

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

August 2026

Link&Up



Just a few of the beautiful floral displays at Lambourne Church Flower Festival

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

This summer has been perfect for spending time outside in our lovely countryside. There are some gorgeous walks in our local woods which you can fit it during August - the last official month of summer time.

We must mention the amazing, beautiful and creative floral displays at our two Flower Festivals. Congratulations to all the flower arrangers and thank you to all the organisers – they are two highlights of summer in our villages.

LinkUp Editors

LINK UP PRODUCTION TEAM

Please send all copy for the September issue of Link Up by:
18th August 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

August 2026

Refuse and Recycling Collections

Week Commencing Monday 27th July Recycling, Green Waste and Food Waste

Week Commencing Monday 3rd August Refuse and Food Waste

Week Commencing Monday 10th August Recycling, Green Waste and Food Waste

Week Commencing Monday 17th August Refuse and Food Waste

Week Commencing Monday 24th August Recycling, Green Waste and Food Waste

Week Commencing Monday 31st August 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: andrew.cook@essex.police.uk mobile number **07815 490 722** or 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 Funerals Revd. Roger Gayler	07514 032 899

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: Lee Scott. Email: cllr.lee.scott@essex.gov

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.staplefordabbotts.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 July 2026

Abridge			Stapleford Abbotts		
1st	1	Kath McElarney	1st	9	Chris Ellis
2nd	94	Felicity Cracknell	2nd	61	Chris Tomkins
3rd	72	Chris & Marion Follon	3rd	72	Jackie Russell
4th	62	Susie Rix	4th	30	Sue Freeman
		<i>Josie Myson</i>			<i>Mandy McCormack</i>

FUTURE OF LINKUP

In the last few editions of Linkup there has been an item regarding the future of linkup, it was also mentioned in this item that the editors have decided to step down after 8yrs of undertaking the editorial role.

If you want Linkup to continue it needs someone to take over the role of editor/editors in order to carry on. The present editors have agreed to continue until the end of the year which is the February 2027 edition, which is only **5 more editions to go.**

So come on villagers, any one interested or needs more details of what is involved please email:- **linkupeditors@gmail.com**.

LINK UP COMMUNITY DIARY

(all activities in Abridge Village Hall unless otherwise stated)

AUGUST

Wed	5 th	"Come and Chat"	10.00 - 12.00
Wed	5 th	Bingo	7.30 for 8.00
Wed	12 th	Lambourne Parish Council	7.45 pm
Wed	19 th	"Come and Chat"	10.00 - 12.00
Sat	22 nd	Lambourne Church Working Party	10.00 - 12.00

SEPTEMBER

Tues	1 st	Stapleford Abbotts Parish Council <i>S.A. Village Hall</i>	7.15 pm
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
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

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 5th August

Wednesday 19th August

Wednesday 2nd September



PRIVATE TUITION



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Over 30 years of teaching experience
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Please call Mandy to discuss individual needs: 07753932041

Church of England Lambourne and Stapleford Abbotts



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 Abbotts 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 Abbotts 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



News from Abridge Village Church



Perhaps on Thursdays you've seen rainbow-coloured pennants flying from a pole at the bottom of the driveway that leads up to our church?



For two months now we have been hosting **The Rainbow Care Group**, who specialise in care for those with dementia, offering a day club that gives respite for those who normally look after their relatives at home. It has been going

well, and we are very excited to be able to offer our church in this way as a safe space for vulnerable adults. The professional team make their guests welcome with conversation, games, activities, outings, and a hot meal from 10 until 4. You can find out more on

line: <https://therainbowcaregroup.com/dementia-day-care-ne-london-west-essex/>

Our church is already busy welcoming children during the first three days of the week - hosting assemblies for the school on Monday and Little Bee toddler groups on Tuesday and Wednesday - and so it seems appropriate that we should be making space for those at the other end of the age spectrum, and in particular, those with the dementia.



