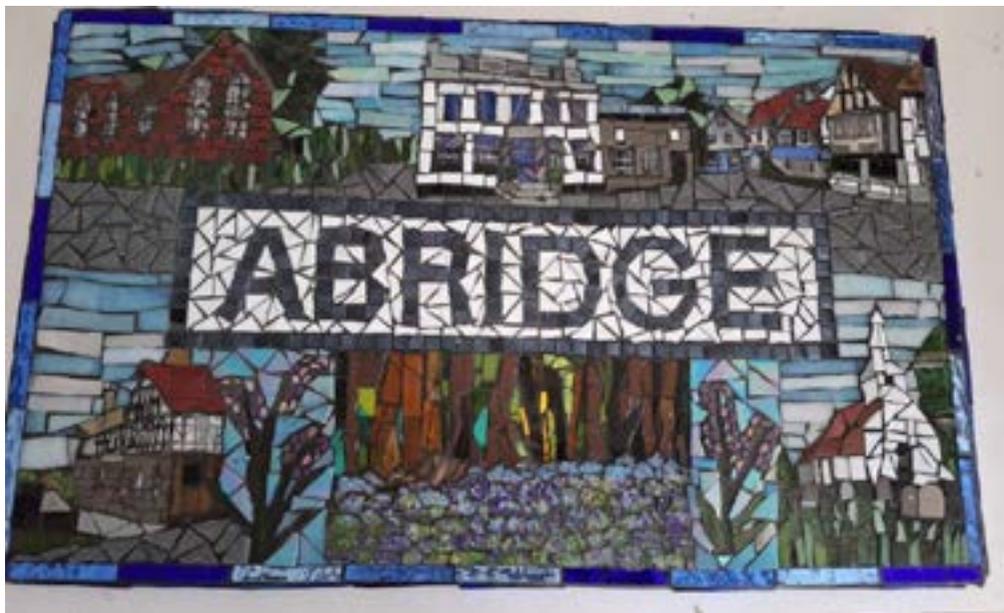


The Monthly Community Magazine of Abridge, Lambourne End and Stapleford Abbotts

March 2026

LinkUp



Mosaic designed and made by Laura Harris, who drew inspiration from one of her favourite walks around Abridge – past the school, through the village, up New Farm Drive, through the Bluebell Woods taking in the Church, and the Alpacas. What a stunning project – completed at Abridge Art Club.

(see more on page 34)

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 our March issue which we hope you enjoy reading. There are lots of events for you to join in this month – a Quiz Evening in Abridge, a Barn Dance, The Tip Top Table Top Sale, and it's time to book your tickets for the Annual St George's Day Dinner on 25 April. Come along, join in and truly be part of our lovely village communities. Everyone is very welcome – villagers, friends and family.

These are not the only things going on – there are regular events - Come and Chat, Bingo and Church functions too. Details of each can be found in this issue of LinkUp.

Barbara, Felicity, Linda

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

LINK UP PRODUCTION TEAM

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

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

BUSINESS ADVERTISING

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

FOR SALE ADS

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

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

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

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

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

vickyturner.linkup@aol.co

From Linkup editors

WHO'S WHO

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

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

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

POLICE: Emergency calls: **999** and **112**. To report incidents of a non-urgent nature, telephone 101 Non-emergency number. Email: andrew.cook@essex.police.uk mobile number **07815 490 722** or crimebureau@essex.pnn.police.uk Mobile office: MF Help/advice only **07968 354 018**

CHURCHES:

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

POST OFFICE:

E.F.D.C: Day and emergency	01992 814 087
DISTRICT CLLS: Abridge and Lambourne: Cllr Craig McCann Cllr.cmccann@eppingforestdc.gov.uk	01992 564 000
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	0207 251 5161
	After 5pm

100 Club Draws – Results for January 2026

Abridge			Stapleford Abbotts		
1st	111	Kenny Garner			
2nd	51	Doris (Dot) Wild			
3rd	38	Mrs Joan Barnes			
4th	46	Elaine Jones			
		<i>Josie Myson</i>			<i>Mandy McCormack</i>

100 Club Draws – Results for February 2026

Abridge			Stapleford Abbotts		
1st	55	Mrs J Myson	1st	88	Philip Muggleston
2nd	8	Pamela Worrow	2nd	101	Michelle Marks
3rd	81	Llewellyn Curbishley	3rd	62	Joyce Padfield
4th	99	Keith Chambers	4th	52	Anita Gregory
		<i>Josie Myson</i>			<i>Mandy McCormack</i>

LINK UP COMMUNITY DIARY

(all activities in Abridge Village Hall unless otherwise stated)

MARCH

Tues	3 rd	Stapleford Abbots Parish Council <i>S.A. Village Hall</i>	7.15 pm
Wed	4 th	"Come and Chat"	10.00 - 12.00
Wed	4 th	Bingo	7.30 for 8.00
Fri	6 th	Friends of Lambourne Church Quiz	7.00 for 7.30
Sat	7 th	Tip Top Table Top Sale	10.00 – 2.00
Wed	11 th	Lambourne Parish Council	7.45 pm
Wed	18 th	"Come and Chat"	10.00 - 12.00
Sat	21 st	Yoga	11.00 am
Sat	28 th	Lambourne Church Working Party	10.00 - 12.00

APRIL

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

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 4th March

Wednesday 18th March

Wednesday 1st April

LOCAL SERVICES

March 2026

Refuse and Recycling Collections

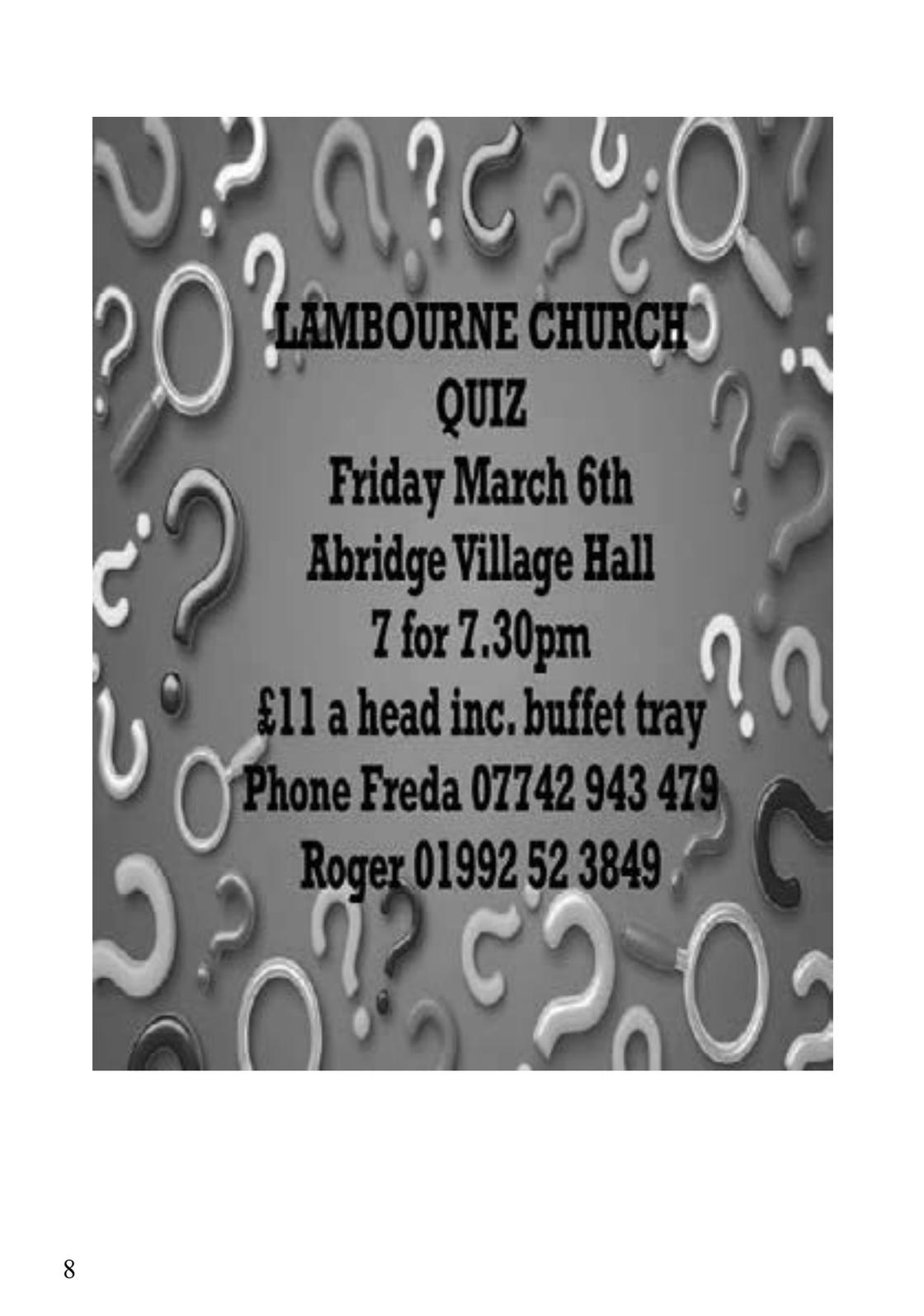
Week Commencing Monday 2nd March Refuse and Green Waste

