Link Up

THE MONTHLY COMMUNITY MAGAZINE

of Abridge, Lambourne End & Stapleford Abbots



Abridge Cricket Club T20 Winners 2026

October 2026

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.

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07950 608129

Monday/Wednesday/Friday 2pm – 5pm only

PLEASE USE YOUR HALL AND SUPPORT LOCAL FUNCTIONS AND ORGANISATIONS

MESSAGE FROM THE EDITORS

Welcome to the October edition of Link Up. What lovely weather we had during this summer. Autumn is now here with everything changing to rustic tones of red and orange and with it comes shorter days and longer nights. However, don't despair as there are plenty of events happening in the parish during October, so make sure you come and join us as we would love to see you, details of all events are shown in the pages of this edition.

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 November issue of Link Up by:
18th October 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

October 2026

Refuse and Recycling Collections

Week Commencing Monday 28th September Refuse and Food Waste

Week Commencing Monday 5th October Recycling, Green Waste and Food

Week Commencing Monday 12th October Refuse and Food Waste

Week Commencing Monday 19th October Recycling, Green Waste and Food

Week Commencing Monday 26th October Refuse and Food Waste

WHO'S WHO

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

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

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

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

CHURCHES:

Stapleford	Revd. Canon Roger Gayler	**01992 523849**
Lambourne	Baptisms and Weddings Angela Vane Funerals Revd. Roger Gayler	**07514 032 899**
Evangelical	Pastor Martyn Payne	**01992 814121**
Roman Catholic	Fr Tarciziu Erdes (Hainault)	**0208 500 3953**
	Fr Martin Fletcher (Epping)	**01992 572516**
	Fr Philip Denton(Stapleford 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 September 2026

Abridge			Stapleford Abbotts		
1st	82	Susan Stone	1st	71	J Morgan
2nd	37	Michelle Laws	2nd	102	Madeleine McCormack
3rd	104	Lesley Nash	3rd	94	Pat Innes
4th	51	Doris Wild	4th	25	Jan Shingleton
		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 Lesley on 07983161451.

Up coming dates for your diary are:

Wednesday 14th October
Wednesday 28th October

LINK UP COMMUNITY DIARY

(all activities in Abridge Village Hall unless otherwise stated)

OCTOBER

Tues	6th	Stapleford Abbotts Parish Council *S.A. Village Hall*	7.15 pm
Wed	14th	"Come and Chat"	10.00 - 12.00
Wed	14th	Lambourne Parish Council *Lambourne Parish Rooms*	7.45 pm
Fri	16th	Lambridge Group Quiz	7.00 for 7.30
Sat	24th	Lambourne Church Working Party	10.00 - 12.00
Sun	25th	In Loving Memory Service, Lambourne Church	11.15 am
Wed	28th	"Come and Chat"	10.00 - 12.00

NOVEMBER

Tues	3rd	Stapleford Abbotts Parish Council *S.A. Village Hall*	7.15 pm
Wed	4th	Bingo	7.30 for 8.00
Sat	7th	Fireworks	7.30 pm
Wed	11th	Remembrance Day Service at Village Hall	10.45 am
Wed	11th	"Come and Chat"	10.00 - 12.00
Wed	11th	Lambourne Parish Council	7.45 pm
Sun	15th	Christmas Market – Stapleford Abbotts 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

Sunflower Measuring Day 2026

The sunflower competition for 2026 ended with our Sunflower Measuring Day on 23rd August. Members visited each other's gardens to measure their sunflowers and see who had grown the tallest plant and the biggest flower head.

There were some impressive entries, but the prize for the tallest sunflower went to Carol, whose sunflower reached an amazing 11 feet 3 inches! At the other end of the scale, **Chelsie** won the prize for the smallest sunflower measuring just 1 foot tall.

The competition for the biggest sunflower head was also closely measured, with the winning flower measuring an impressive 15 inches across. Well done Nina!

June won the competition for the prettiest sunflower, which was judged by Goran from the petrol station.

A special thank you goes to all the lovely ladies who hosted us along the way, opening up their gardens and providing much needed food and drinks to keep everyone going as we travelled around measuring the sunflowers. Their hospitality made the day even more enjoyable.

A big thank you to everyone who took part and helped make the competition such a lovely community event. Hopefully, some of the impressive sunflowers have inspired everyone to have another go next year!

Want to join the Sunflower Stunners?
For more information, contact

Kate 07949 303110
Diane 07821 682122

The Future of Link Up

So many people have good things to say about the value and usefulness of Link Up and yet it has been very difficult to muster interest in helping to keep this publication going.

Since the retirement of the current editorial team was announced, there has been only one enquiry and that has unfortunately come to nothing.