According to The Alzheimer's Society, which is the largest UK dementia charity, around

944,000 people are living with dementia in the UK. Alzheimer's disease is the most common form, and cases are projected to exceed 1 million by 2030. Approximately 1 in 11 people over the age of 65 have dementia in the UK. This rises to 1 in 6 for individuals over 80. While it mostly affects older adults, there are over 70,800 people living with young onset dementia in the UK, where symptoms develop before the age of 65. There are not many of us who do not know someone who has some form of dementia.

Of course, most people who have those they love with this condition, want them to stay in their own homes as long as possible, and **The Rainbow Care Group** offers this possibility locally. There is also a centre in the cricket club in South Woodford which meets on a Friday.



Dementia is a particularly distressing condition because it seems as if that special someone we love has somehow 'disappeared' and is no longer the person we once knew. So, understandably, people ask, why does God allow this? - as indeed many ask about other forms of illness and suffering in this world. The truth is that our earthly lives do have a 'sell-by date' in one way or another, but that does not mean that God does not care. Maybe the following reflective piece, written specifically with old age and dementia in mind, might be of some help, as we all face the issues of ill-health in all its forms.



Endings and Beginnings

Our last days, at whatever age, can be difficult.

*We become dependent and needy,
and we may even lose our awareness of who we are.*

*We are frail and must look to others for help...
in fact, we become just like we were at the beginning,
in our first days of life,
when as helpless babies, we could not communicate,
and needed to be carried, cleaned, and cared for
by those who love us.*

*Any self-awareness then had no words
and our thoughts and memories were hidden from others.
At our end, we often return to this uncomfortable human beginning,
but it is not without hope.*

*Our infant helplessness had a future
and Christians believe so too does our latter infirmity.*

This is another transition stage.

*It is a chrysalis moment when a new beginning is happening.
And, just as God held us through the first beginning of heaven to earth,
so too will God hold us again as we move from earth back to heaven.*

*And just as God gifted us with the potential for this earthly life
from our baby state,
so too will God bring new possibilities for us in eternal life for
our older self.*

*And in all this God is the keeper of all our memories,
our origin and our destination.*

*In fact, God has experienced this journey too in the life of Jesus...
a journey from helpless childhood in a manger*



*to a broken adulthood on a cross,
all in solidarity with us.*

*This is a journey from one degree of glory to another,
and through Jesus, God has made possible new life that will not end,
where nothing will be lost,
nothing will be forgotten,
and everything will be made new.*

If you are around in August, please do join us for services at church on Sunday morning at 11.00 am or drop by and see us in the week.

Churches should be safe places, to ask questions, to find peace, and to discover faith for ourselves. Our services are relaxed and informal, giving space for conversation and learning together as we worship. We also hold each other in prayer through good times and bad.

We look forward to seeing you and assure you that we are praying for you here in the villages.

With prayers for you all

Martyn and Ruth





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

As we write this in early July, the weather is exceptionally hot again, and we are wondering whether this glorious sunshine will last into August when some of you may be away? With our increasingly unpredictable climate, who knows? It seems that we must simply get used to both to weather surprises and disappointments in equal measure. But should we?

As we all know, extremes of heat and storms have been predicted for a long time now, and the urgency of tackling climate change should definitely be higher on the political agenda than it is. Governments will respond to public opinion, if they see that it is something we are concerned about it, and that can influence the big decisions that those in power need to take.

Christians believe that God has invited us to look after this world as good stewards, but quite clearly, we are not doing this at the moment. Maybe this summer, we can all take some steps to make a difference for good on behalf of everyone. For example:

- Before we automatically get into our cars, let's seriously consider alternative transport, or choose to walk if we can, especially for short journeys.
- Have we considered insulating our home if that's not already been done?

- Is this the month to look seriously into investing in solar power?
- Cut down your meat and dairy consumption. Transitioning to plant-based meals a few days a week can drastically reduce your diet's associated greenhouse gas emissions.
- Consider switching your accounts and pensions to companies that do not fund fossil fuel extraction - the more we question this, the more financial institutions will be pressurised into changing their priorities.
- Consider carbon offsetting your air travel with accredited suppliers, or else you can drastically lower your footprint by choosing direct flights, booking economy seats, packing light, or taking the train for European trips with Eurostar.
- And one final simple but powerful piece of advice: buy fewer things and use them for longer'!

