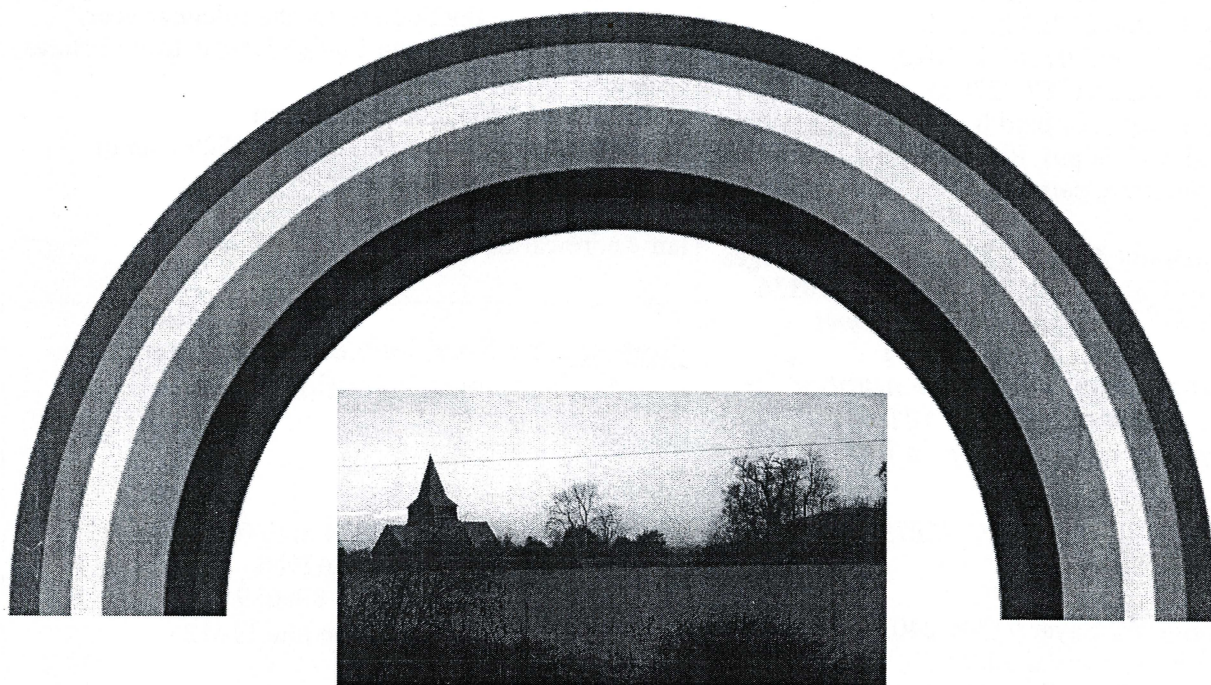


THE MOUNT

Mount Bures Parish News



Thank you NHS
Thank you keyworkers and
frontline workers

VE
Day
Celebration
Friday
8May



Mount Bures
Village Green
War memorial

(From left to
right)
Valerie Sayer
Taylor—Jane
Fox
Hector Barr

WHO'S WHO

The Parish Council

Liz Malvisi Parish Clerk c/o 3 Palmerswent Close
Long Melford Suffolk CO10 9TG
Tel. 01787 374348

Email: mountburespc@outlook.com
Chairman Cll. Mark Graham 01787 229950

Cll. Martin Baird 01787 228294

Cll. Hillary Bufton 01787 227218

Cll. Douglas O'Neill 01787 227082

Cll. Ian Woodman 01787 227689

Meetings are currently held by video conferencing
on Wednesdays 7.30pm. Please contact the clerk
for details of taking part.

