

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

April 2026

LinkUp

LAMBRIDGE GROUP

St. GEORGES DAY CELEBRATION

SATURDAY 25th APRIL

ABRIDGE VILLAGE HALL

6.30pm for 7.00pm

4-COURSE ROAST BEEF MEAL £32 A HEAD

ENTERTAINER SAM KNIGHT

TO BOOK PHONE FREDA 01992 81 2405 07742 943 479

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

Welcome to the April edition of Link Up. This is a lovely time of year when the garden is starting to come alive again and you can hear the birds singing.

Please remember we are a community magazine and all contributions are welcome, so do get in touch if you have any stories or information you would like to share.

If any distributor is unable to deliver please do make contact and we will arrange for your route to be covered.

Wishing you all a very happy Easter

Barbara, Felicity, Linda

The Contact details for Linkup are: linkupeditors@gmail.com

LINK UP PRODUCTION TEAM

Please send all copy for the May issue of Link Up by:
18th April 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.

We would like to say a big thank you to the new and existing advertisers for your adverts this year in the monthly Linkup magazine, without you this magazine would not survive.

There are still a few spaces available, if you are interested in advertising with us please contact:-

vickyturner.linkup@aol.co

From Linkup editors

WHO'S WHO

DOCTORS: Dr D A Colvin and Dr B Isinkaye **01992 812 961** Reception available by phone 8.00am – 6.30pm daily (except Wednesdays when closed at 13.00pm)

	Surgery doors	Doctor appointments	Nurse appointments
Monday	8am-6.30pm	9-11am & 4-6pm	8.00-12.45pm
Tuesday	8am-6.30pm	9-11am & 4-6pm	9.00-12.45pm
Wednesday	8am- 13.00pm	9-11am only	8.30-11.30am
Thursday	8am-6.30pm	9-11am & 4-6pm	2-4.30pm
Friday	8am-6.30pm	9-11am & 4-6pm	

We have a dietician who attends the surgery once a month. Dates are adhoc and given monthly in advance. Please contact the for surgery further information.

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) Fr Martin Fletcher (Epping) Fr Philip Denton (Stapleford Abbots)	0208 500 3953 01992 572516 01708 749050

POST OFFICE:

E.F.D.C: Day and emergency **01992 814 087**

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.lamborneparishcouncil.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 March 2026

Abridge			Stapleford Abbotts		
1st	44	Thanaa Martin	1st	78	Pete Lewis
2nd	79	Dan Blain	2nd	28	Michael Balls
3rd	30	Sue Donovan	3rd	91	Lorraine Jay
4th	83	Marc Drewe	4th	40	Christine
		<i>Josie Myson</i>			<i>Mandy McCormack</i>

LOCAL SERVICES

April 2026

Refuse and Recycling Collections

Week Commencing Monday 30th March Refuse and Green Waste

Week Commencing Monday 6th April Recycling, Green Waste and Food Waste

Week Commencing Monday 13th April Refuse and Food Waste

Week Commencing Monday 20th April Recycling, Green Waste and Food Waste

Week Commencing Monday 27th April Refuse and Food Waste

Easter collections

Normal collection day

Friday 3 April

Revised collection day

Saturday 4 April

Collections return to normal on Tuesday 7 April 2026.

NOTE: The above information may change, updated collection dates regarding Green Waste not available at time of print

LINK UP COMMUNITY DIARY

(all activities in Abridge Village Hall unless otherwise stated)

APRIL

Tues	7 th	Stapleford Abbots Parish Council <i>S.A. Village Hall</i>	7.15 pm
Wed	1 st	"Come and Chat"	10.00 - 12.00
Wed	1 st	Bingo	7.30 for 8.00
Wed	15 th	"Come and Chat"	10.00 - 12.00
Wed	15 th	Lambourne Parish Council <i>Lambourne Parish Rooms</i>	7.45 pm
Fri	17 th	Stapleford Abbots Church Quiz: S.A. Village Hall	7.00 <u>for</u> 7.30
Sat	25 th	Lambourne Church Working Party	10.00 - 12.00
Sat	25 th	Lambridge Group St. George's Day Dinner	6.30 for 7.00
Wed	29 th	"Come and Chat"	10.00 - 12.00

MAY

Tues	5 th	Stapleford Abbots Parish Council <i>S.A. Village Hall</i>	7.15 pm
Wed	6 th	Bingo	7.30 for 8.00
Wed	13 th	"Come and Chat"	10.00 - 12.00
Wed	13 th	Lambourne Parish Council & Annual Parish Meeting	7.45 pm
Sat	23 rd	Lambourne Church Working Party	10.00 - 12.00
Wed	27 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 1st April

Wednesday 15th April

Wednesday 29th April



News from Abridge Village Church



Our church was filled with storytelling and drama in the last week of the Spring term, when once again, we invited the children of Class 5 from

Lambourne school to **our Easter Journey workshop.**



During the morning, they experienced Holy Week for themselves as we reenacted Palm Sunday, the table-turning in the Temple, the Last Supper in Jerusalem, the sadness of the Garden of Gethsemane, the horror of the cross and the surprise of Easter morning.

