

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

May 2026

*LinkUp*

## THE CIRCUS IS COMING TO ABRIDGE!

FRIDAY 12 JUNE

FROM 3:30PM  
BIG TOP OPENS 5PM

ABRIDGE VILLAGE HALL

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ABRIDGE, RM4 1UD

★ **£15 PER PERSON** ★

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## **ABRIDGE VILLAGE HALL**

39 ONGAR ROAD, ABRIDGE, ESSEX, RM4 1UD

[www.abridgevillagehall.co.uk](http://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 May edition of Link Up which is full of articles and news.. We hope you all had a pleasant Easter and enjoyed meeting up with friends and family. Please keep sending in your articles and stories as it is this content that makes our community magazine so very special.

If any distributors are unable to deliver then please do contact us and we will arrange for your route to be covered.

Barbara, Felicity, Linda

The contact details for LinkUp are [linkupeditors@gmail.com](mailto:linkupeditors@gmail.com)

## **LINK UP PRODUCTION TEAM**

Please send all copy for the June issue of Link Up by:  
**18<sup>th</sup> May 2026** to the editor at [linkupeditors@gmail.com](mailto: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](mailto: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**

**May 2026**

### **Refuse and Recycling Collections**

Week Commencing Monday 27<sup>th</sup> April Refuse and Food Waste

Week Commencing Monday 4<sup>th</sup> May Recycling, Green Waste and Food Waste

Week Commencing Monday 11<sup>th</sup> May Refuse and Food Waste

Week Commencing Monday 18<sup>th</sup> May Recycling, Green Waste and Food Waste

Week Commencing Monday 25<sup>th</sup> May Refuse and Food Waste

## 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](mailto:andrew.cook@essex.police.uk) mobile number **07815 490 722** or [crimebureau@essex.pnn.police.uk](mailto:crimebureau@essex.pnn.police.uk) Mobile office: MF Help/advice only **07968 354 018**

### **CHURCHES:**

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

### **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](mailto:Cllr.cmccann@eppingforestdc.gov.uk)  
Stapleford: Cllr Heather Brady **01992 578 072**

### **PARISH Councils:**

**Clerks:** Lambourne: [theclerk@lambourneparishcouncil.gov.uk](mailto:theclerk@lambourneparishcouncil.gov.uk)  
[www.lamborneparishcouncil.gov.uk](http://www.lamborneparishcouncil.gov.uk) **07716 124508**  
Stapleford: Ellie Thomas  
[StaplefordAbbotsParishCouncil@gmail.com](mailto:StaplefordAbbotsParishCouncil@gmail.com)  
[www.staplefordabbotts.blogspot.co.uk](http://www.staplefordabbotts.blogspot.co.uk)

### **USEFUL TELEPHONE NUMBERS:**

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

## 100 Club Draws – Results for April 2026

Abridge			Stapleford Abbotts		
1st	99	Keith Chambers	1st	42	Jean Milbank
2nd	100	Gary Love	2nd	13	Pauline Farthing
3rd	97	Alison Stevens	3rd	98	Keith Chambers
4th	61	Terry & Sue Morton	4th	2	James Shingleton
		<i>Josie Myson</i>			<i>Mandy McCormack</i>

### Garden Jobs for May

As bulbs fade and herbaceous borders grow in leaps and bounds, it is now clear that summer is approaching. Sowing and planting out bedding can begin, and you can take softwood cuttings. It's also time to get back into the lawn mowing regime, as the lawn will be loving the warmer temperatures.

1. Watch out for late frosts. Protect tender plants
2. Earth up potatoes, and promptly plant any still remaining
3. Plant out summer bedding at the end of the month (except in cold areas)
4. Water early and late to get the most out of your water, recycle water when possible
5. Regularly hoe off weeds
6. Open greenhouse vents and doors on warm days
7. Mow lawns weekly
8. Check for nesting birds before clipping hedges
9. Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs
10. Watch out for viburnum beetle and lily beetle grubs

*LinkUp Editors*

## LINK UP COMMUNITY DIARY

(all activities in Abridge Village Hall unless otherwise stated)