**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

Bookings: Carol Lynch 01787 228753
mountburesvh@gmail.com

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: Anne Brown,
Tel. 01206 321241

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

Bures "Footprints- carers and toddlers" 229052
Chappel School 01787 222296
Wakes Colne Store & Post Office 01787 222449

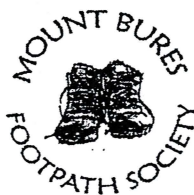
Badger Hotline mob 07751572175
RSPCA enquiries line 0300 1234999
Silverline 0800 470 8090

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

New Mount Bures website:

**[http://
mountburesparishcouncil.org.uk/](http://mountburesparishcouncil.org.uk/)**

Mt. Bures Footpath Society:



Guided walks usually take place on
the first Sunday of each month. Non-
members are welcome on the walks,
although 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

Pilates: Jane Read jane.elise78@gmail.com

- Michelle.bass4@outlook.com
07904733122

Nature Conservation

George Millins 01787 374874 mob 07534263620

Essex Wildlife Trust 01621 862960

Suffolk Wildlife Trust 01473 890089

Samaritans: 24 hour phone line 116123

Citizens Advice Colchester

Blackburn House, 32a Crouch Street, Colchester, CO3
3HH 03444 770808

Braintree, Halstead & Witham

0344 499 4719

Sudbury 01787 321400 or 0300330151

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

Many thanks to individual 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;


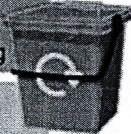
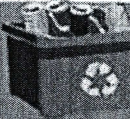
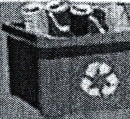
hildegardandbuster@gmail.com



Temporary changes to your recycling and rubbish collection

Your collection day remains the same

Households in the north of the Borough on a Green Week commencing 13 April, will have their rubbish and recycling collected as follows:

13 April 11 May 8 June	Food Waste Paper, card and plastic (max total of 6 clear bags)	
20 April 18 May 15 June	Food Waste Household rubbish - maximum of 4 x 60 litre black bags OR 1 x black wheelle bin + 1 x 60 litre black bag	
27 April 25 May 22 June	Food waste	
4 May 1 June 29 June	Food waste 1 x green box of cans 1 x green box of glass Household rubbish - maximum of: 4 x 60 litre black bags OR 1 x black wheelle bin + 1 x 60 litre black bag	

There are no changes to collection days on Bank Holidays. Garden waste and textiles collections are suspended until further notice.

Please place your recycling and rubbish on your property boundary by 7am on your normal collection day. Please ensure bags are securely tied and bin lids are shut.

For more information about what can and can't go in your recycling and rubbish, check your 2020/21 recycling calendar or visit www.colchester.gov.uk/recycling

If you're self-isolating, either as a precaution or because you have coronavirus (COVID-19) please follow these four simple steps to reduce the spread of the virus:

- Place all personal waste such as used tissues and disposable cleaning cloths, securely in a plastic bag or bin liner
- Store these bags separately to other waste for at least 72 hours
- Place this plastic bag inside another plastic bag and tie securely
- After 72 hours, this double bagged rubbish can be put in your general rubbish as normal

Green boxes: To save time please separate glass and cans

If you only have one green box for recycling cans and glass, you can use a second container of a similar size and weight to separate your cans and glass. (i.e. old bucket, washing up bowl etc..)

Phone Hildegard if you are stuck for a container (228429)

To save time and to ensure the crews can get to every household, please **no lids** on boxes.

Plastic, paper and cardboard: you can reduce the volume by flattening cardboard boxes. Rinse plastic bottles, flatten and put lid back on. There is a **six bag limit**.

Bonfires Although garden waste collections have been suspended temporarily, to ensure frontline services continue and staff can adhere to the government guidance issued on social distancing, both Colchester and Braintree councils are asking for residents' cooperation in protecting everyone's health by not burning their waste while they wait to have it collected.

Others living near them may have had their breathing affected due to the virus or have other respiratory problems, such as asthma or COPD, that could be worsened by smoke.

Smoke from bonfires is anti-social and contributes to air pollution, thereby creating a nuisance to those who simply want fresh air for their daily exercise.

Essex Fire and Rescue Service is also requesting that you do not burn waste as there has been a 100% increase in call-outs mostly caused by fires which have got out of control.

Please home compost your garden waste or store it in your garden until collections are resumed.

Find out how to make great compost and other useful tips, visit Love Essex: www.loveessex.org

For updates on our services, please check our dedicated [coronavirus web page](#).