Week Commencing Monday 9th March Recycling and Green Waste

Week Commencing Monday 16th March Refuse and Green Waste

Week Commencing Monday 23rd March Recycling and Green Waste

Week Commencing Monday 30th March Refuse and Green Waste



**LAMBOURNE CHURCH
QUIZ**

**Friday March 6th
Abridge Village Hall
7 for 7.30pm**

**£11 a head inc. buffet tray
Phone Freda 07742 943 479
Roger 01992 52 3849**

Hello to all Linkup readers,

After nearly 25 years of finding funny and interesting stories, I'm afraid it's had to come to an end.

I am retiring for the second time and moving to a retirement complex in Gt Dunmow, I shall miss Abridge, having lived here for 65 years and all the friends I have known over those years, many are no longer with us, So I wish everyone well and continue to enjoy the village.

Very best wishes from Gerry Quantock.

The Linkup Editors would like to thank you Gerald for participating in our magazine with all your funny little stories you have sent us over the years.

We wish you all the best for the future.

Barbara, Felicity and Linda

COMMUNITY MEETING

Friday 20th March – 7:00pm

🔑 Abridge Cricket Club

Did you enjoy Abridge's much-loved Christmas lights and the turn on event?

We're inviting all residents and local businesses to come together and help ensure these festive celebrations continue for years to come.

Whether you can offer ideas, time, sponsorship, or practical support, we'd love to see you there. Come along to find out how you can get involved and make a difference in our community.

Please spread the word!

🍷 The bar will be open



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

I wonder what the most important thing was that you learnt in your school days? We asked this question of the children from Lambourne recently in the Monday assemblies and they had some interesting answers. Some said the subject that they were enjoying at the time, while others said ‘patience’, or ‘how to be a friend’; and one teacher suggested ‘resilience’. Education is about a lot more than just the curriculum.



With that in mind, might we suggest that the most important thing is how to ask good questions. This has been the way the human beings have made progress, whether in science, global exploration or in making practical discoveries that have changed life for the better. It’s because Isaac Newton asked the question, ‘why did that apple fall on my head?’ that the idea of the invisible force of gravity was born; or it was because Christopher Columbus wondered what was over the horizon that the new world was ‘discovered’ by Europeans - and, incidentally, that the world wasn’t flat!

Questions get us thinking and wondering, and this is educationally the best way for any of us to learn. You won’t be surprised to discover that the ministry of Jesus was full of questions like this. In fact, Jesus asked lots of questions in his teaching, and he didn’t always give answers because he wanted people to work things out for themselves, to

discover what is important in life and find their way to faith for themselves.

The Gospel stories for Lent this year are records of conversations that Jesus had with a variety of people. These conversations start with questions that lead to people discovering important things about themselves, the world, and about God. These conversations from John's Gospel are about life and death, purpose and meaning, as well as suffering and pain. Why not join us by reading the stories each week? And of course we'd love to welcome you at church too, so that together we can work out some answers!

Sunday 1st March Lent 2

John 3:1-17 A conversation at night



Sunday 8th March Lent 3

John 4: 5-42 A conversation by a well



Sunday 15th March Mothering Sunday

John 9: 1-41 A conversation by a pool



Sunday 22nd March Lent 5

John 11: 1-45 A conversation in a garden



Sunday 29th March Palm Sunday

Matthew 21:1-11

Conversations on the way into Jerusalem



With prayers for our village communities

Roger and Martyn

Church of England Lambourne and Stapleford Abbots



Dear Readers,

Spring and Easter are just around the corner if we can see beyond the rain and puddles!!

We have started our **Zoomed Lent Course** which is entitled “Seeking Shapes for Living”. It is on Wednesdays from 7.30pm and you can come to one or all. Please let me know if you are interested and I will let you have the link.

Our monthly **Zoomed service** links us around the world and next happens on Friday, 27th March at 7.30pm. Please ask for a link. Very much in person is our Benefice **Quiet Day** at Pleshey on Monday 30th March from 10.30am – 3.30pm. It is a wonderfully peaceful setting in an historic village and with great refreshments. Please ask for more information.

Briefly our **Easter services** are

Palm Sunday (29th) 9.45 am Stapleford Abbots and 11.15am Lambourne.

Maundy Thursday, 2nd April 7.00pm. Combined service at Stapleford Abbots as we celebrate the Lord’s Supper.

Good Friday, 3rd, 9.45am at Stapleford Abbots - A reflective service.

11.15am at Lambourne - Good Friday Extra for all the family with Martyn.

Easter Sunday, 5th 7.00am Early Morning service and breakfast at Stapleford Abbots and then at 9.45am our Easter Communion. With Lambourne's Easter Communion at 11.15am. You are welcome to one or all the services.

A new event for the season is an **art event for Easter** at Stapleford Abbots. From 10.00am-2.00pm on Saturday, 4th with Easter art and refreshments - do join us.

The work of the church needs to continue with our **Saturday morning working parties** essential for the upkeep of both churches. Do join our happy crews if you can from 10.00am – 12noon at Stapleford Abbots on 7th and 21st and at Lambourne on 28th.

Stapleford Abbots **Plant Sale** is on May 9th. Last year we appealed for people to start planting at home and bring in their surplus seedlings or plants. We had a wonderful success so could we give it a go again this year. If you want any seeds just ask.

Next month look out for exciting news that will involve the whole community.

Blessings

Roger

(contact 01992-523849)



News from Abridge Village Church



There used to be a time when everyone knew what happened inside a church building on a Sunday morning, but for many people now it's a bit of a mystery.