Easter Journey also took place up at Stapleford Abbots Primary school later that week. With the children we wondered about the feelings and fears of those first disciples, and then the children worked out for themselves what they thought about it all. Why has this story been repeated so faithfully again and again since it first happened over 2,000 years ago? What does it all mean?

Easter sits at the heart of what Christians believe. Without Easter there is no Christianity. The first believers didn't just repeat fine words from a good teacher and hoped they would make a difference to the



world. Instead, they believed a miracle had happened, and that God's power had broken into the world to bring an end to death and to offer instead the gift of eternal life through faith in Jesus. This does make a difference as to how we live our lives and gives a reason

and a power for living which fine words alone can never provide. This is the faith we celebrate and continue to explore week by week when we gather to worship on a Sunday and when we meet in the week.

It was also the faith of those who have recently died from our church. **It hit us hard last month to say goodbye to Iris Reeves and Pat Hampton, who have been part of our church family for so long.** They were both much loved and are sorely missed. They were also both active in the village in many ways, and perhaps some of you attended their funerals. Maybe you were in church to hear something of Pat's and Iris's stories? Here is a flavour of what was shared:

Pat Hampton moved into the village in 1960s, with her husband Dick. Their young family of three daughters grew up here and began attending our church, after being invited by Mrs Hammond, their neighbour, who was church secretary at the time. Pat and Dick were involved in Abridge life, and particularly the allotments. Not long before her death, Pat



attended this year's potato lunch in the Village Hall which she thoroughly enjoyed and where she was made warmly welcome. Until recently Pat looked after the allotment accounts for the church and on her wall at home, we remember seeing a photo of Dick holding a 'prize potato' one year from his own allotment in the church grounds. The girls attended our Sunday school and youth group and were part of the Brownie pack in the village. Everyone commented on Pat's gentle

nature, and particularly her winning smile. She was a thankful person who always saw the best in people and situations. When praying in church, she would often be thanking God for her good friends and neighbours. She enjoyed attending Wednesday's fortnightly 'Come and Chat' in the village hall, where she had many good friends. She came to faith when she was young at the Sunday School in Coopersale, although her roots were as the youngest of a large family from Suffolk.

Iris Reeves was Abridge born and bred. She lived in the same house on London Road near the Log Cabin all her life. When she was eleven, her dad died. She missed him terribly. Mum was left to cope as a single parent but found support from the Children's Home and Mission in South Woodford, now known as Mill Grove. This Home has strong links with our church, which Iris had begun attending, when, at just three years old, she was brought along by older friends from the village. Iris held various offices in the church over the years, including treasurer and secretary. She was always present at the prayer meetings in the week and also taught in Sunday school. In the village she was an active



member of the Floral Club who kindly donated flowers for the funeral service, and she led a Brownie pack too; and all this alongside a busy career in banking. When she retired, she spent many happy years helping at St Joseph's hospice nearby; and with her friends Pat Liddiard and Jenny Brewster she travelled to Romania to help set up a children's orphanage. In the displays of her life at

the funeral, there were many pictures of Iris with young children.

In the last years of her life, she had a lodger called Bill, with whom she undertook many adventures, including trips to New Zealand. Latterly Trish Stone was a huge support, particularly as Iris had lost an eye when she was young in a sports accident, and over the last 10 years, her sight in her other eye had deteriorated badly.

Although Iris had no close family, she had many friends, along with a goddaughter, a godson and a second cousin. Iris always longed that the church would reach out into the village and welcome families and children again. She was pleased in her last years to see this come true, as we welcome the school regularly on Monday mornings and young families through Sarah's Little Bee in the week.

Both funerals were celebrations of Pat's and Iris's life *and* faith, as well as opportunities for us to comfort each other. This is a comfort that is rooted in the very story of Easter which we shared with the school children. Death is always sad, but Christians do not believe it is the end. We have hope because of what happened to Jesus and because of the promises he left us. And this is what we will be celebrating at our open-air service beside the church on Easter Sunday morning. You are warmly invited to join us.

Christ is risen! Alleluiah!

With Easter prayers for you, your friends, and
family

Martyn and Ruth



For more information about the church:

Search **Abridge Village Church** on **Facebook** or visit the **website:**
www.abridgevillagechurch.org
Also, via the Lambourne Parish Council page

Church of England Lambourne and Stapleford A



Dear Readers,

May we dare to wish you a Happy Easter as we look from the terror of the cross in the world today to the life and hope of the empty tomb.

All the Easter services are listed elsewhere in this edition.

In addition there is an **Art exhibition** featuring local artists at Stapleford Abbots Church from 10.00am-2.00pm on Saturday 4th. Refreshments will be available entrance is free.

Our Zoom activities continue with our **Prism magazine** at 7.30pm on Wednesday 15th and our **service** at 7.30pm on Friday 24th. They link the housebound and those abroad with those closer to home. Please ask for a link if you would like to join us.