Borough Councillor Peter Chillingworth

With the present epidemic of the Coronavirus, Colchester Borough Council have reviewed its Pandemic Flu Plan and have established a coordinating group of senior managers. Meeting 3 times a week, it updates information and the national situation to ensure that 12 crucial services continue to be delivered. These range from waste collections and street cleaning to bereavement services and environmental health. Staff are kept regularly up-dated and arrangements are in hand if sickness should start to affect the critical services.

A planning application had been submitted just before Christmas for 10 travellers' pitches on land to the east of Goodwins Farm, Mount Bures Road, Wakes Colne, but close to the boundary with Mount Bures. **The application has since been withdrawn.**

The entrance to the site would have been onto a Protected Lane. Such lanes receive some additional planning protection. When asked if this designation could be extended to other lanes in the area, I explained the criteria were drawn up by the County Council in 1974 and probably could not be used to extend the system. However, I put the suggestion to the Planning Policy Team who confirmed that at least the present designation would continue in the emerging Local Plan.

Following the declaration of a Climate Emergency, supported unanimously by Full Council in July, a Task and Finish Group formed to advise Cabinet and Council on how this should be taken forward, has just submitted its Climate Emergency Action Plan (CEAP). It proposes that the Council becomes carbon-neutral by 2030. This has now been endorsed by Cabinet and Full Council. The Carbon Trust who has previously produced Carbon Action Plans for the Council will continue to advise us. The Council had reached its 2020 target of reducing carbon emissions by 40% one year early. To help implement the CEAP the Council has appointed a full-time officer. Carbon reduction will be embedded in all future Council policies.

However, a major task will be to retrofit all our Council houses to minimise heating and wasting energy. 2040 might be a more realistic target for this because of the cost. Therefore it will be a challenge for us all to bring our own homes up to a similar standard by the national target date of 2050 when, by law, the country must be carbon-neutral.

Peter Chillingworth March 2020

George Millins:Wildlife in Lockdown

The current lock down has resulted in something of a reawakening and renewed appreciation of the greatest asset, both visually and mentally, our natural world. We can add physical fitness and well-being too if we make an effort to recreate habitats which are now at a critical level and rapidly disappearing, consequently so is our wildlife!

Fortunately, the Covid 19 crisis has allowed people to turn their attention to nature as a subject of interest and amusement. If what is left of our wild creatures can be preserved for the future, it requires a practical effort in habitat creation; in your gardens, parks and amenity areas; why not join with others as a local wildlife group working with your local councils, the mental and physical effort will also help the NHS because you will be far less likely to need them!

Although most wildlife is in crisis, some groups and individual species such as farmland and most summer visiting birds, amphibians and reptiles, butterflies, bees and hedgehogs are hugely endangered through habitat loss, climate change, pesticides and road kill take an unsustainable toll. **ALL THESE CREATURES NEED URGENT HELP AS A MATTER OF URGENCY BY CREATING HABITAT RATHER THAN DESTROYING IT.**

For specific FREE help and advice call me on 07534263629 land line 01787 374874 or your County Wildlife Trust, Suffolk 01473 890089, Essex 01621862960.

News around the Parish

Planning App 200448 PC support subject to neighbours' agreement.

200444, 200461, 200455, 200190 support

200018 height of development was cause for concern, proposed use as holiday cottages must remain Lets only.
193069 objection to travellers site, application has since been withdrawn (see Borough Councillor's report)

New website is now well established thanks to Cllr. O'Neill.

Phone kiosk: measurements of maps of footpaths and cycle paths, and local features would be obtained.

Ian Andrewartha's **Footpath maintenance** contract has been renewed due to the excellence of his work.

After initial problems of overflowing of the can bank due to the temporary suspension of all recycling from the kerbside, the **recycling banks** have since been emptied on a regular basis thanks to the Borough Councillor's fruitful intervention.

A temporary recycling calendar has been issued and distributed via email and some hard copies.

