

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

February 2026

LinkUp

Abridge Cricket Club Juniors!

Vote for Us at Your Local Tesco!

- ✓ Epping Superstore
- ✓ Ongar Esso Express
- ✓ Theydon Bois Tesco Express

Voting in Stores:
Mid-January 2026 to
End of March 2026

USE YOUR BLUE TOKENS TO SELECT US!

Every Vote Counts!
Get Your Friends & Family to Support
Abridge CC!

TESCO Stronger Starts

tescostrongerstarts.org.uk

The poster features a young boy in a white cricket uniform and blue helmet, smiling and holding a bat. In the background, there is a red cricket ball, a wooden cricket bat, and a stumps set on a green field under a blue sky with clouds. A shopping basket icon is also present in the top right corner.

ABRIDGE VILLAGE HALL

39 ONGAR ROAD, ABRIDGE, ESSEX, RM4 1UD

www.abridgevillagehall.co.uk

Available for Weddings, Parties and Meetings.

See inside for regular weekly and monthly functions.

The hall is available for local residents of ABRIDGE, LAMBOURNE END and STAPLEFORD ABBOTTS at a discounted rate and can be booked up to 2 years in advance.

FOR ALL BOOKING ENQUIRIES PLEASE CALL THE BOOKING SECRETARY ON

07950 608129

Monday/Wednesday/Friday 2pm – 5pm only

PLEASE USE YOUR HALL AND SUPPORT LOCAL FUNCTIONS AND ORGANISATIONS

MESSAGE FROM THE EDITORS

We wish all our readers a very happy and healthy 2026. Spring is in the air but it is still really cold and very often frosty and slippery under foot so please take a little time to check on elderly neighbours and those who are vulnerable as this time of the year can be very challenging for many people.

We would love to hear from you with an article, large or small, for inclusion in LinkUp.

Barbara, Felicity, Linda

The contact details for LinkUp are: linkupeditors@gmail.com

LINK UP PRODUCTION TEAM

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

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

BUSINESS ADVERTISING

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

FOR SALE ADS

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

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

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

**ABRIDGE URGENTLY REQUIRE A VOLUNTEER TO
DELIVER LINKUP MAGAZINE WHICH HAS BECOME
AVAILABLE.**

**CAN YOU HELP, DO YOU HAVE A SPARE 30 MINUTES
ONCE A MONTH, FOR THE BELOW ROUND:-**

HOE LANE No's 2 to 32 and LONDON ROAD 1-25.

PLEASE CONTACT;- BARBARA 07443 466274.

WHO'S WHO

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

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

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

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

CHURCHES:

Stapleford	Revd. Canon Roger Gayler	01992 523849
Lambourne	Baptisms and Weddings Angela Vane Funerals Revd. Roger Gayler	07514 032 899

Evangelical	Pastor Martyn Payne	01992 814121
Roman Catholic	Fr Tarciziu Erdes (Hainault)	0208 500 3953
	Fr Martin Fletcher (Epping)	01992 572516
	Fr Philip Denton (Stapleford Abbots)	01708 749050
Encounter House Church	Graham O'Leary (Senior Leader)	07821 842618

POST OFFICE:

E.F.D.C: Day and emergency **01992 814 087**

DISTRICT CLLS: Abridge and Lambourne: Cllr Craig McCann
Cllr.cmccann@eppingforestdc.gov.uk
Stapleford: Cllr Heather Brady **01992 578 072**

PARISH Councils:

Clerks: Lambourne: theclerk@lambourneparishcouncil.gov.uk
www.lamborneparishcouncil.gov.uk **07716 124508**
Stapleford: Ellie Thomas
StaplefordAbbotsParishCouncil@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 December 2025

Abridge			Stapleford Abbotts		
1st	110	Ann Garner	1st	38	Mrs P Watts
2nd	68	Joseph Faux	2nd	63	Hermione McCormack
3rd	50	Lesley Episcopou	3rd	41	Caroline Stevens
4th	94	Felicity Cracknell	4th	76	Ray Russell
		<i>Josie Myson</i>			<i>Mandy McCormack</i>

