

The Monthly Community Magazine of Abridge, Lambourne End and Stapleford Abbots

September 2026

Link & Up



Flower Festival at St Mary's, Stapleford Abbots

ABRIDGE VILLAGE HALL

39 ONGAR ROAD, ABRIDGE, ESSEX, RM4 1UD

www.abridgevillagehall.co.uk

Available for Weddings, Parties and Meetings.

See inside for regular weekly and monthly functions.

The hall is available for local residents of ABRIDGE, LAMBOURNE END and STAPLEFORD ABBOTTS at a discounted rate and can be booked up to 2 years in advance.

FOR ALL BOOKING ENQUIRIES PLEASE CALL THE BOOKING SECRETARY ON
07950 608129

Monday/Wednesday/Friday 2pm – 5pm only

PLEASE USE YOUR HALL AND SUPPORT LOCAL FUNCTIONS AND ORGANISATIONS

Message from the Editors

The 1st of September is officially the first day of Autumn! So by the time you are reading this summer will be over - but what a great summer it was in our villages. We had flower festivals, play in the park, BBQ's and many other events we all enjoyed. Autumn will bring many other activities for us all to take pleasure in, meet up and socialise together. Keep your articles coming in – we love hearing from you all.

LinkUp Editors

LINK UP PRODUCTION TEAM

Please send all copy for the October issue of Link Up by:
18th September 2026 to the editor at linkupeditors@gmail.com

Or, you can post, deliver or email DIARY INFORMATION or handwritten copy to: LINK UP, c/o Mary McElarney 3 Spur Close, Abridge, RM4 1DS.
m.mcelarney@outlook.com

BUSINESS ADVERTISING

Advertising space runs annually from March to February.
Contact **Vicky Turner**. Email:- vickyturner.linkup@aol.com

FOR SALE ADS

Please send your advert with £2 (approx. 25 words) to: Mandy McCormack, c/o 15 The Paddocks, Stapleford Abbots, RM4 1HG.
Payment must be received with copy for publication. Either by cash or a cheque payable to LINK UP please

LINK UP STILL NEEDS VOLUNTEERS TO CONTINUE DISTRIBUTION DOOR TO DOOR.

If you can spare 30-45 minutes a month please contact **Barbara Amondson 07443 466274** to volunteer your help.

LOCAL SERVICES

September 2026

Refuse and Recycling Collections

Week Commencing Monday 31st August Refuse and Food Waste

Week Commencing Monday 7th September Recycling, Green Waste and Food

Week Commencing Monday 14th September Refuse and Food Waste

Week Commencing Monday 21st September Recycling, Green Waste and Food

Week Commencing Monday 28th September Refuse and Food Waste

WHO'S WHO

DOCTORS: Dr D A Colvin and Dr B Isinkaye **01992 812 961**

Reception available 8am – 6.30pm Monday to Friday.

	Surgery doors	Doctor appointments	Nurse appointments
Monday	8am-6.30pm	9-11am & 4-6pm	9.00am-6.00pm
Tuesday	8am-6.30pm	9-11am & 4-6pm	9.00am-12.45pm
Wednesday	8am-6.30pm	9-11am & 2-6pm	8.00am-1.00pm
Thursday	8am-6.30pm	9-11am & 4-6pm	12.00noon-8.00pm
Friday	8am-6.30pm	9-11am & 4-6pm	

We also have attached staff at the surgery including a Dietician, Social Prescriber, Clinical Pharmacist & MSK Practitioner.

POLICE: Emergency calls: **999** and **112**. To report incidents of a non-urgent nature, telephone 101 Non-emergency number. Email: crimebureau@essex.pnn.police.uk
Mobile office: MF Help/advice only **07968 354 018**

CHURCHES:

Stapleford	Revd. Canon Roger Gayler	01992 523849
Lambourne	Baptisms and Weddings Angela Vane	07514 032 899
	Funerals Revd. Roger Gayler	
Evangelical	Pastor Martyn Payne	01992 814121
Roman Catholic	Fr Tarciziu Erdes (Hainault)	0208 500 3953
	Fr Martin Fletcher (Epping)	01992 572516
	Fr Philip Denton (Stapleford Abbots)	01708 749050

POST OFFICE

E.F.D.C: Day and emergency

COUNTY CCLR: cllr.lee.scott@essex.gov.uk

DISTRICT CLLS: Abridge and Lambourne: Cllr Craig McCann

Cllr.cmccann@eppingforestdc.gov.uk

Stapleford: Cllr Heather Brady

01992 578 072

PARISH Councils:

Clerks:

Lambourne: theclerk@lambourneparishcouncil.gov.uk

www.lambourneparishcouncil.gov.uk

07716 124508

Stapleford: Ellie Thomas

StaplefordAbbotsParishCouncil@gmail.com

www.staplefordabbots.blogspot.co.uk

USEFUL TELEPHONE NUMBERS:

Thames Water Burst Pipes (sewage)	0800 316 9800
Affinity Water Burst Pipes (non sewage)	0345 357 2407
Graffiti removal	01992 564 272
Fly tipping removal	01992 564 608
Environmental Agency River Roding Floodline Warnings	0845 988 1188
ELECTRICITY (Check your bill for which area you are in)	
Eastern Electricity (UK Power networks) Emergencies at any time	0800 783 8838
London Electricity After 5pm	0207 251 5161

100 Club Draws – Results for August 2026

Abridge			Stapleford Abbotts		
1st	82	Susan Stone	1st	56	L Donaghue
2nd	64	Angela Vane	2nd	45	J McKeon
3rd	87	Barbara Amendson	3rd	27	Bill Smith
4th	97	Alison Stevens	4th	66	Peter Drury
		<i>Josie Myson</i>			<i>Mandy McCormack</i>

COME AND CHAT – in the Village Hall, Abridge

Ladies and gentlemen of Abridge, we are a small group who take advantage of the Abridge village hall, (small meeting room) fortnightly **on Wednesdays** from 10am until noon.

