Link Up

THE MONTHLY COMMUNITY MAGAZINE
of Abridge, Lambourne End & Stapleford Abbots





MESSAGE FROM THE EDITORS

Welcome to the November edition of Link Up. The weather has certainly changed and after such a hot summer, we are really noticing a drop in the temperature. Please take some time to check on elderly or vulnerable neighbours as the days becomes colder and the nights longer. The Abridge lights will be switched on Sunday 29th November, we do hope that you can come and join us for this very special occasion. There are plenty of other Christmas events happening in the Parish all of which would welcome your support.

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

Barbara, Felicity, Linda

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

LINK UP PRODUCTION TEAM

Please send all copy for the December issue of Link Up by:
18th November 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 Abbotts, 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

November 2026

Refuse and Recycling Collections

Week Commencing Monday 2nd November Recycling, Green Waste and Food

Week Commencing Monday 9th November Refuse and Food Waste

Week Commencing Monday 16th November Recycling, Green Waste and Food

Week Commencing Monday 23rd November Refuse and Food Waste

Week Commencing Monday 30th November Recycling, Green Waste and Food

WHO'S WHO

DOCTORS: Dr D A Colvin and Dr B Isinkaye **01992 812 961**
Reception available 8am – 6.30pm Monday to Friday.

	Surgery doors	Doctor appointments	Nurse appointments
Monday	8am-6.30pm	9-11am & 4-6pm	9.00am-6.00pm
Tuesday	8am-6.30pm	9-11am & 4-6pm	9.00am-12.45pm
Wednesday	8am-6.30pm	9-11am & 2-6pm	8.00am-1.00pm
Thursday	8am-6.30pm	9-11am & 4-6pm	12.00noon-8.00pm
Friday	8am-6.30pm	9-11am & 4-6pm	

We also have attached staff at the surgery including a Dietician, Social Prescriber, Clinical Pharmacist & MSK Practitioner.

POLICE: Emergency calls: **999** and **112.** To report incidents of a non-urgent nature, telephone 101 Non-emergency number. Email: eppingforestnpt@essex.police.uk 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	**0203 859 6815**
Roman Catholic	Fr Tarciziu Erdes (Hainault)	**0208 500 3953**
	Fr Martin Fletcher (Epping)	**01992 572516**
	Fr Philip Denton(Stapleford Abbotts)	**01708 749050**

POST OFFICE **01992 814087**
E.F.D.C: Day and emergency **01992 564 000**
COUNTY CCLR: cllr.lee.scott@essex.gov.uk
DISTRICT CLLS: Abridge and Lambourne: Cllr Craig McCann
Cllr.cmccann@eppingforestdc.gov.uk
cllr.krizvi@eppingforestdc.gov.uk
cllr.dsunger@eppingforestdc.gov.uk
Stapleford: Cllr Heather Brady **01992 578 072**

PARISH Councils:
Clerks: Lambourne: theclerk@lambourneparishcouncil.gov.uk
www.lambourneparishcouncil.gov.uk **07716 124508**
Stapleford: Ellie Thomas
StaplefordAbbottsParishCouncil@gmail.com
www.staplefordabbotts.blogspot.co.uk

USEFUL TELEPHONE NUMBERS:

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

100 Club Draws – Results for October 2026

Abridge			Stapleford Abbotts		
1st	52	Denise Jennings	1st	1	Lisa Rawles
2nd	32	Timothy Barr	2nd	17	Phil Viney
3rd	66	Mr C Wholey	3rd	23	Fred Cheroomi
4th	47	Katie Langford	4th	39	Wendy Francis
		Josie Myson			*Mandy McCormack*

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 Barbara on 07443466274.

Up coming dates for your diary are:

Wednesday 11th November
Wednesday 25th November
Wednesday 9th December

LINK UP COMMUNITY DIARY

(all activities in Abridge Village Hall unless otherwise stated)

NOVEMBER

Tues	3rd	Stapleford Abbotts Parish Council *S.A. Village Hall*	7.15 pm
Wed	4th	Bingo	7.30 for 8.00
Sun	7th	Fireworks	7.30 pm
Wed	11th	Remembrance Day Service at Village Hall	10.45 am
Wed	11th	"Come and Chat" (Fish & Chips)	10.00 - 12.00
Wed	11th	Lambourne Parish Council	7.45 pm
Sun	15th	Christmas Market – *S.A. Village Hall*	10.00-2.00
Sat	21st	Christmas Market & Father Christmas	10.00-4.30
Wed	25th	"Come and Chat"	10.00 - 12.00
Sat	28th	Lambourne Church Working Party	10.00 - 12.00
Sun	29th	Christmas Lights in Market Place	4.00 for 4.30

DECEMBER

Tues	1st	Stapleford Abbotts Parish Council *S.A. Village Hall*	7.15 pm
Wed	2nd	Bingo	7.30 for 8.00
Fri	4th	Big Christmas Sing	7.30 pm
Wed	9th	"Come and Chat"	10.00 - 12.00
Wed	9th	Lambourne Parish Council	7.45 pm
Wed	24th	"Come and Chat"	10.00 - 12.00