Abridge

4 extra £25 draws for end of year

			Stapleford Abbotts	for	January 2025
1	21	Joan Goffin	1st	64	John Pummell
2	78	Mrs Sam Faux	2nd	96	Anne Kosla
3	44	Thanaa Martin	3rd	50	Lindsey Muggleson
4	38	Mrs Joan Barnes	4th	5	Billy Barry
		<i>Josie Myson</i>			<i>Mandy McCormack</i>

Regarding draw for Abridge in January, there will be two separate draw's taking place in February, results for both month's will be in March edition of Linkup

LINK UP COMMUNITY DIARY

(all activities in Abridge Village Hall unless otherwise stated)

FEBRUARY

Tues	3 rd	Stapleford Abbots Parish Council <i>S.A. Village Hall</i>	7.15 pm
Wed	4 th	"Come and Chat"	10.00 - 12.00
Wed	4 th	Bingo	7.30 for 8.00
Wed	11 th	Lambourne Parish Council	7.45 pm
Sat	14 th	Yoga Afternoon	1.00 pm
Wed	18 th	"Come and Chat"	10.00 - 12.00
Sat	21 st	Barn Dance	7.30 - 10.30
Sat	28 th	Lambourne Church Working Party	10.00 - 12.00

MARCH

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

COME AND CHAT – in the Village Hall, Abridge

Ladies and gentlemen of Abridge, we are a small group who take advantage of the Abridge village hall, (small meeting room) fortnightly **on Wednesdays** from 10am until noon.

It is aimed to encourage local people who do not go out much or if you are new to the village and would like to meet people, any age is welcome to come along and join our friendly meet for tea/coffee and biscuits and a chance to chat with others. Maybe you would like to be part of our team of helpers?

It is literally a free pop-in centre, there is no commitment, so please join us. You are welcome to bring a friend or family member who do not live in the village, we will welcome all to our friendly Come and Chat.

All beverages and biscuits are free of charge!

We also try to do a few outings for lunch throughout the year on the Wednesdays we do not meet at the hall.

If you are unsure and would rather talk to someone before just turning up, then please call Lesley on 07983161451.

Up coming dates for your diary are:

Wednesday 4th February

Wednesday 18th February

Wednesday 4th March



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



With February comes hope! Though wintery weather might not be over yet, there should be the first signs of new growth around us, particularly the snowdrops; and the daylight is lasting longer too. All this can give a much-needed boost to our spirits and such hope can do wonders for our well-being.

Hope is also nurtured when we have something to look forward to. Maybe you are beginning to plan a holiday this year or perhaps you have already booked one? Gardeners are planting early vegetable seeds in hope - as long as the ground is not frozen! - and young love is daring to send its first Valentine card!



Whatever the darkness we've been through, we all need something to keep us hopeful about what lies ahead. Hope keeps us going and helps us find purpose in life. In the Greek myth of Pandora's box, hope was the last thing left inside after

Pandora released the evils of this world, such as sickness, death, and suffering. Hope offers the possibility of starting again and getting through the inevitable bad stuff in life.

The Christian Faith offers us three great gifts from God, which include hope. **Faith, hope, and love** come as a trinity of blessing to help us navigate our way through life's troubles and pain. Trusting in God each day (**Faith**), experiencing God's grace here and now (**Love**) and receiving the promise of God's eternal life for ever (**Hope**), are available for all of us. They can help us look forward in hope to the year ahead.

The Bible stories from Matthew's Gospel this month explore some of the great themes of the teaching of Jesus from his 'sermon on the mount,' and get us ready for Lent, which begins on Ash Wednesday (18th February). Christians find their hope in Jesus who puts 'spring' into our hearts, whatever the time of year. You are warmly invited to join us at our services as we strengthen our hope, faith, and love in the coming weeks. Here are the Bible readings:

Sunday February 1st *Matthew 5:1-12*



The Beatitudes

Sunday February 8th *Matthew 5:13-20*



Salt and Light

Sunday February 15th *Matthew 17:1-9*



The Transfiguration of Jesus

Sunday February 22nd ***Lent 1*** *Matthew 4:1-11*



Jesus is tempted

With prayers for our village communities

Roger and Martyn



News from Abridge Village Church



At the end of January, we celebrated another milestone in the life of our church. It was 100 years ago that our building was opened, and although there have been changes within to the decor and the facilities, it is essentially the same building as it was in 1926.

