

June 2026

Linkup

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

!CIRCUS!



BOOK HERE!



Date: Friday 12th June
2026

Ticket: £15 per person,
Under 12 months go free!

Please
come to
the
CIRCUS



He He



Venue: Abridge Village Hall
39 ongar road, Abridge,
RM4 1UD

Time: Gates open at 3:30pm
BIG top opens at 5:00pm

• Lots of games, refreshments,
BBQ and a licenced bar!

Made by
Brooke,
Class 4



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 June edition of Link Up.

It's the start of a busy summer with events for you to enjoy taking place in all three villages. The Circus is coming to Abridge this month – how exciting. Details of all events are available in this copy of Link Up. Please come and join in and have some fun whilst supporting your local community.

We are always interested to hear from anyone who has stories or information that relate to our community, just send them to the Link Up email address below. A big thank you to all those who already contribute to Link Up on a regular basis.

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

Barbara, Felicity, Linda

Contact us at – linkupeditors@gmail.com

LINK UP PRODUCTION TEAM

Please send all copy for the July issue of Link Up by:
18th June 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**](mailto: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

June 2026

Refuse and Recycling Collections

Week Commencing Monday 25th May Refuse and Food Waste

Week Commencing Monday 1st June Recycling, Green Waste and Food Waste

Week Commencing Monday 8th June Refuse and Food Waste

Week Commencing Monday 15th June Recycling, Green Waste and Food Waste

Week Commencing Monday 22nd June Refuse and Food Waste

Week Commencing Monday 29th June Recycling, Green Waste 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.staplefordabbots.blogspot.co.uk

USEFUL TELEPHONE NUMBERS:

Thames Water Burst Pipes (sewage)

0800 316 9800

Affinity Water Burst Pipes (non sewage)

0345 357 2407

Graffiti removal

01992 564 272

Fly tipping removal

01992 564 608

Environmental Agency River Roding Floodline Warnings

0845 988 1188

ELECTRICITY (Check your bill for which area you are in)

Eastern Electricity (UK Power networks) Emergencies at any time

0800 783 8838

London Electricity

After 5pm

0207 251 5161

100 Club Draws – Results for May 2026

Abridge			Stapleford Abbotts		
1st	83	Marc Drewe	1st	57	Sue Parish
2nd	76	Tina Ellis	2nd	12	P.Keeling
3rd	31	Karen Rolfe	3rd	104	Dawn Hazelwood
4th	75	Mrs U V Rolfe	4th	84	Dawn Cook
		<i>Josie Myson</i>			<i>Mandy McCormack</i>

GARDEN JOBS FOR JUNE

Summer Arrives: -at last!!

June 21 is the longest day of the year, and the extra light and warmth encourages the garden to put on an exuberant burst of growth. But this extra light and warmth also means weeds will sprout up from seemingly nowhere. Keep on top of them by hoeing regularly in dry conditions.

1. Hoe borders regularly to keep down weeds
2. Be water-wise, especially in drought-affected areas
3. Pinch outside shoots on tomatoes
4. Harvest lettuce, radish, other salads and early potatoes
5. Position summer hanging baskets and containers outside
6. Mow lawns at least once a week
7. Plant out summer bedding
8. Stake tall or floppy plants
9. Prune many spring-flowering shrubs
10. Shade greenhouses to keep them cool and prevent scorch

LinkUp Editors

Link Up Update – Could you be the Missing Link?

We are writing to update you about the current situation of the Link Up Magazine.

The current team of volunteers will be handing over the reins at the end of the current financial year which runs to February 2027. Funding is secured until then.

In the meantime, we are looking for a new team of volunteers to come forward and take the magazine into its next phase, which may look completely different to the current publication.

Following a trend over the last few years, you will see that a significant number of advertising spaces remain vacant this year (and we have had to accept some for 6 months only). This is despite an amazing effort from our advertising volunteer and undoubtedly reflects the changes in today's world of social media and the availability of other advertising platforms. We are extremely grateful to our current advertisers, some of whom have been with us for more than twenty years. Link up does not aim to make a profit, but we are currently battling rising costs and a dwindling income. Increasing the advertising tariff may seem an obvious solution but evidence suggests that we might lose rather than gain advertisers in the current climate. On the other hand, there may be someone out there who could find a way to make this work and we are grateful to the Parish Councils for their offers of future financial support should we find the new volunteers we need.