It is aimed to encourage local people who do not go out much or if you are new to the village and would like to meet people, any age is welcome to come along and join our friendly meet for tea/coffee and biscuits and a chance to chat with others. Maybe you would like to be part of our team of helpers?

It is literally a free pop-in centre, there is no commitment, so please join us. You are welcome to bring a friend or family member who do not live in the village, we will welcome all to our friendly Come and Chat.

All beverages and biscuits are free of charge!

We also try to do a few outings for lunch throughout the year on the Wednesdays we do not meet at the hall.

If you are unsure and would rather talk to someone before just turning up, then please call Lesley on 07983161451.

Up coming dates for your diary are:

Wednesday 2nd September

Wednesday 16th September

Wednesday 30th September

LINK UP COMMUNITY DIARY

(all activities in Abridge Village Hall unless otherwise stated)

SEPTEMBER

Wed	2 nd	"Come and Chat"	10.00 - 12.00
Wed	2 nd	Bingo	7.30 for 8.00
Sat	5 th	Tip Top Table Top Sale	10.00-2.00
Sat	5 th	Car Boot Sale	11.00-3.00
Tues	8 th	Stapleford Abbots Parish Council <i>S.A. Village Hall</i>	7.15 pm
Wed	9 th	Lambourne Parish Council	7.45 pm
Wed	16 th	"Come and Chat"	10.00 - 12.00
Sat	19 th	Barn Dance	7.30-10.30
Wed	23 rd	"Come and Chat"	10.00 - 12.00
Sat	26 th	Lambourne Church Working Party	10.00 - 12.00
Wed	30 th	"Come and Chat"	10.00 - 12.00

OCTOBER

Tues	4 th	Stapleford Abbots Parish Council <i>S.A. Village Hall</i>	7.15 pm
Wed	7 th	Bingo	7.30 for 8.00
Wed	14 th	"Come and Chat"	10.00 - 12.00
Wed	14 th	Lambourne Parish Council <i>Lambourne Parish Rooms</i>	7.45 pm
Fri	16 th	Lambridge Group/Lighting Fund Quiz	7.00 for 7.30
Sat	24 th	Lambourne Church Working Party	10.00 - 12.00
Wed	28 th	"Come and Chat"	10.00 - 12.00



**PLEASE
JOIN US**



**Explore villages and parish churches by bike or on foot.
Enjoy exercise, meet new people and raise much
needed funds for your church**

On the second Saturday in September each year, 30
counties across the UK 'Ride & Stride' to raise money to
help preserve and improve our historic church buildings.

RIDE + STRIDE **for Churches**

SATURDAY 12th SEPTEMBER 2026

For further information scan the QR code or visit
www.friendsofessexchurches.org.uk/ride-stride



Charity No 236033



The Future of Link Up

So many people have good things to say about the value and usefulness of Link Up and yet it has been very difficult to muster interest in helping to keep this publication going.

Since the retirement of the current editorial team was announced, there has been only one enquiry and that has unfortunately come to nothing.

With our current advertising volunteer moving away we therefore need:

1. **An editor or editorial team** – this involves collating the articles from contributors, setting them out on the designated number of pages (some pages stay the same each month), sending the copy to the printer and checking the proof. It would be optional as to whether or not a new editor wanted to include their own articles.
2. **An advertising volunteer** – adverts in Link Up run annually so the bulk of this role is done in January/February ready for the new advertising year starting in March. It involves communicating with current advertisers and other enquiries we may have received during the year and allocating the space, communicating with the printer and treasurer.
3. **A Treasurer** – this involves liaising with the advertising volunteer to check that payments due have been received, paying the printer and any other minor expenses and ensuring that the funding is sufficient to last the advertising year. The account has on-line banking so it is not necessary to visit the bank very often.

This set up requires at least three people and at present we have only one.

There are volunteers in place who deliver, coordinate delivery and take responsibility for certain regular features such as the diary pages.

Although money has been tight, we do have many loyal advertisers and the promise of additional support from the Lambourne and Stapleford Parish Councils who would be sorry to see the publication disappear. Working together with our printer to cut costs, there is potential for keeping the magazine in its printed form at least the next year. No one is in charge of Link Up as such. It is a community publication and is totally reliant on the good will of volunteers. **If we have no offers of help, there will be no choice but to finish after the February 2027 issue.**

So, with increasing urgency, we need to hear from you if you have a little time to give. All aspects of the roles can be handed over from the current volunteers who will be happy to explain and talk you through what they do.

Please get in touch with the current editors by contacting
linkupeditors@gmail.com
or mandymccormack8@gmail.com

LAMBRIDGE GROUP

We are holding our **annual quiz** in the Abridge Village Hall on **Friday October 16th**. It will be the normal format with the Lambridge girls providing a supper buffet tray for you to enjoy. We also appreciate the village hall bar staff who are also volunteers. My family can't resist helping with the quiz itself (they have no choice) but I do appreciate how my youngsters and other children have helped and grown with the quiz over so many years. Thank you. You should be proud to have helped raise so much money for good causes in the parish. (I doubt any of them are reading this).

We will be supporting the Christmas lights as usual and now have also taken responsibility for Santa's sleigh which needs some maintenance, and which always delights the children when Father Christmas visits the village. A tradition we are determined to continue.

More details in the next Link Up.
Freda Filby



From your Link Up Churches **Churches Together for September**

What a summer! The relentless heat waves have, quite frankly, been exhausting as well as worrying. Whatever your views on climate change, this summer has certainly revealed how fragile our ecosystem is, and how vulnerable our planet can be.

In the church, **September is traditionally a time to celebrate the wonder of creation**, inviting us both to be thankful for the beauty and variety of the world around us, but also to reconsider how we can better look after planet earth. **Harvest Thanksgiving** at the end of the month will be a focus for this.



The Christian stories of creation, found in the opening pages of the Bible, proclaim this world as a gift from God for us to enjoy; and it is a gift that is full of variety, beauty, goodness and interdependence, as each 'day' succeeds and builds on what has gone before. God's love evolves a paradise into existence and invites us to continue with that creativity. Sadly, we still struggle to respond to that gracious invitation.

