. His favourite tractor led the way, he was on the back of his favourite old truck. All his boys accompanied him down in the vehicles he was so proud of, clean and sign written. They have all been so upset, but continued to be supportive and loyal during this difficult time.

When we met the nurses who had nursed him, they said he was never happier than when sitting up in bed with his paperwork and working out the jobs going forward. He was the only patient they had ever looked after, who just wanted to get back to work!

Richard had enjoyed the work he got through Wrights (cricket bat business in Great Leighs) and spent lots of time away in Oxfordshire, Gloucestershire, Yorkshire and Wales, always accompanied by his son Jake. Tending and maintaining the Willow beds and cutting down the Willow for it to be made into cricket bats around the country, was one of the reasons he thought every day was a holiday/ every day was a good 'un. He certainly loved life, lived the life he loved.

The family hopes Richard will inspire young people who struggle academically as when he left school, he had no qualifications and has always struggled to read and write. He was very dyslexic but he was not ashamed to admit it. He worked hard and his "no messing, no fuss, job done" attitude set him on his way. He had very fond memories of Chappel school, and several people paying their respects on 6/4/21 attended school with him.

Through his work ethic and with Dawn's support he built up a very successful business and was proud of the various properties and land that he acquired over the years. As a family the thing we were always most proud of, was that he never changed.

He was so looking forward to coming out of lockdown and was even showing his Nephews and Niece some of his dance moves ready for when he could hit the dance floor again.





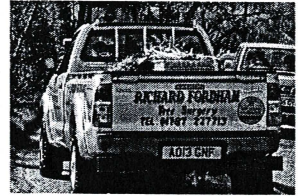
None of us can imagine life without Richard in it. If anyone was invincible we thought it was him.

Richard has been sponsoring The Mount and The Villager since they began and the family would like to use this opportunity to stress that it's very much "business as usual" going forward.

We know that's what he would have wanted. He loved what he did and would want it to carry on .

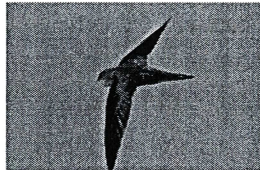
Any donations received in memory of Richard will be sent to Essex and Herts Air Ambulance c/o A Birkin and Sons, Market End, Coggeshall, CO6 1NH.

Thanks once again to everyone for your support from the Fordham family; David, Hilary, Alison, Dawn, Kerry, Charlotte, Jake and all at Richard Fordham Tree Surgeons (Richards work family).



...and he loved birds. It is not surprising that Richard who had been working in the great outdoors for all his life was also a great lover of nature and its creatures. When the Colchester 6th Form College decided to help the Swifts, a type of swallow in serious decline, by putting up nesting boxes to encourage breeding, Richard lent man and machine, entirely free of charge:

One of Richard's team, Liam, operated the cherry picker and associated machinery, and heaved up the College's caretaker who fixed a dozen boxes under the eaves of the buildings. Ever since, several of the boxes have been occupied by budding swift families!



Ben's practical tips on how we all can help to reverse the trend of the decline in our wildlife, by joint community efforts in Wildlife friendly gardening

When buying **peatfree compost** consider buying Melcourt All purpose Peat Free compost, or New Horizon Peat free compost available online and Perrywood Sudbury, Newton road CO10 0PZ 01787 466965 www.perrywoodsudbury.co.uk,

- Make your own compost, on an open sided heap (3 pallets tied/nailed together) or commercial bin, or old car tyres stacked up: mix green (wet) and brown (dry, carbon rich) materials.

When peatlands are drained and peat is extracted carbon is released back into the atmosphere contributing to global warming. Intact Peatlands are also important for water management and a great variety of wildlife.

- For summer colour, ditch some of the traditional plants for some more wildlife friendly ones such as Verbena, Erigeron, Alyssum, Marjoram, Salvias, Cosmos, Sunflowers etc.,
- Nettles and comfrey can be soaked in water and make a nitrogen rich liquid fertilizer: cut the plants into smaller pieces, put in large bucket. Weigh down with a brick and submerge with water, leave for roughly 2/3 weeks, then dilute 1 part to 10 parts water.
- Wasps are beneficial insects. They pollinate and do away with aphids.
- Now that birds are still nesting, keep hedge trimming to an absolute minimum!!!
- Keep feeding the birds, and leave out some water
- If you have a fence, make sure you leave/cut a small hole/gap for hedgehogs to get through.

Changes at the Council

The local elections on 6th May saw some significant changes. Locally, Christopher Arnold has stepped down as a very long-serving ward member in Rural North and my thanks to him for all he has done for the ward over the years. Darius Laws has been elected to replace him. Darius is a former Leader of the Conservative Group in Colchester. He, like Christopher will work mainly in the central parishes of the ward around Great Horkesley. I shall continue working in the western parishes as before, with Cllr Nigel Chapman looking after the eastern parishes.