With our current advertising volunteer moving away we therefore need:

1. **An editor or editorial team** – this involves collating the articles from contributors, setting them out on the designated number of pages (some pages stay the same each month), sending the copy to the printer and checking the proof. It would be optional as to whether or not a new editor wanted to include their own articles.

2. **An advertising volunteer** – adverts in Link Up run annually so the bulk of this role is done in January/February ready for the new advertising year starting in March. It involves communicating with current advertisers and other enquiries we may have received during the year and allocating the space, communicating with the printer and treasurer.

3. **A Treasurer** – this involves liaising with the advertising volunteer to check that payments due have been received, paying the printer and any other minor expenses and ensuring that the funding is sufficient to last the advertising year. The account has on-line banking so it is not necessary to visit the bank very often.

This set up requires at least three people and at present we have only one.

There are volunteers in place who deliver, coordinate delivery and take responsibility for certain regular features such as the diary pages.

Although money has been tight, we do have many loyal advertisers and the promise of additional support from the Lambourne and Stapleford Parish Councils who would be sorry to see the publication disappear. Working together with our printer to cut costs, there is potential for keeping the magazine in its printed form at least the next year. No one is in charge of Link Up as such. It is a community publication and is totally reliant on the good will of volunteers. **If we have no offers of help, there will be no choice but to finish after the February 2027 issue.**

So, with increasing urgency, we need to hear from you if you have a little time to give. All aspects of the roles can be handed over from the current volunteers who will be happy to explain and talk you through what they do.

Please get in touch with the current editors by contacting
linkupeditors@gmail.com
or mandymccormack8@gmail.com

LAMBRIDGE GROUP
QUIZ NIGHT

Our Quiz Night is on Friday, 16th October in the Abridge Village Hall, 7pm for 7.30pm start. Due to increased costs, it is now £12 a head but that still includes the usual buffet tray which is prepared by the 'Lambridge Ladies'. As usual, we are raising money for the Christmas lights, but we have now taken on responsibility for the Christmas sleigh which is in need of some repairs etc. The tradition of Father Christmas visiting the parish on his sleigh is something the children look forward to, and hopefully remember forever.
If you wish to book a table for the quiz, please contact me:
Freda Filby 07742 943 479 or landline 01992 81 2405 Please do not leave an SMS message on the landline as I haven't got to grips with that.



ABRIDGE CRICKET CLUB

(founded 1838)

President: Richard Padfield
Chairman: David Coles

Our Season has now finished on a high with our 1st X1 finishing in 3rd place of the HEBL Premier Division (our highest ever placing) and our 2nd X1 finishing 5th in the 3rd Division. In addition our T20 side won the Cup with the semi final seeing North Weald score 44 for 8 and Abridge 47 for 0. In the Final Theydon Bois scored 156 for 8 and Abridge 210 for 3. A great win. Our two final games were played away. On Sat 12 September Galleywood CC 219/10 and Abridge CC 164/10. On the following day North Weald CC 172/9 and Abridge 201/7. It was encouraging to see 8 of our Junior boys taking part in the two teams. The final game for our Juniors was a "Dads v Lads" T20 game on Friday 11th September. The Lads, batting first put up a target of 90. The Dads passed this with 8 overs to spare.

An end of season statement from our Chairman and Treasurer

Dear member or supporter of Abridge Cricket Club

THANK YOU – What a year it has been for Abridge Cricket Club 2026 has been another hugely successful year for the Club and, in terms of participation and use of our facilities, probably one of our best ever. None of this happens without the support of our players, parents, volunteers, sponsors, members and the wider Abridge community – so a huge thank you to all of you. Our cricket continues to go from strength to strength. We now have three adult teams playing across the weekend, while our junior section has continued its remarkable growth, with more than 40 children now participating week-to-week. Thursday junior training nights have become a real feature of the summer at Abridge. But the Club is about much more than the cricket we play. Throughout the summer, every Thursday and most Fridays see people from across the community coming together at the Club, on top of the matches and activities taking place

across the weekend. It is fantastic to see the ground and clubhouse being used so extensively. Thank you to our sponsors We simply couldn't do everything we do without the fantastic support of our sponsors. A particular thank you goes to Ravens Budgens, our main Club sponsor, together with Drew and Son, Simon Hill Estate Agent, Aevum Developments, CWE Dairies and Deanhall Transport, our junior team shirt sponsor. These are the businesses that continue to support Abridge Cricket Club and our community, and we would encourage our members and supporters to support them whenever they can. Continuing to invest in the Club We have continued to invest in our facilities this year. We have bolstered our solar system with an additional battery, further improving the benefit of an investment which is now saving the Club more than £1,000 every year in energy costs. Our junior section has benefited from additional equipment funded through the Tesco Stronger Starts competition, following the tremendous support we received from the local community. We have also invested in new covers for the cricket square, helping us protect the playing surface and get more cricket played. These investments build on the significant improvements we have made over recent years – including our artificial playing surface, junior practice netting, roller, electronic scoreboard and improvements to the clubhouse. We remain committed to continually improving the Club, both on and off the pitch.