The Stapleford Abbots Quiz Night is on Friday 17th April (Details elsewhere).

The **next Yoga Day** is on Saturday 18th April at Lambourne Centre. Please ask me for more details.

Stapleford's Plant Sale is in May. If anyone has surplus seedlings or plants they would like to contribute, we would be very grateful. It all adds to the variety of the stock. Offers to me please.

Both Church annual meetings are due in May when we revise our membership. If you would like to be linked with either church, there is an electoral roll form to complete. Details from me.

Both churches have got our Eco Church Silver Awards for sustainability, and we are now **going for Gold**. We will be the first small churches in the Diocese to achieve this which would show the way for others.

The process involves our worship, teaching, buildings, grounds, lifestyles and community involvement. Hence, we are inviting you all to join us in **going greener**. We are working with parish councils, schools and Abridge Village Church to try to make a difference, individually and collectively. We will try to include an Eco tip each month to get you thinking.

Eco tip – refuse, reuse, repurpose, recycle:



Got old clothes or materials too used for a charity shop or Vinted, and can't reuse the material? Dunelm have a textile recycling point, saving it from landfill!

Blessings

Roger

(contact 01992-523849)



From your Link Up Churches

Churches Together for April

Happy Easter everyone! How will you be celebrating this bank holiday weekend? If there are children in the family, maybe you will have an



Easter egg hunt? If you have family visiting, be prepared for an all-you-can-eat diet of chocolate! Or if you are out and about, look out for Easter chicks or Easter bunnies everywhere. It's a festival designed to lift our spirits, even without any Christian story

attached. It's a time of new beginnings, with Spring in full swing.

And it's 'new beginnings' that can help us get an insight into the Christian story of that Passover weekend in Jerusalem long ago. But it's not a comfortable story like Christmas, which is probably why many push it to the margins, yet it's definitely a relevant one. There is no one reading this who has not been touched by death in some way. Maybe you have been recently bereaved, or it's an anniversary of someone in the family who has died. It doesn't matter how long ago, it can still hurt. As the Bible succinctly puts it, we humans live 'in the shadow of death' every day.

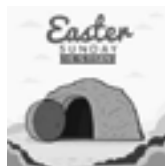
Of course, we do our best not to think about it. Our mortality is something we would rather not dwell on. But sometimes it hits us full-on, and we wonder what's next, or is there a next at all? This is why Easter is so relevant. It confronts the big question of death; and not just death, but the suffering and pain that so often precede it.

God knows that our biggest fear is death and dying. But rather than zapping this out of existence - destroying it by some sort of ballistic show of force - the Easter story tells us that Jesus faced death full-on for us. God in Jesus knows what it is like to die. But also, God in Jesus shows us that death is not the end. Death was mysteriously undone by what Jesus did on the cross. His innocence robbed death of its power to hold us; and the resurrection on Easter Day proclaims that death is only the beginning of a whole new kind of life, with its roots in the here and now, and its branches in the forever.

Our Gospel readings this month record the stories of ordinary people, like you and me, who encountered this truth for the first time. It is a fact of history that no one has ever disproved; and it's a reality that billions of Christians down the centuries have believed, experiencing its power for themselves. Why not join us by reading their evidence for yourself over these four Sundays in April?

Sunday 5th April Easter Day Matthew 28: 1-10

The women believe... Jesus is back from the dead.



Sunday 12th April Easter 2 John 20: 19-31

The disciples believe... Jesus is back from the dead.



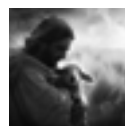
Sunday 19th April Easter 3 Luke 24: 13-35

Two travellers believe... Jesus is back from the dead.



Sunday 26th April Easter 4 John 10: 1-10

The good shepherd Jesus ...is back from the dead.



With prayers for our village communities

Roger and Martyn

St Mary's Stapleford Abbots

Quiz Night



Friday 17th April 2026

Entry from 7:00pm for 7:30pm start

Stapleford Abbots Village Hall

RM4 1EJ

£10.00 per person please bring your own food, the bar will be open for drinks.

6 - 8 people per table or less numbered groups can be accommodated

Raffle with great prizes!



Licensed bar
To book a table call Roger
01992 523849

rogergayler@btinternet.com

Staplefordabbotschurch.com

Epping Forest District Council – New Recycling Regime

Epping Forest District Council were the last Essex local authority to still collect food and garden waste together, however this has just changed. Food waste makes up 60% of all household rubbish. By recycling it separately this can turn food waste into renewable energy and compost, reduce greenhouse gas emissions, lower disposal costs and protect the environment.

As from 31st March food waste should not be put in the garden or general waste bin. The new food caddy rollout has begun, and hopefully you already have yours and have begun to use it.

Each household should have received a 7-litre kitchen caddy for collecting food scraps indoors and a 23-litre kerbside caddy for placing food waste outside for collection. Both caddies are free of charge and designed to make recycling food waste simple and hygienic. Residents can request more than one kerbside caddy which may incur a small charge. You now have to register with the Council and pay a fee of £60 if you want to have your garden waste collected in the green lidded bin.