I welcome Lewis Barber on his election as our County Councillor for the Constable Division to replace Anne Brown. He covers Rural North and several other parishes, such as West Bergholt, Eight Ash Green, Aldham and Marks Tey. Lewis is already a Borough Councillor representing another part of his Division.

The election has also seen a change in the Borough Council administration in Colchester. Although there was little change in most wards, the 3 Highwoods Independent members decided to support the Conservative who, with 23 members, are by far the largest group, Lib Dems having 12 seats, Labour 11 and Greens 2. This is the first time for 13 years that a Conservative-led administration will provide the new Council Leader, Paul Dundas, who was elected by 1 vote at the Council AGM held for the first time in Charter Hall last 26th May. With the need to social distance, Charter Hall is the only Council premises large enough to seat all 51 Councillors and attending officers at separate tables. However, it was good to meet together once again after so long and being able to chat informally afterwards.

Cllr Dundas has chosen his Cabinet of 6 members, which include Beverley Oxford recognising this is a coalition. Darius is the new portfolio holder for economy, business and heritage.

The new administration has held its first Cabinet meeting and is looking carefully at ongoing work and policies before making any changes. Particular scrutiny will be given to the proposed student accommodation near Firstsite in the town centre, and whether housing development can be accommodated without damage to the environment on the Middle Wick ranges. However, with the Planning Inspector currently completing his scrutiny of Part 2 of the Local Plan, the new administration will hope this will be found sound so that proposed developments can proceed and the Borough will have adequate protection from speculative development.

The financial consequences from the Covid pandemic will be reflected in how much resource is available to carry out in the short term the administration's manifesto commitments regarding improvements to the town centre and improving services, however I am hopeful that rural areas will receive more help in future, which I feel has been lacking in recent years.

Cllr Peter Chillingworth

June 2021



Lovely Lurcher Summer Pet Advice

Summer is finally upon us after a really long winter and an unusually wet spring. It felt as though those wet muddy dog walks were never going to end! My 'porta-shower' ended up being my best purchase of the winter with 12 muddy feet to wash after every walk and sometimes a bit of water left to squirt Clive with.

My best summer buys so far have been two new cool mats which I might be fighting the dogs for, and a 'sport brella', a huge umbrella which pegs out on the lawn and does have room for us all. Remember that dogs (and other pets) cannot cool down as easily as us. They rely on panting to lose heat from their respiratory tract but this can lead to dehydration if it is excessive. They cannot sweat through their skin either and that coupled with a big hairy coat can easily lead to over-heating.

So what else can we do to keep our pets happy in the heat?

Go for your walks early or late in the day when the temperature is lower.

On very hot days, the temperature may be too high all day, in which case it won't do your dog any harm to miss a walk. Check the temperature of the roads and pavements as well as the air temperature as dogs' pads can easily burn. Play a game or do some trick training indoors or in the shade instead to give them some mental stimulation – this can often be more tiring than going for a walk!

Provide cool shady areas around the house and garden.

Keeping curtains closed, fans on, and providing cool surfaces such as cool mats or damp towels will help prevent your pet from over-heating. A bed in the shade or under a gazebo (or sport brella!) will keep them out of the sun when they are outdoors. The same goes for our small furry animals such as rabbits and guinea pigs. Make sure their hutch/run isn't in the direct sun or cover with a silver sheet to deflect the sun. Many pets (our whippet included) love to sunbathe but they often aren't very good at knowing when to stop!

Keep hydrated!

It is important that pets drink enough in hot weather to prevent them getting dehydrated. There are lots of ways you can encourage extra fluid intake including providing extra water bowls, flavoured broths, frozen treats, etc.

Regular grooming

Regular brushing and grooming will help to remove excess hair and help to keep our pets cool. Some pets may even need pet-safe suncream to protect them. In particular white-haired cats are very prone to skin cancer on their ear tips so regularly applying suncream to their ears will help to prevent this.

Avoid long car journeys and of course, never leave your dog in a hot car!

With a lot of us holidaying with our pets in the UK this summer, many pets will be going on longer car journeys than they may be used to. Make sure your pet is properly restrained in the car with a pet seatbelt or harness or secured in a crate. Please don't let your dog lean out of the window - I can't look when I see them doing this, it is so dangerous! Try to break your journey up into shorter sections to give them a break and a drink. And remember that the air conditioning may not be as effective in the back of the car as in the front so keep checking they are not showing signs of over-heating.

Have a good summer and please pass any pet/vet questions on to Kate for the next edition of The Mount!