Your local churches are leading the way in this. Lambourne and Stapleford are actively pursuing their **gold eco-award** to help protect our environment and to better look after our world.



In our readings, during August, we are exploring more stories from the life of Jesus. He certainly had a very small eco-footprint and showed us, by his lifestyle and choices, how to steward resources well, walk in harmony with nature, learn lessons from others, and help people to

become the best they can be. All this is in our readings this month, so why not join us by reading them at home each Sunday or joining us for a service.

Sunday August 2nd

Matthew 14:13–21 - *stewarding resources*

Jesus feeds a large crowd



Sunday August 9th

Matthew 14:22–33 - *being in harmony with nature*

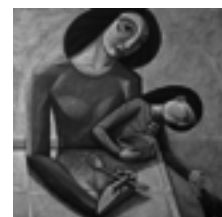
Jesus walks on water



Sunday August 16th - *learning from others*

Matthew 15:21–28

Jesus meets with surprising faith



Sunday August 23rd

Matthew 16:13–20 - *looking after each other*

Jesus gives Peter his blessing



Sunday August 30th

Matthew 16:21–28 - *mending what is broken*

Jesus predicts what will happen to him



With prayers for our village communities

Roger and Martyn

St Mary the Virgin Church Stapleford Abbots



Animal Blessing Service
Sunday August 30th 2026
3:00 PM



All God's Creatures Welcome!!

Any questions?

Please contact

Revd. Roger Gayler

01992 523849





ABRIDGE CRICKET CLUB

(founded 1838)

President: Richard Padfield

Chairman: David Coles

As we reach the midway point of our season our various teams have achieved some notable success. The 1st X1 playing in the Herts and Essex Border League (HEBL) are currently in 2nd place behind Nazeing Common having played 8 games and reaching 121 points. Our fixture against Nazeing on the 27th June was a great result with Abridge scoring 353 for 3 against Nazeing's 251 AO. Abridge win by 102 runs ! The 2nd X1 playing in the 3rd Division are in 5th place with 99 points. Our Sunday 1X play "friendlies" and have had moderate success. One amazing result – the Sunday 1X playing against Epping Foresters scored a huge 488 runs which we believe is the highest total ever achieved on our ground ! Centuries scored by Ossie Elliott 102, Arun Arora 105 and Jag Singh 105



Our Juniors U15s have had two matches against Wanstead & Snaresbrook easily winning the first game on the 5th June and losing the return game on 3rd July with Abridge needing 2 runs off the last ball ! A very exciting match



Our “fundamentals” (years 2-6) play in the South Loughton Tournament and have done very well achieving 2nd place at present



Finally a big thank you to all those who collected the blue tokens for the Tesco Fundraising in the Community. We achieved a fantastic 2nd place and were awarded £961.

Patrick Horgan
Club Secretary
07727 233280
Phorgan98@yahoo.com

FREE!



Abridge

FREE outdoor play sessions for children.
Children must be accompanied by an adult.
No need to book, just drop in at any time.

Abridge Village Hall Field, 39 Ongar Road, Abridge, RM4 1UD
What3Words: ///clocks.apples.united

- **Monday 20 July 2026. 1:30pm - 3:30pm.**
- **Tuesday 25 August 2026. 1:30pm - 3:30pm.**

EFDC Communities & Wellbeing Team will bring:

- outdoor activities
- arts and crafts
- sports equipment

Visit eppingforestdc.bookinglive.com for a full list of Play in the Park sessions across the district, or scan the QR code.

Play in the Park is supported by Lambourne Parish Council, and Qualis Property Solutions.



@efdcommunity



@efdcommunitieswellbeing



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ABRIDGE SURGERY

Booking In

Please ensure you book in when you arrive for your appointment. If you do not do this, we do not know you are here and you will not be called in to see the clinician.

Holiday Vaccinations

If you are booking an appointment for holiday vaccinations, please arrange this six weeks before your holiday.