Some may have a vague idea that it involves praying, singing and listening to a talk of some sort, but the truth is that it's so much more than that. In our church it's closer to a good family get-together once a week. We share news so that we can pray for each other; we sit in a large



circle so that we can see each other; and we often sit rather than stand for familiar songs and hymns which encourage us to come close to God and to grow our faith. And of course, we read from the Bible,

often aloud and all together, so that we can listen to the things that Jesus said about what matters most, learn how the Holy Spirit comes to help us live our best life, and remind ourselves how much God loves us.

But perhaps the strangest and the most important thing we do, comes near the start of our worship. It's called 'repentance' which, put simply, means that we recognise we have let God, ourselves and others down and that we want to experience God's forgiveness and make a new start. This is an important moment of being honest about ourselves and what we are like. Christians don't believe that we can make it on our own, or

that we can make this world a better place without God's help. Christians acknowledge their weakness and failures, and their need for God's mercy. Another word for mercy is compassion, understood especially as God's compassion. This month, Sheila Bell, who is our pianist and resident poet, has written a short article and poem on the theme of God's tender compassion. She writes:

Life has many twists and turns, and you can never know what's around the corner. We all go through difficult circumstances, and very soon learn that life is not a bed of roses. But when we think that no one cares or understands, we can always be assured that God does. He is full of compassion and is with us through it all.

I've always loved the song that tells us that...

*'God has not promised skies always blue,
Flower-strewn pathways, all our lives through.
God has not promised sun without rain,
joy without sorrow, peace without pain.
But God has promised strength for the day....and light on the way...'*



As a Christian, I believe that when I put my hope in the Lord Jesus, I prove that his promises are true and that God never fails to do what he promises. Here's a poem I wrote about God's tender compassion:

*So many go through tragic circumstances and can feel
Nobody knows or cares about their terrible ordeal.
As time goes by, they find things hard to cope with in their woe,
They need someone who understands, whom they can trust and know.
There is a friend who sticks closer than a brother, who
Is touched with tender compassion and has great love for you.*

*He knows all you're going through, and waits so patiently
For you to come and pour out to him all your misery.
He knows just how you feel, and he is touched with the same feeling.
He wants to take your brokenness, to give you peace and healing.
Yes, Jesus cares and understands all you're going through.
He is the same today, as yesterday, making all things new.
He is the all-wise counsellor, he longs for you to be
Touched with his tender compassion - he loves you tenderly.*



If you would like to find out more about God's tender compassion for you and about the offer of forgiveness and a fresh start through Jesus, please don't hesitate to be in touch. For Christians, Sunday morning worship is a weekly life-reset - a new beginning - as we, with honesty, face what we are really like and work for what we long to be.

With prayers for you, your friends, and family

Martyn and Ruth

For more information about the church:

Search **Abridge Village Church** on

Facebook or visit the **website:**

www.abridgevillagechurch.org

Also, via the Lambourne Parish
Council page

St Mary's Stapleford Abbotts

Lent Course starting Wednesday 25th February.



**The course will be via Zoom.
Every Wednesday at 7:30pm for 4 weeks.**

Session 1- February 25th

Session 2- March 4th

Session 3- March 11th

Session 4- March 18th



St GEORGE'S DAY CELEBRATION

Without rummaging through books of minutes of the Lambridge Group I did find a menu I had printed for this event in 2010. I know we held the function many times prior to that date, and we have run this very successful event ever since.

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

This year, it will be on Saturday, April 25th in Abridge Village Hall. We will provide a 4-course roast beef meal, cooked and served by our group members. Tickets will be limited so please put your order in ASAP. You will be entertained throughout the evening by Sam Knight who proved very popular last year. The cost per person is £32 a head. Please let me know on booking if there are any special dietary requirements.

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

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

Freda Filby 01992 81 2405 or 07742943479

Mary McElarney 01992 81 2606 or 07746741184



**DONATE
& EAT CAKE!**

**YOUNG LIVES
vs CANCER**

CHARITY CAKE SALE

Sunday 8th March, 1-5pm

40 New Farm Drive, Abridge, RM4 1BT



**ON 29TH MAY 2026, JAMES ROE WILL BE TAKING ON THE MOUNT
EVEREST MARATHON – THE WORLD'S HIGHEST AND MOST EXTREME
MARATHON – TO RAISE £50,000 FOR YOUNG LIVES VS CANCER,
IN MEMORY OF HIS STEPSON, LOGAN FALCONER.
PLEASE DONATE IF YOU CAN!**



In January, the Lambourne and Abridge Potato Club held their annual lunch. In the potato world, this is always a big deal — but this year was even more special as we celebrated our 90th anniversary.

The project '90 for 90' saw us try to get 90 seed potatoes grown in this special year. Well, we surpassed that target and have ensured the club gains new members by engaging with local residents, as well as with Lambourne Primary School and the local Cubs and Beavers associations. Our efforts led to the club — and the village — appearing on US TV, which in turn was picked up by people as far away as Australia. Closer to home, the club also featured on BBC Radio Essex and in local magazines and newspapers!

Our meal was provided by the Lambridge Group, a village fundraising team that has been supporting local causes since 1977. We enjoyed a starter of soup (lobster bisque or carrot and coriander), lamb shank with vegetables and glorious roast potatoes, all topped off with apple and rhubarb crumble, cheeses and coffee!

We awarded our prize growers. This year, Derek Oram scooped the largest crop and the biggest spud — congratulations, Derek! We also awarded Barbara Amondson with the year's best potato and Barry Morfee for the smallest crop. So, as you can see, we don't take ourselves too seriously.

We welcomed our first ever Potato Press Officer, Helen Gleeson, who will try to drag the club into the 21st century. We sang the Abridge Potato

Song, led by our resident baritone Brian Goldsworthy, and then handed out this year's spuds.

If you'd like to know more about joining the club and see how your potato growing skills measure up, please get in touch.

Our club secretary is Duncan Bass (07423 453978), club treasurer Neil Turner (07584 054809) and club groupie Liam Laws (07814 781262). You

can also find us on Instagram: **abr.idgepotatoclub**

It's £5 to join the club — but you do get a free potato.





LAMBOURNE PARISH COUNCIL

www.lambourneparishcouncil.gov.uk

Serving the Communities of Abridge & Lambourne End

07716 124508

Email: theclerk@lambourneparishcouncil.gov.uk

COMMUNITY MEETING

Friday 20th March, 7pm 📍 Abridge Cricket Club

Do you love Abridge's Christmas lights? 🎅 ✨

We're looking for residents and local businesses who'd like to help keep our Christmas lights and lighting event going strong.

Come along, get involved, and help make it happen!

Please spread the word.

🍷 **Bar will be open!**

Parish Council Meetings

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

Our next Parish Council Meetings are:

March 11th Abridge Village Hall 7.45pm

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

May 13th Abridge Village Hall 7.45pm

Every is welcome to attend our meetings. There will be time, at the beginning, where residents can talk with the councillors about any concerns or ideas they might have.

Details of the agenda and any planning applications are on the 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.

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

Fly tipping still is a major problem in our Parish, 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.

If you have something that is too large for your bin then you can arrange for a special collection via the Epping Forest District Council website <https://www.eppingforestdc.gov.uk/recycling-and-rubbish/request-a-special-collection/> They collect Fridge/freezers, washing machines, dishwashers, microwaves, ovens, TV, large pieces of furniture and beds

Emergency Highways Issues - Out of Hours

All non-emergency issues can be reported and tracked at: www.essexhighways.org/track-it If you feel that the issue could affect public safety, then please call Essex Highways Out of Hours on **0345 603 7631** and wait for the option to speak to the operator.

THANK YOU!