The Countryside Code



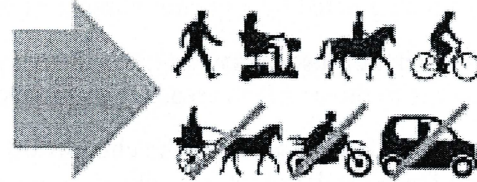
Follow advice and local signs

In some cases, additional higher rights of access or permissive access could exist.

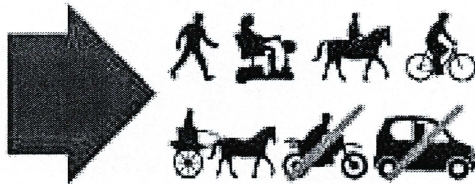
Footpath



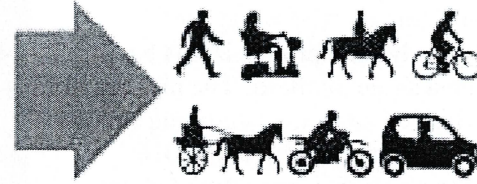
Bridleway



Restricted Byway



Byway open to all traffic



Permissive Path

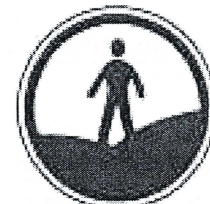
Follow advice on local signs as landowners voluntarily provide access to these paths and choose who can use them. Some open access areas are also made available in the same way.



National Trail

National Trails are created for walking, with horse-riding and cycling possible on some trails or trail sections.

www.nationaltrail.co.uk



Open Access

You can walk and explore away from paths.

www.openaccess.naturalengland.org.uk

For further information visit www.gov.uk/countryside-code

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ALWAYS CALL 999

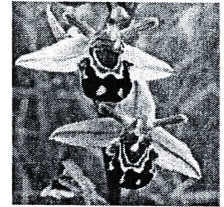
Mount Bures Churchyard

What a wonderful display of wild flowers greeted me on entry to the Church Yard recently and in consequence, a variety of nectar loving bees, hover flies and many other invertebrates even a Small Heath butterfly. The severe decline of our invertebrates in recent decades impacts significantly on all creatures further up the food chain and is another important reason for the ongoing decline of most of our Wildlife.

With this in mind your small Church Yard, in its current state, is incredibly important in the fight to slow the deterioration of our wildlife.

I recall, it was agreed with the P.C.C. and John Chandler not to mow after the end of April, at this point it has been respected thus the impressive display. The elusive Pignut has finished flowering and is difficult to detect, but Lesser Calamint is abundant and the Harebell has started flowering adding significantly to the current colourful display, of which a growing number of species are now uncommon/rare!

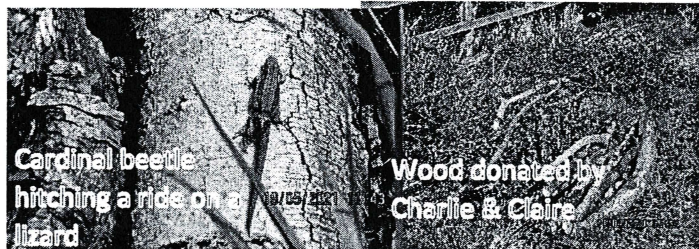
In June 2016 John Cowlin discovered a Bee Orchid on the northern side of the churchyard. It disappeared in subsequent years, until we discovered 4 bee orchids and one Common Spotted, on Wednesday 23rd June. They had always been there but they have been declining for many years as a result of the previous regular mowing regime. The recent cessation of mowing has now allowed the remnant population of Bee Orchid and the lone Common Spotted Orchid to flower and seed and we should see an increase of these uncommon wild flowers. Also, on entering the churchyard through the eastern gate we could again be greeted by a greater number of Harebells, especially between the sarcophagi.



The recent mowing of just walkways gives the whole area a very beautiful, three dimensional effect, and improved access to the unmown areas for us to savour their rich flora and butterfly /insect populations.

When you visit the northern side of the churchyard you will notice that some of the brambles and the grass along the rail fence has been cut as well as the vegetation that has begun to overshadow the habitat piles in the recent wet weather. This work is ongoing.

Our thanks to Charlie and Claire Alexander who donated some of their wood for replenishing the habitat piles. Lizards have already taken a shine on these! The number of reptiles has trebled since the beginning of the churchyard preservation project in 2016. Which goes to show that providing habitats gives a boost to populations.



George and the conservation team

How to beat the bicycle thieves

Criminals capitalise on a shortage of cycles, caused by disrupted production of bikes and their components, and the increased interest in cycling during the pandemic.

Bikes can be included in your home contents insurance, but very valuable bikes you can get insured through specialist insurers. We used to insure our car with **Green Flag** which took the bikes on as well, so it's worth checking with your car insurance. They all want to be seen to be green now, don't they.