Perhaps the reason for this is that we have failed to allow that creativity to continue within ourselves. The Bible frames this as 'a fall' - a fall from grace through our mistaken assertion that we can make it on our own without God; but perhaps a better description would be our failure to rise to who we are meant to be, by inviting God to continue the work of remaking us from within.



Our readings this month explore some of these steps to an inner recreation through the words of Jesus in Matthew's Gospel. The seven seasons of creation in Genesis chapter 1 brought the universe into existence, but these must also lead to parallel seasons within us to restore us as partners with

God in creation care. To us personally, God says:

Let there be the light of knowing my love; let there be the daily healing of hurts as you refuse to hold grudges against each other; let there be a forgiveness that is sincere, lest you trap yourself in hatred forever; let there be patience as you learn to walk the pace of the slowest; let there be goodness, as you think the best of others; let there be a willingness to change your mind and start again, lest you become trapped in dead-end thinking about yourself and others; and let there be thankfulness that can lead to contentment, whatever is happening.

Christians believe that the God's Spirit, who is Jesus Christ in us today, can help us be recreated like this in this season of creation. Our September Gospel readings pick up some of these important steps to becoming the new creations God always planned us to be.

Sunday 6th September

Matthew 18:15-20 The *necessity of reconciliation*



Sunday 13th September

Matthew 18:21-35 The *power of forgiveness*



Sunday 20th September

Matthew, 20:1-16 The *importance of patience*



Sunday 27th September- Harvest Festival

Matthew 21:28-32 The *possibility of change*



With prayers for our village communities

Roger and Martyn



News from Abridge Village Church for September



Most of us do not look forward to change!

We can cope with a temporary change of scene over the summer, or on holiday, or over a weekend visit to friends, but a major change to routines, our surroundings or our circumstances is usually far from welcome. Generally, we like things to remain as they are.

Sometimes change happens anyway and we just can't avoid it. In fact, change is an inevitable fact of life. Growth means change; old age brings change; the loss of someone we love means painful change; a new job, redundancy, or illness will bring change. And for many of us, at some stage in our lives, moving house is one of those changes.



After six years here in the Manse next door to the church, Ruth and I will be moving. We're not going too far away, and this will mean we can keep in touch with the church, neighbours, and the community of Abridge which has become very special to us.

We are moving because this house here doesn't belong to us, and we do need somewhere of our own, as we approach this next stage of our retirement. We also don't want to leave it too late before we move, because moving certainly needs a lot of stamina, and is, as you will know, high on the list of life events that can be very stressful!

We're not going far and will still be in easy reach of Abridge. This means that Martyn can continue to be involved with services here, pastoral visiting, village events, and school assemblies. At the same time, however, with the Manse becoming free, there will be an opportunity for others to come and assume responsibilities here and live in this home next to the allotments up The Chase. The prayerful process of seeking new members of the team is already well underway.

So, we wonder, from your own experience, what your top tips for a good move are? The present process for us has certainly involved a lot of downsizing which has its painful side of course; deciding what to keep and what to throw away is never easy at any stage in life! There has also been the surprise discovery of things that we thought we had lost, and the finding of mementos that have reignited fond memories. Alongside all this, there is the realisation that human beings are very good at gathering a lot of clutter down the years, which really should have been disposed of a long time ago!

The process of buying a new house and emptying our present one slowly has also set us thinking: **there is a huge difference between a house**



and a home. And linked to that, what is it that makes a house a home? Is it familiar furniture and ornaments? Photos of friends and family on the walls? The reassuring presence of those Easter and Christmas cacti that so far have survived at least two moves?!

The Bible has a lot to say about the concept of home. **Home** is the place where you can be at peace, a place of safety and warmth. For Christians, and indeed for those of other faiths, **home is the place where God is, and where God is, there is rest.**

It may surprise you to learn that the big story of the Bible can be understood as God looking for a Home. It's not a physical building or a particular place - although at various times it has looked like that, such



as the Garden of Eden, the tabernacle in the wilderness, the temple in Jerusalem or the Holy City at the end of time - but all these are only signposts to what God describes as home, which is the place where God is in the midst of us. **Home for God is where we are**, and that in turn can help us understand what Home is for us.

When Abram was called to set out in faith to find a new home, he left his house in the city of Ur and moved to various places along what we now know as the Fertile Crescent, at the heart of the Middle East. Abram discovered something very important on that journey: home was wherever he met with God. Home was where God came close to him, and he could come close to God.

In our culture, we move from one collection of bricks and mortar to another and we mistakenly call that home, but there is something beyond the building that alone can make it truly Home with a capital H. Christians believe that ultimately God chose to make his Home among us in the life, death and resurrection of Jesus Christ. Jesus is God at home with us and through faith in Jesus, we can know God at Home **in us**.

And taking this image one stage further, the Christian faith also understands this world as not our true Home. As the famous African spiritual says, *'this world is not our home, we are just a-passing through.'* Being at home with God now is a foretaste of being at home with God for always, beyond death.



For the moment, though, as we write this, we are in a place of transition from home to home! But maybe that too is a parable of life itself, as we continue to care for 'the house' we have, and for the house 'not built with hands' that we will

one day inhabit.

After the move, Ruth and I look forward to continuing to work with the church family and the community here in Abridge. Things may be changing gradually, but be assured that God is still here, in the midst of our lives and our worship....and God wants to find a Home in you forever.

Please do join us, if you can, for worship on Sunday mornings, or be part of our work in the week with the school, young families or at the Rainbow Group club on Thursdays. **On September 6th** in the morning worship, we will be celebrating our sixth anniversary of being part of the church here, and, at the end of the month **on September 27th, we will be hosting Harvest Thanksgiving.**



Looking forward to seeing you

With prayers for you all

Ruth and Martyn

Church of England Lambourne and Stapleford Abbots



Dear Readers,

Wow, we made it!