Lambourne Parish Council would like to say **THANK YOU** to Terry Jones of Hamar Acrylic Fabrications www.hamaracrylic.com (020 7739 2907) for donating the new sign for the Village Hall playground.

Epping & Harlow Community Transport is a not-for-profit organisation.

The Role of a volunteer driver is to offer a safe transport to and from specified destinations for our members.

The team take pride in delivering a reliable, high-quality, service to those with restricted access, getting to know our passengers; offering a transport service that is personal, dependable, and friendly.

We're looking for people with an out-going personality, caring, professional approach, a sense of humour and willing to go that extra mile.

Benefits of the role

1. Mileage reimbursement.
2. A comprehensive induction, relevant training and a team who will support you.
3. New skills and experiences.
4. Opportunities to provide feedback and suggestions as to how we can continually improve our services.
5. A sense of satisfaction in knowing you are helping in your community.
6. Opportunities to attend coffee mornings with other casual/volunteer drivers.
7. Flexible volunteering on an ad-hoc basis which fits around your commitments.

- Is reliable, trustworthy and can commit to the service.
- Can work on their own but knows when to ask for assistance and communicates well.
- Respects confidentiality.
- Is competent and confident driver.
- Interpersonal/Communication skills.
- The Charity requires anyone working with our members to undertake an enhanced level disclosure and barring service check. Repeat checks are required every 3 years.



LAMBOURNE PARISH COUNCIL

www.lambourneparishcouncil.org

Serving the Communities of Abridge & Lambourne End

Lambourne Parish Council is seeking a local resident or business to carry out small maintenance jobs around the parish.

To work for the Parish Council, you would need to provide evidence of your own public liability insurance.

If you would like to be added to the Council's list of approved contractors, please email theclerk@lambourneparishcouncil.gov.uk

Restaurant Review

For our first restaurant review of 2026 we decided to visit Abridge's newest restaurant, Mala at the Rodings – Indian Kitchen and Cocktail Lounge, 18 Market Place, Abridge, RM4 1UA – tel: 0203 665 1667. Kitchen opening hours: Monday – closed, Tues-Thurs 5.00pm to 10.00 pm. Fri-Sun 1.00pm to 10pm. Bar opening hours: Monday – closed, Tues-Thurs & Sun 5.00pm to 12.00. Fri-Sat 1.00pm to 1.00am.

Mala was founded in 1984 in St Katherine Dock – after 35 memorable years by the marina, the restaurant moved in 2019 to the riverfront in Canary Wharf. In 2025 Mala began a new chapter in Abridge, housed in a beautifully preserved 16th century building where Mala continues to celebrate Punjabi heritage through vibrant, wholesome dishes with traditional flavours.

We visited on a Saturday evening and met up for pre-dinner gin and tonics in Mala's very comfortable lounge bar – a very nice start to our evening. There is also a piano bar and throughout the evening we enjoyed the music performed by an excellent pianist.

The restaurant was busy and buzzy and we were served by a friendly and helpful waiter. The evening menu consists of Starters, Mains, Biryani, Tandoori Clay Oven, The Mala Tandoori Feast, Vegetarian, Breads, Rices, Accompaniments and Desserts as well as a full drinks menu.

We selected our wine, Libero Arbitrio Dacastello (13% Italy) – £28 – a delicious red wine, rich, rounded and smooth which we really enjoyed whilst perusing the very interesting menu, full of all our favourites but with plenty of dishes we were not familiar with. It is always a joy mulling over a menu and having to make a decision – will it be an old favourite or something new and exciting?

We started our meal with poppadoms with a selection of dips – followed by **Aloo Samosa** – Triangular deep-fried pastry parcels, stuffed with seasoned spiced potato mash and veg (£8) and **Amritsari Machi Pakora** – juliennes of fresh Talapia fillets in a spiced crispy batter accompanied with a lightly spiced coriander mint chutney (£10). The poppadoms were lovely

and crisp – slightly different to most served in Indian restaurants and the starters were spot on too.

We ordered two Pilau Rices (£5) and a Sag Aloo (£10) to share with our meal.

Barbara selected from the Main Menu - **King Prawn Tawa Masala** – succulent king prawns seared on the iron tawa and finished in a richly spiced tomato, garlic, green chilli and onion masala with fragrant Indian aromatics (£18). The king prawns were cooked lovely, the spiced tomato, garlic, green chilli and onion masala with fragrant Indian aromatics was quite spicy for me. I did enjoy my meal, will definitely go back to try one of the many other dishes on the menu.

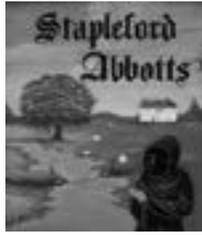
Felicity decided on a dish from the Tandoori Clay Oven - **The Classic Murgh Tikka** –marinated in aromatic tandoori spices and yogurt, barbecued to perfection with a hint of smokiness (£15). I do love a chicken tikka so, after much thought, decided on a slightly different styled tikka. I really enjoyed my meal, tasty and just the right spiciness for me and piping hot. I am looking forward to trying some of the exciting sounding dishes on the menu.

Linda chose a dish from the Main Menu – **Heritage Lamb Shank** – a slow cooked lamb shank enriched with traditional Indian spices, served in a rich, fragrant gravy (£19). The lamb was cooked lovely and just fell off the bone, it was a large shank and I needed help from both Felicity and Barb in order to finish it. It was delicious and would certainly order again

All in all a very pleasant evening: relaxing pre-dinner drinks in a really pleasant bar, delicious food served in a very tastefully decorated restaurant which accentuated the beautiful building and great service.

It seems that Abridge is fast becoming a culinary hot spot!!

LinkUp Editors



STAPLEFORD ABBOTTS PARISH COUNCIL

Welcome to the March bulleting from Stapleford Abbots Parish Council!

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.

Abbott's Chase

Work continues on site and hopefully once the road into the site is complete (and the weather improves) vehicles will be able to gain proper access for their operations, and the pressure on the main road will be lifted.

Apologies for the error as regards the site hours published last month. The correct times 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 open for residents, and the Hill Group team are on: jimbrown@hill.co.uk and chrisdiggle@hill.co.uk

The 100 Club – Think of a Number!

The 100 Club – a lottery run for fundraising at St Mary’s Church needs your support! There are some spare numbers open, and it’s £2 per month, so £24 annual cost, be entered into their monthly draw. Half the proceeds are donated to church funds, and there are cash prizes of £50, £25, £15 and £10 (or pro-rata if there are less than 100 tickets in the draw). For more information please call Mandy McCormack on 07753 932041 or email mandymccormack8@gmail.com

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.essexwellbeingsservice.co.uk
www.essexrcc.org.uk
www.communityagentsessex.org.uk

Social Car Scheme

We know that local transport is important, especially for the elderly and those with mobility needs, so worth consideration is EFCT's Social Car Scheme, where members join for an annual fee of £15 and can book rides

for reasonable fares to doctor's, tube stations and shopping centres in the vicinity. To find out more, call 01992 579556 and speak to the transport group. The Welfare Trust may be able to assist with funding if required – please call 0333 006 4570 to discuss.

Stapleford on the Net!

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

District Councillors

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

cllr.camos@eppingforestdc.gov.uk

cllr.sjones@eppingforestdc.gov.uk

cllr.tcornish@eppingforestdc.gov.uk

County Councillor

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

cllr.jaymey.mcivor@essex.gov.uk

We are recruiting...