With a large number of new housing developments, particularly in Stapleford Abbots, our budget does not allow for the printing of enough copies for every household as it once did. Link Up is now available to download online through a link on the Parish Council websites. (<https://www.lambourneparishcouncil.gov.uk/> and <https://staplefordabbottsparishcouncil.com/>). We are aware that some readers prefer a paper copy, but digital format may well be the future.

Please do come forward if you think you could help in the realisation of a vision for continuing the current printed format, a different printed format or could give Link Up a future online.

There have been several times in recent years where we have sought a new editor. 8 years and over 85 issues ago we were lucky enough to find a team of editors who have taken on the magazine and given it a new lease of life with personal touches such as the monthly restaurant reviews. Huge thanks is due to Barbara, Linda and Felicity for all they have done for the community in keeping the magazine alive.

The production of Link Up relies solely on the support of volunteers. Please get in touch using the Link Up email (linkupeditors@gmail.com) if you could offer practical help with:

- Collecting and editing copy into a document
- Treasurer role
- Circulating the newsletter online

It would be marvellous news to report in next month's edition that a future for the magazine has been secured beyond February 2027.

.....-.....,.....

Geologically the entire Parish of Lambourne is underlain by the impermeable London Clay, with the result that drainage is commonly dependant on surface slope or on artificial aids. At a lower lever the riverside land and the central village area have a coating of alluvium, this river deposited material yielding a loamier soil but also serving as a reminder of flooding which troubled Abridgians greatly in the nineteenth century and to some extent still does. The Bloody or Bridge Mead across the river from the old White Hart Inn, and which was the Cricket Club's home in the early years, must have suffered in this way at times and caused losses of games to the conditions rather than to opponents. In contrast, at higher levels there are extensive cappings of heavy glacial boulder clay, as around Lambourne Church and of lighter sands and gravels, notably from Bishop's Hall to the southern limits of the Parish.

Abridge Cricket Club

LINK UP COMMUNITY DIARY

(all activities in Abridge Village Hall unless otherwise stated)

JUNE

Tues	2 nd	Stapleford Abbots Parish Council <i>S.A. Village Hall</i>	7.15 pm
Wed	3 rd	Bingo	7.30 for 8.00
Wed	10 th	"Come and Chat"	10.00 - 12.00
Wed	10 th	Lambourne Parish Council	7.45 pm
Sat	27 th	Lambourne Church Working Party	10.00 - 12.00
Wed	24 th	"Come and Chat"	10.00 - 12.00
Sun	28 th	Barbecue & Crossfire Concert, SA Church	5.00 pm

JULY

Wed	1 st	Bingo	7.30 for 8.00
Tues	6 th	Stapleford Abbots Parish Council <i>S.A. Village Hall</i>	7.15 pm
Wed	8 th	"Come and Chat"	10.00 - 12.00
Wed	8 th	Lambourne Parish Council	7.45 pm
Sat/ Sun	11th/ 12th	Lambourne Church Flower Festival	10.00 am – 4.00 pm
Sat	25 th	Lambourne Church Working Party	10.00 - 12.00
Sat/ Sun	25th/ 26th	Stapleford Abbots Church Flower Festival	10.00-3.00 11.00-3.00
Wed	22 nd	"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 10th June

Wednesday 24th June

Wednesday 8th July

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.

Foreign Travel

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

Foreign Travel Advice – GOV.UK is the website you can seek advice from.

If we have enough notice and we have nurse appointment availability there are some vaccines we can offer including Hepatitis A, Typhoid and Tetanus but patients may need to attend a private travel clinic service for additional vaccines or if we do not have availability.

Hay fever

The Pharmacy is a good source of information but advice can be sought from the following website, Hay fever – NHS.

Chronic Disease Management

If you have Asthma, Diabetes or COPD and have not had a review in the past year, please contact the receptionists and arrange a full review with the nurse.