Residents in flats that already have a food waste bin should have received a kitchen caddy after kerbside deliveries are completed. For flats without an existing food waste collection, the Council will liaise with the relevant managing agents to implement this change. Until this is completed anyone living in a flat will need to dispose of food as they do now.

The new system will work as follows: add food waste only to your caddy, including fruit and vegetable peelings, cooked and raw food, meat, fish, dairy, eggshells and plate scrapings.

When your kitchen caddy is full, empty it into the larger kerbside caddy. Ensure your kerbside caddy is locked – push firmly on the lid and raise the handle. Place the kerbside caddy out for collection on your usual collection day before 6.30 am.

LinkUp Editor

ABRIDGE CRICKET CLUB



(founded 1838)

President: Richard Padfield
Chairman: David Coles

With the sun shining (well, at the time of writing !) we are, at the club, all keenly awaiting the start of the cricket season. Our first game is away on Sunday 12th April with our first home game on Saturday 18th April. Why not come around to the club and enjoy some cricket and perhaps even the bar. You will be made welcome.

You may have seen the work carried out to the “square” which has been completely renovated and re-laid which was paid for by sponsorship. Hopefully it will be “bedded in” sufficiently for the number of games to be played over the season. Daryl and his team are working hard to have the whole surface ready for cricket, a lot of hard work. In addition to weekend fixtures, we also have Juniors training Thursday evenings and the odd Cup or T20 fixtures.

Over the winter months a number of juniors and their parents have held a “Club Night” on Fridays and this has been well received and enjoyed with the youngsters playing a number of indoor games. On the 27th March we held a Quiz Night to raise funds for the “Send Lewis to Poland Fund”. Lewis Bass, one of rising cricketers, has been selected as one of 20 of 400 Essex Scouts to attend the International Jubilee in 2027, what an honour for one of Abridge “boys”, and he has to raise the funds himself, so we thought we would help him out ! Lewis must raise £3,700 (boys from richer countries subsidise boys from poorer) For those concerned the “Send Lewis” does include bringing him back. This was closely followed by a Quiz Night on 7th March to raise funds for the club which was well attended and enjoyed, with our groundsman Daryl putting on his other hat as Quizmaster.

We have availability for any youngsters, both boys and girls. who may wish to take up cricket as a sport. Our training sessions are on Thursday

to 15 can come along to try it out. All our coaches (men and women) are trained, DBS checked etc and very friendly !! Please contact me on the number below or Cyrus Langford on 07958 734084

In this our 188th year we will be fielding 3 teams, Saturday 1st X1 (Captain Kieran Horgan) who play in the Premier Division of the Herts and Essex Border League; a Saturday 2nd X1 (Captain Sam Cross) who are in the 3rd Division of the HEBL and a Sunday X1 (Captain Jack Browne) who play the traditional “friendlies”.

To those who are perhaps “new” to the village I would mention that the Club played their first known game in 1838 on the field behind Roding Hall on what is known as “Bloody Mead” (hopefully not as a result of this match !) and shortly thereafter moved to the present ground which was generously donated to the Club by Lt Col John Cutts Lockwood of Lambourne.

Finally, it is appropriate as the season approaches to mention our sponsors without whom the Club would struggle financially – Ravens Budgens; Simon Hill Estate agents; CWE Dairies; Avurum Builders; Drew & Sons Funeral Directors; The Jack Petchey Foundation and the Sure CPS Group. Our Juniors are sponsored by Deanhall Transport Ltd. With their help we have managed some improvements to the ground including new nets, relaying of the square and a new scoreboard, and the Pavilion, including new furniture and refurb of the kitchen. We have a number of projects of improvement which will be done when funds allow. Whilst we are reliant on sponsorship and grants, the members must raise funds through subscriptions and fund raising events to enable us to take part in the sport we love.

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

LAMBOURNE END RESIDENTS

We would like to bring to your attention that the Abridge and Lambourne End polling districts have been combined to the Abridge Village Hall. This means that the Lambourne End Parish Rooms are no longer being used as a polling station.

Epping Forest District Council is required by law to review UK Parliamentary polling district and polling places within the district every 5 years. The last consultation and review took place between February – December 2024. A public consultation took place from the 15th of July until the 2nd of September 2024, followed by the report being discussed with the Local Council Liaison Committee in October and then the decision was approved by Full Council in December 2024.

If any electors cannot attend the polling station they can apply for a postal vote or proxy vote.

The application process can either be completed online at www.gov.uk/register-to-vote or by contacting the Electoral Services Team and they can send out a paper application.

Their contact details are here:

Email elections@eppingforestdc.gov.uk

Telephone 01992 564411

Please note that electors will need to apply for a postal vote by 5pm on the 21st of April 2026 or proxy vote by 5pm on the 28th of April 2026.