There are currently issues with obtaining some travel vaccines so we may not be able to offer all the usual vaccines at this time.

Surgery Toilet

The toilet is only for the use of our patients that are coming into the surgery to be seen by a clinician or to speak to the receptionists. It is not for anyone using the field or attending any events.

Carers Group Meetings

Our August meeting will be on the 17th at 2pm in the small room in the Village Hall. If you are a Carer please come along. It is an informal 'get together' where Carers can chat to each other and where the surgery can provide lots of information on any issues you may have.

Lions on the Loose

It's absolutely roarsome!

St Clare Hospice has brought an exciting event to Harlow, Epping and Loughton this summer (24th July to 10th September) – a vibrant celebration of art and community, brought to life in a truly memorable way. The free family friendly trail made up of 63 lion sculptures is a fantastic opportunity to highlight that hospices are not only about end-of-life care – they are also here to help people live well.

Rosie Knowles, Deputy CEO of St.Clare said:

“This trail will help us raise vital funds for hospice care at a time when St.Clare Hospice is under increasing financial pressure to continue providing specialist end-of-life care to all those who need it, at the most difficult of times. It is a fun and active way to support your local hospice where thousands of people across the area will come along with us on this adventure and visiting as many sculptures as they can. To help them on their way, we have a Lions on the Loose app where you can log each lion you find, vote for your favourite design and unlock rewards from the trail sponsors. These range from an annual Family Merlin Pass (worth £960) to bee bomb seed packets to an iPad! We also have lots of exciting merchandise on sale in our charity shops to compliment the trail, including art items, a soft lion toy and a printed trail map.

At the end of the trail, from 19-20th September, all the lions will come together in one place for the only time, at Passmores Academy in Harlow. This will be your chance to unlock any rewards you missed and grab a selfie with your favourite lion. Then, on the 24th September, each beautiful sculpture will be auctioned at St.Nicholas School in Harlow to raise money for the Hospice and find its forever home.

You can find out more at www.lionsontheloose.co.uk

CARERS INFORMATION LEAFLET

Caring for someone can be very challenging as well as rewarding. To make sure you are getting all the help and support that you are entitled to follow the 7 steps below or call Action for Family Carers on 0300 770 8090 or Essex Wellbeing Service on 0300 303 9988, email;provide.essexwellbeing@nhs.net or www.essexwellbeingsservice.co.uk

1. **Look after your own health – register as a Carer at your GP practice.**
Surgeries can offer information and support as well as a free flu vaccination and an annual health check. Ask for a Carers pack at reception.
2. **Get a plan in place for emergencies – apply for the Carers Emergency Card:**
The Carers Emergency card is a card you carry in your purse/wallet that identifies you as a carer so that if you have an accident/emergency, the emergency services will know that the person you care for needs help. They will then put your personal emergency plan into place to care for that person.
3. **You are entitled to a Carers Assessment by Essex County Council – this is an assessment which can lead to practical support from the local authority to help you with your caring role.** This could be someone to help the person you care for with washing, dressing or toileting or getting equipment to help you lift or move the person you care for. This assessment may also help you get support to have a break from your caring role.
4. **Get the latest benefits advice – you may be missing out.** There are specific benefits and or reductions in payments that carers and people with disabilities or health conditions are entitled to. You can go to the Citizens Advice Service or make an appointment with the Social Prescriber at the surgery.
5. **Find out what services and support is available locally for you and the person you care for.** Contact Action for Family Carers or Essex Wellbeing Service.
6. **Get support to stay in or return to work as a carer.** Juggling work and caring for someone can be difficult. You have the right to request flexible working from your employer. There is also support for carers looking to get back into work from Job Centre Plus and other agencies.
7. **Talk to someone about how being a carer affects you.** It is important to be aware of the affect that caring has on you and your own health. Talking about this can help in itself or be the first step to getting the support you need.

NHS West Essex Talking Therapies

Prioritizing our mental well-being is essential. If you find yourself grappling with heightened worry, low mood, depression, anxiety, or a lack of motivation, there is help available. Our dedicated team provides a comprehensive range of evidence-based therapies designed to equip you with effective coping mechanisms to support your well-being.