### MAY

Sat	2 <sup>nd</sup>	Stapleford Church Working Party	10.00 - 12.00
Tues	5 <sup>th</sup>	Stapleford Abbotts Parish Council <i>S.A. Village Hall</i>	7.15 pm
Wed	6 <sup>th</sup>	Bingo	7.30 for 8.00
Wed	13 <sup>th</sup>	"Come and Chat"	10.00 - 12.00
Wed	13 <sup>th</sup>	Lambourne Parish Council & Annual Parish Meeting	7.45 pm
Sat	16 <sup>th</sup>	Stapleford Church Working Party	10.00 - 12.00
Sat	23 <sup>rd</sup>	Lambourne Church Working Party	10.00 - 12.00
Wed	27 <sup>th</sup>	"Come and Chat"	10.00 - 12.00

### JUNE

Tues	2 <sup>nd</sup>	Stapleford Abbotts Parish Council <i>S.A. Village Hall</i>	7.15 pm
Wed	3 <sup>rd</sup>	Bingo	7.30 for 8.00
Wed	10 <sup>th</sup>	"Come and Chat"	10.00 - 12.00
Wed	10 <sup>th</sup>	Lambourne Parish Council	7.45 pm
Sat	27 <sup>th</sup>	Lambourne Church Working Party	10.00 - 12.00
Wed	24 <sup>th</sup>	"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 13<sup>th</sup> May**

**Wednesday 27<sup>th</sup> May**

**Wednesday 10<sup>th</sup> June**

# 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](mailto: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.

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Hainault Forest was a Royal hunting-forest, 200 acres of which extended into Lambourne parish. In 1305 William de Sutton, Lord of Battles Hall in Stapleford Abbots, who also owned land in Lambourne, was granted license to fell and sell the great trees and underwood in his wood at Lambourne, which was in the Forest of Essex. The nature of Hainault Forest was similar to that of Epping Forest comprising open areas, wooded areas and a long tradition of woodland pasture.



## LAMBOURNE PARISH COUNCIL

[www.lambourneparishcouncil.gov.uk](http://www.lambourneparishcouncil.gov.uk)

*Serving the Communities of Abridge & Lambourne End*

**07716 124508**

**Email: [theclerk@lambourneparishcouncil.gov.uk](mailto:theclerk@lambourneparishcouncil.gov.uk)**

### **Elections on 7<sup>th</sup> May**

Abridge Village Hall is the polling station for Abridge and Lambourne End Residents. If you vote in person, you must take and show an accepted form of photo ID with you to your polling station on election day. Polling stations open at 7am and close at 10pm.

Accepted forms of ID are Passport, driving licence (including provisional), Blue badge, Identity card with PASS mark (proof of age standards), Biometric Immigration document, Defence identity card and certain national identity cards

### **Parish Council Meetings**

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

#### **Our next Parish Council Meetings are:**

May 13<sup>th</sup> Abridge Village Hall 7.45pm

June 10<sup>th</sup> Abridge Village Hall 7.45pm

July 8<sup>th</sup> 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.

### **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 [cldr.cmccann@eppingforestdc.gov.uk](mailto:cldr.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 - [cldr.cmccann@eppingforestdc.gov.uk](mailto:cldr.cmccann@eppingforestdc.gov.uk)

Cllr Darshan Sunger - [cldr.dsunger@eppingforestdc.gov.uk](mailto:cldr.dsunger@eppingforestdc.gov.uk)

Cllr Kaz Rizvi - [cldr.krizvi@eppingforestdc.gov.uk](mailto: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](mailto:cldr.jaymey.mcivor@essex.gov.uk)

## 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](mailto: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

## Emergency Highways Issues - Out of Hours

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

**[www.essexhighways.org/track-it](http://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.

## **Dear Residents,**

You are warmly invited to attend the Parish Meeting of the Electorate.

This meeting provides an opportunity for all local government electors to come together, discuss matters affecting the community, and raise any issues or suggestions for the parish.

There will be representatives from local organisations giving reports on their activities and updates on matters affecting the parish.