The Lambourne Flower Festival happened. The weather was hot, but much more bearable than during the week. The theme of “Sayings it with Flowers” brought out the best in the arrangements which were fantastic.

We would like to thank the Lambridge Group, Cribbs Funeral Directors, Daniel Robinson’s, Drew and Son, Lings, Ravens Garage, Brookside Garage, Abridge Garden Centre, Blue Rooms Café, Boardeli’s, The New Boar, Patch Park Farm, The Maltsters, Abridge Florists, Roding Restaurant, Lambourne Outdoor Centre and to all flower arrangers, volunteers, supporters and visitors for a fantastic weekend. The financial result next month with the report from the Stapleford Abbots Flower Festival

Our working parties continue to be vital if our churches are to remain fit for purpose. Join us from 10-12noon on Saturdays 1st and 15th August at Stapleford Abbots and 22nd at Lambourne.

Our **Zoom activities** continue with our Prism magazine on Wednesday 5th and our service on Friday 21st - both at 7.30pm. Please let us know if you would like the link.

Advertised elsewhere in this edition are details of Stapleford Abbots' **Animal Service, The Table Top Sale and the Barn Dance.**

There is a **yoga activity event** at Lambourne Outdoor Centre on Saturday 15th. Please ring 07789 204950 for more details.

The Friends of Essex Churches' Ride and Stride event, where people are sponsored to visit as many churches as they can on foot or on bike, happens on Saturday 12th September. Neil is co-ordinating Lambourne and Sam Stapleford Abbots. Please let me know if you would like to join them or sponsor them.

Our Eco-Corner is busy this month. Marcia suggests joining her in saving plastic milk bottles by going to re-usable glass bottles. Her supplier is Parker Dairies, but there are others. It makes a huge difference to our recycling bin.

Watch out for **the Refill Cabin** coming to Abridge Hall once a month hopefully starting on Friday 21st. You can refill pantry staples, household cleaners, body care and more, again saving huge amounts of plastic. Watch social media for up-to-date info.

Blessings. Roger

**Churches
Together
in the
Woods**



**Join us for
an all-age family service
at The Lambourne Centre for Outdoor Learning**

**Sunday 4th October 2026
4 - 5.30 pm**

Meet in the car park
Activities for all ages
A short act of worship under the trees

**For further details, contact
Roger – 01992-815838
Martyn – 01992-814121**





ABRIDGE CRICKET CLUB

(founded 1838)

President: Richard Padfield

Chairman: David Coles

At the time of writing, our 1st X1 are in 3rd place and the 2nd X11 in 6th place in the Herts & Essex Border League. There have been some notable successes and a few of the August results :-

Tue 11 August Epping Foresters T20 166 for 9 – Abridge T20 203 for 5 **Abridge win**

Fri 14 August North Weald T20 69 AO - Abridge T20 188 for 5 **Abridge win**

Sat 15 August Hockerill 1st X1 230 for 9 – Abridge 1st X1 285 AO **Abridge win by 55 runs**

Sat 15th August Abridge 2nd X1 169 AO – Hockerill 2nd X1 234 for 6 Hockerill win by 65 runs

A very successful afternoon was enjoyed at the ground by the year 6 Lambourne School leavers enjoying various bouncy castles, games, a DJ and a Pizza van. Some of the leavers play cricket in our Juniors so the ground was familiar to them !

On Sat 5th September we hold our Club Day. There will be a dads v lads match in the morning 10 am followed by the inter club match for the adults in the afternoon at 2pm. Do come along to either or both games and enjoy some cricket and perhaps a drink at the bar.

The Club's Presentation Evening will be on **Sat 10th October** when all the playing members, both Seniors and Juniors will receive their medals, awards and trophies. This is a "closed" event due to space.

Finally, the Annual General Meeting will be on **Monday 23rd November at 7.30pm**. All paid up members are welcome/urged to attend to deal with the important business of the Club.

Patrick Horgan

Club Secretary

07727 233280

Phorgan98@yahoo.com



LAMBOURNE PARISH COUNCIL

www.lambourneparishcouncil.gov.uk

Serving the Communities of Abridge & Lambourne End

07716 124508

Email: theclerk@lambourneparishcouncil.gov.uk

Parish Council Meetings

Meetings are held on Wednesdays and begin at 7.45 pm. The next three meetings are:

- **September 9th Abridge Village Hall 7.45pm**
- **October 14th Lambourne Parish Rooms 7.45pm**
- **November 11th Abridge Village Hall 7.45pm**

Meetings are open to the public, and residents are welcome to attend and meet their Parish Councillors.

Agendas, planning applications are available on the Parish Council Website and parish noticeboards. Minutes will be published on the website once agreed at the next meeting.

Our **January 2027 meeting** has been changed, it will now be held on **January 20th 2027**, in the Abridge Village Hall. Please update your records

Follow the Lambourne Parish Council Facebook page for local news and community updates.

NEW Bus Service 19

The new route serves High Ongar, Passingford Bridge, Abridge and Little End, providing direct connections into Epping for a number of key destinations, including:

- St John's Road
- Epping Tesco
- Epping Underground Station
- Epping High Street
- St Margaret's Hospital

Please see the new timetable and full route on the Parish Council's website and noticeboards.

District Councillors

We have 3 district councillors who can be contacted by email
Cllr Craig McCann - cllr.cmccann@eppingforestdc.gov.uk
Cllr Darshan Sunger - cllr.dsunger@eppingforestdc.gov.uk
Cllr Kaz Rizvi - cllr.krizvi@eppingforestdc.gov.uk

Please contact them regarding:

- Missed bin collections and recycling
- Council housing and homelessness
- Planning applications and local developments
- Parks and leisure facilities
- Environmental health (noise, pests, food hygiene)
- Licensing (pubs, taxis and local events)

County Councillor

Cllr Lee Scott is our County Councillor and can be contacted by email cllr.lee.scott@essex.gov.uk to discuss any of the following:

- Roads, potholes and streetlights
- Traffic management and road safety
- School transport
- Libraries
- Adult social care
- Children's services and education provision

Events

If anyone is organising a community event and would like it included on the events page of our website, please email details to the Parish Clerk at theclerk@lambourneparishcouncil.gov.uk

Fly Tipping

If you see fly tipping, please report it to Epping Forest District Council online <https://www.eppingforestdc.gov.uk/crime-and-safety/report-fly-tipping/> or by calling 01992 564000

Prompt reporting helps ensure it is cleared as quickly as possible.