Parish Council Meetings

Meetings are held on Wednesdays and start at 7.45pm. The next 3 meetings are:

Our next Parish Council Meetings are:

April 15th **Lambourne Parish Rooms** 7.45pm

May 13th Abridge Village Hall 7.45pm

June 10th Abridge Village Hall 7.45pm

Meetings are open to the public so please do pop along and meet your Parish Councillors

Details of the agenda and any planning applications are on the Parish Council website, noticeboards and Facebook. Agreed minutes from previous meetings are posted on our website.

Council Meeting Dates for 2026-2027

June 10th Abridge Village Hall

July 8th Abridge Village Hall

August 12th Abridge Village Hall

September 9th Abridge Village Hall

October 14th Lambourne Parish Rooms

November 11th Abridge Village Hall

December 9th Abridge Village Hall

January 13th, 2027 Abridge Village Hall

February 10th Abridge Village Hall

March 17th Abridge Village Hall
April 14th Lambourne Parish Rooms
May 12th Abridge Village Hall

Lambourne Parish Council Facebook Page

Please follow our page on Facebook, where you will find the agendas for meetings and other news.

District Councillors

Contact 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)

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

County Councillor

Contact regarding:

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

Cllr Jaymey McIvor is our County Councillor and can be contacted by email cldr.jaymey.mcivor@essex.gov.uk

Community Meeting

By the time you read this, the community meeting will have taken place – we hope you were able to attend with ideas and offers of help for our much-loved Christmas Lighting Event.

If you were unable to attend but would still like to help keep the event going, please email theclerk@lambourneparishcouncil.gov.uk or call 07716 124508.

Events

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

Fly Tipping

To report any that you see please go to Epping Forest District Council using the following link

<https://www.eppingforestdc.gov.uk/crime-and-safety/report-fly-tipping/> or call them on 01992 564000

The sooner it gets reported the quicker it gets dealt with.

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/> They collect

Fridge/freezers, washing machines, dishwashers, microwaves, ovens, TV, large pieces of furniture and beds

Emergency Highways Issues - Out of Hours

All non-emergency issues can be reported and tracked at:

www.essexhighways.org/track-it If you feel that the issue could affect public safety, then please call Essex Highways Out of Hours on **0345 603 7631** and wait for the option to speak to the operator.

Essex Safer Roads Strategy

The new draft Essex Safer Speeds Strategy, has been developed in partnership with the Safer Essex Roads Partnership, it sets out a flexible and evidence-based approach to how they plan to introduce safer speeds across Essex.

They aim to help transform our county's towns and villages from places which can sometimes feel dangerous and intimidating into safer, greener and healthier local communities.

The new strategy will help establish a coordinated and effective approach to managing speeds which recognises the changing ways people travel.

To find out more about this and have your say please go to

<https://consultations.essex.gov.uk/essex-highways/essex-safer-speeds-strategy>

SMALL ADVERT

GOLF EQUIPMENT

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Thanks so much for letting us know about the remaining donations, which bring your grand total to..... a phenomenal **£1,320!!!!**

This truly will make the world of difference to children, young people and their families facing cancer across the UK. For example, it could pay for a family to spend **50 hours** with a specialist Young Lives vs Cancer Social Worker. When children, young people and their families receive the devastating news that it's cancer, our social workers are there to step in from the very beginning. More than a friendly face, their empathy and expertise in supporting families means that having a cancer diagnosis doesn't mean you lose what makes you, you.

Or, it could pay for **18 overnight stays** at one of Young Lives vs Cancer's 10 Homes from Home, like Paul's House in London which you can take a virtual tour of [here](#). That's 18 nights where young cancer patients across the UK can stay with their loved ones, in comfort, knowing that they don't have to face the dreaded 80 mile average travel distance for treatment. It's 18 mornings where they can sit down to have their favourite breakfast around a kitchen table and focus on the day ahead, together. You're giving children and young people facing cancer, and their families, a respite to have what we all take for granted; those everyday moments of life we treasure, away from cancer, away from uncertainty and fear.

To put it simply, what all this amounts to is Young Lives vs Cancer providing support as unique as every child, young person and family we meet, thanks to wonderful fundraisers like **you**.

You've given families the space to be able to focus on the most important thing – their child and we could not be more grateful, thank you.



March 29th – April 5th 2026

Palm Sunday Stapleford Abbots – 9.45 am

Abride Village Church – 11.00 am

Lambourne - 11.15 am

Maundy Thursday

United Service at Stapleford Abbots – 7.00 pm

Good Friday

United service at Stapleford Abbots 9.45 am

United service at Lambourne - 11.15 for all -ages with

Hot Cross buns

Abride Village Church 2-00 pm - Reflective service

at the cross

Easter Day

**Stapleford Abbots 7.00 am Sunrise service with
breakfast**

9.45 Easter Communion

Lambourne 11.15 Easter Communion

Abride Village Church 11.00 am Outdoor Celebration

LAMBRIDGE GROUP

St GEORGE'S DAY CELEBRATION

Another year, another St. George's Day celebration. We appreciate your support and look forward to providing you with a freshly cooked roast meal and a great evening.

The hall will be decorated for the occasion and there will be the usual ceremony of the bringing in of the beef.