Wall-mounted reverse-flow heaters have replaced the old coal fireplaces; there is a wheel-chair friendly ramp to a new side door, as a welcome alternative to steep steps at the front; there are improved kitchen facilities and, not just one, but two toilets; and there is now a white screen wall, where there used to be a rear window, so that we can project images, words and videos to enhance our worship.



You may remember from two years ago, that initially the church met in and around a Gospel wagon that arrived in the village with the message of God's love and light to us through Jesus Christ. It was then that this church really began, because of course church is the people not a building. That wagon had various key Bible verses on its sides. We commissioned similar Bible verses

for a replica wagon during our main Centenary in 2024, but now we have attached them to the building itself, as we celebrate this place as a new, fixed 'wagon' for the people of God, who are the church.

We feel it is symbolic that on the front entrance door, you come in through a sign that says, 'God is Love.' The other door, usually closed,

shines out with the words 'God is Light'. By the new side entrance, we are encouraged to 'Have Faith in God', and on the back of the church, those visiting and parking in the car park are reminded that 'The gift of God is eternal life through Jesus Christ, our Lord'. We've put the message up on the outside walls of the building for all to read. I wonder what you think about this summary of what Christians believe and the good news they want to share?



Another factor that has shaped our church over the years has been its outward-looking focus when it comes to the needs of others. We deliberately don't raise money for the upkeep of the building, but in faith trust that God will give us enough both to pay for day to day running costs; and also, more importantly, to give generously to others.

On Christmas Day this year, we welcomed twelve people for a Christmas meal, some of whom would have been otherwise on their own on the day. At our services we welcome representatives of different mission and aid agencies who work in the UK and around the world. In this way, we can support, not only work in this country among those in need, but also in central Asia, Africa, and the Middle East. This February, for example, we have a visiting speaker who is working among churches in this country, and at the end of January we had a visit from a representative of a charity that has worked in Zambia for many years.

The Christian faith turns people inside out. God's love redirects our attention from self to others, and in so doing helps us find true fulfilment. Mounting the Bible verses from the wagon on the outside building for our 'second centenary' is another way in which we have turned things inside out, not hiding our message, but putting it out there for all to see.

You're always welcome to join us on a Sunday. And, of course, during the week we continue to welcome children and teachers from Lambourne Primary School, and families who come to our toddler groups. Do be in touch with us if you would like to know more about what it means to be a Christian and experience God's inside-out love.

With prayers for you, your friends, and family

Martyn and Ruth

For more information about the church:

Search **Abridge Village Church** on

Facebook or visit the **website:**

www.abridgevillagechurch.org

Also, via the Lambourne Parish

Council page



Church of England Lambourne and Stapleford Abbots



Dear Readers,

Well, here we are well into the New Year and all it can throw at us. Sometimes it is hard to feel positive, but together we can weather the storms and wait for the sun.

There is much togetherness in our happenings.

Together you can join in our Zoom activities - Prism, our online magazine, on Wednesday 4th at 7.30pm

- Our Lent Course on Wednesdays at 7.30pm from 25th
- Our service at 7.30pm on Friday, 27th
- The Benefice is also running a Zoomed Bible Course on Thursdays at 7.30pm from 5th February and in person at St. Winifred's at 10.30am.

If you would like to join any of these please ask for the link.

Together we can help to keep the churches serving our communities through our Saturday working parties from 10-12pm at Stapleford Abbots on 7th and 21st and at Lambourne on 28th. All hands make a tremendous difference.

Together we can enjoy ourselves. Please see in this edition posters for the Barn Dance, Quiz and Table Top Sale.

And we also have our pancake celebration at Lambourne after the service on Sunday 15th.

Together with each other and with God.

Blessings

Roger (contact 01992-523849)

A Church and Community
Barn Dance with Supper
Saturday 21st February 2026
7.30-10.30pm
Abridge Village Hall RM4 1UD
Free off-street parking
Adults -£12, children under 15- £6



Book your place through
rogergayler@btinternet.com
or phone 01992 523849



Beating the New Year Blues

by Alison Middleton, Amity-Health

When the fairy lights are packed away and the sparkle of Christmas fades, the first few months of the new year can feel a bit flat. The days are short, motivation dips, and many of us feel tired after the festive rush. But this quieter month can also be a wonderful opportunity to reset and recharge.