A significant challenge for the Club We do, however, need to update you on a significant issue which has arisen towards the end of the season. As many of you will know, we have been managing the issue of cricket balls leaving the ground. More recently, one of the mature poplar trees on the boundary fell into the neighbouring residential car park, damaging two cars and the boundary fence. Thankfully, nobody was injured. The Committee is heavily engaged in addressing both issues. An investigation into the condition of the remaining trees is underway and we are also considering what additional boundary protection may be required. The trees themselves currently provide an important natural barrier, so the two issues are closely connected. It is too early to say exactly what work will ultimately be necessary or its final cost, but it is likely to represent a significant and unexpected investment for the Club. We therefore already have a fundraising strategy in place. Our intention is to draw on a wide range of sources – the Club's own funds, cricket bodies, charitable trusts, sponsors, individual supporters and wider community fundraising. This is likely to

require a real community effort, and we know from experience just how strongly people support this Club when it matters. We will update everyone once the investigations are complete, the work required is clear and we have established the final funding position. Could you help shape the future of the Club? Money isn't the only way people can help. The Club depends enormously on volunteers being willing to give some of their time and expertise. There will be opportunities to join the Club Committee from November, including both the Chair and Treasurer roles becoming available. There are also opportunities for people who may not want to take on one of those roles but would like to get involved and help the Club. With participation at record levels, a thriving junior section and some important projects ahead, this is a great time to get involved and a fantastic opportunity to give something back to the local community. You don't need to have been involved in running a cricket club before – enthusiasm, ideas and a willingness to help are what matter. If you might be interested, please speak to David, Jonathan or any member of the Committee for an informal chat.

Forthcoming events Presentation Evening – **10 October** Come and help us celebrate another fantastic season and recognise the players, juniors and volunteers who have contributed so much during 2026. Tickets are £10 for adults and £5 for children, including food, and there will be a DJ. We'd love to see as many of you there as possible. Christmas party – **5 December** Our Christmas evening will take place at the Club on 5 December and will include our annual Christmas raffle. Raffle tickets are available now. The Christmas raffle is an important fundraiser for the Club every year and, particularly given the challenges ahead, your support this year will be hugely appreciated. Please buy some tickets if you can and encourage friends and family to do the same. Finally, thank you again to everyone who has played, volunteered, sponsored, supported, attended or simply spent time at Abridge Cricket Club during 2026. The Club is thriving. We have some challenges ahead, but we have a strong community behind us and an exciting future to protect.

Best wishes David Coles Chair Jonathan Chapman Treasurer



Lambourne End Parish Rooms

Saturday 17th October 2026

6/6.30pm arrival 7pm Quiz Commences

Ploughman's Platter for each table

(Please bring your own drinks)

Admission strictly by Ticket only

Teams of up to 10 Maximum

Tickets £10.00

To book please call or email

Karen 07393 316981 - kmk050@outlook.com

or Brian 07702 200381 - brian278goldsmith@btinternet.com

Tickets limited (on a first come first served basis) LEPH Address (New Road RM4 1AL)

Lambourne Woods
Conduit Wood

It's a lovely walk to Conduit Wood, one of the six woods that make up Lambourne Woods. It is approached by the most gorgeous ancient green lane, Featherbed Lane, a Local Wildlife Site.

Featherbed Lane is a footpath off Church Lane (just on the very last bend before the Church) and leads to and up the inside of Conduit Wood. This lane is an ancient green lane and has been used by the public for hundreds of years. Featherbed Lane provides ecological connectivity between the woodlands of Abridge and Lambourne and Hainault Forest. It allows wildlife to travel relatively undisturbed between woodlands.

As you start your walk down Featherbed Lane you enter a tunnel of green – it's magical; like an enchanted walkway. It slopes gently uphill and leads into Conduit Wood. The footpath is good and firm, but muddy if there has been rain. As you stroll along the path you will glimpse a dark mysterious lake, surrounded by trees and set well below the level of the path.

Conduit Wood is a small rectangular area of woodland on the western side of Featherbed Lane, with mostly oak, ash and hornbeam trees and dominated by hawthorn scrub. An invertebrate survey of Lambourne Woods, conducted in 2010, found seven nationally scarce insects and one special listed as vulnerable in the Red Data Book. Two of the nationally scarce species are found in Conduit Wood, the Brown Tree Ant and a species of Crane-fly. The site gently slopes to the north and is bounded by a bank and ditch feature. There are two ponds within the wood, important habitats for plants and animals. The old standard trees provide ideal habitat for birds such as woodpecker to nest and bats to roost in.