### **Meeting Details:**

Date: 13<sup>th</sup> May 2026

Time: 7pm

Location: Abridge Village Hall

All electors are encouraged to attend and participate. Your views are important in helping shape the future of our community.

We look forward to seeing you there.

Yours sincerely,  
Lambourne Parish Council



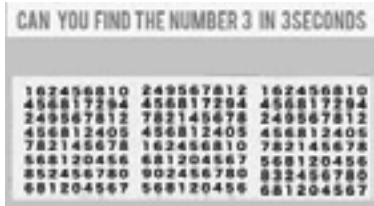
## *From your Link Up Churches* **Churches Together for April**



The number 3 has always been regarded as special. Sometimes it carries a negative meaning, such as ‘bad luck comes in threes’ or ‘two’s company, three’s a crowd; but mostly, things in life come grouped in a balanced threesome: animal/vegetable/mineral; solid/liquid/gas; or height/width/length. Three is favoured in nursery

rhymes too: 3 blind mice, the 3 little pigs or the three billy goats gruff. I wonder how many connections to 3 like these, you can think of?

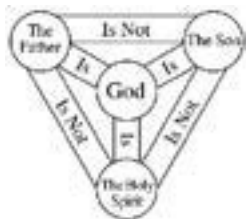
The ancients thought of three as the perfect number, representing harmony, wisdom and understanding; and we often speak about ourselves as a three-part being, namely mind, body and spirit. Is this just



an interesting coincidence or is there something deeper behind it? Christians certainly believe it’s no accident, and they relate it to God’s mysterious three-sidedness.

Uniquely among the world’s faiths, Christians have come to an understanding of God as three, while still believing that God is nevertheless one. That does sound strange, we know, but it’s similar to how we encounter each other. In everyday life, we might meet someone who for us becomes a friend, but to others he or she is a ‘mum’ or ‘dad’, or someone’s child or maybe a work colleague. They’re the same person, but perceived differently by different groups. In the same way Christians

don't believe in three gods, but just one, who can be experienced in three distinct ways.



Our Bible stories for this month unpack all this. Jesus tells his followers that encountering him is the same as meeting God. And he goes on to say that the Holy Spirit will bring an experience of God into our hearts. God the Father, God the Son, and God the Holy Spirit, are the same – we simply

encounter each in a different way, as an outside, or a beside or an inside God. Why not read the Bible stories at home each Sunday this month, or with us in Church, and explore this three-in-one, and one-in-three mystery!

**Sunday 3rd May Easter 5 *John 14: 1-14***

*Jesus is the face of God and the way to God*



**Sunday 10th May Easter 6 *John 14: 15-21***

*Jesus promises The Holy Spirit to be God in us*



**Sunday 17th May Sunday after Ascension  
*Luke 24: 44-53***

*Jesus returns to heaven before returning as Spirit*



**Sunday 24th May Pentecost *Acts 2: 1-21***

*God as Jesus comes again as the Holy Spirit*



**Sunday 31st May Trinity Sunday  
*Matthew 28: 16-20***

*We can experience God as One, in THREE ways!*



With prayers for our village communities  
*Roger and Martyn*

# Church of England Lambourne and Stapleford Abbots



## Dear Readers,

With so much horror around the world it can be hard to keep going with the normal things. If we don't we only encourage things to worsen. So here goes

For our churches it is the **annual meeting season** where we look back at the past and forward to the future, electing churchwardens, church councillors and taking stock. If you would like to be more involved check that you are on the church electoral roll and ,if not, we can add you to the roll.

Then come along to Lambourne's meeting in church on Sunday, 3<sup>rd</sup> May at 12.15pm or Stapleford Abbots at 7.00pm in church on Monday 15<sup>th</sup>.

Our vital **working parties** continue on Saturdays from 10-12noon on May 2<sup>nd</sup> and 16<sup>th</sup> at Stapleford Abbots and 23<sup>rd</sup> at Lambourne. Please join us, if you can, to make a difference to church and churchyard.

Our annual **Plant Sale** at Stapleford Abbots is on Saturday, May 9<sup>th</sup> from 10am-2.00pm. It has built up a reputation over the years for quality and value and that includes refreshments and stalls. If you have any surplus plants you would like to donate, we would be very grateful.