Carers Meeting

Our next Carers meeting is on the 15th June when we will have a member of Action for Family Carers coming along. It will be very informative and Carers will gain a lot of information and when any questions can be answered so please do come along to the Village Hall at 2pm.

JOIN US

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

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

homeinstead.co.uk



Our next meeting is Monday 15th June. Do come along.



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



As you'll know by now, 'the circus is coming to Abridge,' thanks to the Lambourne PTA. So, will you be there on Friday the 12th?

We can remember circuses from long ago. In those days, wild animals were sometimes involved, and there were even acts that exploited people who looked or behaved oddly. Thankfully, this is no longer the case and this month's Abridge circus experience will be safe and great fun for all the family.



The idea of the circus however did get us thinking about some interesting parallels with church! But nothing to do with Roger's 'tight-rope dash' between Stapleford and Lambourne on a Sunday morning, nor Martyn performing a tricky balancing act between ancient and modern in the Chapel up the Chase!

Rather, it is around the distinction between the circus as a venue and the circus as people.

People talk about 'going to church' but, of course, they usually don't just go to look at a building or even sit in it for an hour; that would be like going to the circus just to sit in a tent. Going to church and going to the circus mean going to meet and see people. Church isn't a building, it's people coming together to worship God. And when we go to church, we come to take part, just like when we go to enjoy being part of all that goes on at the circus. Church is worship but also what Christians call 'fellowship.' Fellowship is being together so we can encourage each other to believe and help each other on the 24/7 journey of being a disciple of Jesus.

Jesus never opened a church building! In fact, there weren't purpose-built churches for the first 300 years or so of the Jesus movement. Church was wherever people gathered - in homes, in the open air, or in a hired hall. It was only when the church became more established and accepted in the later Roman Empire that buildings called churches did appear, and perhaps that may have been the moment that church lost its energy as a missionary movement, at least for some time.

Our Bible stories for this month are about Jesus and the church, but by that we mean 'the people who followed Jesus.' It was an outdoor and moveable sort of church - a bit like the circus that comes to town for a short while and then moves on. Jesus didn't want his people-shaped Church to settle and stagnate, but rather to keep moving, bringing God's love and truth to everybody, everywhere. 'Circus' is linked to the word circle: so, the church is God's people circled around Jesus, going where he goes, following his lead and instructions, which you can read for yourselves in the Bible stories below.

Sunday 7th June

Matthew 9: 9-17

Jesus calls Matthew to be a follower.



Sunday 14th June

Matthew 9: 35 - 10:16

Jesus sends out his followers.



Sunday 21st June

Matthew 10: 24-39

Jesus prepares his followers.



Sunday 28th June

Matthew 10: 40-42

Jesus encourages his followers.



With prayers for our village communities

Roger and Martyn

Church of England Lambourne and Stapleford Abbots



Dear Readers,

As we approach the Summer with a high degree of uncertainty around the world and at home, we try to be true to the church that has seen the ups and downs of history over hundreds of years.

So thank you to the people who came to Stapleford Abbott's **Plant Sale**. Over £1200 was raised and we hope many gardens transformed as we attempt to Grow Greener.

Our **working parties** continue to be vital in our maintenance so join us from 10-12noon on Saturdays 6th and 20th June at Stapleford Abbots and 27th at Lambourne.

It is not all work and no play so come and join us for our **Barbecue and Crossfire Concert** on Sunday 28th June at Stapleford Abbots. See the poster and book tickets through 01992-523849.

Then you have in this edition details of our **Flower Festivals**. We are always hoping to see you at these great events. And of course, we are always looking for help before, during and after the weekends.

In addition, Lambourne would be very grateful for donations of bottles, tombola prizes and raffle prizes for the stalls. More info from 01992-523849.

Finally, we always welcome new faces to our services, young, old or in-between. As people become curious or interested, we have had enquiries for a **Confirmation group** aiming for a Confirmation by the Bishop of Bradwell at Blackmore on November 1st. Please talk to me if you might be interested.

ECO Tip - The RSPB are warning of the risk to birds from a virus that can be associated with feeding, especially for greenfinches which are dwindling in number. We are advised not to put out seeds and only to feed fat balls or meal worms in a small way. We can then resume feeding normally from November 1st.