The lane and wood combine to make this a lovely walk, quiet, lonely and enigmatic. If you continue along Featherbed Lane, past the Wood you will come to Hainault Forest. This part of Hainault Forest is still in Lambourne Parish.

LinkUp Editors







Photos by LinkUp Editors





From your Link Up Churches

Churches Together for October

October is traditionally the month that the Abridge village potato competition comes to its climax. The digging up and weighing in of this year's crop from one seed potato is scheduled for the second Sunday. I wonder what sort of harvest it will be this year, following the long hot summer that we've had? The 2026 season is unlikely to reach record levels and so we probably won't be making international headline news as last year! Nevertheless, we hope there will be something to show for the many months of tending and watering, and we might even be taken by surprise!



In our Harvest Thanksgiving services last month, we sang of seedtime and harvest as God's promised gifts to us on this earth, even when we put them in jeopardy with our neglectful attitudes towards climate change, or our short-term approaches to farming the land. The theme of God's faithfulness and our foolishness is one that echoes throughout the stories of the Bible and is often highlighted in the parables that Jesus tells. God has made it possible for there to be enough food for everyone; it's our fault, not God's, that it is so unfairly distributed and so poorly managed.

We are too quick to blame God for the disasters, famines and droughts in our world, whereas the truth is that it is we who have messed up. Caring for Planet Earth was always designed as a partnership. King David writes in Psalm 8 that *'God has given us control over the works of God's hands and put everything under our feet'.* As in all areas of life, we have the choice what we do with this great responsibility, and so it's no good pointing the finger at God, when we are to blame.

Our Gospel Bible stories this month in our Sunday services pick up on some of these themes. We are like tenants of a vineyard, who have decided to keep everything selfishly for ourselves; like those invited to God's wedding feast, but who simply refuse to come; like those who use the gifts we've been given to exercise power over others rather than for the common good. And the last reading sums it all up: we have not put love for God first, so that all other loves can find their proper expression

Roger and I wonder what changes you and I need to make in how we handle God's gift of life, so it doesn't become a selfishness that spoils the world, but an opportunity to make this world a little more like the Kingdom of God. As Jesus teaches us to pray in the Lord's prayer: *'Thy Kingdom come, thy will be done, on earth as it is in heaven'.*

Sunday 4th October
Matthew 21:33-46
The parable of the tenants in the vineyard





Sunday 11th October
Matthew 22:1-14
The parable of the wedding banquet

Sunday 18th October
Matthew 22:15-22
The story of the Roman coin



Sunday 25th October
Matthew 22:34–46
The greatest commandment



With prayers for our village communities

Roger and Martyn

News from Abridge Village Church for October



This month's article is by Sheila Bell, who leads the music at our church, and, as many of you know, also writes inspirational poems as well as hymns for our Lambourne School assemblies.

Sheila writes:



They say 'life is for living' but sometimes living takes the life out of us!
Unexpected things happen to make life difficult, and we feel the load we carry is burdensome. Perhaps you are going through such trials at the moment and think nobody understands what you're going through, or how you feel.

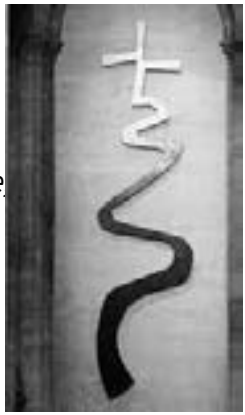
When we face such challenges in life, it's good to remind ourselves of the truth that God knows and cares, and wants to be 'an ever-present help in trouble.' We read in the Bible that 'God loves us with an everlasting love.' God invites us to come and talk things over with him and to discover that God can meet our every need. We can receive his peace and rest, even though life's storms rage around us.

God is able to help us triumph in our circumstances, if we put our faith and trust in him. I often say to myself and others 'God is only a prayer away - nearer to us than hands and feet and closer than our breath.'

Here is a poem on this theme that I have written.