May is the month for putting your walking boots on with the **Rogation Walk and the Coronation Trail**. Please see the posters.

Our Zoom features continue with the **Prism magazine** at 7.30pm on Wednesday 6<sup>th</sup> and our service at 7.30pm on Friday 22<sup>nd</sup>. It is a great connection to others around the world without having to leave your home. Please ask for a link.

Some people have been enquiring about **Confirmation**. The next Deanery service with the Bishop of Bradwell will be at Blackmore on November 1<sup>st</sup>. So, we will be gathering together anyone who might be interested. Please let me know if you want to know more.

May is also the month of **Christian Aid Week**. Around the world crises are mounting and resources diminishing and always the weakest and poorest are hardest hit.

We will once again be trying to put an envelope through every door. It will not be collected, but can be put through the door of any of the people listed or left in church or just use the QR code. Please be as generous as you can. Lives depend on it.



***Eco tip – refuse, reuse, repurpose, recycle:***

*Electricity can be ‘green’ – solar or wind – but to be sure what you use isn’t produced using gas (a fossil fuel), you could ask your supplier about their green tariff.*

Have you got your own Eco-tip you could share.

**Blessings**

**Roger**

(contact 01992-523849)



## News from Abridge Village Church



It has been so encouraging to watch the allotments and woodland behind our little church coming to life again over these last months. First, it was the white blossom on the trees and hedgerows, then the greening of the branches with fresh spring leaves, and finally the first flowers appearing, to brighten the whole scene with blues, yellows, and reds. We are very blessed in Abridge to be so in touch with the

seasons like this, both in the fields and woods around us, as well as our own garden spaces.

As well as all this, the land has been prepared again for sowing and planting the hope of a good harvest. I wonder what sort of late spring and summer weather lies ahead, and whether that will help or hinder? It has all become very unpredictable in recent years, and we admire the hard work of the allotment keepers, who keep going, despite recent disappointments.



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Little is certain in life, it seems, and we never know what is around the corner. *'This is the day that the Lord has made, let us rejoice and be glad in it'* is a chorus that we sing here in church. It encourages us to enjoy the

gift of the present moment and not spend our time worrying about the days to come. But that is certainly easier said than done, when bad stuff happens, as it so often does.

The Christian faith is very honest and practical about such matters. Jesus warned his disciples many times that things will be tough, and that life can be cruel; but at the same time, he also gave **three important gifts**. Three times in the upstairs room on that first Easter

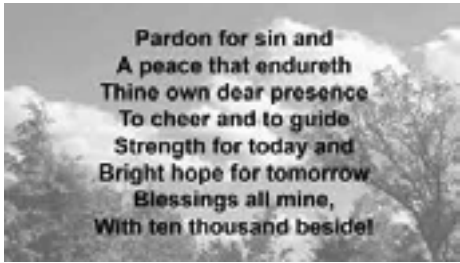


Sunday, he says to them, ‘Peace be with you.’ **This first gift is a strong, deep peace** that can hold them and us in the midst of fear and worry about the future; it is a peace that is rooted in God’s love for them and us, based on

what God has done for them through the life, death and resurrection of Jesus.

Jesus goes on to offer **the gift of forgiveness**. We may need many things in life at different times – courage, hope, or guidance, for example - but surely our deepest need is to be accepted and to belong. This is what forgiveness is all about - a fresh start, a clean sheet, and a new beginning. We are not numbers, but names; we are not nobodies but loved; we are not ‘nowhere people’ but known and welcomed home by God.

**The third gift** is one that Jesus leaves with his followers, when he returns to heaven at the Ascension, promising instead to be with them and us in a new way by his Spirit. This **is the promise that he will always be with us**, whatever is happening in our lives. He will always be there and will walk with us through the good and the bad stuff that comes our way. And what is more, he still carries the scars of what bad stuff can do, so he understands.



*Here are the three resurrection gifts of **peace, pardon and presence** as expressed the well-known hymn 'Great is thy faithfulness.'*

All this is in our Bible readings for our services during this festival period. Eastertide stretches right on into May; and then comes the Ascension and the celebration of Pentecost. These are key moments when we learn to know Jesus in a new way - invisible, but present, and with us always.