St Mary's Stapleford Abbotts
Christmas Market
St Mary's Church
is holding a Christmas Market
in the village hall
Stapleford Road, Stapleford
Abbotts RM4 1EJ
on Sunday November 15th
from 10am to 2pm.
Stalls will include home made
cakes and preserves, jewellery,
books, and a
variety of Christmas goods.
Plus a Christmas Raffle.
Refreshments available all day
Staplefordabbottschurch.com





From your Link Up Churches

Churches Together for November

It may or may not surprise you to learn that there is a rise of interest in faith among the younger generations, particularly those of GenZ, who were born in the last 30 years. Many churches, including ours in the villages, are welcoming younger people who are curious about what Christians believe.



There may be all sorts of reasons for this. This generation has on the whole not had any experience of church and so they are curious; but also there's the fact that our so-called enlightened world has definitely not delivered the sense of purpose and fulfilment that they have longed for, but rather disaffection and despair. Human beings have always looked for meaning and genuine community, but sadly our broken and unpredictable world continues to let us down. So, people are looking for answers and a hopeful direction for themselves and those they love.

Christians have always maintained that this world is not what it should be and that we need to reconnect through Christ with a God of love who made us for God's self and for each other. There is so much more to life than what we experience with our senses, and only faith in the unseen can help us understand what happens to us and inspire us to do something about it.

Pope Leo on behalf of the Catholic Church speaks for all Christians when he says:

'*Life shines brightly not because we are rich, beautiful or powerful. Instead, it shines when we discover within ourselves the truth that we are called by God, have a vocation, have a mission, and that our lives serve something greater than ourselves*.'

During November, our Bible readings from Matthew's Gospel record what Jesus says about the big questions of life such as: What constitutes true happiness? What is true wisdom? What truly makes you rich? What does true love really look like?

Why not join us to explore these important issues in our gathered worship on a Sunday morning or at least read the stories for yourself at home and see what you think. Here are the references for those stories:

Sunday November 1st All Saints Day
Matthew 5:1-12
What is true happiness?



Sunday November 8th
Matthew 25:1-13
What is true wisdom?



Sunday November 15th
Matthew 25:14-30
What is true wealth?



Sunday November 22nd Christ the King
Matthew 25:31-46
What is true love?



Sunday November 29th Advent Sunday
Mark 13:24-37
What is true life?



With prayers for our village communities

Roger and Martyn

News from Abridge Village Church



November is a remembering month!



Not just the Act of Remembrance, which we will mark at St Mary's on **Sunday 8th** with our annual Churches Together service, followed by our gathering at the village hall memorial on Armistice Day itself, but also other remembering too.

The 1st of November is All Saints Day, when we remember those who have inspired us in the Christian Faith, and that includes many more than just those with title St. in front of their name!
And then **on the 5th**, we remember 'gunpowder, treason and plot' with Bonfire Night. Not that many people nowadays remember its connection with an event over 400 years ago but simply receive it as an excuse for a spectacular firework display.



November 2nd is All Souls' Day, known as 'the day of the dead' in many parts of the world, when people remember loved ones who have died. Families often visit cemeteries, clean gravesites, light candles, and leave flowers to remember those who have moved on from this life.
November 13th is the World Day of Remembrance for Road Traffic Victims, remembering people killed or seriously injured in car accidents, and it also acknowledges the work of the emergency services.
And finally, **on November 26th** there is Thanksgiving Day in America, which both looks back to the founding of that nation as well as being an

opportunity to give thanks for the past year's blessings over a shared meal.



Yes, November is a remembering month!
And remembrance plays a huge part in Christian worship too, of course. Our main service is one of remembrance, when in communion we break bread and drink wine to remember the death of Jesus, the gift of forgiveness, and the promise of resurrection. In our Free Church tradition here, this is a quite simple but reverent service which we celebrate each month. Jesus did not leave us lots of words and an elaborate ritual to follow but asked us to keep close to him by breaking bread, which represented his body and drinking the wine which represented his life poured out. It is one of the ways by which Christians come very close to God through Jesus.

Reflecting on remembrance, here is a short poem for this month:

Reasons for Remembrance

Remembrance is the Christian's daily bread.
'Do this in remembrance of me,' is what Jesus said.
And in this way, we can become one in Christ
through the sharing of one sacred crust.

Remembrance roots our present in a greater vision
and shapes our future with past provision.
In this way, we can grow up in faith
until we see him face-to-face.

Remembrance checks the forgetfulness
that repeats what hurts and makes us less.
And in this way, we can find the hope
of choosing life that does not stop.

Remembrance names our beloved ones,
partners, parents, daughters, sons.
And in this way, we can all keep close
to those we've lost and loved the most.