Blessings

Roger

(contact 01992-523849)

**St. Mary & All Saints, Lambourne
Flower Festival – 11th/12th July, 2026**

**I will be running my usual Tombola stall at the
Flower Festival in July and would be very grateful
for any contributions -**

bottles, unwanted gifts, toiletries, etc.

**You can deliver to Mary at 3 Spur Close or give me a call on
07514 032899 and I will collect from you.**

Thank you

Angela



News from Abridge Village Church



Sheila Bell from our church family has written our church magazine article for this month. She asks some searching questions and then leads us into one of her poems that explores the word 'balm.'

The dictionary describes 'balm' as a healing oil and in the poem, Sheila uses imagery from the very last chapter of the Bible. Maybe her words and the poem are for you? **Sheila writes:**

Life can be very challenging with all the different circumstances we face, and so we need to build our lives on a strong foundation. Jesus, Christians believe, is the rock to build our lives on, when the storms of life come. In Jesus, we can stand strong.

Is your heart lonely? *Jesus is concerned about your loneliness, so look to him for eternal friendship, trusting him to guide you to healthy friendships with others.*

Does your heart long for peace? *Jesus says, 'My peace I leave with you.' His peace isn't like the world's peace. It's beyond all understanding. And he can keep us in perfect peace if our minds are fixed on him.*

Is your heart full of fear? Give your fears to Jesus – all the emotions and the harshness of whatever you're up against. This isn't too much for him to bear.

Is your heart full of regrets? God sometimes uses regrets to bring us to our knees. Such regrets can be cleansed by heartfelt confession, leading to forgiveness. To know God and to know we've received forgiveness, is to know peace. Jesus invites us to come to him for comfort, friendship, peace, forgiveness, and fulfilment.

God's special healing balm

There's a river of life,
that's flowing out to you and me.
This river flows crystal-clear,
free from all impurity.
On each side of the river growing
is a tree of life.
A peaceful calm experience
which soothes our stress and strife.
This tree produces twelve crops of fruit,
each month a fresh crop.
God's perfect provision for all,
that nothing else can top.
The leaves are used for medicine,
God's special healing balm.
And by the flowing river,
we recite the Shepherd's psalm.



God invites all to come

to the river of life and be
cleansed, healed, restored, renewed,
released from all captivity.

Does your spirit need refreshing?

Do you need healing balm?

God has the perfect remedy,
providing peace and calm.

Come to the river of life and
be refreshed in your soul.

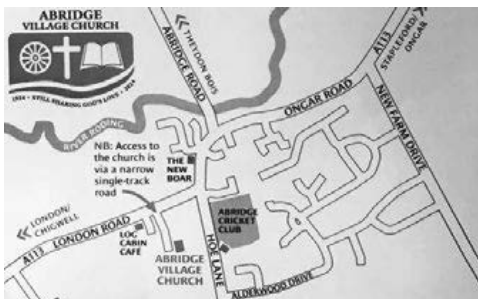
Let God touch your life with his
healing balm to make your whole.



Sheila will be speaking at our church on the 21st of this month and Martyn will be leading and speaking at the other services. Many people from the village have found our church to be a place of refuge and blessing down the years; and we would love to welcome you too, if you'd like to join us. Maybe the 'healing balm' of prayer and worship in our Chapel is just what you need in this noisy and often overwhelming world!

With prayers for you all

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

**ST. MARY AND ALL SAINTS' CHURCH,
CHURCH LANE, ABRIDGE, RM4 1AH**

**SAYING
IT
WITH
FLOWERS**

10am - 4pm

Saturday 11th & Sunday 12th July 2026

Short Thanksgiving service Sunday 11.15am
Flower displays, refreshments, treasure trove, tombola,
sideshows, prize draw, plants, books and cakes.

 [lambourne church](https://www.facebook.com/lambournechurch)

www.lambournechurch.com



LAMBOURNE PARISH COUNCIL

www.lambourneparishcouncil.gov.uk

Serving the Communities of Abridge & Lambourne
End

07716 124508

Email: theclerk@lambourneparishcouncil.gov.uk

Don't put off the switch – BT

By January 2027, the old analogue phone network will be completely switched off, replaced by new digital landlines which work using broadband. As the programme enters its final phase, BT and other home phone providers continue to switch customers over to the new technology ahead of the deadline.