- Register your bike with a tracking website such as bikeregister.com or immobilise.com
- Security mark the frame with an ultraviolet marker, or add a GPS tracker
- Add components to make your bike stand out, such as coloured spacer or bolt that could be recognised should anyone try to sell it on.
- If your bike gets stolen tell shops and clubs so they can help to look out for – stolenride.co.uk will share details on social media

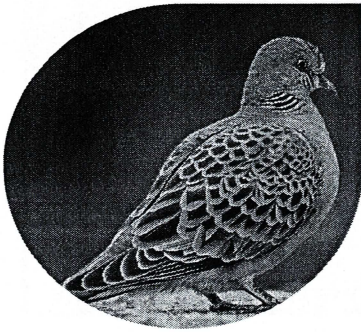
News from Sergeants Orchard:

“Shall I start from this post?”

Sam, the tractor driver, was asking which section of the large field at Sergeants Orchard he should harrow. This is the start of a potentially exciting project at the reserve to encourage turtle doves. As we've mentioned before these increasingly rare summer visitors are occasionally heard or seen at the reserve. Essex Wildlife Trust is keen to do what it can to help these endangered birds.



ESSEX
Wildlife Trust



The adults feed on seeds, including fumitory (an arable weed) but they need short grass or bare ground. By disturbing the ground, a large area suitable for the doves to feed has been created. To help them further, once a week, we have to scatter a specially formulated seed mix over the area. As yet we have not heard them but, hopefully, they will arrive. Listen out for what sounds like a loud cat's purr and if you hear it please let the Trust know.

Other summer migrants are back in the reserve – chiffchaff (usually the first), blackcap and whitethroat. We think they are probably all nesting on the reserve or close by as we see and hear them regularly now.

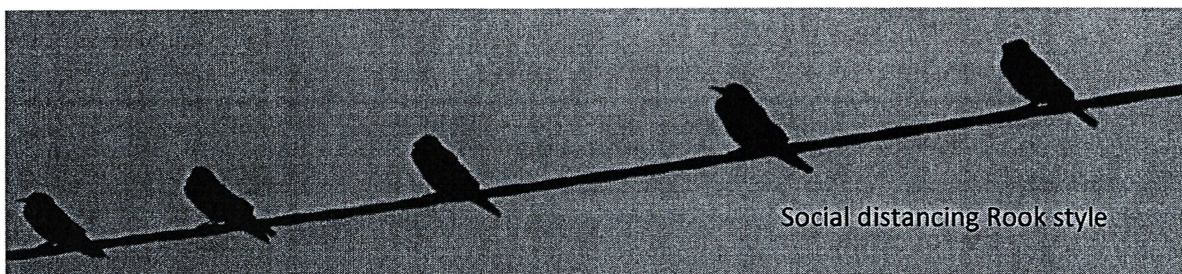
With the easing of lockdown, we have been able to get back to holding volunteer work parties. This time of year we have to be careful what we do because of nesting birds and the main season of clearing back vegetation will come at the end of summer.

One job we have not always done is to thin out the fruit in the new orchard. Doing this not only improves the size of the fruit (obviously less important in a non-commercial orchard) but reduces the weight on the branches. This year, we aim to get this done and help to avoid damage to our trees, especially if we get any strong winds.

It looks like we should have a good number of common spotted orchids this year. Once they're flowering, we shall count the flowering spikes. In future years, we can then see how numbers compare. There were plenty of primroses earlier in the year, as there were generally in the area.

It has been pleasant to get back to working at Sergeants Orchard and welcome back our fellow volunteers and link up again with Nicky from the Trust who does such splendid work, especially keeping paths open.

Shirley and David Green EWT volunteer wardens (01206 240005)



Social distancing Rook style



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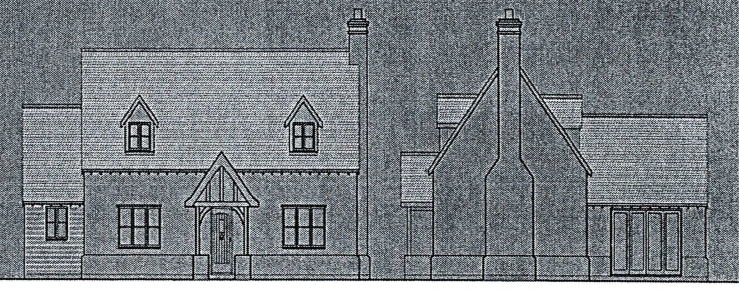


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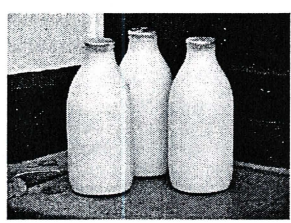
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