On the buses: 83 remains unchanged, 6 days of the week

753 to Sudbury and Colchester. There is now an emergency timetable Chambers tel.03301020801

Covid-19:

If you are self-isolating and need urgent supplies and services, Mount Bures has a group of volunteers willing to help, by shopping, collecting prescriptions, dog walking etc. Please phone Ian Woodman 01787 227689

You may find these local businesses useful:

Barron Farms Chappel: mobile shop for nearby villages. For details/orders, visit facebook.com/GJBarronFarms

Direct Meats Chappel, meat and veg deliveries 01787 223364 or email: sales.team@directmeats.co.uk

Cox's boxes fruit and veg boxes,
delivered 01787 311582

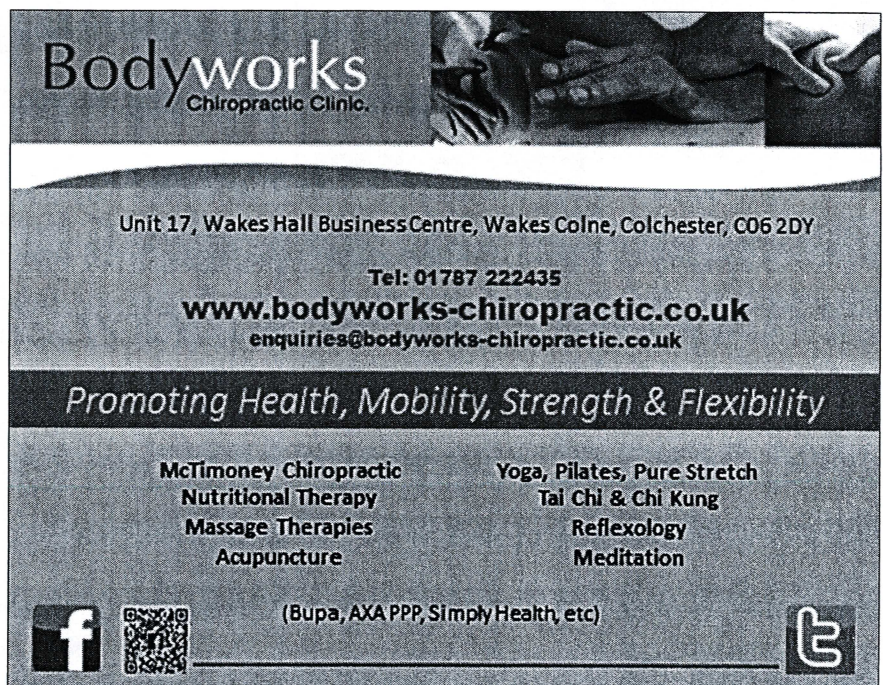
Jamie's Meat Inn fresh meat delivered
01787 311104

Lavenham Butchers 01787 247226

Health Foods for You, also toiletries,
refills, click and collect, deliveries
01787 828262

Weston's Bakery order day before,
collect from one of their locations, stay
in car where staff will serve you
01787 313130

SeeDee Pets 01787 311122 feed for
pets, horses, wild birds, coal and logs



Bodyworks
Chiropractic Clinic.

Unit 17, Wakes Hall Business Centre, Wakes Colne, Colchester, CO6 2DY

Tel: 01787 222435

www.bodyworks-chiropractic.co.uk
enquiries@bodyworks-chiropractic.co.uk

Promoting Health, Mobility, Strength & Flexibility

McTimoney Chiropractic Nutritional Therapy Massage Therapies Acupuncture	Yoga, Pilates, Pure Stretch Tai Chi & Chi Kung Reflexology Meditation
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(Bupa, AXA PPP, Simply Health, etc)

Facebook icon, QR code, Twitter icon

The Village Hall

Closed till further notice, all events postponed.

To book phone Carol 01787 228753

A & B Fresh Fish



Van visiting Mount Bures every Tuesday approx. 8.15am, parking in a drive next to Level Crossing in Hall Road.

Tel.07739739074 mobile
aandbfresh-fish@tiscali.co.uk

The Village Deli

Bridge street, Bures

Freshly made sandwiches and baguettes

Sausage rolls, pastries and pies

01787 228032

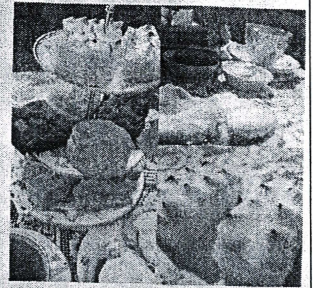
DEE'S DAIRY FREE AFTERNOON TEA



LUXURY LUNCH/AFTERNOON TEA BOX

3 Finger sandwiches
Vegetable tartlet
Scone with jam & vegan cream
Lemon meringue slice
Chocolate brownie

£10.00 per person



CAKE BOX

Scone with jam & vegan cream
Raspberry Cupcake
Lemon meringue slice
Chocolate brownie