**The weekend of the 9th and 10th May** is also a special time for us here as we celebrate our long connections with Mill Grove in South Woodford.

**Our Day** is its annual open day when we look back over 126 years of caring for children and families. It was as an extension of the ministry there that our church here in Abridge was founded. We will be remembering that at a special service here on the Sunday. The particular focus then will be on God's unchanged character as described many times in the Bible, namely, '*The Lord is gracious, full of compassion, patient and abounding in steadfast love.*'



We look forward to welcoming you at any of our Sunday services; or you might join us in the week with a young family, or at home hear about our work with Lambourne School children every Monday morning.

With prayers for 'a merry month' of May

*Martyn and Ruth*

# THE CORONATION TRAIL



## JOIN US FOR THE CORONATION TRAIL

A walk through the countryside between the historic churches of Stapleford Abbots and Lambourne



Enjoy the natural beauty of our corner of Essex



Walk with old friends and new



Find out more about the history of the area

**Date: Saturday May 30 2026**

Trail begins at 14:00 at the Church of St Mary the Virgin,  
Church Lane, Stapleford Abbots, Essex RM4 1ES

For further information please call Catherine Burnett on 07960 305317

## CARERS INFORMATION LEAFLET

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

- 1. Look after your own health – register as a Carer at your GP practice.** Surgeries can offer information and support as well as a free flu vaccination and an annual health check. Ask for a Carers pack at reception.
- 2. Get a plan in place for emergencies – apply for the Carers Emergency Card:** The Carers Emergency card is a card you carry in your purse/wallet that identifies you as a carer so that if you have an accident/emergency, the emergency services will know that the person you care for needs help. They will then put your personal emergency plan into place to care for that person.
- 3. You are entitled to a Carers Assessment by Essex County Council** – this is an assessment which can lead to practical support from the local authority to help you with your caring role. This could be someone to help the person you care for with washing, dressing or toileting or getting equipment to help you lift or move the person you care for. This assessment may also help you get support to have a break from your caring role.

- 4. Get the latest benefits advice – you may be missing out.** There are specific benefits and or reductions in payments that carers and people with disabilities or health conditions are entitled to. You can go to the Citizens Advice Service or make an appointment with the Social Prescriber at the surgery.
- 5. Find out what services and support is available locally for you and the person you care for.** Contact Action for Family Carers or Essex Wellbeing Service.
- 6. Get support to stay in or return to work as a carer.** Juggling work and caring for someone can be difficult. You have the right to request flexible working from your employer. There is also support for carers looking to get back into work from Job Centre Plus and other agencies.
- 7. Talk to someone about how being a carer affects you.** It is important to be aware of the affect that caring has on you and your own health. Talking about this can help in itself or be the first step to getting the support you need.

## 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](http://homeinstead.co.uk)



**Our next meeting is Monday 18th May. Do come along.**

# SUGGESTION BOX

## HELP US TO HELP YOU

The staff at Abridge surgery are always open to ideas as to how we can improve the service we offer to all our patients. For that reason, we would like to hear of any suggestions you may have to help us provide the best practice we possibly can.

We have left a suggestion box and forms in the waiting room so please take the opportunity to tell us how we can help our patients.

We are doing our very best with the amount and type of appointments we can offer and have recently increased these so although this may be a suggestion, we cannot offer any more appointments currently although this will be under constant review.

**Please help us to help you** by giving us practical and sensible suggestions.

We will consider each one and let our patients know whether we can fulfil the suggestion or, if it is not possible, we will let you know why.

Please check the noticeboards where we will give you our responses.

Thank you.



## ABRIDGE CRICKET CLUB

(founded 1838)

**President: Richard Padfield**  
**Chairman: David Coles**

The cricket season has at last arrived and our first “friendly” game away to Theydon Bois on 11<sup>th</sup> April resulted in a loss for Abridge who completely collapsed requiring only 11 runs to win. Two of our Juniors Leo Sian and Jack Webster were part of the team. On the following day the Sunday side travelled to South Weald. Batting first, South Weald achieved 228 for 4 wickets on a shortened over match. Abridge replied with 176 for 5 before the match was eventually “rained off”. Such is cricket.