Remembrance is God's gift to you,
'Do this in remembrance of those you knew.'
And in this way, we will come at length
to live our lives with depth and strength



Please do join us, if you can, for gathered worship this month or let us know if we can remember you in prayer.

With our 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, on the Lambourne Parish Council page

Church of England
Lambourne and Stapleford Abbotts





Dear Readers,

After the delights of Autumn and Harvest we move through Remembrance tide into winter, whatever that will be like this year.

Remembrance Sunday is on November 8th and Lambourne and Stapleford Abbotts have a service at 10.30am. As we remember all those who have died in the past wars it is sobering to think of the numbers killed through the fighting around the world this year.
The lessons soon to have eluded us.

On Remembrance Day itself we gather at Abridge Village Hall at 10.45 where we will be joined by Lambourne School for the two minutes silence. After the service we go on to lay a wreath at Stapleford Airfield.

The Annual Stapleford Abbotts Christmas Market is from 10-2.00pm on Sunday 15th in Stapleford Abbotts Village Hall. The variety of stalls is great and the refreshments are amazing - the soups are legendary. Come and see.

Come and join us to sing carols at the switching on the Christmas Lights at 4.00pm on Sunday 29th in the Market Place.

Book your place for The Big Christmas Sing, our traditional way of signalling the Christmas season. It's on Friday, 4th December, the details are on the poster elsewhere in this issue.

Our Eco tip this month is don't forget to the visit the Refill Cabin from 12-3.00pm outside Abridge Village Hall on Friday 20th .
It's your chance to reduce plastic by bringing your own containers to get a whole variety of products. Come and see.

Blessings. Roger



THERE WILL BE SERVICES OF REMEMBRANCE ON THE FOLLOWING DATES:-

8th NOVEMBER 2026 at 10.30am
St Mary's & All Saints Lambourne
St Mary's Stapleford Abbotts
Remembrance Service.

11th N0VEMBER 2026 at 10.45am
The Cenotaph Abridge Village Hall, special service with the children of Lambourne School, 2-minute silence and wreath laying service.

11th N0VEMBER 2026 at 11.30am
Stapleford Airfield War Memorial
wreath laying service.

Abridge, Lambourne, & Stapleford Abbotts Community.

"the Big Christmas Sing with band, soloists and chiefly yourselves"



Join in with your favourite Christmas music and listen to some new ones

Friday 4th December 2026- 7.30pm

At

Abridge Village Hall
Ongar Road
RM4 1UH

Nibbles provided; Bar available

Tickets £10 adults, £5 Children
Available from 01992-523849
Or Email:rogergayler@btinternet.com

Proceeds to our Churches

Restaurant Review

For our restaurant review this month we decided to try out the newish Pub and Restaurant in Loughton – **The Hair of the Dog** – 15 York Hill, Loughton IG10 1RL. Closed on Monday. Sunday – Thursday 12.00 to 22.30. Friday and Saturday 12.00 to 23.00. Phone : 020 8508 9655.

We set off on the No 18 bus at 17.55 from Abridge to Loughton (this bus route is every hour now – instead of every 2 hours – which makes travelling so much easier). The nearest stop is at the old Zizi restaurant, at the top of the green – all lovely and easy.

The Hair of the Dog is a family run gastro-pub. It is dog friendly and children are welcome. There is a nice outdoor area too. It is well known for its Sunday Roasts.

We were warmly welcomed as we entered, the atmosphere is chilled and upbeat and the service was friendly and efficient.

We perused the wine list and decided upon a bottle of Coquille de Fleur at a very reasonable £24.50. This was a really lovely wine which we enjoyed while deciding on our meals.

The menu consists of Starters, Mains, Salads, Sides, Desserts and a Specials Board. A very good selection – definitely something for everyone.

We shared our starters – **King Prawns, garlic, chilli, pernod butter (£12.95)** and **Chilli Salt Squid, garlic mayonnaise (£10.95).** Both very enjoyable indeed and plenty for the three of us to enjoy.

Barbara decided on something from the Specials Board - **Tony's Pie and Mash with Liquor (£9.50).** When I saw this on the special board I decided to give this a try as I love Pie & Mash Liquor. The pie was lovely with lots of mash (which I had to leave some) & plenty of liquor. I really enjoyed it.

Felicity selected **Chicken Kiev, new potatoes and veg (£17.50).** I used to love this dish but have not seen it on a menu for ages. The Chicken Kiev was lovely with a flavoursome gooey centre – not at all dry – and the veg was cooked well. I was very pleased with my choice.

Linda picked a dish from the Specials Board – **Filet of Salmon served with rice, asparagus, broccoli and a saffron and cherry tomato sauce (£23.95)** I do enjoy

fish dishes and this one did not disappoint. It was a large piece of salmon with plenty of vegables served with rice and a lovely sauce, very enjoyable.

As the wine was especially enjoyable we ordered a second bottle to enjoy with our meal and a cheeky **Honeycomb Cheesecake (£7.50)** to share, which was delicious.