£7.00 per person

Email deesdairyfree@gmail.com

Tel. 07810130781

Delivery free within 3 miles of Mount Bures

Over 3 miles 50p per mile

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 dipl arch ARB Architect



Professional advice and design services for domestic extensions, garages and new build. Drawings prepared for Planning and Building Regulation applications.

Tel: 01206 241354 (Chappel)

Mobile: 07729236253

Email: mandymsexton@hotmail.co.uk



Attended Saturday Refuse Freighter 2020

(Aka Household Items Drop-off Service) Scheduled to visit Mount Bures on

20 June, 15 August, 8.00am—9.15am

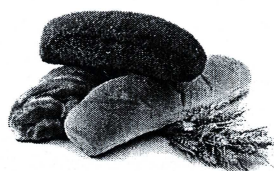
Awaiting confirmation

Farmers markets suspended till further notice:

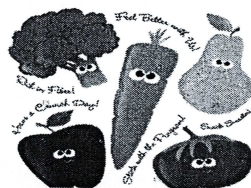
Bures Market on the Common Land 01787 227781, email fyshousefarm@aol.com

Colchester Farmers market , Sudbury Farmers market and Lavenham Farmers market

Enquiries re all of the above www.suffolkmarketevents.co.uk Tel. 07503 332675



Sudbury Thursday—and Saturday Market on Market Hill **open** with limited number of stalls: Coleman's, Munro's fish, veg stalls, food stalls and pet food only . Strict distancing successfully arranged.



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. Please wait till you are invited in by staff, if need be call them or knock.

Repeat prescriptions: keep your distance, drop in prescription through letter box on your right.

Picking up medicines: wait at chair till dispensed onto the chair.

Ideally, 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 observe social distancing, please

Fish and Chips van

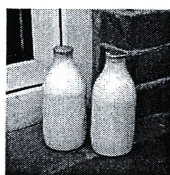
On Mondays between 4.00pm and 8.00pm

Opposite Eight Bells Pub Bures
tel. 07377815446

Ditch some plastic, have a milkman!

Whole, semi, skimmed **and** organic milk in refillable glass bottles, juices, cream, bread, potatoes, household goods, solid fuel, bird food, compost...and a whole lot more delivered straight to your door.

Byham's Dairies 01787 372526



Wakes Colne Village shop and

Post Office Tel. 01787 222449

Nearest stockist of Colchester Borough compatible **Food waste caddy liners**
Please observe social distancing rules.

Bridge Stores, newsagents

Is now in various Bures locations
Tel. 01787 227122

Merrills Electrical 14 Eld Lane Colchester (shop)01206 573408

174 Butt Road CO3 3DS (workshop & shop) 01206 500088:

Vacuum cleaner repair collection service locally, or take it

there and they repair. Sale of new and second hand

domestic appliances (washing machines, electr. Ovens, dishwashers, tumble-dryers). Spare parts

Sudbury Office Supplies

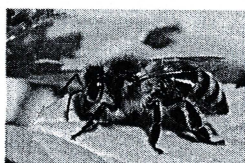
Edgworth Road, Sudbury Suffolk 01787 374331

Commercial Stationery, Computer Supplies, Office Furniture, Copying Service
Email

sales@sudburyofficesupplies.co.uk

If you see a swarm of bees, call Kevin Nolan who will safely remove them

07802672297



Wanted: horse paddock to buy.

Please email Jean and Mike

Daviesjeandavies7@live.com



Lovely Lurcher Lockdown Pet Advice

Social distancing - for dogs!

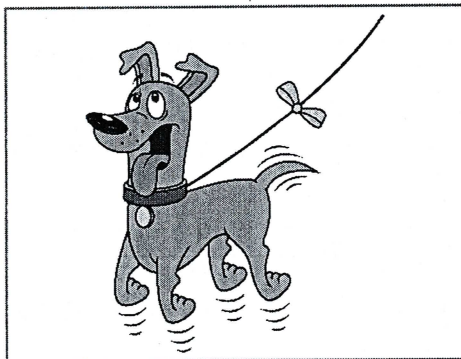
During this time of social distancing please remember that some dogs need space too!