For larger items that don't fit in your bin you can arrange for a special collection via the Epping Forest District Council website <https://www.eppingforestdc.gov.uk/recycling-and-rubbish/request-a-special-collection/>

Emergency Highways Issues - Out of Hours

Non-emergency highways issues can be reported and tracked online at:

www.essexhighways.org/track-it

If the issue presents an immediate risk to public safety, please call Essex Highways Out of Hours on **0345 603 7631** and select the option to speak to an operator.

Lambourne Parish Council's Meeting Dates 2026-2027

All meetings will be held at **Abridge Village Hall**
unless otherwise stated.

	Full Council All Starting at 7.45pm
May 2026	13th
June	10 th
July	8 th
August	12 th
September	9 th
October	14th Lambourne Parish Rooms
November	11 th
December	9 th
January 2027	20th
February 2027	10 th
March 2027	17 th
April 2027	14th Lambourne Parish Rooms
May 2027	12th

ABRIDGE SURGERY

Flu Clinics

Although it is 30degrees outside as I write this, winter is coming and the surgery will be rolling out annual Flu Clinics.

The guidance this year is for flu vaccinations to commence in October. We will be arranging clinics at various times, including Saturdays, so please contact the surgery from the middle of September to book your appointment. We have to order our flu vaccines many months in advance so because of that we know the patients that are entitled to a **FREE** flu vaccination. We therefore encourage our patients to attend the surgery as we have already ordered, and paid, for your vaccination. If patients do not attend the surgery, vaccines are wasted and money is lost.

Please note that unpaid Carers are also entitled to a free vaccination.

Thank you for your continued support and keep well.

JOIN US

All carers are welcome to come along to our
Carer's Support Group on the 3rd Monday of
every month 2pm -3pm at Abridge Village Hall

Join Sue from Abridge Surgery and Maureen, Home
Instead Epping Forest's Community Relations Manager,
for a friendly chat, practical information and ongoing
support.

homeinstead.co.uk



**Our next meeting is Monday 21ST September
Do come along.**

Restaurant Review

No bus required for this restaurant review! On one beautiful sunny Saturday evening we decided that a really good plan would be to simply walk over to **The Rodings** for our evening meal. The Rodings, 18 Market Place, Abridge RM4 1UA – 020 3665 1667. Closed Monday. Tuesday to Sunday 12.00 until 10.00 pm.

We were greeted by the loveliest of young ladies, Marmalade, who asked us if we would like to eat up on the terrace. We knew how pleasant the downstairs eating area is but thought that this sounded interesting and so up to the terrace we went. We were so pleasantly surprised – just perfect for us. It was a really hot evening but the tables were shaded by umbrellas and there was a gorgeous breeze. The views are beautiful and it's a peaceful space. .

We ordered 3 gin and tonics, which were spot on. We enjoyed these while relaxing and perusing the menu.

The menu is just the right size, not overwhelming, but has some great dishes to choose from. There are Cold and Hot Starters, Vegetarian Dishes, Salads, Main Dishes, Chef's Specials, Yoghurt Dishes, Fish Dishes, Sides and Lunch and Brunch menus.

To start we ordered the Mixed Cold Platter (£15). Tarama, Cacik, Shaksuka, Houmous, Mixed Olives and Babaganoush. All three of us really enjoyed this starter; plenty of everything and it was all delicious.

As it was such a lovely evening and we were enjoying our time in the shady, breezy terrace we decided a bottle of Rose wine would be perfect and ordered a very agreeable bottle at £36.

Our waitress was really knowledgeable regarding the menu and guided us through some of our queries.

Barbara ordered from the Fish Dishes - **Grilled King Prawns** (£23) King Prawns marinated in garlic with chilli. When my dish came up, there were

loads of king prawns with no shell on, this came with salad. I thoroughly enjoyed my meal, the sauce was lovely too.

Felicity selected from the Chef's Special Section - **Chicken Delight** (£20) Pan Fried Chicken with mushrooms and cream pepper sauce. It is a dish I have not tried before and I always enjoy something a bit different. It is a very enjoyable dish served with rice and salad. The meat was tasty, pleasantly spiced and tender.

Linda chose from the Main Dishes section - **Chicken Shish** (£21) Marinated Tender Chicken Breast Cubes. Chicken shish is one of my favourite dishes and this one did not disappoint. There was plenty of chicken, which was delicious, accompanied with rice and salad. Would certainly order this dish again.

We all agreed it had been a most pleasant evening. We had enjoyed very pleasing food and drink on a beautiful, peaceful terrace. The staff are knowledgeable and friendly. We certainly recommend you give The Rodings a visit.

LinkUp Editors

LAMBRIDGE GROUP

ABRIDGE CHRISTMAS MARKET will be held in the village hall on **Saturday 21st November**. Hopefully there will be lots of opportunities to buy some Christmas gifts etc.

There will also be a free grotto for the children to see father Christmas.

At the moment I am booking stalls which are £25 for a 6' table, so if there are any entrepreneurs in the parish and would like a stall, please give me a ring or email me.

Freda Filby **07742943479** fredafilby@gmail.com

Flower Festival at St Mary's, Stapleford Abbots

We had a very successful flower festival at St Mary's over the final weekend in July with lots of support from the local community and a good flow of visitors through the doors.

The theme this year was 'Favourite Things' and our arrangers did us proud with their depictions of a whole host of favourites from foods, sports and hobbies, books, bands and creatures. We are always grateful to Abridge Florist for taking part and lending their professionalism and many of our other arrangers are seasoned professionals too. However, we are always pleased to welcome newcomers and young people and grateful as well for the support of Stapleford School.