We thoroughly enjoyed our evening in The Hair of the Dog. The food and wine were most enjoyable, the staff were helpful (our waitress knew the menu very well) and atmosphere was lovely.

We strolled down to the bus stop outside Morrisons and caught the 20.45 bus back to Abridge (both buses were on time).

LinkUp Editors

CHRISTMAS LIGHTS SWITCH ON
SUNDAY, 29th November
4 for 4.30 switch on

Children, don't forget to give your Father Christmas letters to Santa or his helpers.

Please make sure you put your name and address on them so you can receive a reply.

Mummy or Daddy can you please make sure old Mummy Christmas can read the writing.

Thank you.
Freda Filby

Abridge Surgery

VETERAN FRIENDLY

We are proud to be a Veteran Friendly Accredited GP Practice and to support our veteran community this Remembrance Day.

We know that this Remembrance Day is likely to be particularly challenging for the many veterans in our community and we want you to know that we are trained and committed to effectively identifying and supporting your health needs.

As a Veteran Friendly Accredited practice, our team:

- Recognises the importance of identifying veteran patients within our community
- Understands the unique health needs that veterans have
- Strives to provide veterans with the very best care and support
- Knows about the specialist veteran healthcare services that exist
- Undertakes regular training and development to ensure we're able to deliver the very best care to veterans in our community and meet the health commitments of the Armed Forces Covenant

If you're a veteran patient, please do let us know that you have served so that we can make sure you receive the most appropriate and best case, if and when you ever need it.

What is Op COURAGE

Op COURAGE: The Veteran Mental Health & Wellbeing Service provides specialist care and support for people who have served in the Armed Forces and are experiencing mental ill health.

Who is Op COURAGE for?

Op COURAGE provides support to individuals due to leave the UK Armed Forces, reservists and veterans who live in England. It doesn't matter how

long ago you left the Armed Forces or how long you served for, Op COURAGE is here for you.
To receive help and support from Op COURAGE, YOU MUST:

- Be a resident in England and have served in the UK Armed Forces for a full day
- Be registered with a GP surgery in England, or be willing and eligible to register with a GP
- Provide your military service number

Who will I speak to?
Op COURAGE is provided by trained professionals who are from, or have experience of working with, the Armed Forces community.

How do I get help?
You can contact the service in many ways, including:

- Directly getting in touch yourself, or through a family member or friend
- Asking a GP or other health professional to refer you (this may be your military medical officer, if you are due to leave the Armed Forces)
- Asking a charity to refer you

The service will arrange for you to have an assessment, to make sure you get the right care and support

For more information on Op COURAGE, visit nhs.uk/opcourage London – email, veteransservice@candi.nhs.uk Tel: 0300 365 2000 (Option 4)

CARERS INFORMATION LEAFLET

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

Social Car Scheme
Community Transport

You will need to complete a short application form to become a member which costs £15 per year.
There is a charge for the journey of £4.95 for the first 3 miles followed by 75p per mile after that. You will be invoiced monthly for any journeys the previous month.
You will need to give 3 working days' notice.
Journeys can be made to anywhere within the Epping Forest District area. To doctors/hospital appointments, tube stations, shopping centres etc.
Patients with walking frames, crutches and other disabilities can use the service as well as the elderly etc.

Please telephone
01992 579556

LAMBOURNE PARISH COUNCIL

www.lambourneparishcouncil.gov.uk

Serving the Communities of Abridge & Lambourne End

07716 124508

Email: theclerk@lambourneparishcouncil.gov.uk

CHRISTMAS LIGHTS

The Christmas lights will be switched on at 4.30pm on 29th November
If you would like to help with this event, please email theclerk@lambourneparishcouncil.gov.uk or speak directly with Cllrs Derek Hardy or Marc Drewe

Parish Council Meetings

Meetings are held on Wednesdays and begin at 7.45 pm. The next three meetings are:

- **November 11th Abridge Village Hall 7.45pm**
- **December 9th Abridge Village Hall 7.45pm**
- **January 20th Abridge Village Hall 7.45pm**

Meetings are open to the public, and residents are welcome to attend and meet their Parish Councillors.

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Agendas and planning applications are available on the Parish Council Website and parish noticeboards. Minutes will be published on the website once agreed at the next meeting.

Community Police

Some of you may be aware that our Community Police Officer, PC Andy Cook retired earlier this year. Since then, we have been trying to establish contact with our new Community Police Officers.

Two officers attended our October meeting and gave a crime report for Lambourne End covering August to early October. There had been 16 recorded crimes, compared with 29 during the same period last year. There were no thefts of motor vehicles or from residential or commercial buildings, and one theft from a motor vehicle.