Free and Confidential Support

Our therapeutic services are available through secure video, text-based therapy, webinar, phone, or face-to-face meetings. We understand that each individual is unique, and our goal is to provide personalized support tailored to your needs.

Who We Can Help

If you are 16 years or older and are registered with a GP in West Essex, we can support you by providing the tools you need to get your life back on track.

Simple and Convenient Access

Accessing our services is straightforward. You can self-refer using our website or by giving us a call. Once you make contact, a friendly member of our team will guide you through the initial assessment. A fully qualified therapist will support you throughout your treatment. By working together, we aim to equip you with the tools needed to navigate life's challenges and rediscover a sense of well-being.

Free drop-in service:

We are offering a Free drop-in service in Harlow – where you can learn more about NHS Talking Therapies support and the Employment support we offer at Vita Health.

Come to one of our monthly drop-in sessions at:

Harlow Library, The High, Harlow CM20 1HA.

Dates: Last Tuesday of each month

Times: 12:30pm – 2:30pm

Grab a coffee and have a chat. No Booking required.

Contact us today – it is a FREE and confidential service.

Website: vitahealthgroup.co.uk

Telephone: 0333 015 2966



PHONE FRIENDS

SERVICE FOR ADULTS AGED 18+

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Phone Friends connects you with others for weekly chats
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Share stories, laughter, and companionship - everyone is in the same boat and looking for company.

Make new friends over the phone
- our coordinators support you every step of the way.

Stay connected, feel supported - regular calls can turn into lasting friendships.



To
find
out
more

provide.essexwellbeing@nhs.net

0300 303 9988

www.essexwellbeingsservice.co.uk

www.agewelleast.org.uk



Lambourne End Parish Rooms

**A big "Thank you" to all the local business
who supported our Summer 2026 BBQ
by generously donating auction
and raffle prizes.**



Stapleford Flight Centre

Mayhem / The New Boar

Boardell's / The Rabbits /Stapleford Clubhouse

The Blue Rooms / The Maltsters

The Rodings / Chigwell Chinese

Kismat Indian / Abridge Florist / Oak Farm Nursery

Ravens Abridge/Debbie Scarfe Fitness

Keely Payne Fitness/Derek Payne Gardening

& LEPR committee and resident's donations



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:

- **August 12th Abridge Village Hall 7.45pm**
- **September 9th Abridge Village Hall 7.45pm**
- **October 14th Lambourne Parish Rooms 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.

Lambourne Parish Council Facebook Page

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

Flowerbeds

Garden waste has recently been dumped in the new flowerbed opposite The Maltsters. If you witness this happening, please report it to the Parish Clerk.

Play in the Park

Visit eppingforestdc.bookinglive.com for a full list of Play in the Park sessions being held over the summer holidays.

The dates for Play in the Park at the Abridge Village Hall are:

Monday 20th July 2026 1.30pm - 3.30pm

Tuesday 25th August 2026 1.30pm – 3.30pm

These sessions are funded jointly by Lambourne Parish Council and Epping Forest District Council, making them free to attend. No booking is required – simply go along and join in.

Bus Service 18 - Timetable Changes from Sunday 26th July

Service 18 will operate a revised timetable from Sunday 26th July, providing a more consistent daytime hourly service Monday to Saturday.

Changes include:

- Hourly daytime service Monday to Saturday
- Additional weekday evening journey
- More peak-time journeys extended to Ongar as Service 18C
- Sunday service remains unchanged
- Service 18A to Debden Broadway withdrawn
- Smaller vehicles will operate on daytime journeys

Please check the new timetable in *Link Up*, on the Parish Council website or on parish noticeboards before travelling.

Could Abridge benefit from Bus Shelters?

The Parish Council has received a request from a resident asking whether bus shelters could be provided at the village bus stops.

Before pursuing funding, we need to demonstrate there is sufficient demand from residents.

If you currently use the bus – or would be more likely to use it if shelters were provided – we would like to hear from you.