SAPC has a vacancy for a Parish Councillor - so if you like to get things done, care about the Village you live in, and would like to make a difference, we'd like to hear about it. Please get in touch with us for further information on the following email address: staplefordabbottsparishcouncil@gmail.com

Our Next Meetings:

- **Tuesday 3 March 2026**

- **Tuesday 7 April 2026**

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

All the very best to you,
Stapleford Abbots Parish Council

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

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

SMALL ADVERT

GOLF EQUIPMENT

**Bags, Irons, Woods, Hybrids, Balls (Small size shoes)
(Repairs and Regripping)
All Available Local to you
Ring John
07860171021
Stapleford Abbots
RM4 1LT**

Pen Picture of a Local Resident

This week we are getting to know **Laura Harris**. Laura grew up in Woodford Green with her parents and brother. She attended Ilford County High School, but didn't like it at all – she would have much rather been out socialising with her friends. Laura grew up as part of a large Jewish community and she especially enjoyed being a member of the Jewish Lads and Girls Brigade. This enabled her to meet people from all over the country at camps, including meeting her best friend at a camp in Liverpool after which they visited each other every other weekend.

Laura had a wide circle of friends – most of who she is still friends with. Her mum ran an “open house” with people popping in from all parts of the country – one big happy family home.

After finishing her exams, Laura just didn't know which career path to follow, so she learnt the trade of barbering (which has always been handy) and went into the family business.

At a camp, 40 years ago, Laura met her future husband. He was running the camp and she was running the entertainment for thousands of children aged 11 to 18 – hectic but great fun.

Laura and Laurence were married after 1 year together and Laura continued with mobile hairdressing. Their first daughter, Carly was born in 1987, Joelle in 1989 and in 1991, Jaimie was born (at 24 weeks and weighing only 1lb 3 oz).

Laura and her husband downsized to a bungalow (with an upstairs) in Abridge in January 2024. She says that she walked into the property, saw the fields at the bottom of the garden, just fell in love with it and knew it was the place for them.

There were no problems settling into Abridge – immediately they became part of a lovely community which was a blessing as Laurence had been poorly. Laurence discovered the Bridge Club and Laura found the Art Club.

When her children were little, Laura started working at their nursery and went on to adult education classes. From there she went to Teacher Training College and after obtaining her degree she studied for many extra exams in Early Childhood Education. Laura's career as a primary school teacher spanned 12 years.

In 2009, Laura's career took a change of path leading to tutoring. When covid lockdown was in force Laura began tutoring in secondary schools covering English and Maths with a special interest in English Literature for GCSE levels which she absolutely loves. She tutors for 3 hours per day, Monday to Thursday and gets to know children from all different schools. Laura explained that children are motivated by Zoom and that she doesn't have one child who is not lovely. She builds up relationships over a couple of years and has very successful results.

Laura's three daughters live in Epping, Dunmow and New Jersey, (where she visited in July and loved it.) Laura manages to keep her barbering skills up to date via her grandchildren - 3 boys and 1 girl.

As Laura enjoys living in Abridge she knew it would be ideal for her mum (Nina) who moved from Buckhurst Hill to Middle Boy recently. Nina has settled in nicely and become a member of Come and Chat and the Sunflower Club in fact this year she won the prize for the biggest sunflower head in the yearly competition. Nina is now getting back to her old self after recovering from a hip operation

Art has become Laura's favourite hobby having picked it back up around 10 years ago. Around then a friend mentioned that she had begun mosaicing and glass fusing at a class in Gants Hill. Immediately Laura loved this class but you do need a kiln for glass fusing which she hasn't got, so now she concentrates on mosaicing.

After moving to Abridge, Laura saw the Art Club in the list of clubs in LinkUp, telephoned Peter, the organiser and went along. She now spends all Wednesday there – Laura says it is the best day of her week. She takes her lunch and there is tea and coffee on tap. She has especially enjoyed making mosaics of Rock Stars and has a Hall of Fame in her bungalow. Having now run out of wall space, Laura has begun selling her artwork.

Family is very important to Laura and hers do lots of lovely things together. In school holidays they often go away together, Mum, Laura's 3 girls and the grandchildren.

Up until covid, Laura was a volunteer for Meals on Wheels for the elderly, a role she found hugely rewarding.

Music, mainly rock and pop, brings great pleasure to Laura and in their family Monday night is quiz night on the television – something they love.

Travelling is a big hobby, including cruising and recently they drove round the USA. They have travelled extensively and say Spain is a perennial favourite.

Laura says she loves living in Abridge, it's just the whole feel of the village. She enjoys the fact that everyone says 'hello' - it's a chatty community and there is plenty going on. Laura is a member of the Art and Sunflower Clubs.

The front cover of LinkUp this month's is a photo of a mosaic that Laura has recently completed, drawing inspiration from one of her favourite walks – past the school, through the village, up New Farm Drive, through the Bluebell Woods taking in the Church, and the Alpacas. What a stunning project – completed at Abridge Art Club.

LinkUp Editors

Moving into March

March often arrives with a quiet sense of promise - and a gentle sense of moving forwards.

The days are stretching a little longer, and you'll notice signs of life returning - buds on trees, daffodils pushing through, birdsong becoming just that bit louder. A walk through our fields and woods at this time of year can feel especially grounding, reminding us that growth begins long before it is visible.

Unlike February, which asks us to rest and restore, March gently invites us to re-engage - not at full speed, but with curiosity. It's a month for noticing what pulls your attention and what quietly sparks interest.

March can feel conflicting. We're encouraged to move forward, yet part of us may still be emerging from winter mode. That doesn't mean something's wrong - it means we are in tune with our own rhythm. Nature doesn't leap from dormancy to full bloom. It responds to the right conditions, not the calendar - and so can we.

Rather than overhauling everything, March is a powerful time to ask:

- What feels ready to move or shift - even gently?
- Where do I sense energy returning?
- What would support me to take one small step forward?

Simple practices can help anchor this shift:

- Spending time outdoors to reconnect with rhythm and perspective
- Letting daylight guide your mornings and evenings a little more
- Paying attention to what feels expansive rather than draining

You don't need to have it all mapped out. March simply asks you to begin noticing - and to trust that clarity grows through gentle forward movement.

Wishing you a grounded, gently energising March.

Alison Middleton Timms
Your friendly local wellbeing practitioner
www.amity-health.com
Alison@amity-health.com

PUZZLE PAGE

From the clues given find word ending ling. the answers are in alphabetical order. There may be other answers from the one shown.

- 1)Suffering.
- 2)A sedentary sport.
- 3)Very bad.
- 4)Invoicing.
- 5)Speaking on telephone.
- 6)Overbright
- 7)Taking a chance.
- 8)Holding possibly dishonestly
- 9)Throwing.
- 10)Dragging.
- 11)Verdict.
- 12)Like some wine.
- 13)Unnerving.
- 14)Usually on a bathroom shower.
- 15)Agreeable.

Rotate for Answers

- 1) Ailing
- 2) Angling
- 3) Appalling
- 4) Billing
- 5) Calling
- 6) Dazzling
- 7) Gambling
- 8) Handling
- 9) Hurling
- 10) Pulling
- 11) Ruling
- 12) Sparkling
- 13) Startling
- 14) Tiling

By a Villager

QUIET DAY

MONDAY 30TH MARCH 2026



RETREAT HOUSE PLESHEY CM3 1HA

Meeting at Pleshey at 10:30am.

People requiring transport please ask.

The cost including lunch is £22 per head.