On Saturday 28<sup>th</sup> March we had a “work day” to prepare for the season. 27 members, parents and Juniors turned out and a great deal of work was achieved both to the ground and the pavilion with much tree cutting, fence repairs, painting etc. The Club are extremely grateful to Barry Hedges and Matthew Slade for their work in particular.

Junior Cricket has also returned with 29 boys and girls attending led by our Senior coach Cyrus Langford. Training takes part every Thursday, weather permitting, from 6pm. If you have a child who would like to take part please contact me on the number below. The bar is open.

We have home fixtures every Saturday so why not come along and watch cricket and enjoy a drink at the bar !

Patrick Horgan  
Club Secretary  
07727 233280  
Phorgan98@tahoo.com

## BILL AMBROSE



My dad Bill has recently celebrated his 104 birthday he lived in abridge all his life and only recently moved into a care home near Gt Dunmow

My dad was born in his house in hoe lane and in fact his father who was a carpenter put the roof on the house that became the family home

He worked in parsons garage for a number of years before he joined the RAF in World War Two

He married my mum Joyce after they were at school together sadly my mum passed away over 20 years ago

He has become a wonderful water colour artist having a number of his paintings being sold over the years and winner a number of competitions

He says the secret to his long life is having a wonderful family around him he did receive over 500 birthday cards this year after the care home put a message on face book

I am sure there are a number of people that read link up will know Bill.

Received from Mark Ambrose (his son).

## Dear Local Groups and Organisations,

We recently attended an event for the newly Epping Forest Community Fund. Made possible by Google, this fund is designed to support local initiatives that make a real difference in our community.

We have summarised the key details below to help you see if your project is eligible.

### About the Fund

We are looking to invest in practical, impactful projects that address local needs. Grants are available for initiatives that:

Support employment, training, and skills development.

Improve access to opportunities and services.

Reduce isolation and disadvantage.

Strengthen local communities.

Deliver innovative solutions to local challenges.

### Who Can Apply?

You can apply if you are a:

Registered charity

Community Interest Company (CIC)

Voluntary or community organisation

Social enterprise

Properly constituted community group

Key requirements:

Have a governing document (e.g., constitution) and a bank account in your organisation's name.

Have appropriate safeguarding arrangements.  
Hold Public Liability Insurance (£5 million cover). Large grant applicants also need Employers' Liability (£10 million) and Professional Indemnity (£2 million) insurance.

#### Types of Grants Available

Small Grant: £5,000 – £15,000 (ideal for smaller projects or pilots).

Large Grant: £15,001 – £250,000 (for strategic, multi-year initiatives).

#### Who Should Your Project Benefit?

Your project must benefit residents of the Epping Forest district. We are particularly keen to support projects helping:

Young people (especially those aged 13–18 facing barriers).  
Families under pressure and people experiencing economic hardship.

Older residents (65+) facing loneliness or isolation.

People with disabilities or additional barriers to access.

#### What Can the Funding Be Used For?

The fund can support costs such as:

Staffing and sessional workers.

Building rental or improvements.

Training, equipment, and materials.

Transport, outreach, and engagement activities.

All costs must be reasonable and necessary for delivering your project.

## How to Apply

Applications are assessed through a fair, transparent process. There are four simple steps:

Read the full eligibility guide.

Take the eligibility quiz on our website. You will then be directed to the correct application form (small or large grant).

Complete the application form.

Press Submit.

What Happens Next?

You will receive an email confirming your application has been received.

It will then be reviewed at a panel meeting, and you can expect a decision within 4 months.

Have a Question?

If you have any queries, please contact the Community Grants Officer, Janine Colton, at:

[JColton@eppingforestdc.gov.uk](mailto:JColton@eppingforestdc.gov.uk)

We encourage you to read the full eligibility criteria before applying and look forward to supporting your valuable work in our community.