Life's pathway

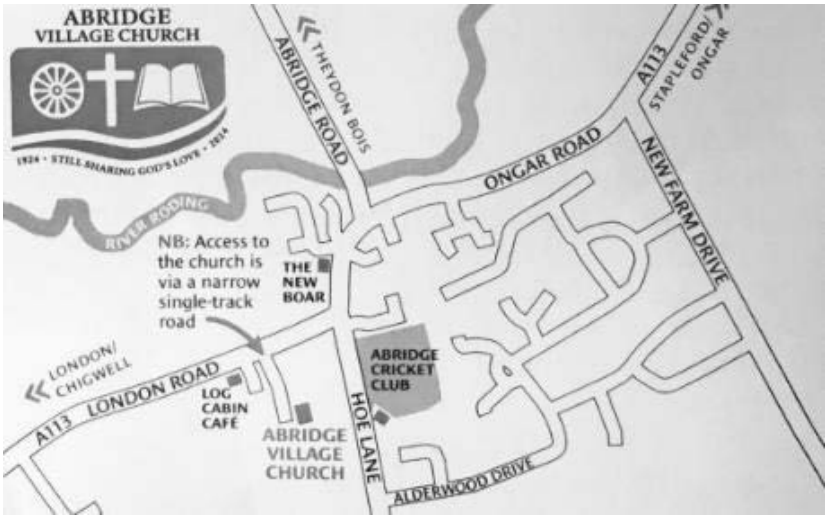
The path of life has many twists
and turns along the way.
A never-ending road, it seems,
we travel day by day.
We often come to signposts,
wondering which way we should go.
These too can be misleading
on a route we do not know.
Sometimes we come to a standstill,
when traffic lights stay red;
going nowhere, just waiting,
'til we get the go-ahead.
Are you wandering through life aimlessly,
with no goal in sight?
Just drifting like a prodigal
without a guiding light?
God is calling out to you,
'Come back home to me.
I have a plan and purpose for your life,
just come and see.'
Wherever you may find yourself,
along life's course today.
Jesus says, 'Call upon my name,
I am the Living Way.'
The pathway Jesus takes us on,
gives freedom, peace and rest.
And when we tune our hearts
in harmony with him -
we're blessed.



We look forward to welcoming you at any of our services in October. But if you would rather just be in touch to talk about faith or request prayer, you will find a listening ear and a warm welcome at any time.

Assuring you of our prayers for the villages

Ruth and Martyn



BINGO

WE APOLOGISE IN ADVANCE THERE WILL BE NO BINGO NIGHT IN THE ABRIDGE VILLAGE HALL FOR OCTOBER, WE WILL BE BACK TO NORMAL IN NOVEMBER.

Churches Together in the Woods









Join us for
an all-age family service at The Lambourne Centre for Outdoor Learning

Sunday 4th October 2026
4 - 5.30 pm

Meet in the car park
Activities for all ages
A short act of worship under the trees

For further details, contact
Roger – 01992-815838
Martyn – 01992-814121

lambourne end
centre for outdoor learning
inspired to inspire

Church of England
Lambourne and Stapleford Abbotts





Dear Readers,

Where is the world heading?
Sometimes it feels that we are just caught up in a whirlpool
Each October we try to think through where we are as we join in our Zoomed October sessions.
These are each Wednesday in October starting at 7.30pm on 7th.

We try to stand back and see where we are going with this time's theme of Jesus saying "I am the way, the truth, and the life".
If you would like to join us please let me know and I will get you linked in.

Church in the Woods is a way for the whole family to go on a journey of discovery. We meet at Lambourne Centre in the car park at 4.00pm on Sunday 4th October as we journey into the woods. It all lasts about 90 minutes. Do join us.

This month's yoga session starts at 1.00pm on Saturday, 10th October at Abridge Village Hall. Every age and range catered for.

This month's Zoomed service is on Friday, 23rd October at 7.30pm.
I can provide the link as we Zoom around the world.

Both churches hold their "In Loving Memory" services this month. It is a time when we can come together and reflect on all those we love, but see no more.
Do join us at Lambourne at 11.15am and Stapleford Abbotts at 3.00pm on Sunday 25th as we remember and reflect.

It's not too late to consider whether you would like to be confirmed at the Deanery Confirmation at Blackmore on November 1st.
Do ask for more details.

Blessings. Roger

LAMBRIDGE GROUP
ABRIDGE CHRISTMAS MARKET

We are holding our annual Christmas Market on Saturday, 21st November in the Abridge Village Hall. 10am – 4.30pm. There will be a variety of stalls so hopefully you can buy some of your Christmas presents. There will be refreshments available throughout day.
Father Christmas will be in his grotto to delight the children and this will be free to attend.
At the moment we have a couple of tables available to hire so if you are interested, please give me a ring.
Please come along and support the stallholders and our profits from this event, as always, are ploughed back into good causes in the parish.
Freda Filby **07742 943 479 or 01992 81 2405.** Please, no SMS messages

Overview of flu

- Flu is a respiratory infection caused by influenza viruses and while it primarily affects the nose, throat, and lungs, flu also causes symptoms throughout the entire body
- Flu can spread easily through tiny droplets when someone coughs, sneezes, or talks, or by touching a contaminated surface
- Symptoms can often begin suddenly and may include fever, tiredness, aches and pains, and difficulty breathing
- While many people recover quickly, flu can sometimes cause complications such as pneumonia or worsening of existing health conditions
- Young children, older adults, pregnant individuals, and people with weakened immune systems are more likely to become seriously unwell from flu infections
- Unlike some viruses, the influenza virus constantly changes over time. Updated vaccines are needed every year to ensure protection against the flu virus strains that are currently circulating