Get outside. Even a short walk in natural daylight can lift your mood and boost your energy. Nature helps calm the mind and rebalance the body – and it's free therapy on your doorstep.

Nourish your body. Choose warming, grounding foods – soups, stews, and root vegetables. Drink plenty of water, ease back on caffeine, and aim for a consistent sleep routine.

Move a little. You don't need intense workouts – gentle stretching, dancing, or yoga all help to release tension and boost endorphins.

Be kind to yourself. January doesn't need to be about resolutions or restriction. It's about listening to what your body and mind truly need – rest, fresh air, or a little connection with others.

Remember, it's perfectly okay to start the year softly. Take it one day at a time and concentrate on the small things that lift your spirits.

And if you are struggling, check out my article '**Your Fresh New Focus**' in the January **Top Sante** magazine, where I share my expert toolkit to move forwards.

*Alison Middleton, your local Wellbeing Practitioner
Helping you find calm, clarity and confidence.
www.amity-health.com | @amityhealth.uk*

Pen Picture of a Local Resident

Representing Great Britain in her chosen sport of boxing is something that **Kayla Allen** is rightly very proud of. We are all very proud of Kayla too – especially as she was raised in Abridge, attended Lambourne Primary School and then Debden Park School – a real Abridge girl for sure.

Being a very sporty girl and enjoying most sports, football became her main activity and she signed a contract and played for Millwall FC Ladies - alongside another local girl – Shannon Drew (who lives in Lambourne and was featured in the pen picture article for March 2020).

Unfortunately Kayla's football dreams were shattered during the covid pandemic when scholarship funding was cut for ladies football. However during covid Kayla had begun boxing and found she really enjoyed the challenges that this sport brings. She clicked with boxing immediately relishing in the issues that the solo aspect of the sport brings.

It was actually Kayla's mum who suggested boxing. Kayla's mum worked at Blue Rooms Cafe and got to know Sam Gilley, a pro boxer and Rod Julian a pro boxing coach. Kayla had always been very fit and was certainly not an angry teenager, but she just wanted a sporty hobby to use up some of her natural energy.

It all began when Kayla's brother-in-law recommended Hoddesdon Boxing Club. Kayla was coached by Sab Leo who saw something special in Kayla immediately. He took her to her first competition – which happened to be her first international tournament: the Golden Girl Championships in Sweden, where she had three fights. The first was against a European champion kickboxer, the second was against Iceland in the semi finals, and then in the finals Kayla was against the hometown girl who she KO'd in the first round. It's fair to say that Kayla burst into the international scene, swiftly becoming a boxer that everyone was noticing.

After a successful boxing match in Harlow, Essex, watched by family and friends, Kayla was ready to enter the Nationals in Newcastle. This was a whirlwind time for Kayla – within five months of starting at Hoddesdon Boxing Club she was boxing in the Nationals. Kayla actually lost (in a

closely fought match) to Chantelle Reid who went on to be an Olympian at the Paris Olympics in 2024.

Kayla was gutted by this loss but she received a letter from Mick McGuire and Amanda Colson inviting her to assessment/trials for the England senior team and the GB team.

While all this football and then boxing training was going on (she was coached by Rod Julian and Sam Gilley and competed in three fights in white collar boxing before joining the amateurs) Kayla was in the 6th Form, studying for 3 A levels which she passed with flying colours (having missed out on GCSEs due to covid). All this whilst working at the Blue Rooms, as well as during the school holidays working at Mayhem along with her friends, which she says was great fun. Kayla sometimes worked with Stuart Bye of Above and Beyond Plastering (who is now one of her sponsors). Just to add another level of pressure, Kayla passed her driving test!

After 6th form Kayla settled on a degree apprenticeship in construction, however after a short while she found this was not flexible enough as she needed to be available for trials for Great Britain whilst boxing for England. She decided to take the risk, leave her job and dedicate a year to boxing to see if she could 'make it'. The risk to concentrate solely on boxing has paid off. Kayla is building herself as a brand, attracting sponsorship and she is now elite level in amateur boxing.