If you need to contact our Community Policing Team, please email eppingforestnpt@essex.police.uk

District Councillors

We have 3 district councillors who can be contacted by email
Cllr Craig McCann - cllr.cmccann@eppingforestdc.gov.uk
Cllr Darshan Sunger - cllr.dsunger@eppingforestdc.gov.uk
Cllr Kaz Rizvi - cllr.krizvi@eppingforestdc.gov.uk

Please contact them regarding:

- Missed bin collections and recycling
- Council housing and homelessness
- Planning applications and local developments
- Parks and leisure facilities
- Environmental health (noise, pests, food hygiene)
- Licensing (pubs, taxis and local events)

County Councillor

Cllr Lee Scott is our County Councillor and can be contacted by email cllr.lee.scott@essex.gov.uk to discuss any of the following:

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

Events

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

Fly Tipping

If you see fly tipping, please report it to Epping Forest District Council online https://www.eppingforestdc.gov.uk/crime-and-safety/report-fly-tipping/ or by calling 01992 564000

Prompt reporting helps ensure it is cleared as quickly as possible.

For larger items that don't fit in your bin you can arrange for a special collection via the Epping Forest District Council website https://www.eppingforestdc.gov.uk/recycling-and-rubbish/request-a-special-collection/

Emergency Highways Issues - Out of Hours

Non-emergency highways issues can be reported and tracked online at:
www.essexhighways.org/track-it
If the issue presents an immediate risk to public safety, please call Essex Highways Out of Hours on 0345 603 7631 and select the option to speak to an operator.

DREW & SON
INDEPENDENT FAMILY
FUNERAL DIRECTORS



CHARITY DOG WALK

IN AID OF SAINT FRANCIS HOSPICE

IN SUPPORT OF

Saint Francis Hospice
caring for you

Join Drew & Son for our annual Charity Dog Walk in support of Saint Francis Hospice. A wonderful morning out with your four-legged friends, helping to raise money for an amazing local charity.

SUNDAY 6TH DECEMBER
11AM

THEYDON BOIS YOUTH CLUB
CM16 7JY

ENTRANCE FROM LOUGHTON LANE

£5 PER ADULT ON ENTRY
CHILDREN FREE







Join us with or without a dog for a forest walk, refreshments, raffle and craft stalls.

ABOUT DREW & SON

Drew & Son are a family run, independent funeral directors. With years of experience we are proud to serve all areas of Essex, London, Hertfordshire and Kent. Offering flexible pre-paid funeral plans.

OUR OFFICES

Theydon Bois Office:
1 Station Approach,
Theydon Bois
CM16 7EU

Abridge Office:
The White House,
Market Place,
Abridge
RM4 1UA

01992 676181

Potato Club Dig Day

On Sunday 12 October, members of the Potato Club gathered for Dig Day. Members had tended their seed potatoes over the spring and summer months in beds, pots, ground or allotments. Armed with forks, the official weighing sack and scales, we set off at 9.30am. The hot, dry summer played havoc for everyone looking after gardens and vegetable patches, and in our world this became evident with below-expected yields.

One thing that is always a constant on Dig Day is the wonderful food and drink supplied at the houses we visit. Thanks to all who provided such blessed relief. As per tradition, each crop was weighed, recorded and photographed.

With new members joining, it was refreshing to see the club growing. We had to reassure newer members of the village that all was well and not to be concerned by a group marching through the village with raised voices and pitchforks. "No need to worry, madam, we are a friendly tuber-growing group. This isn't Epping."

Events concluded at Mr Love's house with what turned out to be the winning crop: 25.55lb of potatoes. Richard Rix came second with 24.7lb and Mick Delgado third with 19.6lb. Mick also scooped the single heaviest potato with a whopping 1.74lb tayter.



Our AGM will be held at Abridge Cricket Club on 19 November at 6pm, and our annual dinner will take place on 31 January 2027 at 1pm for a sit-down meal at Abridge Village Hall. If you'd like to be part of the group, please drop Duncan Bass or Liam Laws a message on 07423 453978 or 07814 781262.

ABRIDGE CRICKET CLUB

(founded 1838)

President: Richard Padfield
Chairman: David Coles

The Club's Presentation Evening was held on Saturday 10th October 2026 and 140 members, players, Juniors and Parents attended a truly great evening ! The Juniors were presented first with a medal for participation, and 6 trophies for the coaches player and player's player. The new Michael Barr Cup for the Most Improved Player went to Ben Barr. Following this the Players received their trophies and Cups (too many to mention)
This was followed by a buffet meal and dancing to DJ music. Our thanks to Megan Taylor and Martine Elliott for organising the evening plus a number of others for helping.

The next event at the Club is Halloween Night on 31st October and tickets were sold out very quickly. This will be followed on Friday 6th November by a Quiz Night.

You may well have heard that we currently are having to deal with the problem of decaying Poplar trees on our eastern boundary. Following one tree crashing down and causing substantial damage, we have had a Ground Survey report and an Arbor ologist report all costing the Club a lot of money. Dependent on these reports, we may have to fell the trees to avoid further damage and possible threat to life. This may not be popular among some of our neighbours but we cannot run the risk of someone getting hurt. We are currently seeking funding from various sources.