If you have Telecare, and are a BT or EE Customer, please call 0800 077 8813 to let them know, so they can ensure you have all the support you need. If you are a Plusnet customer, please call 0800 079 0009. If you are not a BT customer, please contact your landline provider for support.

Parish Council Meetings

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

Our next Parish Council Meetings are:

June 10th Abridge Village Hall 7.45pm

July 8th Abridge Village Hall 7.45pm

August 12th 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 and noticeboards. Agreed minutes from previous meetings are posted on our website.

Lambourne Parish Council Facebook Page

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

Waste collection

Cllr McCann has asked residents to contact him on cllr.cmccann@eppingforestdc.gov.uk if anyone is experiencing problems with the new food waste collection, this includes missed collections and broken caddies.

If any resident has had trouble signing up to the new garden waste collection service online, they can call EFDC on 01992 564000 and select any option relating to waste and they will be able to take payment over the phone.

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 - cllr.cmccann@eppingforestdc.gov.uk

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

Cllr Kaz Rizvi - cllr.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 Lee Scott is our NEW County Councillor and can be contacted by email cllr.lee.scott@essex.gov.uk he has also said he will be attending our monthly meetings so if you would like to meet him then please do come along.

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-](https://www.eppingforestdc.gov.uk/recycling-and-rubbish/request-a-special-collection/)

[rubbish/request-a-special-collection/](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

Looking After Your Mental Wellbeing This June

June can feel surprisingly overwhelming for many people.

Between exams, work pressures, family responsibilities and the constant pace of life, many people are feeling emotionally tired and more disconnected than they realise. Loneliness can quietly increase at this time of year — even when surrounded by others.

June includes Loneliness Awareness Week and Men's Health Week, important reminders that mental wellbeing affects all of us.

As someone who lives alone myself, I know how easy it can be to stay home or talk yourself out of going to events alone. Walking into a room where everyone else appears connected and confident can feel uncomfortable — but often many people are feeling exactly the same underneath the surface.

A few small things can make a real difference:

- reach out to someone instead of waiting for them to contact you
- spend time outdoors, even briefly
- limit endless scrolling on social media
- move your body gently — walking counts
- join a local class, group or community activity or our very own Come and Chat which is every other Wednesday morning
- talk honestly with someone you trust
- push yourself gently to attend something local, even for half an hour
- be kinder to yourself on difficult days

Men in particular are often very good at appearing “fine” whilst carrying huge amounts internally. Yet men remain at the highest risk of suicide in the UK, reminding us how important it is that we normalise conversations around mental health and reaching out for support earlier.

Often it is the small daily habits and human connections that support our emotional wellbeing the most.

And perhaps most importantly — remember that struggling sometimes is part of being human. You do not have to carry everything alone.

Alison Middleton Timms lives in the village and is founder of Amity-Health, supporting adults and young people with anxiety, stress and emotional wellbeing across Essex and beyond.

www.amity-health.com

Ongar Art Society.

The Society's meetings are held at Stondon Massey village hall, CM15 0LE, on the second Thursday of each month, from 7.30pm to 9.30pm.

The June 11th meeting will be a talk by Rosalind Mercer, on the artist Rosemary Rutherford, who worked in many different media, including stained glass windows, one of which can be seen in Broomfield church.

On July 9th one of our own members, Lynne Matthews will demonstrate her encaustic artwork, an unusual medium, using hot coloured wax.

There will be no meeting in August, but we return in September with a demonstration by the well-known and very popular Hashim Akib.

Non-members are welcome to join us – your first meeting will be free. For more information about the Ongar Art Society, or to get in touch, please visit our website: **ongarartsociety.wixsite.com/arts** or find us on Facebook or Instagram.