Please complete the survey at the end of this newsletter and return it to the Clerk, Lambourne Parish Council using the post box at the Abridge Village Hall by **31st August 2026**.

Thank you for taking the time to share your views.

District Councillors

We have 3 district councillors who can be contacted by email

Cllr Craig McCann - cldr.cmccann@eppingforestdc.gov.uk

Cllr Darshan Sunger - cldr.dsunger@eppingforestdc.gov.uk

Cllr Kaz Rizvi - cldr.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.

Bus Shelter Survey

Which bus stop do you use most often?

☐ Log Cabin

☐ Market Place

☐ Both equally

☐ Other: _____

How often do you use the bus?

☐ Daily ☐ Weekly ☐ Occasionally ☐ Never

What is the main purpose of your journey?

☐ Work ☐ School ☐ Shopping ☐ Medical ☐ Leisure

Would a shelter encourage you to use the bus more?

☐ Yes ☐ No ☐ Maybe

Have you avoided the bus because there is no shelter?

☐ Yes ☐ No

Do you support the Parish Council seeking funding for bus shelters?

☐ Yes ☐ No

Any additional comments:

Postcode: _____

Please deliver to the post box at the Village Hall marked for the attention of Lambourne Parish Council.

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



Book your place through
rogergayler@btinternet.com
or phone 01992 523849



18 18C SUMMARY TIMETABLE

North Weald > Epping > Theydon Bois > Abridge > Debden > Loughton

MONDAY TO FRIDAY | Except Bank Holidays

Buses towards Loughton	18C	18C	18	18
Ongar, Two Brewers	06:30	07:00	-	-
Ongar, Aucklingford Gardens	06:34	07:04	-	-
North Weald, The Talbot	06:22	07:02	06:12	09:18
Epping, St Margaret's Hospital	06:50	07:20	06:20	09:25
Epping, Church	06:56	07:26	06:26	09:30
Epping, Station, arrive	06:58	07:28	06:32	09:32
Epping, Station, depart	06:58	07:28	06:30	09:30
Dry Chimneys, Fishers Lane	06:42	07:32	06:38	09:38
Theydon Bois, Green	06:47	07:37	06:44	09:44
Abridge	06:58	07:47	06:50	09:50
Debden, Station	07:00	07:52	06:50	09:50
Loughton, Station (Stand A)	07:30	08:30	09:10	10:10

Then every 60
minutes until

18	18C	18C	18	18
-	17:07	18:07	-	-
-	17:12	18:12	-	-
18:18	17:20	18:20	19:12	-
18:23	17:26	18:26	19:20	-
18:30	17:36	18:36	19:28	-
18:32	17:38	18:38	19:30	-
18:35	17:40	18:40	19:33	22:35
18:39	17:44	18:44	19:38	22:39
18:44	17:49	18:49	19:44	22:44
18:50	17:55	18:55	19:50	22:50
18:57	18:02	19:02	19:56	22:56
19:00	18:05	19:05	20:04	22:44

Buses towards North Weald	18	18	18
Loughton, Station (Stand B)	07:12	08:12	09:25
Debden, Station	07:25	08:25	09:25
Abridge	07:31	08:31	09:31
Theydon Bois, Green	07:38	08:38	09:29
Dry Chimneys, Fishers Lane	07:44	08:44	09:44
Epping, Station, arrive	07:50	08:50	09:50
Epping, Station, depart	07:52	08:52	09:52
Epping, Church	07:54	08:54	09:54
Epping, St Margaret's Hospital	08:02	09:02	10:02
North Weald, The Talbot	08:10	09:10	10:10
Ongar, Aucklingford Gardens	-	-	-
Ongar, Two Brewers	-	-	-

Then every 60
minutes until

18	18C	18C	18C	18	18
19:15	-	19:20	19:25	20:45	22:45
19:25	-	19:31	19:34	20:52	22:52
19:31	-	19:40	19:40	20:57	22:57
19:39	-	19:48	19:47	21:02	23:02
19:44	-	19:53	19:53	21:08	23:08
19:50	-	19:59	19:59	21:13	23:13
19:52	19:27	19:02	19:00	-	-
19:54	19:30	19:05	19:02	-	-
19:02	19:39	19:14	19:30	-	-
19:10	19:48	19:23	19:38	-	-
-	19:54	19:29	19:24	-	-
-	17:00	17:35	19:26	-	-