To assist with required funding we are hoping to raise money through our Christmas Raffle for which tickets are now available. If you would like to buy some and help the Club please give me a call.

Patrick Horgan
Club Secretary
07727 233280

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Pen Picture of a Local Resident

Let us introduce you to **Neil Wren** – someone who most of Abridge knows via one route or another. Neil was born in St Margaret's Hospital in Epping and spent his first two years growing up in Debden. His family then moved to Abridge where they soon settled into village life.

Neil attended playschool in the old Village Hall (opposite The Maltsters) and moved on to Lambourne School. He really loved his time at Lambourne School with all the friends he knew so well. When it came to senior school, most of the children who lived in Abridge moved on to Ongar Senior School, but Neil's mum wanted him to go to West Hatch School. Neil did enjoy the first few years at West Hatch but says that he slowly lost interest in what the school had to offer.

Neil was a keen Cub Scout with meetings held in the old Village Hall. When he moved on to Boy Scouts, the fathers of the Scouts got together and built a fabulous new Scout Hut up by Lambourne School. Having this purpose built hut was a great thing for the boys and it was a good time to be a Scout. It was the Bob-a-Job era for the Scouts – always a fun time.

Working was something that was always part of Neil's life – starting with 2 paper rounds: the daily paper and the free, once a week newspaper. When Neil was 14 years old he began working at Isaacs Farm at the top of New Farm Drive. He worked on Saturdays and Sundays earning £1 per hour. He looked after the goats, sorted and graded the chicken's eggs, cared for the cows and even drove the tractors (which could never happen nowadays!).

In the evenings, after school, Neil worked in the White Hart Pub (now the apartment block on the bridge) bottling up the shelves, then going on to work in the Blue Boar as a dishwasher.

School holiday times were idyllic. All day spent with friends swimming and fishing in the river. They had dingys and arranged races from the ford on the river (almost opposite the garden centre) to the White Hart Pub.

There was very little road traffic so the girls and boys used Pancroft Circle as a race track for their bikes. Neil and his friends spent hours up in the woods building camps and staying there all day long. They were never indoors – always out exploring. Abridge really was a great place to grow up.

On leaving school, Neil's first job was working as a forklift driver at Jonen Shipping Ltd in Thornwood. He cycled there and back from Abridge every day – rain or shine. He then moved on to working for a maintenance company as a window cleaner which involved going up triple ladders to clean windows in blocks of flats. This was not the ideal job for him considering he is actually quite scared of heights! He stuck at that for about a year before moving onto a job involving sanding wooden floors which he did for around 30 years. Neil has probably sanded most of the wooden floors in and around Abridge. As you can probably imagine, Neil's knees eventually suffered and so he had to find another career. He now works for a company dealing in bespoke flooring and making staircases which are despatched all over the world. His company was recently voted the best flooring company in the UK. Neil says he misses travelling around but does not miss spending all day on his knees.

Over the years Neil has lived in Ongar for about 6 months and in Loughton for a year, but he always comes back to Abridge. Many of his old mates have moved away now but most have stayed local and they still meet up from time to time.

Neil has played football for Abridge Football Club winning a few trophies while having a good Sunday morning with his mates. They also played in the 5 aside power league. He now plays golf and enjoyed being a member of the Maltsters Golf Society.

Saturday morning breakfast in the Log Cabin was a weekly ritual for Neil and his mates. The open fire was lit, they had the juke box on and they played arcade games. They would all go clubbing at the Country Club on a Saturday evening.

Neil has fond memories of narrow boat holidays. Up and down the canals taking in Oxford, Birmingham, Warwick and Rugby – a grand way to travel.

Neil says that he has always been drawn back to living in Abridge. He thinks we are lucky to live in a little village which is surrounded by fields and woods; it is a peaceful place to be.

LinkUp Editors

LAMBRIDGE GROUP

ABRIDGE CHRISTMAS MARKET
SATURDAY NOVEMBER 21ST

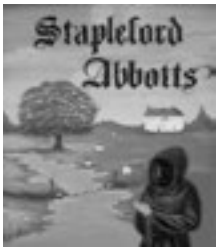
ABRIDGE VILLAGE HALL
10am – 4.30pm

Come along a see a wide choice of goodies on sale and start your Christmas shopping early.

There will be a free grotto for the children to enjoy which will be open at the following times:
11 -12.30 and 2pm-3.30pm

Throughout the event there will be refreshments.
Adults £1.50, children free.

Thank you to all those who supported our October Quiz and trust you had an enjoyable evening.
Freda Filby



STAPLEFORD ABBOTTS PARISH COUNCIL

Welcome to the November edition from Stapleford Abbotts Parish Council! We work for you, and you can keep in touch with us on the Parish Council website for the latest news and events – hit https://www.staplefordabbottsparishcouncil.com/ or look at the corresponding Facebook page https://www.facebook.com/profile.php?id=100076965924683

The Parish Council are your first port of call for any issues, events and problems in and around the village, so if you have a concern or are worried about something, or if you would like to tell us about a community event you're running, please report this to our Clerk on the email address below.