Favourite Things; The Beatles

Visitors enjoyed listening to some upbeat tunes from the Variety Jazz Band on Saturday lunchtime and as always, the refreshments team did a sterling job keeping everyone hydrated with hot and cold drinks and delicious cakes, sandwiches and ploughman's.

This year we had a number of local arts, crafts, local produce and other sellers join our traditional stalls in the big marquee, where there was a lovely friendly atmosphere.

We were pleased to welcome visitors of all ages and grateful to Cribbs Funeral Directors for bringing along Dora and Dolly, the miniature donkeys, complete with their hay nets and shade.



Everyone's Favourites: Dolly and Dora

Thanks is due to everyone who helped set up, created displays and volunteered on the day. It was a wonderful example of teamwork and so nice to see the community come together.



Thanks to The Rabbits, The Top Oak, and The Lambourne End Centre for providing raffle prizes and to Cribbs, Bennetts, West and Coe, Stapleford Airfield and Daniel Robinson and Son for their donations which are much appreciated.

Favourite Things: Photography a





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COMBINED TABLE TOP & CAR BOOT SALE

SATURDAY 5TH SEPTEMBER 2026



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37 Ongar Road, Abridge, RM4 1UD

TABLE TOP SALE

 **10.00AM – 2.00PM**

TABLES £10

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to book

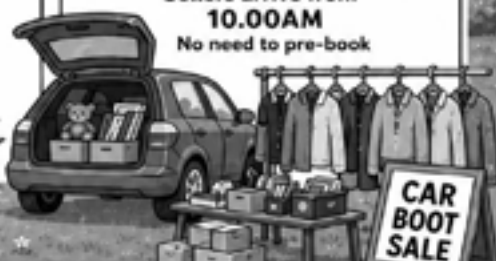


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Sellers arrive from
10.00AM
No need to pre-book



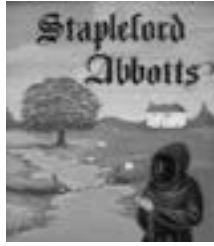
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STAPLEFORD ABBOTTS PARISH COUNCIL

Welcome to the September edition from Stapleford Abbots Parish Council! After a long hot summer, which has included a hosepipe ban, we hope the autumn will be pleasant.

Keep an eye on the Parish Council website for the latest news and events – hit <https://www.staplefordabbottsparishcouncil.com/> or look at the corresponding Facebook page <https://www.facebook.com/profile.php?id=100076965924683>

The Parish Council are your first port of call for any issues, events and problems in and around the village, so if you have a concern or are worried about something, or if you would like to tell us about a community event you're running, please report this to our Clerk on the email address below.

Meeting date change!

Our September 2026 meeting will be held on TUESDAY SEPTEMBER 8 2026: one week later than originally planned. Same time and place as usual - 19:15 in the Village Hall. See you there and please get in touch with us if there is anything you would like to share in the interim

Abbott's Chase

Work continues on site: The on-site office is, as always, open for residents, and the Hill Group team are on: jimbrown@hill.co.uk and chrisdiggle@hill.co.uk

Events for the Upcoming Season

Announcing events planned for early autumn in the parish

Tip Top Table Top Sale – Abridge Village Hall – 5/9/26 - 10.00 – 14.00

Barn Dance – Abridge Village Hall – 19/9/26 – 19.30-22.30 – adults £14, under-15s £6

Harvest Fayre – St Mary's Church Stapleford Abbots – 26/9/26 - 10.00 – 14.00

Harvest Service – St Mary's Church Stapleford Abbots – 27//9/26 – 09.45

Church in the Woods – Lambourne End Centre – 4/10/26 – 16.00 – 17.30

M25 Service Area Campaign – Open for Volunteers

No To Moto, the campaign formulated by the M25 North East Resident's Association to raise awareness of the Moto and Welcome Break proposals for service areas on the M25 near Brentwood needs extra person-power - administrative duties; creative activities; lobbying and attending borough council meetings. No planning law knowledge or experience is required. Membership of the associations is free; and anyone can join if they are at least 18 and live within 10 miles of the M25 (junctions 24-28). For more information, hit www.m25nera.org

UKPN Priority Services - help and support for those who need it during power cuts

We all know how frustrating it is when the power goes off. Now imagine you're elderly, disabled, chronically ill or have infants and toddlers at home. Signing up to the UK Power Network Priority Services Register offers extra help in this eventuality. It's a free service - and one that means you can get targeted support tailored to your individual needs.

You can register if you or someone in your household:

- relies on medical equipment
- has refrigerated medicines
- has a serious or chronic illness
- has a disability
- is living with dementia
- is of pensionable age
- has children under five in your household
- has mental health difficulties

Anyone who may need support because of events such as bereavement, relationship breakdown, job loss, recovery from hospital treatment or living independently for the first time can register to receive extra help on a temporary basis

What is included in the package:

- A priority number that you can call 24 hours a day
- Text and voice alerts when UKPN are aware of a large power cut in your area
- Tailored support if needed (home visits, hot meals, message cascade to relatives)
- Where possible, text and voice messages to help you prepare for severe weather
- In certain scenarios, a free hotel overnight and transport to the hotel
- For complex power cuts, UKPN community welfare teams provide on-site support which includes hot drinks, hot meals, a Wi-Fi connection and charge points

Additional support:

- For your peace of mind, UKPN can contact someone on your behalf and if you like, can agree a security password to keep you safe
- The UKPN team can put you in touch with an expert who can offer you advice on energy bills and energy saving tips

Find more information and forms online: Hit <https://www.ukpowernetworks.co.uk/power-cut/priority-services/sign-up-to-our-priority-services-register>
Call free from a mobile or landline phone on 0800 169 9970 Lines are open 24 hours.

If you need the application form in large font, EasyRead or Braille, please also call 0800 169 9970 or email psr@ukpowernetworks.co.uk.