White Collar Boxing championships provide an exciting opportunity for men and women to train like professionals with boxing coaches over the course of eight weeks. At the end of the training period the contenders step into the ring at a prestigious boxing event whilst raising money. During 6th form Kayla was welcomed on his shows by Alan Mortlock, the founder of the IBA (Independent Boxing Association) at Rod Julian's gym and competed in two White Collar fights, after which she transitioned into the amateur boxing world.

After performances for the England team and trials for Great Britain, Kayla received a letter asking her to represent Great Britain and she made her debut representing Great Britain competing in the Dacal tournament in

Spain where she won two tournaments and a gold medal. After this sure start Kayla made a very big statement having three back to back wins, beating Olympians and more experienced ProAm boxers in a tournament called Tammer in Finland. These two tournaments were in less than a month of each other!

When asked if she ever felt scared, Kayla replied that she did not, saying that she is very well prepared and adding that the fight is where you showcase your skills, and training is where all the hard work is done!

Training sessions concentrate on running, strength, conditioning, speed, power and boxing skills – it is actually quite scientific. Although Kayla tells us that she is still quite new to boxing, she feels that as she has dedicated so much time and effort and has learnt to be more adaptable in training so she is much more effective in her boxing matches.

Kayla trains Wednesday to Saturday in Sheffield every other week for the GB team, consisting of boxing sessions, sparring, pad work, bag work, tech work, strength, conditioning and track work. When at home Kayla trains with Sab Leo and Alex Leo at Leo's Gym. Kayla sometimes goes out to other boxing gyms for high level sparring and people come to Leo's Gym for sparring. She also works with Sab or Alex on pad work and technical aspects to perfect her craft. In between boxing Kayla works on her strength and conditioning as well as track work consisting of speed/sprints, long interval and steady runs. She has just Sundays off when she enjoys walking in the local woods with her Mum and her dog. The only training equipment Kayla has at home is a skipping rope and a punch bag hanging from a tree in her garden although you may bump into her whilst she is road running or bike riding locally. Kayla recently completed a half marathon supporting cancer research in memory of her Gran.

Recently Kayla has taken part in hotpod yoga – it's so good for the body, increasing flexibility and overall mental wellbeing. Although normally quite a chilled person, Kayla says she can be easily distracted and finds that hotpod yoga relaxes both mind and body.

Among her many titles, Kayla won the National Amateur Championships in 2025, World Cup Silver in 2024, and Gold at the Golden Girl

Championships. She won the Haringey Boxing Cup and multiple international gold medals in various tournaments. Kayla's short term plan is to compete in the Commonwealth Games in 2026 and the Olympic Games in 2028, Her long term plan is to become undisputed World Champion and create a legacy for herself and others. Kayla has boxed in Sweden, Germany, Croatia, Finland, Spain and India as well as numerous cities in Great Britain as well as Alexandra Palace, Circus Tavern and London York Hall.

A boxing career is the 'fast life' not being designed to be a long career as it is hard on your health. Retiring at 35/40 is known to be a good age. Kayla says that she will only retire when she can give everything possible to her family; especially her Mum who she says has given her everything.

Kayla still has a tight knit group of friends from school but has now added a close circle of friends from the boxing world. It is a very social sport to be involved in – they are like family now, being very supportive of each other especially when they all go away from home.

When asked about her diet, Kayla replied that it is really just about eating 'clean' food and following the professionals regarding nutrition and training – it's a solid system to follow. Kayla started her boxing journey at White Collar at just below 100 kg and now competes at 65 kg. Kayla enjoys the diet and fitness regime and has the focus and drive to succeed. Everyone experiences highs and lows – winning and losing – but you learn from the losses.

Kayla enjoys playing and watching football and loves a trip up to London. She is happy to travel the world, and see different countries and cultures. She takes pleasure in cooking and baking, especially with her Grandma. She comes from a large, close family and enjoys plenty of quality time with them, and loves assisting her Mum in cooking for everyone.

Kayla tells us that Abridge is a very good place to live – relaxing to come home to after a long, hard week, only five minutes away from everything and in easy reach of London. She feels lucky to have grown up here. One lovely memory she recalls is when she was about 5 years old she turned on

the Christmas lights with Michael Dawson who played football for Tottenham Hotspur.

To add to her impressive list of achievements Kayla has recently become **European Champion**, beating Ireland by points, France by KO and Romania in the finals to win the gold medal making it her major win so far.