Abbott's Chase

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

Events for the Upcoming Season

Announcing events planned for this season so far:
Remembrance Sunday Service – St Mary's Church – 8/11/26 - 10:30
Christmas Bazaar – Stapleford Abbotts Village Hall – 15/11/26 – 10:00 – 14:00
Christmas Big Sing – Abridge Hall – 4/12/26 – 19:30

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 needs extra person-power - administrative duties; creative activities; lobbying and attending borough council 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

Guy Fawkes Etiquette…

If you're celebrating Bonfire Night, please be mindful of animals – they don't see the celebrations quite as we do:

- Keep your cat or dog inside with windows, curtains and doors closed, avoid leaving them alone, and let the TV or radio drown out the bangs. Provide your cat with a litter tray if it usually "goes" outdoors – and walk your dog in daylight. Make sure your pet is wearing ID in case of escape.
- Bring rabbits into a quiet room, garage or shed or provide extra bedding, turn the pen to face the house, and cover it with a heavy blanket.
- If you have horses, tell neighbours and anyone else organising a display that you do, so they can set their fireworks off well away from them. If your horse is in the field, make sure it's safe and not near the firework display area. Check for anything in a stable that may cause injury; again, music can mask sudden noises. Stay with your horse if there are to be fireworks and you think they might need the support – but don't risk riding on bonfire night.
- Check the bonfire area before it's lit - look out for toads, frogs and newts and redirect them to shelter in small piles of leaves and logs. If you find any hibernating hedgehogs, move them to a sheltered area underneath trees or bushes. Keep fireworks away from trees and

  hedges to protect birds in nest boxes, and don't pin Catherine wheels onto trees: put them on fence posts or stakes in the ground.

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.

District Councillors

All those who would like to contact our District Councillors, please note their e-mail addresses:
cllr.camos@eppingforestdc.gov.uk
cllr.gshaw@eppingforestdc.gov.uk
cllr.tcornish@eppingforestdc.gov.uk

County Councillor

Our County Councillor, Jaymey McIvor:

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 November 2026**
- **Tuesday 1 December 2026**
- **Tuesday 12 January 2027**
- **Tuesday 2 February 2027**
- **Tuesday 2 March 2027**
- **Tuesday 6 April 2027**

Provisional date for AGM April 13 2026. TBC

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

All the very best to you,
Stapleford Abbotts 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.

St Clare Hospice, Hastingwood Road, Hastingwood, Essex CM17 9JX

MEDIA RELEASE

Issued: TBC

St Clare Hospice calls for Christmas volunteers across its local shops

Could you make a difference on your doorstep by volunteering at your local St Clare Hospice shop?

The Hospice is calling on local people to join its shop teams, with volunteers needed in all 13 of its shops, including in Epping, Ongar, Loughton, Debden and Buckhurst Hill.

With Christmas approaching, St Clare is particularly looking for seasonal volunteers who can spare a few hours over the festive period, as well as weekend volunteers who can commit to a regular Saturday or Sunday shift throughout the year.

St Clare's shops play an important role in their local communities, raising vital funds that help the Hospice provide free specialist care and support to local people living with a life-limiting illness, as well as their families and loved ones.
Head of Trading Rose Sheppard said: "Our shops are so much more than places to buy and donate pre-loved items. They're part of the local community, and our volunteers are at the heart of everything they do.

"Every shift, our volunteers are helping to raise vital funds that make a real difference to local people and their families. At a time when the cost of providing our compassionate services continues to rise, while NHS funding remains unchanged, the income generated by our shops is more important than ever.

“But volunteering isn’t just about raising funds. It’s about meeting people, learning new skills, sharing your time and becoming part of a friendly team. Whether you can give a regular shift or just a few hours when you’re free, there’s a role to suit you.”

Shop volunteering is fun, flexible and open to people from all backgrounds and stages of life – from students looking to gain experience and meet new people, to those looking to make a difference in their community during retirement.

Volunteers get involved in all aspects of running a busy charity shop, including serving customers, sorting and preparing donations, creating eye-catching displays and helping to raise awareness of the support available from St Clare Hospice.

For St Clare shop volunteer Ann, it’s the people she has met and the difference she knows she is making that make volunteering so rewarding. “The moments that have stayed with me are when a customer comes in and thanks us for all the care and compassion that St Clare provided for their loved one,” she said. “It makes me feel so humble.

“The friendship is also wonderful, and I’ve met so many customers from all backgrounds and shared in their stories. It also gives us an opportunity to spread the message about how the Hospice can help.

“I can honestly say I’m so proud to be volunteering for St Clare and I thoroughly enjoy it. Anyone thinking about volunteering shouldn’t think too long about it – it’s truly rewarding.”



Ann volunteering in the shop.