SATURDAY

Buses towards Loughish	18C	18	18C	18
Ongar, Two Brewers	06:45	-	10:02	-
Ongar, Aucklingford Gardens	06:49	-	10:07	-
North Weald, the Hub	06:53	09:23	10:15	11:15
Epping, St Margaret's Hospital	07:02	09:29	10:23	11:23
Epping, Church	07:03	09:30	10:30	11:30
Epping, Station, arrive	07:04	09:32	10:32	11:32
Epping, Station, depart	07:05	09:35	10:35	11:35
Try Chimneys, Fishers Lane	07:14	09:39	10:39	11:39
Theydon Bos Green	07:24	09:44	10:44	11:44
Abridge	07:30	09:50	10:50	11:50
Debdon, Station	07:37	09:57	10:57	11:57
Loughish, Station (Stand A)	07:48	10:00	11:00	12:00

18	18	18	18
-	-	-	-
-	-	-	-
15:15	17:15	-	-
15:23	17:23	-	-
15:30	17:30	-	-
15:32	17:32	-	-
15:35	17:35	20:15	22:15
15:39	17:39	20:19	22:19
15:44	17:44	20:24	22:24
15:50	17:50	20:30	22:30
15:57	17:57	20:36	22:36
16:10	18:10	20:44	22:44

Then every 60 minutes until

Buses towards North Weald	18	18
Loughish, Station (Stand B)	08:15	10:15
Debdon, Station	08:25	10:25
Abridge	08:31	10:31
Theydon Bos, Green	08:39	10:39
Try Chimneys, Fishers Lane	08:44	10:44
Epping, Station, arrive	08:50	10:50
Epping, Station, depart	08:52	10:52
Epping, Church	08:54	10:54
Epping, St Margaret's Hospital	09:02	11:02
North Weald, the Hub	09:10	11:10
Ongar, Aucklingford Gardens	-	-
Ongar, Two Brewers	-	-

Then every 60 minutes until

18	18C	18	18C	18C	18	18
14:15	15:05	16:15	-	18:15	20:45	22:45
14:25	15:25	16:25	-	18:24	20:52	22:52
14:31	15:31	16:31	-	18:30	20:57	22:57
14:39	15:39	16:39	-	18:36	21:02	23:02
14:44	15:44	16:44	-	18:42	21:08	23:08
14:50	15:50	16:50	-	18:47	21:13	23:13
14:52	15:52	16:52	17:52	18:52	-	-
14:54	15:54	16:54	17:54	18:54	-	-
15:02	16:02	17:02	18:02	19:02	-	-
15:10	16:10	17:10	18:10	19:10	-	-
-	16:36	-	18:36	19:36	-	-
-	16:42	-	18:42	19:42	-	-

SUNDAY | And Bank Holidays

Buses towards Loughton	18	18	18	18	18	18
North Weald, the Talbot	09:10	-	-	-	-	-
Epping, St Margaret's Hospital	09:16	-	-	-	-	-
Epping, Church	09:23	-	-	-	-	-
Epping, Station, arrive 	09:25	-	-	-	-	-
Epping, Station, depart 	09:25	11:25	13:25	15:25	17:25	19:25
Ivy Chimneys, Fishers Lane	09:29	11:29	13:29	15:29	17:29	19:29
Theydon Bois, Green	09:33	11:33	13:33	15:33	17:33	19:33
Abride	09:39	11:39	13:39	15:39	17:39	19:39
Debden, Station	09:43	11:43	13:43	15:43	17:43	19:43
Debden, The Broadway						
Loughton, Station (Stand A)	09:55	11:55	13:55	15:55	17:55	19:55