2. Flu vaccination and eligibility

- The flu vaccine is offered on the NHS every year in autumn or early winter to people who are at higher risk of becoming seriously unwell from flu, such as infants, children, older adults, pregnant individuals, and people with certain long-term health conditions
- Local eligibility and vaccination arrangements may vary, and not everyone will be offered the same type of flu vaccine. For more information about eligibility, please see NHS flu vaccine guidance

- If you are not eligible for a flu vaccine through the NHS, you can still be vaccinated in a private clinic
- Your healthcare professional can advise whether the flu vaccine is recommended for you or your child
- If you are unsure or need more information, speak to your GP, midwife, pharmacists, or practice nurse

3. How flu vaccines work

- Flu vaccines contain inactivated (killed) fragments of influenza viruses or weakened live influenza viruses (for nasal spray vaccines used in children) that cannot cause the disease itself
- Flu vaccines help your immune system to recognise and respond to influenza viruses
- After vaccination, your immune system produces protective proteins called antibodies that learn how to fight off the infection if encountered in the future
- Flu vaccines cannot give you flu. Protection through vaccination helps to reduce the risk of becoming seriously unwell from flu, and can help reduce the risk of hospitalisation and complications

4. Types of flu vaccines

- There are several types of flu vaccines approved for use in the UK
- You will be offered the type most suitable for you or your child
- Types of flu vaccine include:

4.1 Inactivated flu vaccines (injection)

- Inactivated flu vaccines contain killed or purified components of the influenza virus that cannot cause the disease itself

- These vaccines are given as an injection in the upper arm and are suitable for most eligible adults, including those with weakened immune systems
- Most adults receive an inactivated flu vaccine

4.2 Live attenuated flu vaccines (nasal spray)

- Live attenuated flu vaccines contain a weakened influenza virus strain that cannot cause disease
- Children above the age of 2 years are usually offered the nasal spray flu vaccine, which is quick and painless, and is given as a single squirt up each nostril
- The nasal spray vaccine is not suitable for all children, including some with weakened immune systems or certain medical conditions. A suitable alternative will be offered where needed

5. Flu vaccines and pregnancy

- Studies have shown that pregnant individuals are at increased risk of complications from flu
- Flu vaccination during pregnancy helps protect both you and your baby from serious illness
- Flu vaccines have been used safely during pregnancy for many years
- Protection that the flu vaccine provides is passed on to your baby. This lasts for the first few months after their birth, when they’re particularly at risk from flu
- If you are pregnant and have questions about flu vaccination, speak to your GP, midwife, pharmacist or practice nurse. They can advise on the most appropriate vaccination for you

6. Safety and effectiveness of flu vaccines

- Vaccination is one of the safest and most effective ways to protect people at higher risk of serious illness from flu
- Seasonal flu vaccines lower the risk of illness, serious illness, hospitalisation or complications if you are exposed to the virus
- Millions of flu vaccines are safely given every year in the UK and around the world
- Flu vaccines used in the UK meet the MHRA's strict standards for safety, quality, and effectiveness
- The MHRA monitors the safety and effectiveness of all flu vaccines through processes such as batch testing to ensure that each batch of products meets the quality standard defined by their marketing authorisations (product licences) before being used
- The MHRA regularly tracks and reviews adverse drug reaction reports through the Yellow Card scheme to ensure we have information on real world use of the vaccines

7. How flu vaccines are updated

- Influenza viruses change over time, which is why updated vaccines are needed each year
- Each year, scientists around the world work together to look at changes in flu viruses to work out which new flu virus strains are emerging
- The strains most likely to cause illness are identified before each flu season, and vaccines are updated to match them as closely as possible
- Even if the vaccine doesn't perfectly match a strain, it usually provides some protection against it

- This global process helps to ensure that seasonal flu vaccines remain effective and up to date

8. Who should not receive the flu vaccine

- Most eligible individuals can safely receive the flu vaccine
- You should not receive the flu vaccine if you:
    - have had a severe allergic reaction (anaphylaxis) to a previous flu vaccine or any ingredient in the vaccine
    - have an allergy to any of the vaccine ingredients
    - have a high fever on the day of vaccination
- If you are unsure, speak to your GP, midwife, pharmacists, or practice nurse

9. Flu vaccine side effects

- The most common side effects of flu vaccines are usually mild and improve within a few days. These reactions are signs that your immune system is responding to the vaccine
- Common side effects of the injected flu vaccine may include:
    - soreness, redness or swelling at the injection site
    - fever
    - tiredness
    - headache
    - muscle or joint aches
    - feeling generally unwell for a short time

- Side effects of the nasal spray flu vaccine may commonly include:
    - a runny or blocked nose
    - headache
    - tiredness
    - some loss of appetite
- These symptoms usually improve within a few days. If symptoms continue or you are concerned, speak to your GP, midwife, pharmacist, or practice nurse
- Serious allergic reactions (anaphylaxis) after vaccination are very rare. The person giving the vaccine will be trained to recognise and treat allergic reactions immediately