You can also use this form to change and update your details, for example if you have a new telephone number, or if you have moved house.

Social Car Scheme

We know that local transport is important, especially for the elderly and those with mobility needs, so worth consideration is EFCT's Social Car Scheme, where members join for an annual fee of £15 and can book rides for reasonable fares to doctor's, tube stations and shopping centres in the vicinity. To find out more, call 01992 579556 and speak to the transport group. The Welfare Trust may be able to assist with funding if required – please call 0333 006 4570 to discuss.

District Councillors

All those who would like to contact our District Councillors, please note their e-mail addresses:

cllr.campos@eppingforestdc.gov.uk

cllr.gshaw@eppingforestdc.gov.uk

cllr.tcornish@eppingforestdc.gov.uk

County Councillor

Our County Councillor, Jaymey McIvor can be contacted by email here:

cllr.jaymey.mcivor@essex.gov.uk

We are recruiting...

SAPC has a vacancy for a Parish Councillor - so if you like to get things done, care about the Village you live in, and would like to make a

difference, we'd like to hear about it. Please get in touch with us for further information on the following email address: staplefordabbottsparishcouncil@gmail.com

Our Next Meetings:

Tuesday 8 September 2026

Tuesday 6 October 2026

Tuesday 3 November 2026

Tuesday 1 December 2026

Tuesday 12 January 2027

Tuesday 2 February 2027

Tuesday 2 March 2027

Tuesday 6 April 2027

Provisional date for AGM April 13 2026. TBC

The Parish Council meets at 7.15 p.m in the Village Hall on the first Tuesday of each month, every month except August. Everyone is welcome – we love to see newcomers and long-time residents alike, and we are also keen to meet business owners based in the parish. It's usually well attended, always informative and lively, and it's a great platform to hear about parish matters from planning applications to local events - and of course to get to know your neighbours within the village environment.

All the very best to you,
Stapleford Abbots Parish Council

- Contact: Parish Clerk, Ellie Thomas
- Tel: 07599 249962/ 07894 154877
- staplefordabbottsparishcouncil@gmail.com

For news, events, useful numbers and information about our meetings, please go to our website <https://www.staplefordabbottsparishcouncil.com/> which is constantly updated.

St Mary's Stapleford Abbotts

Harvest Fayre

Saturday 26th September

10am to 2pm

*Come and see the Flowers
in the church.*

Stalls, Refreshments.

**Join us for our Harvest Service Sunday
27th September at 9:45.**

**Church Lane Stapleford Abbotts
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ONGAR NATURE WATCH

False autumn

England and Wales had the driest July in 2026 since records began in 1836, that's 190 years ago. Prolonged high summer temperatures in Ongar, and the rest of south-east England, have not only parched the land and dried up rivers, ponds and reservoirs, they have also caused trees to shed their leaves early in what has been termed a false autumn.

Record temperatures were recorded in many parts of southern and eastern England rivalling the 40°C seen for the first time in Britain in July 2022. Climate change is here. Instead of the green of summer and early autumn, many woodlands, parks and gardens are now carpeted in brown, crunchy dried leaves while many of the leaves that remain on the trees are turning yellow. Shown here are fallen ash leaves covering the grass in the Jubilee Nature Reserve, adjacent to the Cripsey Brook.

This early leaf fall is a sign of the trees being stressed, as they shed their leaves to prevent transpiration and retain precious water.

While older trees with deep roots are able to withstand the drier conditions, many less established trees will be at risk and may not survive. The trees are utilising the hormones which in autumn shut them down to ensure their continued survival over the winter period.

They may keep going like this for a few years but it will eventually impact on them leading to their premature death. At a time when countless young trees are being planted to reduce carbon dioxide in the atmosphere to combat climate change, this is bad news indeed.

A similar situation was observed during prolonged dry spells in 2006-07 but this year has been more severe and it appears that these events are happening more frequently. And hotter, drier, summers and more erratic rainfall very much fits in with the concept of climate change.

We have just experienced a long period of exceptionally hot and dry weather but who knows what next year will bring. Let us hope that we do not have the heavy rainfall that caused floods earlier this year and are now causing havoc, destruction and death in countries like Pakistan.

Back in this country, the high temperatures are also responsible for the premature ripening of berries and nuts which could hit small mammals and birds that collect them in September and October to provide energy to survive the cold winter months.

In the past, nature's timing has assured the survival of our wildlife: The climate crisis brings changes in seasonal weather patterns that our wildlife cannot adapt to rapidly and their long-term existence is being brought into question.

Keith Snow

Garden Jobs for September

After this very hot and dry summer let's hope that we have some rain soon as the garden is looking very parched and in need of a shower or two. September is generally cooler and the days are noticeably shorter so you need to make the most of the daylight hours. While there's not as much to do in your garden at this time of the year, if you have a fruit or vegetable patch, you'll be busy reaping the rewards of harvest. It's time to get out and start planting spring-flowering bulbs for next year and you can collect seeds for next summer's colour too.

- ✓ Keep deadheading annuals, perennials and roses to extend their performance
- ✓ Divide herbaceous perennials
- ✓ Collect and sow seed from perennials and hardy annuals
- ✓ Pick autumn raspberries and wild blackberries
- ✓ Dig up remaining potatoes before slug damage spoils them
- ✓ Net ponds before leaf fall gets underway
- ✓ Keep up with watering of new plants, using rain or grey water if possible
- ✓ Start to reduce the frequency of houseplant watering
- ✓ Clean out cold frames and greenhouses so that they are ready for use in the autumn
- ✓ Plant spring flowering bulbs

LinkUp Editors

A Church and Community
Barn Dance with Supper
Saturday 19th September 2026
7.30-10.30pm
Abridge Village Hall RM4 1UD
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Adults -£14 , children under 15- £6



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STAPLEFORD ABBOTTS ORGANISATIONS

Monday	5.15-7.15pm VIP HQ 7.30-8.30pm Ladies Keep Fit
Wednesday	8-11pm Badminton Club New Members welcome Contact Pam on 07860 688268
Thursday	7.00–10.00pm Short Mat Bowls Contact Peter on 01992 815323