The Diocesan Retreat House Pleshey is set in one of the most attractive villages in Essex. This is a chance to get away from the hustle & bustle of daily life and remain quiet or have relaxed discussions within the atmosphere of peace. If you would like to come, please book through Roger.

Tel: 01992 523849

Email: rogergayler@btinternet.com



THE CIRCUS IS COMING TO ABRIDGE!

FRIDAY 12 JUNE

FROM 3:30PM
BIG TOP OPENS 5PM

ABRIDGE VILLAGE HALL

39 ONGAR ROAD,
ABRIDGE, RM4 1UD

★ **£15 PER PERSON** ★

*UNDER 12M GO FREE
(ON LAPS ONLY)



**BOOK
HERE**



www.pta-events.com/lambournepta

STAPLEFORD ABBOTTS VILLAGE HALL

www.savh.co.uk e-mail: 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
Cardio Box	David Nash	0208 5007021
Bridge Club	Malcolm	01992 420888
Christmas Lighting Fund	Derek Hardy	01992 814599
Come and Chat Morning	Lesley Nash	07983 161451
Cricket Club Enquiries	David Coles (Chairman)	01277 366284
Cricket Club Colts	Cyrus Langford	07958 734084
Forever Young Table Tennis	Peter Rose	07818 475650
Karate	Daniel Cuthbert	07804 813705
Lambridge Group	Freda Filby	01992 812405
Little Bee Play Group	Sarah Barnett	07985 425592
Pilates	Debbi Scarfe	07739 092946
Potato Club	Neil Turner	07584 054809
	Duncan Bass	07423 453978
Senior Bootcamp	Josie Myson	07733 473808
Short Mat Bowls	Peter & Christine Berridge	07842 844433
Sunflower Club	Vicky Turner	07905 869177
Tai Chi	Ian Cuthbert	07802 481187

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

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

PRINTED BY MINUTEMAN PRESS.

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
Boxercise	5.00pm – 6.00pm
A Bridge Club	7:30pm
Ballroom Dancing Club	8pm

Wednesday

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

Thursday

Mini Ballet	10.00am – 10.30am
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



cine - slides - video 2 Dvd

**Have all your treasured memories
transferred to disc or USB**

- 8mm & 16mm cine films converted to DVD or USB
- VHS & camcorder tapes copied to DVD or USB
- 35mm slides, negatives & prints scanned and saved on disc. These can also be compiled into a slideshow with music and transferred to DVD or USB for viewing on your home TV.



Contact **Michael: 01708 735810** www.slides2disk.co.uk

Paws to Pamper

Grooming and Wellbeing



 Pet Grooming

 Puppy Grooming

 Hand Stripping

 Emmi-Pet Oral Treatments

 Paw-dicures

 Spa Treatments

 Secure Exercise Paddock to Hire

Caroline

Mob: 07957101979

Email: caroline@pawstopamper.co.uk



Care starts at home

From warm and friendly companionship, to specialised, practical care that puts loved ones needs and preferences first.

We are changing the way people think about home care.

Home Instead Epping Forest

01992 666 777

victoria.rigby@homeinstead.co.uk

homeinstead.co.uk/eppingforest

Each Home Instead franchise is independently owned and operated. ©Home Instead 2026

Our Care

- Home Help
- Companionship
- Personal Care
- Dementia Care
- Live-in Care

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

Linda D, daughter of a client



 @ABRIDGEFLORIST

**ABRIDGE
FLORIST**

01992 812 887

MARKET PLACE ABRIDGE RM4 1UA

ABRIDGEFLORIST@GMAIL.COM

Qualified Part F Registered Approved Electrician

JE ELECTRICAL

Electrical Installation
&
Maintenance Engineer

Fuse board upgrades
 Full/Partial rewires
 Car charging installation points
 Landlord Electrical Safety
 Certificates
 Mobile: 07739 424719
 Office: 01992 814891
 Free no
 obligation,
 Affordable, Realistic
 quotations

CLEANING EXPERT

**D&S CLEANING
SERVICES**

- Carpets •
- Upholstery •
(Fabric & Leather)
- Curtains •
- Stainguarding •
- Odour Removal •
- Patio Cleaning •

For top quality work at
affordable prices:

Tel: 020 8514 4282 Mobile: 07973 391 860
(Over 20 years experience)

To advertise
in this space
please contact
Vicky by email
vickyturner.linkup@aol.com



DREW & SON

INDEPENDENT FAMILY
FUNERAL DIRECTORS

YOUR VILLAGE FAMILY FUNERAL DIRECTORS



01992 676181
drewandsoninfo@gmail.com
www.drewfunerals.co.uk



- **Conveniently located in Abridge & Theydon Bois**
- **Providing for all your funeral requirements**
 - **Funeral Plans available**
 - **24 hour call out service**

Abridge office: **THE WHITE HOUSE, MARKET PLACE, ABRIDGE RM4 1UA**
Theydon Bois office: **1 STATION APPROACH, THEYDON BOIS CM16 7EU**

Parking available



ZenAir

AIRCONDITIONER

COOL • HEAT • DEHUMIDIFY • FAN

0793 999 3235 • ZenAir.hello@gmail.com



maxx loft

lofts, extensions, conversion
complete building works

0793 999 3235
maxxloft@icloud.com



GARDEN SERVICES

All aspects of work undertaken and maintained

◇ Clearance ◇ Lawns ◇ Hedges etc ◇

CALL KEITH ON: 07785 598 223



Local Raw Honey

Lambourne / Stapleford

1/2 lb & 1 lb Jars

Please call Julian or Sue

07980975159

07717071245

Local delivery available

To advertise
in this space
please contact
Vicky by email

vickyturner.linkup@aol.com

TJ SATELLITES & AERIALS

TV Aerials - Freesat - Sky Installation - Extra TV Aerial - Sky Point Fitter
TV Set Up & Wall Mount Installation



Freeview - Freesat - Sky - YouView



Terry Johnson

Tel: 01708 341 896 Tel: 020 8508 3196 Mob: 07802 965 611
Email: info@tjsatellites-aerials.co.uk www.tjsatellites-aerials.co.uk

Secure Container Storage

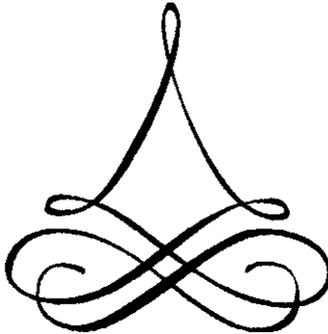
at Patch Park Farm, Ongar Road, Abridge RM4 1AA

Price start from just £30 per week plus VAT

Long term deals available (6 months +)

ID required

Contact James via email (JJS@patchpark.co.uk) or mobile (07850 577207)



E.K. JEWELLERS

HAND MADE JEWELLERY · REPAIRS · TROPHIES

GIFTS · REGISTERED VALUER

132 NEW NORTH ROAD
HAINAULT, ILFORD
ESSEX IG6 2XW
Tel - 020 8500 3191

To advertise in this space
please contact Vicky by email
vickyturner.linkup@aol.com

To advertise
in this space
please contact
Vicky by email

vickyturner.linkup@aol.com

ABRIDGE ELECTRICAL

NIC EIC Approved Contractor

- ALL WORK CERTIFIED & TESTED TO NEW PART P REGULATIONS
- FAULT FINDING • REWIRES & EXTENSIONS
 - EXTRA SOCKETS AND LIGHTS
 - SECURITY GARDEN LIGHTING
 - TEST & INSPECTION REPORTS
 - EXTRA PHONE/DATA POINTS
- ELECTRIC CAR CHARGING INSTALLATIONS

*For Professional Advice
call Michael Martin
Mobile: 07703 522 558
Tel: 01992 812 547*

SKIPPY



Telephone - 01708 755 449 - 07831 325 920



- Grab loader hire/muck away
- Mini digger with experienced and friendly drivers
- Aggregate & topsoil supplied
- Foundation & concrete works-excavated to council approval
- Soil & crushed hardcore delivered or collected from our Brentwood depot
- Soft & Hard Landscaping
- Ponds Constructed or filled in
- Sand & ballast delivered or collected
- Grass cutting & general maintenance

STAPLEFORD ABBOTTS VILLAGE HALL

Main Hall - Lounge Hall, Kitchen

Licensed Bar, Catering Available
Private Car Park

Available for Weddings, Parties,
Meetings etc

For Regular Weekly Activities
See Community Diary



All booking enquiries ring Liz on
07984 427260

info@savh.co.uk • www.savh.co.uk

To advertise
in this space
please contact
Vicky by email

vickyturner.linkup@aol.com



Financial Advice to help reach your goals.