There are lots of reasons why a dog may be on a lead and some dogs may just not be interested in interacting with other dogs.

Please don't let your off-lead dog run up to an on-lead dog.

This is especially true if you see the on-lead dog is wearing something yellow! This is part of the "Yellow Dog Project".



The Yellow Dog Project is a registered charity created to bring awareness to dogs who need space while training, recovering from surgery or being rehabilitated. They may also be nervous or had a bad experience with other dogs. If you see a dog with a yellow collar, lead, or even a yellow ribbon or bandana, then this is a dog which needs some space.

See www.yellowdoguk.co.uk for more information.

If anyone is struggling to look after their pets or needs advice on anything pet-related during this difficult time, then please get in touch and I will help if I can.

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

Be
Fraud
Smart!

essex.police.uk/
befraudsmart



STAY SAFE FROM COURIER FRAUD



Advice and tips to spot the scams

We are reminding people in Essex to be vigilant following reports that fraudsters are attempting to take advantage of the current climate by carrying out crime online and at people's doorsteps.

Sadly fraudsters will look to take advantage of any situation. This means tricking people into parting with their money and information, including posing as government officials, bank or other financial services employees by text message, online or by knocking at doors.

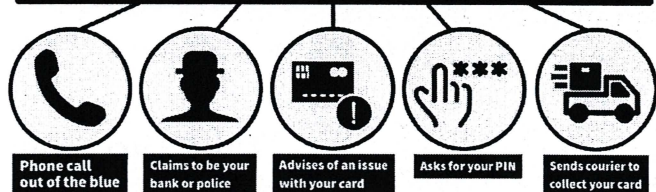
While we have only received a handful of incidents, it's important that people be mindful before handing over money or personal details.

Some simple steps you can take are:

- Do not assume or believe a call, a knock on the door or a deal online is genuine.
- Take five minutes before taking action and trust your instinct. If it doesn't feel real or genuine, it probably isn't.
- Challenge any calls, visits or messages you may receive.
- Never click on links and never divulge personal information – the police and government departments will never ask you for these details.
- If you receive any fake gov.uk/coronavirus messages, please report these to Action Fraud on 0300 123 2040.
- **Contact your bank immediately if you think you are a victim of a scam.**



COMMON EXAMPLE OF COURIER FRAUD



Anyone with information should call 101 or report online at essex.police.uk
You can also call Crimestoppers anonymously on **0800 555 111** or report information to Action Fraud by visiting www.actionfraud.police.uk

STAY AT HOME

PROTECT THE NHS

save lives

Stay Safe

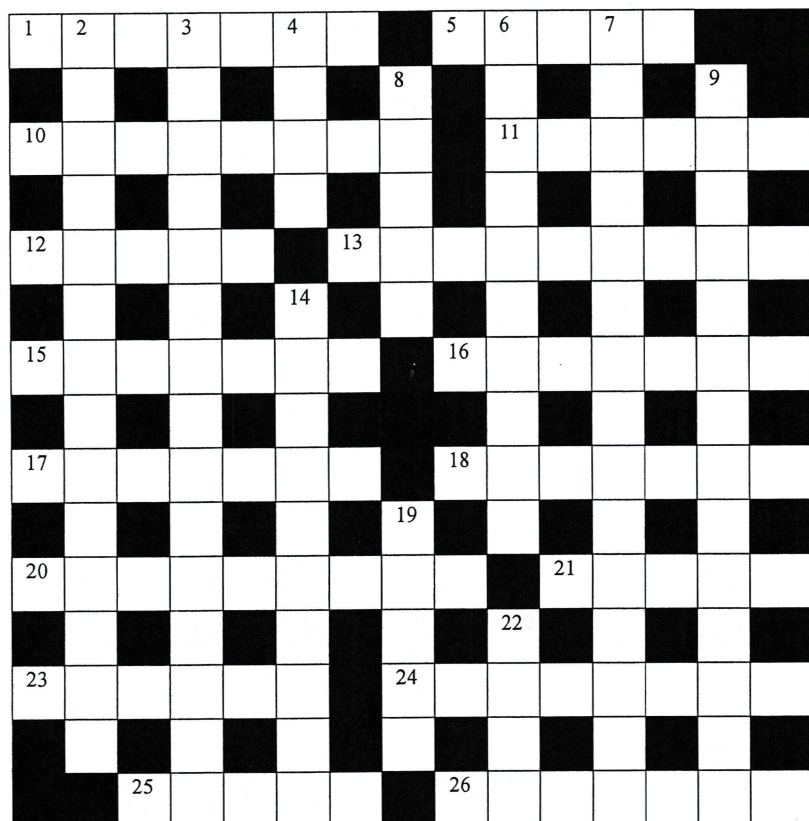
Please keep up to date with government advice to protect the NHS and save lives
gov.uk/coronavirus