PUZZLE PAGE

Each group of word have a connection of various types

- 1) Poultry, Milk, Bread.
- 2) Newport, Stockport Notts
- 3) Roll, Guard, Cottage
- 4) Battle, Fire, Sporting success
- 5) Phoenix, Boston, Austin
- 6) Lottery, Jerry, Charity
- 7) Jumping, runner, french
- 8) Deed level, radar
- 9) Halifax, Wellington, Lancaster
- 10) Court, attache, cigarette
- 11) Lambeth, Crystal, Holyrood
- 12) Black, Liver, typing
- 13) Short, Eccles, birthday
- 14) Pent, tree, rough
- 15) Line, pole, square

Rotate for answers

- 1) London streets
- 2) County, football teams
- 3) Swiss
- 4) 1066, 1666, 1966
- 5) U.S.A. state capitals
- 6) Winner of first three Grand Nationals
- 7) Beans
- 8) Palindromes
- 9) Aircraft of WW 2
- 10) Cases
- 11) Palaces
- 12) Pool
- 13) Cakes
- 14) House
- 15) Dances

By a Villager

Staplefordabbottschurch.com

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Festival of Flowers

And More

The Theme for this year is

"FAVOURITE THINGS"

Saturday 25th July 2026 10:00am - 3:00pm

Sunday 26th July 2026 11:00am - 3:00pm

St Mary the Virgin. Church Lane Stapleford Abbotts RM4 1ES

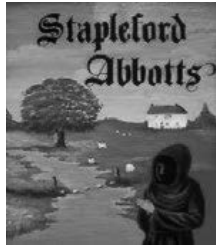


Free Entry



**Refreshments
all Day**





STAPLEFORD ABBOTTS PARISH COUNCIL

Welcome to the June edition from Stapleford Abbots Parish Council! We've hit the middle of the year already, with more summer Days to come. 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](https://www.facebook.com/profile.php?id=100076965924683) 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.

A Big Thank You

Many thanks to all who planned, supported, organised, attended and encouraged the recent events in the parish – namely the Plant Sale, the Rogation Walk and the Coronation Trail. These gatherings have become important fixtures in the local calendar, and are enjoyed by so many. Next stop July and the Flower Festival – dates July 25-26 2026.

Abbott's Chase

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

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

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

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

You can register if you or someone in your household:

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

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

What is included in the package:

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

Additional support:

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

Find more information and forms online: Hit <https://www.ukpowernetworks.co.uk/power-cut/priority-services/sign-up-to-our-priority-services-register>

Call free from a mobile or landline phone on 0800 169 9970 Lines are open 24 hours.

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

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

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.

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:

Tuesday 5 May 2026

Tuesday 2 June 2026

Tuesday 7 July 2026

- **No meeting in August 2026 -**

Tuesday 1 September 2026

Tuesday 6 October 2026

Tuesday 3 November 2026

Tuesday 1 December 2026

Tuesday 12 January 2027

Tuesday 2 February 2027

Tuesday 2 March 2027

Tuesday 6 April 2027

Provisional date for AGM April 13 2026. TBC

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

All the very best to you,
Stapleford Abbots Parish Council

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

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

Epping Forest

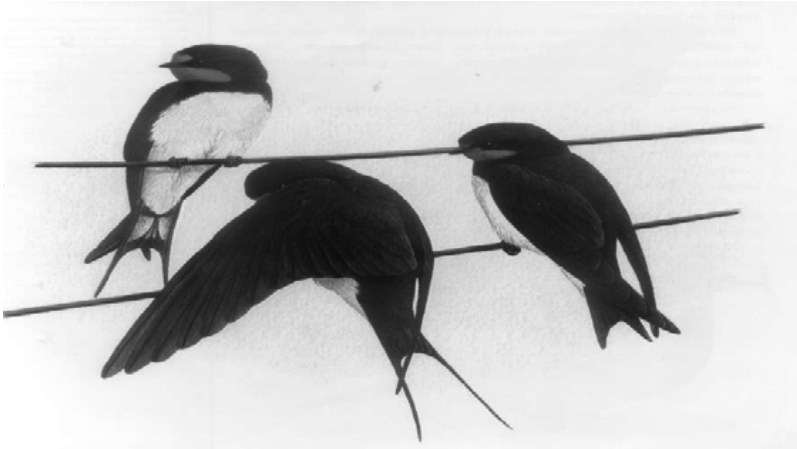
Epping Forest is a 2,400-hectare (5,900-acre) area of ancient woodland and other established habitats, which straddles the border Greater London and Essex. The main body of the forest stretches from Epping in the north, to Chingford on the edge of the London built-up area. South of Chingford the forest narrows, and forms a green corridor that extends deep into east London as far as Forest Gate. It is the largest forest in London.