10. Less common side effects

- The risk of serious side effects is very low, and the benefits of vaccination far outweigh any potential risks
- Very rare reports of Guillain-Barré syndrome and worsening of symptoms of Leigh syndrome (mitochondrial encephalomyopathy) have been reported

11. Report side effects to the Yellow Card scheme

- You should report any suspected side effects of vaccination to the MHRA via a Yellow Card to:
- the Yellow Card website
- the Yellow Card app; download from the Apple App Store or Google Play Store
- Reports help us gain a better understanding of vaccine interactions and safeguard patients through vigilant monitoring

Abridge Surgery Flu Clinics

We will be holding our Flu Clinics on Saturday 17th and Saturday 31st October and every Monday afternoon.

If appropriate you can also book a Covid vaccination at the same time. Eligible patients, which include Carers, can book an appointment once they have received a text message which will be sent during the last week of September.

We have purchased your free flu vaccination so please attend the surgery so we do not waste any vaccinations.

Thank you.



Our next meeting is Monday 19th October. Do come along.

North & South Essex
Local Medical Committees



Contacted by the NHS asking you to confirm your address?

Please respond asap

If you don't respond, the NHS may remove you from our patient list which may delay any treatment or care

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www.lambourneparishcouncil.gov.uk

Serving the Communities of Abridge & Lambourne End

07716 124508

Email: theclerk@lambourneparishcouncil.gov.uk

Unwanted Green Bin Collection Please see the poster at the end of this report for information on how to get your unwanted Green Bin collected.

Parish Council Meetings

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

- **October 14th Lambourne Parish Rooms 7.45pm**
- **November 11th Abridge Village Hall 7.45pm**
- **December 9th 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, 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.

Our **January 2027 meeting** has been changed, it will now be held on **January 20th 2027**, in the Abridge Village Hall. Please update your records

Lambourne Parish Council Facebook Page
Follow the Lambourne Parish Council Facebook page for local news and community updates.

NEW Bus Service 19
The new route serves High Ongar, Passingford Bridge, Abridge and Little End, providing direct connections into Epping for several key destinations, including:

- St John's Road
- Epping Tesco
- Epping Underground Station
- Epping High Street
- St Margaret's Hospital

Please see the new timetable and full route in the Parish Council's noticeboards.

The Refill Cabin
The Parish Council is pleased to support the Refill Cabin which is a community enterprise shop offering a convenient and eco-friendly way to refill your household and personal care products, as well as a range of everyday food cupboard essentials.

Abridge Village Hall car park
Every 3rd Friday of the month
12 noon – 3pm

Bring your own containers and stock up on a range of refill products while helping to reduce packaging waste.

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.

Please Consider Others When Parking

We have received concerns about vehicles being parked inconsiderately on pavements around the parish. While we appreciate that parking can sometimes be difficult, vehicles should not be left in a position that prevents pedestrians from using the pavement safely.

In some cases, pedestrians are being forced to walk into the road to get around parked vehicles. This can be particularly difficult for parents with prams and pushchairs, people with mobility difficulties, wheelchair users and those with young children.

Please take a moment to consider whether there is enough room for people to pass safely before leaving your vehicle. A little extra thought when parking can make a big difference to the safety and accessibility of our pavements for everyone.



Lambourne and Abridge Horticultural Society

Potato Club



Any info needed please contact
Neil Turner 07584054809
Liam Laws 07814781262
Duncan Bass 07423453978

ONGAR NATURE WATCH…….

Wildlife Classroom at Lambourne End



Close by there is a 54-acre site devoted to outdoor learning and the development of young people – it is called the Lambourne End Outdoor Centre in Manor Road, Lambourne End RM4 1NB. One of its many activities is to teach natural history to many who would otherwise not have the opportunity to study and appreciate wildlife. It is a practical, hands-on approach, giving people the opportunity to discover the natural world and learn about the animals and plants of the area.

Apart from classrooms and dormitory blocks to accommodate residential courses, the huge area is mainly undulating grassland dotted with bushes and trees, which include hornbeam, oak and ash. In spring and summer, the site is a colourful display of wild flowers among which are red campion, willow herbs and cow parsley. There are also many animals on the site with rabbits, squirrels and small mammals in evidence throughout the year. On summer evenings as dusk approaches, several species of bat can be seen flying silently over the Centre.