LAMBOURNE END PARISH ROOM

The Parish Room is available for hire to Lambourne and Abridge residents. Booking Secretary available between 5pm and 8pm Monday-Friday

Telephone 07702 200 381

Craft Group: Wednesday mornings 10am to 12.30pm.
Contact Wendy Chambers 020 8500 6299

Pilates Class Wednesday evening 5pm to 6.00pm
Contact Keely for more information on 07984 275721

ABRIDGE LIST OF ORGANISATIONS

Organisation	Contact	Telephone
Abridge Floral Group	Elaine Jones	07951 034754
Art Club	Peter Jolliffe	07516 255942
Ballroom Dancing Club	Barry & Donna	0208 5519007
Bingo	Josie Myson	07733 473808
Bridge Club	Malcolm	01992 420888
Christmas Lighting Fund	Derek Hardy	01992 814599
Come and Chat Morning	Lesley Nash	07983 161451
Cricket Club Enquiries	David Coles (Chairman)	01277 366284
Cricket Club Colts	Cyrus Langford	07958 734084
Forever Young Table Tennis	Peter Rose	07818 475650
Karate	Daniel Cuthbert	07804 813705
Lambridge Group	Freda Filby	01992 812405
Little Bee Play Group	Sarah Barnett	07985 425592
Pilates	Debby Scarfe	07739 092946
Potato Club	Neil Turner	07584 054809
	Duncan Bass	07423 453978
Senior Bootcamp	Josie Myson	07733 473808
Short Mat Bowls	Peter & Christine Berridge	07842 844433
Sunflower Club	Vicky Turner	07905 869177
Tai Chi	Ian Cuthbert	07802 481187

LINK UP is the community magazine for Abridge, Lambourne End and Stapleford Abbots. Its purpose is to inform and announce matters of interest to all residents. Contributors must identify themselves and names will be published. Link Up will not censor opinions, but will not publish articles in bad taste or offensive or clearly untruthful. The Link Up team's decision is final on all matters regarding material to appear in the magazine. While carrying articles from local Government and Churches, it is not a political or religious magazine, welcoming contributions from all. The Production Team are unpaid volunteers with no financial interest in the magazine and do not necessarily agree with opinions expressed by contributors nor do they endorse claims made by advertisers.

Link Up Distributor Contact Details: Abridge: Barbara Amondson 07443466274. Lambourne End: Brian Goldsmith. Chestnut Tree Cottage, Manor Road, Lambourne End. 07702 200 381. Stapleford Abbots: Angela & Barry Clements 07787795796

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ABRIDGE VILLAGE HALL

www.abridgevillagehall.co.uk

The hall is available for weddings, parties etc. Please see advertisement. All activities are in the Village Hall unless otherwise stated.

Monday

Pilates	10.30am-11.30am
Short Mat Bowls (plus some Thursdays)	2.00pm
Senior Boot Camp	6:00pm – 7:00pm

Tuesday

Forever Young Table Tennis Club	10.00am - 1.00pm
A Bridge Club	7:30pm
Ballroom Dancing Club	8pm

Wednesday

Art Club	9.00am – 4.30pm
Bingo (1 st Wednesday of the month)	7.30pm for 8.00pm start
Come and Chat Social Club (fortnightly)	10.00am-12.00 noon

Thursday

Forever Young Table Tennis Club	1.00pm – 4.00pm
Karate	4:30pm – 7:30pm
Tai Chi	6.30pm – 7.30pm

Friday

Little Bee Playgroup (Abridge)	10am – 11.30am
--------------------------------	----------------

If your club/organisation has been omitted and you would like details included, or if any of the above is incorrect, please contact your Diarist – Mary McElarney



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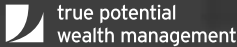
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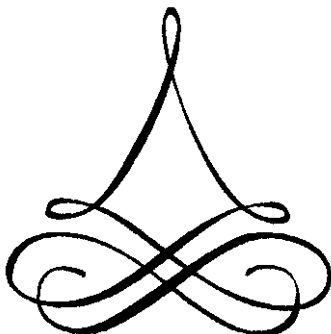
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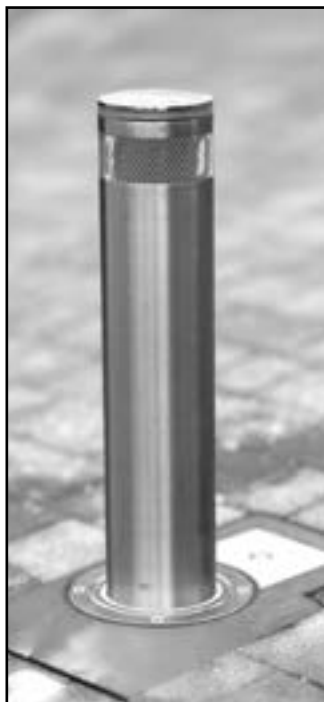
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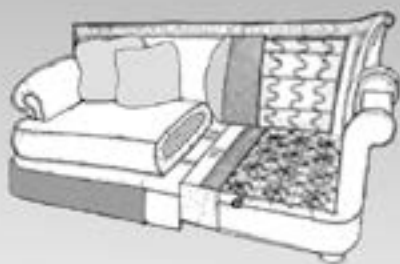
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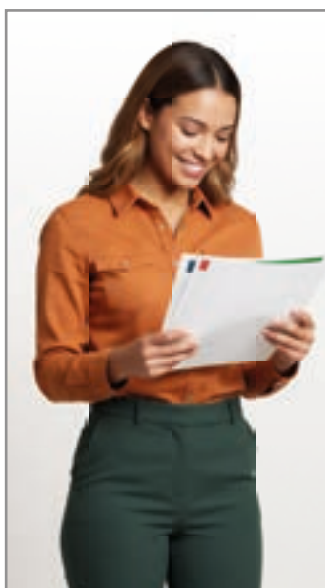
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