I can build a bespoke financial plan that aims to help you reach your long-term goals in a way that suits your lifestyle and personal circumstances.



Contact me to see if financial advice is right for you.

Tony Martin *DiP CII*

Wealth Management Partner

T 07904 836 486 E tonymartin@truepotential.co.uk

www.truepotential.co.uk/tony-martin



With investing, your capital is at risk. Investments can fluctuate in value and you may get back less than you invest. This material is not a personal recommendation or financial advice and the investments referred to may not be suitable for all investors.

True Potential Wealth Management LLP is authorised and regulated by the Financial Conduct Authority, FRN 529810. www.fca.org.uk. Registered in England and Wales as a Limited Liability Partnership No. OC356611.



Maintenance & Handyman

- * Domestic Appliance Repairs
- * Electrical
- * Plumbing
- * General Repairs



Free Estimate

Home: 01992848518
Mobile: 07718 865221

Creative & marketing support
for growing businesses.

When it's not quite right, it shows.

Turtledove Creative helps businesses get clear on what they do and make sure it all fits together.

Based in Abridge

turtledovecreative.com



Euro Fuels

YOUR LOCAL INDEPENDENT FUEL SUPPLIER

- Home & Commercial Heating Oil
- Quick & Efficient Deliveries
- Reliable & Friendly Service
- Fast Response Time For Urgent Deliveries
- Smaller Tanker For Difficult Deliveries

01708 688415 01708 688679

You can order online at eurofuels.co.uk

Patch Park Farm, Ongar Road, Abridge, Essex, RM4 1AA

www.autoaccesscontrol.co.uk

autoaccesscontrol@btinternet.com

Electric Gates

Since 1985

Safety to EN Standard

020 8500 1599



07711 091910

Repair Spare
Force Testing to EN Standard 12453

Job start to finish

Wooden Gates, Cantilever Gates, Sliding Gates, Metal Gates
Brickwork, Railings, Walls and Fences, Entry Phones etc.
Automatic Gates by Solar Panel, Automatic Rising Bollards

Auto Access Control
Shaw Cottage, Gravel Lane, Chigwell, Essex IG7 6DQ



BATTERY POWERED AUTOMATIC BOLLARD

- Top **SECURITY** device
- Ideal for **RESIDENTIAL** driveways, **PRIVATE** parking spaces & **SMALL** Commercial premises
- Cost effective: 3-6 months per charge
- Reliable mechanism: works in winter
- Manual override included
- We handle repairs & spares
- No trenching or cables
- Quick installation: Installed in one visit

www.autoaccesscontrol.co.uk
autoaccesscontrol@btinternet.com
020 8500 1599 • 07711 091910



BROOKSIDE GARAGE



GRAVEL LANE, CHIGWELL. IG7 6DQ

TEL: 020 8500 3136

www.brooksidegarageservices.co.uk

Services Available

- | | | |
|--|--|---|
| <input checked="" type="checkbox"/> Car Service | <input checked="" type="checkbox"/> Exhaust Repair & Replacement | <input checked="" type="checkbox"/> Fleet Maintenance |
| <input checked="" type="checkbox"/> Car Repair | <input checked="" type="checkbox"/> Brake Service & Repair | <input checked="" type="checkbox"/> Breakdown Recovery |
| <input checked="" type="checkbox"/> Van & LCV Service & Repair | <input checked="" type="checkbox"/> Tyre Fitting & Repair | <input checked="" type="checkbox"/> Car Collection & Delivery |
| <input checked="" type="checkbox"/> MOT Test Centre | <input checked="" type="checkbox"/> Air Conditioning Service | <input checked="" type="checkbox"/> While You Wait Appointments |
| <input checked="" type="checkbox"/> Electronic Diagnostics | <input checked="" type="checkbox"/> Clutch Replacement & Repair | <input checked="" type="checkbox"/> Service & MOT Motor homes up to 6,500kg |
| <input checked="" type="checkbox"/> Car Battery replacement | <input checked="" type="checkbox"/> Diesel Specialist | <input checked="" type="checkbox"/> Electrical Work |

At Brookside we offer servicing from fully trained and experienced mechanics, on all vehicles from modern family cars through to 4x4 vehicles and commercial vehicles, back to older and classic cars that need that loving touch. We also carry out MOT's Class 4, 5 & 7 on site.

For more information call us on 0208 500 3136

or email us at enquiries@brooksidegravellane.co.uk



Daniel Robinson & Sons

your local

Independent Family Funeral Directors

Est. 1892

Friendly, personal & professional services
at your time of need

Located in the very heart of the community
in Epping & Loughton

Contemporary, traditional, simple & direct funerals

24 hour service for families, every day of the year

Free recording of Funeral Wishes available

Epping 01992 560890
Loughton 020 8508 1008
enquiries@drobinson.co.uk
www.drobinson.co.uk



To advertise in this space
please contact Vicky by email
vickyturner.linkup@aol.com



Plumbing & Heating

Small Building Work Undertaken



R.J. MARSH

01992 813042

020 8556 0065

Mobile 07973 760440



To advertise
in this space
please contact
Vicky by email

vickyturner.linkup@aol.com

Television and Aerial Service



Tuning - Installation - Wall
Brackets - Aerial Upgrades
- Sales - Repairs

If you require help or advice
call **ROBERT** on:

01708 769 507 or
07904 538 008

Over 30 years experience



FREE ESTIMATES
ALL COMMERCIAL &
DOMESTIC WORK
PITCHED ROOFS & FLAT
ROOFS
SLATING, TILING,
LEADWORK,
FELT & RUBBER ROOFS
UPVC ROOFLINE

**M.C.HEASMAN
(ROOFING) LTD**

MALCOLM HEASMAN

01277 374410

07785 291834

malcolm@heasmanroofing.co.uk

www.heasmanroofing.co.uk

Watton Green Works,
Horseman Side,
Brentwood CM14 5SU



DRIVEWAY & PATIO SPECIALISTS

Driveways ♦ Patios ♦ Brickwork
Decking ♦ Fencing & Gates
Artificial Grass

Let us know how we can help you
CONTACT 01277 412 522 07877 496 903

haydenlandscapes@hotmail.co.uk

www.haydenlandscapes.co.uk

 haydenlandscapes

WEST ESSEX WILLS

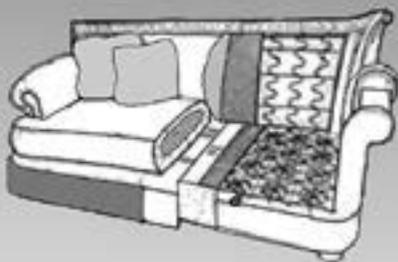
**EFFICIENT, PERSONAL, PROFESSIONAL SERVICE
40 YEARS OF LEGAL EXPERIENCE, FULLY INSURED**

POWERS OF ATTORNEY

**Instructions taken in the
comfort of your own home**

*Call: **Patrick Horgan** ww 01992 814 313 or 07727 233 280*

*Mail: West Essex Wills Ltd,
23 Fir Trees Abridge Essex RM4 1DG*



Sofa & Chair Repair & Reupholstery

Springs, Cushions, Frames, Dining Chair Seats etc.