LinkUp Editors

Kayla has been on BBC One live broadcasts and interviewed in the UK and in other countries.

Kayla is grateful to her sponsors:

**Fabio's Italian Crafted Coffee
Above and Beyond Plastering
Loughton Driving Lessons
AJP – AJ Performance Recovery
Elysium Clinics**

If you would like to sponsor Kayla and join the team/journey, either as an individual or a business, please contact Kayla via her Instagram: [kayla_allen04](#) or email: kaylaeallen27@gmail.com

If you would like to follow Kayla on her Instagram she can be found at [kayla_allen04](#)

LOCAL SERVICES

February 2026

Refuse and Recycling Collections

Week Commencing Monday 26th January Recycling and Green Waste

Week Commencing Monday 2nd February Refuse and Green Waste

Week Commencing Monday 9th February Recycling and Green Waste

Week Commencing Monday 16th February Refuse and Green Waste

Week Commencing Monday 23rd February Recycling and Green Waste

Trudie's Sahara Desert Trek



Trudie is trekking across the Sahara Desert for St Clare Hospice from 8th - 13th October 2026

Sponsor Trudie today as she takes on this incredible desert challenge to raise funds for local Hospice care



SCAN HERE
TO DONATE



stclarehospice



stclarehospice

stclarehospice.org.uk
Registered Charity No. 1263237



LAMBOURNE PARISH COUNCIL

www.lambourneparishcouncil.gov.uk

Serving the Communities of Abridge & Lambourne End

07716 124508

Email: theclerk@lambourneparishcouncil.gov.uk

We hope that everyone had a lovely Christmas and New Year and are looking forward to what 2026 brings. The Parish Council would like to thank everyone who volunteered to help put on the Christmas lighting event this year. They would particularly like to thank the Pool and Room Company for their donation towards the Christmas tree this year, London Recycling Solutions for supplying the skip and Essex Grab Hire for helping to position the tree in place.

Our next Parish Council Meetings are:

February 11th Abridge Village Hall 7.45pm

March 11th Abridge Village Hall 7.45pm

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

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

Details of the agenda and any planning applications are on the council website, noticeboards and Facebook. Agreed minutes from previous meetings are posted on our website.

Lambourne Parish Council Facebook Page

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

Events

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

Fly Tipping

Fly tipping still is a major problem in our Parish, to report any that you see please go to Epping Forest District Council using the following link <https://www.eppingforestdc.gov.uk/crime-and-safety/report-fly-tipping/> or call them on 01992 564000
The sooner it gets reported the quicker it gets dealt with.

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

Emergency Highways Issues - Out of Hours

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

A BIG THANK YOU FROM LAMBOURNE PARISH COUNCIL

Lambourne Parish Council would like to thank the following companies for helping with the cost of putting on the Christmas Lights in the Market Place this year.



POOL & ROOM CO.
0800 7747510



07740 724601



LAMBOURNE PARISH COUNCIL

www.lambourneparishcouncil.org

Serving the Communities of Abridge & Lambourne End

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

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

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

39 Ongar Road, Abridge, Essex, RM4 1UD Tel: 07716 124508

Email: theclerk@lambourneparishcouncil.gov.uk

Web: www.lambourneparishcouncil.gov.uk

Chairman: Derek Hardy Clerk: Diane Moggridge

1st Chigwell & Chigwell Row Scouts: Autumn Adventures!

It's been a busy and exciting few weeks for our local Scout Group, with Scouts, Cubs and Beavers all getting stuck into some brilliant autumn adventures.

Scouts

Over the October weekend, 30 Scouts and leaders packed their bags for an unforgettable trip to the Peak District. Staying in an old farmhouse called Grandbatch, the group a perfect mix of boys and girls, arrived late on Friday after a long drive north. Saturday brought glorious views and muddy boots during a seven-hour hike, followed by games and laughter back at base. On Sunday, the Scouts faced their biggest challenge yet... abseiling from a 70-metre bridge! Every single Scout gave it a go, proving it was truly a camp with no room for improvement.

Cubs

The Cubs enjoyed an action-packed weekend of their own, beginning with a day trip to Duxford Airfield to explore the Museum and get up close to some incredible aircraft. After a fun-filled day and a sleepover, they proudly joined the local Remembrance Day parade in Chigwell the next morning, a moment of pride and reflection for all involved.