Epping Forest contains areas of woodland, grassland, heath, streams, bogs and ponds, and its elevation and thin gravelly soil (the result of glaciation) historically made it less suitable for agriculture. The forest was historically managed as a common; the land was held by a number of local landowners who exercised economic rights over aspects such as timber, while local commoners had grazing and other rights.

LinkUp Editors

ONGAR NATURE TRAIL

Swallows – summer visitors



The swallow is our best-known spring and summer visitor, arriving in Britain in March or April, having migrated over 6,000 miles from its winter quarters in southern Africa, a journey taking around five or six weeks. Migrating swallows face the danger of starvation and exhaustion, especially when crossing the Sahara Desert.

People once believed that swallows spent the winter at the bottom of ponds. Now we know that they migrate.

It has now arrived here and is a familiar sight as it weaves its way across the summer sky. On arrival, swallows make their homes in rural areas where there is a plentiful supply of small insects and access to quiet out-buildings. You may also see them skimming over lakes and rivers, scooping up water to drink.

Swallows are easily recognized by their long wings and elongated tail streamers and may be seen circling overhead, swooping low at ground level and perching on telegraph wires. They are extremely agile in flight and spend most of their time on the wing, feeding in flight by catching insects, mostly flies, in their short beaks which are fringed with stout bristles to help them scoop up insect from the air.

Males and females are similar in appearance, although the tail streamers of the male are longer than those of the female. Both have a deep-blue back, wings and neck band, creamy underside, a rust-red forehead and chin, and black beak and legs.

By early May, most swallows have started to breed. The cup-shaped nest is made from mud reinforced with dry grass and lined with hair and feathers. It is built by both parents on ledges and beams in barns, garages, sheds and porches. The female lays three to six white eggs with reddish-brown speckles, and by July the first brood has usually left the nest. Sometimes the parents may raise a second brood and even a third. Incubation of the eggs is performed by the female but the newly-hatched young are fed by both adults with insects caught on the wing and transported to the nest in the throat of the bird. For a short time after they have fledged, the young birds continue to be given in-flight food by their parents.

By late summer / early autumn most swallows will be preparing to migrate. They start to become restless and often gather in large flocks on telegraph wires and in large reed beds. Their rambling song of trills and twitters may be heard, which is not unlike that of a house sparrow. Although most leave these shores during September, a few stragglers may still be seen in October.

The journey back to Africa takes about five weeks. Swallows from different parts of Europe fly to different destinations, but ours end up in southern Africa. They travel through France and Spain to Morocco, before crossing the Sahara Desert and finally reaching Namibia and South Africa.

Keith Snow

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- 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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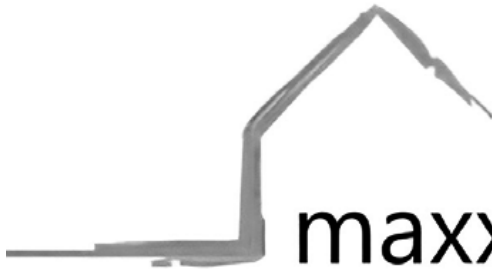


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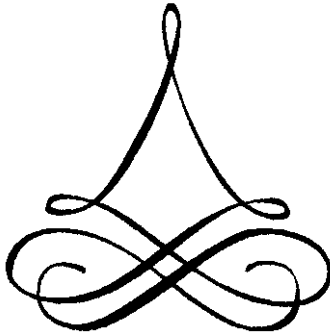
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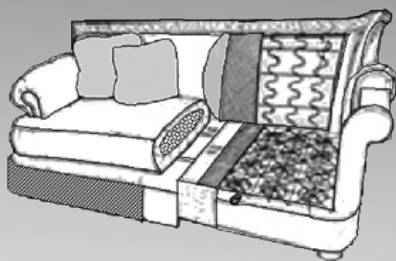
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