STAY SAFE AT HOME

#ProtectingandServingEssex

The Mount Crossword No. 64

Compiled by Ossy Ex



Across:

- 1 Flummoxed (7)
 5 A group of languages from Africa (5)
 10 Inherent or acquired ability (8)
 11 A kingdom in Central Asia (6)
 12 An annual horse race run at Epsom Downs Surrey since 1780 (5)
 13 Goddess of love and beauty, daughter of Zeus (9)
 15 Without beginning or end, lasting forever (7)
 16 A room or set of rooms where books and other literary materials are kept (7)
 17 A fibre or fabric characterized by strength, softness and crease resistance, used for clothing, upholstery, carpets etc. (trademark) (7)
 18 Real (7)
 20 Approximate, roughly calculated (9)
 21 An effeminate man, a timid boy, cry baby (5)
 23 To tell such a lie (6)
 24 An ancient language of India (8)
 25 Formerly the secret police in East Germany (5)
 26 Akin, related (7)

Down:

- 2 To work for a skilled or qualified person in order to learn a trade or profession (14)
 3 An irresponsible, silly or gossipy person (15)

- 4 Large birds (4)
 6 North American coniferous tree (called tree of life) (10 or 5/5)
 7 Completely taken aback, amazed or shocked (15)
 8 A brand of Italian-made motor scooter (5)
 9 A Mormon (6/3/5)
 14 Tropical trees of America, with lilac coloured flowers (10)
 19 Belief in the existence of God based solely on natural reason, without reference to Revelation (5)
 22 A small box for carrying objects such as seals and medicines, Worn at the waist in Japan (4)

Cognate anagram 48
 CLINT EASTWOOD
 (to make 3 words)
 Answer to No 47
 endearment

Answers to crossword No. 63:

Across: 9 Guildford 10 Ennui 11 Decagon 12 Leafier 13 Reprobate 16 Ilium 17 Woolly mammoth 20 Brood 21 Hue and cry 24 Acrobat 25 Bailiff 27 Asper 28 Eared seal

Down: 1 Agadir 2 Zinc 3 Adagio 4 Hoon 5 Adulterate 6 Geranium 7 Antibiotic 8 Diorama 14 Phonograph

15 Anywhither 18 Ladybird 19 Abraham 22 Niads 23 Yaffle 25 Burl 26 Ilex

Take Three Ingredients

If you are struggling to put together a meal with what's left in your cupboards, help is at hand. Or, if you have acquired a more frugal life style during these hard times and want to "make do" and cook nutritiously, albeit simply, here's one of Hugh Fearnley-Whittingstall's recipes to try. Serves 4:

4 large sausages, 300g pasta such as fusilli or penne, 1/2 green cabbage (savoy, toughest ribs removed, shredded). Fry sausages in 1 tbsp rapeseed, sunflower or olive oil, gently, turning often, 10 mins till golden brown. Take out and cut into bite size pieces, put back in pan, fry 5 more mins.

Cook pasta till al dente (tells you on packet) adding cabbage 3 mins before end of cooking time. Drain, keep water for a sauce if you wish, or drain and toss into sausages, Salt and pepper.

Alternatives worth a try: potatoes instead of pasta, leeks i.o. cabbage or spring greens