Buses towards North Weald	18	18	18	18	18	18
Loughton, Station (Stand B)	10:50	12:50	14:50	16:50	18:50	20:50
Debden, Station	10:59	12:59	14:59	16:59	18:59	20:59
Abride	11:06	13:06	15:06	17:06	19:06	20:21
Theydon Bois, Green	11:12	13:12	15:12	17:12	19:12	20:27
Ivy Chimneys, Fishers Lane	11:16	13:16	15:16	17:16	19:16	20:31
Epping, Station, arrive 	11:20	13:20	15:20	17:20	19:20	20:35
Epping, Station, depart 	-	-	-	-	-	20:35
Epping, Church	-	-	-	-	-	20:37
Epping, St Margaret's Hospital	-	-	-	-	-	20:43
North Weald, the Talbot	-	-	-	-	-	20:50

"Tip Top Table Top Sale"



Saturday 5th September 2026

10am - 2pm

At

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Ongar Road

Abride

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Admission

Refreshments

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STAPLEFORD ABBOTTS PARISH COUNCIL

Welcome from Stapleford Abbots Parish Council! 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.

DATE CHANGE: Please note: The September meeting will be held on 8/9/26 rather than 1/9/26. There is no Parish Council Meeting in the month of August.

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 is at a critical stage in the campaign and needs extra person-power. They are expecting Brentwood Borough Council to make a decision on Moto's application in the next few months which will generate more activities – however some members of

the Committee have left recently for personal reasons, leaving the remaining members stretched at this key time. So, they are appealing for help with administrative duties; creative activities; lobbying – and in each case, feeding back to the Committee and attending 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

Here to Help – Essex Wellbeing

Community Agents from Rural Community Council of Essex (RCCE), part of Essex Wellbeing Service, offer a free confidential home visiting service to residents across Essex who may be struggling to access services or find the support they need. An agent will visit the person in their home, to chat about their daily living and anything they find difficult, e.g. blue badge and bus pass applications, assessing for mobility equipment/adaptations, carers support, connections to local clubs and activities, travel and transport, hot meal delivery. For more information and to book a visit for yourself or anyone you feel may benefit, hit: www.essexwellbeingsservice.co.uk

www.essexrcc.org.uk

www.communityagentsessex.org.uk

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.camos@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 – subject to revision in case of emergency:

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

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.

STAPLEFORD ABBOTTS VILLAGE HALL

www.savh.co.uk e-mail: info@savh.co.uk

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All bookings welcome

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BOOKING SECRETARY – 01708 750320 – Anytime

For bar or catering enquiries please call Liz on 01708 733 833

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	Debbi 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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Email: caroline@pawstopamper.co.uk



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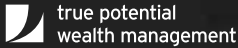
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as of January 2026



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See Community Diary



All booking enquiries ring Liz on
07984 427260

info@savh.co.uk • www.savh.co.uk

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Terry Johnson

Tel: 01708 341 896 Tel: 020 8508 3196 Mob: 07802 965 611

Email: info@tjsatellites-aerials.co.uk www.tjsatellites-aerials.co.uk

Secure Container Storage

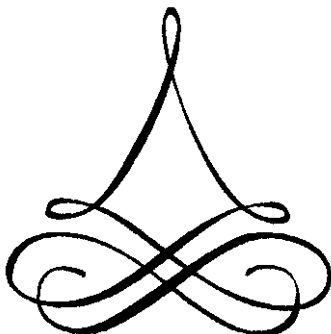
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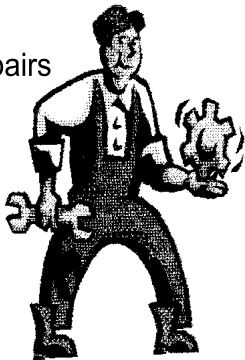
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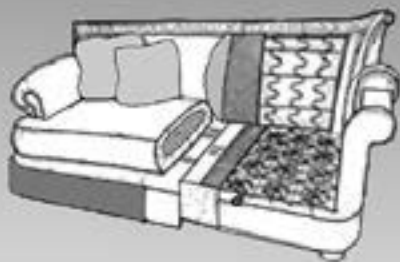
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