This year, it will be on **Saturday, April 25th** in **Abride Village Hall**. We will provide a 4-course roast beef meal including Prawn Cocktail starter, Apple and Rhubarb Crumble and Custard, Cheese and Biscuits, Coffee and Mints. Tickets will be limited so please put your order in ASAP. You will be entertained throughout the evening by **Sam Knight** who proved very popular last year. The cost per person is **£32 a head**. Please let me know on booking if there are any special dietary requirements. **6.30pm for 7pm start**.

All the money raised from our events is ploughed back into the villages of Lambourne End and Abridge.

Since losing Doreen, we may have lost some contact numbers of our many guests, so please don't hesitate to contact me to book a table. That will be a great help.

Freda Filby 01992 81 2405 or 07742943479 16 Knights Walk Abridge

Mary McElarney 01992 81 2606 or 07746741184 3 Spur Close "

Cash or cheque made payable to Lambridge Group to either address or

Bank Transfer: Lambridge Group s/c 30-98-97 Acc. 85326060

Pen Picture of a Local Resident

Let us introduce you to **Vas Saunders**, who has lived in Abridge for more than 20 years now. Both of Vas's parents, Martha and Andreas, were born in Cyprus, coming to live in England in the early 1950s. Vas's mum was a seamstress and her dad a carpenter but he also worked in restaurants. Following the custom of many people of Greek Cypriot origin, her parents had an arranged marriage which was very successful. Vas spent her first 5 years living in Leyton – the Central Line literally passing the bottom of her garden. The family then moved to live above her dad's restaurant (Andrews Restaurant) near Blackhorse Road Station in Walthamstow which he purchased in 1958. Vas' sister Chris was born in 1956 and because her mum and dad had the restaurant to run Chris was sent to live with their Grandma in Cyprus when she was 2 years old and came back when she was going to start school. Her youngest sister Kay was born in 1963 when Vas was 10 years old.

The family moved houses a couple of times in Walthamstow but the last family home was in Forest Road, a stones throw from the restaurant. She did enjoy school but in her early years she really did suffer from a lot of teasing over her name, Vasoula Vasili, which her teachers and school mates found difficult to pronounce. As the years went by people just shortened it to Vas which was much easier. Her last school was McEntee Senior High School, in Walthamstow, she loved the school and has some really lovely memories of her time there.

After leaving school Vas did a course to become a Key Punch Operator and worked at Gestetners at Tottenham Hale.

After getting married in 1973 and having her two children, Andrea and Michael, Vas stopped work until the children began school. She then did a secretarial course and following that she worked in a Building Society in Highams Park. Vas had only worked in the Building Society for a week when someone rushed in wearing a helmet and gauntlets, pulled out a sawn off shotgun and screamed at her to 'give me the money'. In total fright Vas pulled out some money and thrust it towards him and off he ran. Although feeling quite shocked Vas was back at work the very next day!!

Her next job was working as a GP's receptionist in Chingford which she loved – it was her favourite job. She took on a lot of responsibility, even writing the prescriptions by hand for the doctor to sign as they were not computerised at that time.

Vas met her second husband Gerry in 1986 after divorcing from her first husband Costas. They married in 1989. Then they decided to have a total change of lifestyle by renting out their house in Walthamstow and moving to Cyprus where they lived for 6 years with Andrea and Michael, who were young teenagers at the time. The children went to private school and loved every minute of the life style of living in Cyprus. Vas grew up speaking English and Greek so secured a job with Acer (Cyprus) working with the MoD on the British Army Bases (Episkopi) doing secretarial work. They all had a great 6 years but missed the family so much and decided to return in 1998. Andrea had gone back to the UK and qualified as a Massage Therapist and was keen to start her career and Michael wanted to go to University. After returning for 3 months unfortunately Vas' father passed away which was a big blow to all the family.

On returning from Cyprus Vas transferred to the same company working in London, Victoria, she has been with them for 33 years, a job she really loves working as a PA to two Directors. Vas works from home Monday-Thursday which suits her, no travelling on the tube every day but does go into the office now and again. At 72 she has no plans to retire at the moment.. Gerry was a builder and heating engineer and has been retired for 8 years. Gerald has Parkinsons and Lewys Body Dementia, both are well controlled at the moment Unfortunately he has had to give up driving but has a positive attitude and tries to get on with things. Vas recently signed him up to the Epping Forest u3a group in Theydon Bois, hopefully this will give him more to do.

Vas and Gerry moved into Abridge in 2003, after her sister had moved into Pancroft and they got to know and really like the village. Michael went to college and then Leicester University where he met his wife Kerry where they both studied Mechanical Engineering, they now live in Warrington with their 3 children. Martha 14, Ellen 11 and Harry 10. Andrea worked in Champneys, London as a Massage Therapist for a good few years and also worked as a Special Constable until Holly was born in 2015. Andrea, Tom

and Holly live in Epping. Vas loves spending time with her children and grandchildren and does the school run twice a week to pick up Holly.