Vicky Turner, Parish Councillor

# St Mary's Stapleford Abbots Plant Sale

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

All Your Plant Requirements

Selections of quality

Bedding Plants

Traditional and

Plants for Baskets

Unusual Perennials

Plants for Containers

Many Cottage Garden Favourites



TEA, COFFEE, SOFT DRINKS  
HOME MADE CAKES  
AND JAMS

Raffle  
Bric A Brac

All in aid of  
St Mary the Virgin Church  
Stapleford Abbots

St Mary the Virgin, Church Lane Stapleford Abbots RM4 1ES



## **STAPLEFORD ABBOTTS PARISH COUNCIL**

Welcome to the month of May, from Stapleford Abbots Parish Council! We are aware that elections are imminent but will be taking place after this magazine goes to press; so anything new will be announced in the next issue.

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.

### **Elections- Final Call**

On Thursday 7 May 2026, residents across the Epping Forest district will have the opportunity to shape the future direction of their local community: 18 of the 54 seats on Epping Forest District Council will be contested, alongside the Essex County Council elections, postponed from May 2025, where 7 county councillors will be elected to represent divisions within the district.

### **All eligible residents need to:**

- Check voter registration status
- Register to vote
- Apply for a postal vote or proxy vote if required
- Locate your designated polling station
- Engage with candidates and information available locally

More guidance is available on the EFDC website, including details on local voting processes and support for those who may need assistance on polling

day. Stapleford Abbots Parish Council will also bring you updates on their website as and when they arise.

### **Photo ID required at all polling stations**

All of us now need to produce photo ID on arrival at the Polling Station to vote. This is now a legal requirement introduced under the Elections Act 2022 for all local and national elections.

### **Acceptable forms of photo ID are:**

- Passport
- Driving licence (including provisional license)
- Blue badge
- Certain concessionary travel cards
- Identity card with PASS mark (Proof of Age Standards Scheme)
- Biometric Immigration document
- Defence identity card
- Certain national identity cards

### **Plant Sale – We’re hosting a stall**

The well-beloved Spring Plant Sale will take place at St Mary’s Church on Saturday May 9<sup>th</sup> 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 10<sup>th</sup> 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](mailto:staplefordabbottsparishcouncil@gmail.com) with any queries.

### **Coronation Walk – the cream of the countryside**

You are cordially invited to join in the Coronation Trail, May 30<sup>th</sup> 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.

### **Access Denied? A message from the Ramblers Association**

Across Britain, millions of people are cut off from nature. Why? Because local paths that connect us to it are missing, blocked or unusable. Years of political and financial neglect are taking their toll. Access to nature is increasingly a postcode lottery, with our least well-off communities paying the highest price. We're demanding change. Governments must act to open up paths and expand the path network to serve every community. Because local paths are lifelines. They connect people with green space, fresh air, and better mental and physical health. Right now, we need these things more than ever. Access to nature isn't a luxury. It's a right. Will you fight for it? Sign here: [www.ramblers.org.uk](http://www.ramblers.org.uk)

### **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](mailto:jimbrown@hill.co.uk) and [chrisdiggle@hill.co.uk](mailto: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](http://www.m25nera.org)

## **Here to Help – Essex Wellbeing**

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

[www.essexwellbeingsservice.co.uk](http://www.essexwellbeingsservice.co.uk)

[www.essexrcc.org.uk](http://www.essexrcc.org.uk)

[www.communityagentsessex.org.uk](http://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](mailto:cllr.camos@eppingforestdc.gov.uk)

[cllr.sjones@eppingforestdc.gov.uk](mailto:cllr.sjones@eppingforestdc.gov.uk)

[cllr.tcornish@eppingforestdc.gov.uk](mailto:cllr.tcornish@eppingforestdc.gov.uk)

### **County Councillor**

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

[cllr.jaymey.mcivor@essex.gov.uk](mailto: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](mailto:staplefordabbottsparishcouncil@gmail.com)

## **Our Next Meetings: Announcing dates for the coming municipal year**

**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 2027. 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](mailto: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.