No Job Too Small

Call Mickey on 07801 668 750

**To advertise
in this space
please contact
Vicky by email**

vickyturner.linkup@aol.com

To advertise in this space
please contact Vicky by email
vickyturner.linkup@aol.com

Approach Roofing Ltd.

All roofing work undertaken.
Both traditional and modern style roofs.
UVPC - Fascia - Soffit - Guttering

25 years+ experience
Call anytime: 07722805917
ApproachRoofing@AOL.com



To advertise
in this space
please contact
Vicky by email

vickyturner.linkup@aol.com

Bailey's Rubbish Clearance

Bailey's Rubbish Clearance is a well established rubbish removal company, who has built up an enviable reputation over the last 40 years. We pride ourselves on our commitment to provide a professional and speedy service at all times, whilst maintaining the highest quality of work.

Why choose us?

- 7 days a week collection service
- Same day service available
- Over 40 years Experience
- Free Estimates
- Fully Licensed
- Competitive
- We recycle what can be recycled

We cover all of: Redbridge,
Epping Forest, Havering,
Barking & Dagenham and
East London.

Contact details:

Mobile: 07969360753
Landline: 02085009159
Email: Damenbailey1989@hotmail.co.uk
Website: Bailey's Rubbish Clearance



JEANETTE EXPERIENCED FREELANCE HAIRDRESSER



- CUTTING
- FOILS
- TINTS
- PERMS

LADIES, GENTS
& CHILDREN WELCOME

IN THE COMFORT
OF YOUR OWN HOME



PLEASE CALL

MOBILE: 07929 269359

LOCKSMITHS

LOCKOUTS • LOCKS
CHANGED
ALSO SUPPLIED & FITTED

FULLY TRAINED
RELIABLE LOCAL
SERVICE

CRB CHECKED

CALL ROBERT ALLEN ON:

01708 769 507

07904 538 008



T.Cribb & Sons

Family owned Funeral Directors and Carriage Masters

LATEST JAGUAR FLEET
 VINTAGE AND HORSE DRAWN HEARSE
 PRE-PAID FUNERAL PLANS
 NATIONWIDE REPATRIATION • MEMORIALS
0203 9449217

BARKING - BECKTON - BENFLEET - CANNING TOWN - CHADWELL HEATH
 CRANHAM - DEBDEN - ELM PARK - HACKNEY - HORNCHURCH - LEIGH-ON-SEA
 LOUGHTON - PITSEA - RAINHAM - UPMINSTER - WEST HAM



WWW.TCRIBB.CO.UK
 HEAD OFFICE: VICTORIA HOUSE, 10 WOOLWICH MANOR WAY, BECKTON E6 5PA

Your source for Happy Healthy Pets

Ravens
ANIMAL FEED



91 London Road, Abridge. 01992 568901

Feeding our communities beloved animals. Quality feed & supplies for Dogs, Cats, Horses and more!



Lambourne End Parish

Room hall to rent

New Road, Lambourne End, RM4
1AL

Our hall is available for residents of Abridge, Lambourne End and Stapleford Abbots.

TO ENQUIRE AND MAKE A BOOKING PLEASE CALL THE BOOKING TEAM ON 07702 200381 OR 07393 316981

(Maximum capacity 50 people)



Computer-Shooter

Brilliant Computer Services

- PC and Laptop Servicing
- Virus and Spyware Removal
- Sluggish Performance Corrected
- Wired / Wireless Networks Installed
- Tutoring
- VERY Reliable
- Fully Insured

CALL ME - NOT A CALL CENTRE

**07748 278 392 or
020 8500 0323**

www.computer-shooter.com
support@computer-shooter.com

To advertise
in this space
please contact
Vicky by email

vickyturner.linkup@aol.com

#one2onediet

Join The 1:1 Diet
and get your
very own weight loss
cheerer-onner



Flexible Plans

Free consultations

One-to-one support

Expert Consultants

Long term weight management



Cindy 07939 110903 or
Bernie 07946 008996

Mobile or Centre appointments

THE 1:1 DIET



ST GEORGE'S PEST CONTROL LTD

Pest Control Specialists

- All Rodent, Insect & Bird Pests
- Professional, Reliable, Affordable
- Fast Response 7 Days a Week

020 8242 9976

*Look out for wasps entering eaves and roof tiles
as early as May/June, you may have a nest!*

Call us for prompt treatment or removal



www.stgeorgespestcontrol.co.uk
email: sales@stgeorgespestcontrol.co.uk



To advertise
in this space
please contact
Vicky by email

vickyturner.linkup@aol.com



ALAN DAVIS GARDENING SERVICES

GARDEN MAINTENANCE
SPRING & AUTUMN TIDY UP
LAWN CUTTING
WEEDING
OVERGROWN GARDENS CLEARED
FULLY INSURED

01708 704 544
07854 268734



Andy Hubbard - Plastering Service



All aspects of plastering,
rendering, skimming and
pebble dashing.

Wall and floor tiling and coving.

Doors and Windows

Facias, Soffits and Guttering

Contact Andy on:

Tel: 01992 815 987 or

Mobile: 07966 232 945

To advertise
in this space
please contact
Vicky by email

vickyturner.linkup@aol.com

JRS Accounts Ltd

Just Really Simple Accounts...

We offer the following services to Limited
Companies, Sole Traders and Individuals:

- Accounting Services
- Book-keeping Services
- VAT Returns
- Corporation Tax Services
- Maintaining Companies House
- Payroll Services
- Personal Taxation
- Small Business Support
- Company Set Up

And much more!



01992 812 445

info@jrsaccounts.co.uk

jrsaccounts.co.uk

SIMON *Hills*

Your Local Property Expert

Covering Abridge and Surroundings

- ☎ 01992 367 136
- ☎ 07746 325 532
- ✉ simon.hills@theagencyuk.com
- 🌐 www.simonhills.co.uk
- 👤 Simon Hills Estate Agent
- 📱 [Simonhills_estates](https://www.instagram.com/Simonhills_estates)

Scan here to find out how
much your home is worth



TA
UK
LONDON



PRINTING SERVICES

BROCHURES & NEWSLETTERS

BOOKLETS & STATIONERY

FUNERAL ORDER OF SERVICE

PHOTO RESTORATION

LEAFLETS & BUSINESS CARDS



uk307@minutemanpress.com

020 8592 1166

RAVEN'S Budgens

Monday - Sunday 6.30am - 10pm

*some dishes oven cook only

COOK

Remarkable Food For Your Freezer



Homemade Taste.
Ready in Minutes*



Lasagne Al Forno

Laithwaite's
FINE WINE

COSTA
EXPRESS



Budgens OF ABRIDGE

Open 6.30am-10pm every day
01992 815350

91 London Road
Abridge
Essex
RM4 1XL