With flexible opportunities available, St Clare is encouraging anyone who has a few hours to spare to consider joining their local shop team. The Hospice has shops in Harlow, Bishop's Stortford, Thorley, Takeley, Great Dunmow, Saffron Walden, Epping, Ongar, Debden, Loughton and Buckhurst Hill.

To find out more about becoming a St Clare Hospice shop volunteer and apply, visit stclarehospice.org.uk/shop-volunteer.

For more information, contact Gill Macdonald, Head of Communications and Marketing, on 07905 085560 or email gill.macdonald@stclarehospice.org.uk.

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STAPLEFORD ABBOTTS ORGANISATIONS

Monday	5.15-7.15pm VIP HQ 7.30-8.30pm Ladies Keep Fit
Wednesday	8-11pm Badminton Club New Members welcome Contact Pam on 07860 688268
Thursday	7.00–10.00pm Short Mat Bowls Contact Peter on 01992 815323

LAMBOURNE END PARISH ROOM

The Parish Room is available for hire to Lambourne and Abridge residents. Booking Secretary available between 5pm and 8pm Monday-Friday
Telephone 07702 200 381

Craft Group: Wednesday mornings 10am to 12.30pm. Contact Wendy Chambers 020 8500 6299

Pilates Class Wednesday evening 5pm to 6.00pm Contact Keely for more information on 07984 275721

ABRIDGE LIST OF ORGANISATIONS

Organisation	Contact	Telephone
Abridge Floral Group	Elaine Jones	07951 034754
Art Club	Peter Jolliffe	07516 255942
Ballroom Dancing Club	Barry & Donna	0208 5519007
Bingo	Josie Myson	07733 473808
Bridge Club	Malcolm	01992 420888
Christmas Lighting Fund	Derek Hardy	01992 814599
Come and Chat Morning	Barbara Amondson	07443 466274
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 Abbotts. 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 Abbotts: Angela & Barry Clements 07787795796

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ABRIDGE VILLAGE HALL

www.abridgevillagehall.co.uk

The hall is available for weddings, parties etc. Please see advertisement. All activities are in the Village Hall unless otherwise stated.

Monday

Pilates	10.30am-11.30am
Short Mat Bowls (plus some Thursdays)	2.00pm
Senior Boot Camp	6:00pm – 7:00pm

Tuesday

Forever Young Table Tennis Club	10.00am - 1.00pm
A Bridge Club	7:30pm
Ballroom Dancing Club	8pm

Wednesday

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

Thursday

Forever Young Table Tennis Club	1.00pm – 4.00pm
Karate	4:30pm – 7:30pm
Tai Chi	6.30pm – 7.30pm

Friday

Little Bee Playgroup (Abridge)	10am – 11.30am

If your club/organisation has been omitted and you would like details included, or if any of the above is incorrect, please contact your Diarist – Mary McElarney

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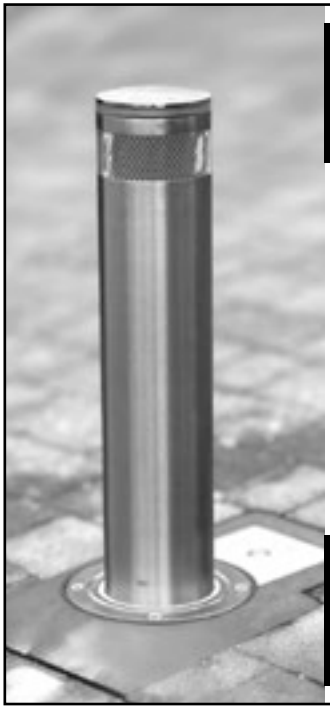
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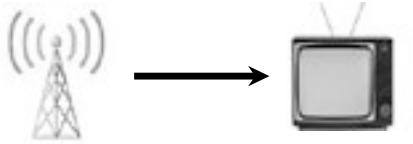


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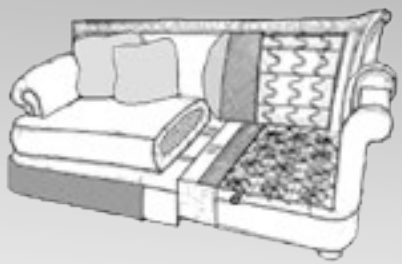
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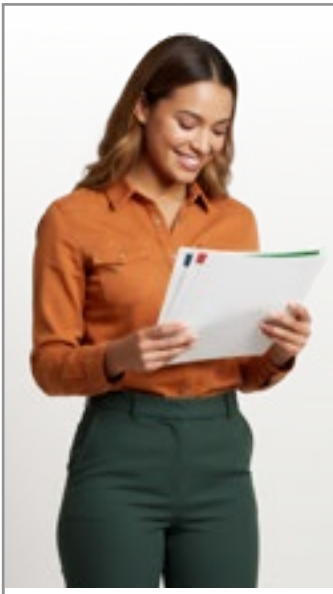
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