Vas and Gerry have always loved playing badminton and have won many medals. They played while in Cyprus in the hangers in Akrotiri and actually ran the Badminton Club at the Village Hall for many years as Gerry was a qualified badminton coach. Andrea was a County level player.

Vas loves the theatre, frequently going with Andrea and her sister Kay, and loves Motown and all 60s music. Over the years Vas has seen all the Motown stars and last year saw Stevie Wonder at Hyde Park. Her dream is to visit Detroit – home of Motown. Vas has a large circle of friends who have been meeting up for more than 50 years.

Travelling is something Vas and Gerry have really enjoyed over the years with New York being her favourite place and cruising being her least favourite style of holiday.

Vas's sister Chris was awarded an MBE in 2011 for her services to the Treasury where she worked in the Correspondence Unit as a Ministerial Support Officer for 36 years. Chris worked for five Chancellors during that time: Norman Lamont, Kenneth Clark, Gordon Brown, Alastair Darling and George Osborne. Her role included opening 20 thousand letters a week! Vas, her mum and her sister were privileged enough to go see her receive her MBE at Buckingham Palace from Prince Charles (now King Charles III). Vas was thrilled to accompany her sister on this very special day, which was shared with Jennifer Ennis (the athlete) and Tim Brooke Taylor (from The Goodies) who also received their awards that same day. On a very sad note, Vas' sister Chris passed away in 2023 at the age of 66, the family have never really got over the loss. Vas's mum, dad and Chris are all buried in Chingford cemetery. Vas says they are a very close family, her sister now lives in Bishops Stortford with her husband and two grown up girls but try to meet up as often as possible.

Every Monday night Vas attends the Senior Boot Camp which she loves. She tells us that it is a tough session but tapered to each person's individual needs and she has watched her strength and fitness improve continually.

Vas loves living in Abridge saying it is a really great community, with everything good about village life. She has great neighbours who are always there to help especially the last year and half while Gerald was waiting for his hip replacement. They have been there to help them both, big thank you Mark and Patrick.

LinkUp Editors



Join us for the 2026
Stapleford Abbots
Rogation Walk

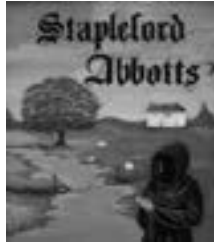
Save the date...
Sunday May 10 2026

Walk starts at 11:45 at the Church of St Mary the Virgin, Stapleford Abbots. 1-Spy Trail en route. Refreshments at the Church after the event

All under-11's must be accompanied by an adult and dogs must be leashed. Unfortunately this course is not suitable for strollers and wheelchairs.

Queries? Call 07599 249962 or email: staplefordabbotsparishcouncil@gmail.com





STAPLEFORD ABBOTTS PARISH COUNCIL

Welcome to the April edition, from Stapleford Abbots Parish Council! The weather is warmer, the nights are lighter, and there's a lot going on in the village.

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.

Quiz Night – It's back!

Get your brains in gear and mug up on a bit of general knowledge – the first Stapleford Abbots Quiz Night of 2026 is closer than you think!

- The date: Make Friday 17th April 2026 your lucky day!
- The mission: Book a table for your team – the usual capacity is 6 - 8 people per table but smaller groups can be accommodated.
- The cost: £10 per person
- The venue: Stapleford Abbots Village Hall RM4 1EJ
- Brain fuel: Bring your own food, licensed bar will be open for drinks.
- The time: Entry from 7:00pm for a 7:30pm start

Queries: Contact Roger 01992 523849 or rogergayler@btinternet.com

Plant Sale – We’re hosting a stall

The well-beloved Spring Plant Sale will take place at St Mary’s Church on Saturday May 9th 2026, 10:00 – 14:00. All are welcome to donate flowers, plants, shrubs, plugs, saplings, seedlings and planted pots and baskets - please get in touch with the Parish Council or the Church direct. The Parish Council will be hosting a stall too, which we are very much looking forward to after last year’s triumph. It’s all in aid of St Mary’s Church – if you have any queries or helpful suggestions, please contact the Church on 01992 523849.

Rogation Walk – Save the date!

Last year we celebrated the Silver Anniversary of the Rogation Walk, inaugurated in its present form in 2000. Here’s to another quarter (or half, or full), century – this year’s walk will be on Sunday May 10th 2026. The walk starts at St Mary’s Church at 14:45 and ends there with Afternoon Tea and cake. Dress code is sensible footwear and non-spoilable clothing; dogs are welcome if on a leash, but the course is not advisable for wheelchairs or strollers. Email the Clerk on staplefordabbottsparishcouncil@gmail.com with any queries.

Coronation Walk – the cream of the countryside

Advance Notice – you are cordially invited to join in the Coronation Trail, May 30th 2026, starting at St Mary’s Church at 14:00. The walk connects the parishes of Stapleford Abbots and Lambourne and presents another chance to get into the fresh air, experience the natural beauty and thoughtfully-maintained walkways of the Stapleford Abbots area.

Abbott’s Chase

Work continues on site and the hours are:

- 07.30 – 18:30 Monday to Friday
- 08.00 – 13:00 Saturday
- No noisy work is to take place on Sunday and bank holidays.