There are two large ponds, one of which is specifically designed for ease of access for pond dipping. There is an abundance of aquatic fauna which include frogs, toads, newts, fish and dragonflies and the familiar water boatmen and pond skaters. The variety of water plants includes reed mace, water plantain and yellow iris. Wildfowl,

mainly coots, moorhen and mallard are frequent visitors to the ponds.
A small working farm is incorporated into the site with pigs, sheep, goats, chickens and ponies. These animals are often the centre of attention of young people who come to learn about animal husbandry as well as crop management, while other courses teach aspects of the natural environment and conservation.
In addition to wildlife activities, programmes focus on personal development to build young people's confidence and sense of achievement through team building activities, outdoor pursuits and arts and crafts.
The work of the Centre aims to provide outdoor experiences for young people. These activities encourage young people to acquire new skills, build friendships and exchange views, so raising their self-esteem.
Why not look them up on the web at http://www.lambourne-end.org.uk/ to find out when the open day will take place so, you can see and experience the Centre's facilities for yourself.



Keith Snow

19 19A SUMMARY TIMETABLE

High Ongar > Theydon Bois > Epping > North Weald

MONDAY TO FRIDAY | Except Bank Holidays

On non-school days Service 19A will not serve Epping St Johns. These journeys will wait for up-to 9 minutes at Epping Tesco to help regulate the service.

Buses towards North Weald	19A	19	19	19
High Ongar, Church	07:55	09:42	11:42	13:42
Ongar, Four Wantz	07:59	09:45	11:45	13:45
Ongar, Two Brewers	07:45	09:50	11:50	13:50
Little End, Church Road	07:47	09:54	11:54	13:54
Passingford Bridge	07:51	09:57	11:57	13:57
Abridge, Roding Hall	07:56	10:01	12:01	14:01
Theydon Bois, Green	08:03	10:09	12:09	14:09
Epping, St Johns School	08:15	|	|	|
Epping, High Road, Tesco	08:20	10:14	12:14	14:14
Epping, Station, arrive	|	10:17	12:17	14:17
Epping, Station, depart	|	10:22	12:22	14:22
Epping, Church	08:24	10:24	12:24	14:24
Epping, St Margaret's Hospital	08:32	10:32	12:32	14:32
North Weald, the Talbot	08:40	10:40	12:40	14:40

Buses towards High Ongar	19	19	19	19A
North Weald, The Talbot	08:45	10:45	12:45	14:45
Epping, St Margaret's Hospital	08:53	10:53	12:53	14:53
Epping, Church	09:00	11:00	13:00	15:00
Epping, Station, arrive	09:02	11:02	13:02	|
Epping, Station, depart	09:05	11:05	13:05	|
Epping, High Road, Tesco	09:08	11:08	13:08	15:05
Epping, St Johns School	|	|	|	15:10
Theydon Bois, Green	09:14	11:14	13:14	15:19
Abridge, Roding Hall	09:20	11:20	13:20	15:25
Passingford Bridge	09:24	11:24	13:24	15:29
Little End, Church Road	09:27	11:27	13:27	15:32
Ongar, Two Brewers	09:31	11:31	13:31	15:36
Ongar, Four Wantz	09:35	11:35	13:35	15:40
High Ongar, Church	09:40	11:40	13:40	15:45

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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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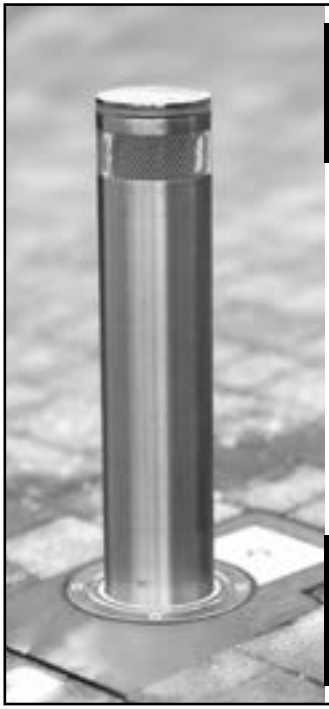
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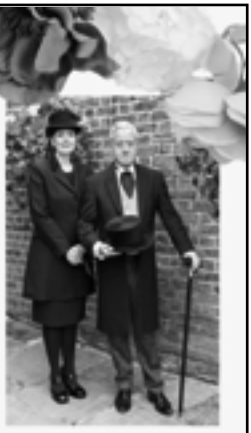
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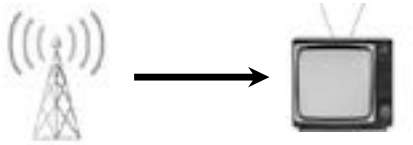


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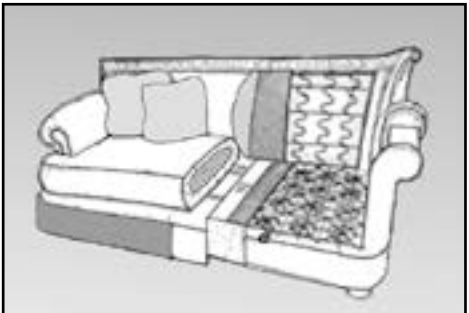
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