# Join us for the 2026 Stapleford Abbots Rogation Walk

Save the date...  
Sunday May 10 2026

Walk starts @ 14:45 at the Church of St Mary the Virgin, Stapleford Abbots. I-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 [staplefordabbotsparishcommittee@gmail.com](mailto:staplefordabbotsparishcommittee@gmail.com)



# Spring: A Time to Reset and Begin Again

As Easter passes and spring begins to unfold, there is a noticeable shift all around us. The days feel brighter, gardens are waking up and there is a renewed sense of energy in the air.

After the darker winter months, this time of year can be a lovely reminder to refresh our own wellbeing. Just as nature begins again each spring, we can also take small steps to reset our energy and routines.

## Enjoy the Outdoors

One of the simplest ways to lift both mood and energy is to spend a little more time outside. A short walk, time in the garden, or even a cup of tea in the fresh air can make a surprising difference.

Natural light, movement and fresh air all help support the nervous system and improve our overall sense of wellbeing.

## Try a Small Spring Reset

Spring is also a good time to gently reintroduce habits that help us feel at our best. Rather than making big changes, focus on one or two small shifts.

- getting outside earlier in the day
- adding a short daily walk
- reconnecting with hobbies or activities that bring you joy

Often it's the small, consistent changes that make the biggest difference.

## A Fresh Season Ahead

Spring reminds us that positive change doesn't have to happen all at once. Small steps – a little more fresh air, movement or time doing things that lift our mood – can gradually help us feel more energised and balanced.

If this season has you thinking about making some positive changes, support can sometimes help. I'm running a local wellbeing event in May called "**Feel Good From Within**", a day of gentle, movement, mindfulness and sound designed to help lift your energy and leave you feeling lighter. Contact me for more information or see our Village Community FB page.

**Alison Middleton**

[Alison@amity-health.com](mailto:Alison@amity-health.com)

[www.amity-health.com](http://www.amity-health.com)

## PUZZLE PAGE

Find a word that would logically precede each of the three in the group. The answers are in alphabetical order.

- 1) Scotch,nut,cup
- 2) Day,fare,box
- 3) Cream,snap,comfort
- 4) Dust,finger,tooth
- 5) Stack,maker,loft
- 6) Beat,failure,felt
- 7) Line,story,style
- 8) Attack,stations,button
- 9) Food,frock,member
- 10) Frame,book>window
- 11) Minister,cut,time
- 12) Shore,weed,horse
- 13) Tight,graft,flint
- 14) Opera,box,dish
- 15) Mark,fair,war

**Rotate for answers**

- 1) Butter
- 2) Christmas
- 3) Cold
- 4) Gold
- 5) Hay
- 6) Heart
- 7) Life
- 8) Heart
- 9) Party
- 10) Picture
- 11) Prime
- 12) Sea
- 13) Skin
- 14) Soap
- 15) Trade

# STAPLEFORD ABBOTTS VILLAGE HALL

[www.savh.co.uk](http://www.savh.co.uk) e-mail: [info@savh.co.uk](mailto:info@savh.co.uk)

Available for hire for weddings, parties etc –  
All bookings welcome  
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](http://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 <sup>st</sup> 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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Contact **Michael: 01708 735810** [www.slides2disk.co.uk](http://www.slides2disk.co.uk)

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**Caroline**

**Mob: 07957101979**

**Email: [caroline@pawstopamper.co.uk](mailto:caroline@pawstopamper.co.uk)**



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Home Instead Epping Forest

**01992 666 777**

**[victoria.rigby@homeinstead.co.uk](mailto:victoria.rigby@homeinstead.co.uk)**

**[homeinstead.co.uk/eppingforest](http://homeinstead.co.uk/eppingforest)**

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- Home Help
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*“Excellent service. Carers are polite and will do anything for you. Office staff are always helpful”*

Linda D, daughter of a client

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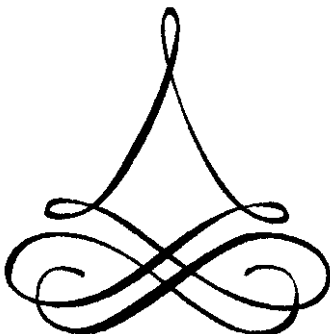
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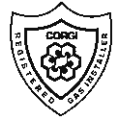
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