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

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.essexwellbeingservice.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.

Stapleford on the Net!

On the go or at your desktop, take a look at our parish council website, <https://www.staplefordabbottsparishcouncil.com/> where you will find information about the village, Epping Forest District Council updates, planning applications, local events and news and even mini movies! Constantly updated and maintained, it's also twinned with a Facebook page <https://www.facebook.com/profile.php?id=100076965924683>

District Councillors

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

cllr.camos@eppingforestdc.gov.uk

cllr.sjones@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 7 April 2026**

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.

Lambourne - POST-MEDIEVAL AND MODERN PERIOD

In 1630 six unauthorised enclosures of Hainault Forest were said to have been recently made, one on the waste and the remainder on old enclosures. In 1851 Hainault Forest was disafforested. In 1858 the Hainault Forest Allotment of Commons Act provided that 317 acres in Chigwell, Lambourne and Dagenham should be allotted as common to the parish of Lambourne. There was already a small existing enclosure at Lambourne End, possibly that enclosed by the parish vestry in 1832-3. In 1903 the lord of the manor was authorized to sell Lambourne Common to the London County Council to become a public park.

British History

Staplefordabbottschurch.com

St Mary's Stapleford Abbotts Plant Sale

Saturday 9th May 2026 10:00am - 2:00pm

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PUZZLE PAGE

Insert a letter into your answer for the first clue to make the answer for the second

All answers are in alphabetical order of your first answer.

- 1) An item of seafood/allege
- 2) Touch/shrink
- 3) Just / knack
- 4) Stardom/fire
- 5) Parent/greater distance
- 6) Male/sea
- 7) Step/position
- 8) Chime/flower component
- 9) Scheme/simple
- 10) Fish/decipher
- 11) Rise/London street
- 12) Halt/bend
- 13) Scam/twine
- 14) Odder/vicious criminal
- 15) Glued/hit

Rotate for answers

- 1) Clam/claim
- 2) Contact/contract
- 3) Fair/hair
- 4) Fame/flame
- 5) Father/farther
- 6) Man/main
- 7) Pace/place
- 8) Peel/petal
- 9) Plan/plain
- 10) Sole/solve
- 11) Stand/strand
- 12) Stop/stoop
- 13) Sting/string
- 14) Stranger/strangler

By a Villager



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www.pta-events.com/lambournepta

Garden Jobs for April

April's here and spring has sprung at last! As the weather warms and early flowers start to bloom, all of a sudden it feels like there's plenty to do in the garden again.

- Lift and divide perennial plants now, to improve vigour and create new plants for your garden.
- Divide hostas before they come into leaf.
- Pinch out the tips of fuchsia shoots and sweet pea plants to encourage bushy plants this summer.
- Divide primroses once they have finished flowering.
- Move evergreen shrubs and trees now, provided the soil isn't frozen or waterlogged.
- Feed trees, shrubs and hedges with a balanced slow release fertiliser, by lightly forking it into the soil surface. Roses, in particular, are greedy plants and will greatly benefit from feeding as they come into growth.
- Tie in climbing and rambling roses.
- Prune your penstemons now - cut back all the old shoots to the base, provided there is new growth at the bottom of the plant. If there are no new shoots at the base, cut just above the lowest set of leaves.
- Prune forsythia as soon as they have finished flowering, cutting back to strong, young shoots.
- Trim winter-flowering heathers as the flowers disappear, to prevent plants becoming leggy.
- Tie in new honeysuckle and clematis stems. These plants will be putting on growth now, and you'll need to train them along their supports.
- Deadhead daffodils and tulips as the flowers finish, but leave foliage intact, allowing it to die back naturally.

LinkUp Editors

STAPLEFORD ABBOTTS VILLAGE HALL

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Licensed bar on premises. Catering also available

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
Mini Ballet	Donna Phelps	07502 224396
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
Luv Dance	Abbie Chapman	07899 631445
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
Luv Dance – Street Dance Classes	4.30pm – 6.30pm
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

Mini Ballet	10.15am – 11.15am
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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Theydon Bois office: **1 STATION APPROACH, THEYDON BOIS CM16 7EU**

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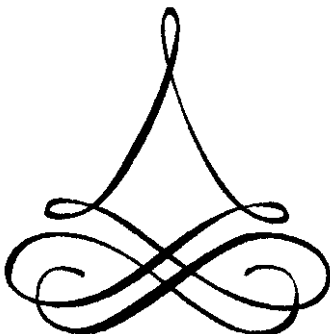
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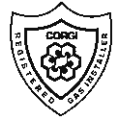


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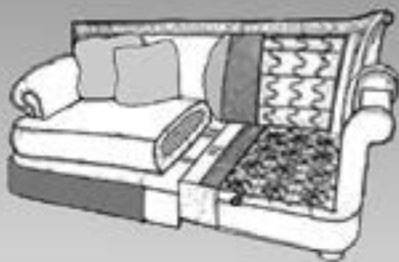
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