Beaver

Not to be outdone, the Beavers held their very own Spooktacular Halloween Camp back home in the local Scout hall. Seven Beavers spent the night carving pumpkins, watching a film on a big projector screen and (to

everyone's surprise) getting a good night's sleep! The next day was full of fun and games before heading to North Weald Airfield to see the Essex & Herts Air Ambulance land and learn about the life-saving work they do. With pizza, pumpkins and plenty of smiles, it was a weekend to remember.

From the youngest Beavers to the oldest Scouts, it's been a season full of teamwork, courage and fun a real reminder of why Scouting continues to thrive in our community.

Tomas Emmett
M 07799 335815

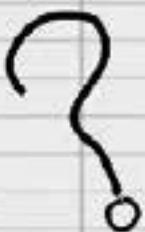


ABRIDGE CRICKET CLUB

(founded 1838)

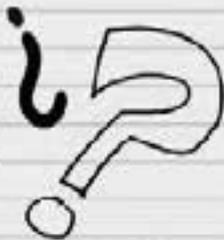
CHRISTMAS RAFFLE 2026

1 st Prize £300	J. MORONAY
2 nd Prize £150	DARYL WOOD
3 rd Prize £75	KIERAN HORGAN
4 th Prize £50	DENZIL
5 th Prize £30	J.BROWN
6 th Prize £30	TOMAS EMMETT



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Spotlight on Village Clubs

Bridge Club – Abridge Village Hall – Tuesday 7-15 to 10.00

Bridge is a card game that has a positive effect on wellbeing; improving memory, enhancing problem solving skills, boosting concentration and delaying cognitive decline. That is in addition to its social benefits of building friendships and encouraging teamwork. Bridge also has the benefits of reducing stress and building confidence.

It is a game for 4 people playing in teams of 2. Malcolm who runs the group explained that playing engages you totally and stretches the brain. The tactics involved take a while to learn but it is so worth it as once you have learnt you never want to stop and you see yourself constantly improving. He explains that to join the club you really need to know how to play Bridge – however, Sylvia (who learned to play Bridge at university), has said that if there is a group of 4 or more people who would like to learn, then she is happy to teach them. If you can play Whist you are halfway to learning Bridge.

Suhail worked as a doctor in Bahrain and learned to play whilst there. He actually played with the bridge partner of Omar Sharif (the actor) who was a Bridge champion. David told us that he played years ago and after a break of many years he heard about this Club, joined it and really enjoys playing. Bev, who lives in Abridge, has been playing for over 20 years and says that it's nice and local and is a really friendly club.

Malcolm has been a member of the Club for 21 years and has run it for the last 10 (he learned at school) and explains that club play is continuous but everyone can stop for a drink. The hours are 7.15 to 10.00; fees are £9 per month - £14 is spent on prizes - the rest goes towards the hire of the hall.

I popped along one evening and it certainly looks intriguing with 4 people sitting around a card table with 2 packs of playing cards and a set of bidding cards. It's a friendly, welcoming club and new members will be made very welcome.

LinkUp Editors

ONGAR NATURE TRAIL

Red Kites



Red Kites were once on the brink of extinction in this country but, thanks to the RSPB and others, this magnificent bird can now be seen in many places in these isles. In fact, the UK is now home to nearly one fifth of the entire world population. Red Kites circling in the skies of Ongar and surrounding areas are now a common site.

They are one of Britain's largest birds of prey, known for their reddish-brown body, long patterned wings, forked tail and distinctive "mewing" calls. Once considered a threat to game birds and domestic animals, like cats and dogs, the red kite was hunted close to extinction in the UK and at one time there were just a few breeding pairs in central Wales. However, despite what was thought at the time, Red Kites are largely scavengers, feeding on carrion and small prey such as rabbits. The birds breed exclusively in Europe and are still endangered due to illegal persecution through shooting, poisoning and trapping.

But now there are around four and a half thousand breeding pairs, a remarkable achievement. Although they were common in the Middle Ages, even in cities, attitudes changed and Red Kites found themselves branded as vermin. They were relentlessly killed and also targeted by egg collectors.

Soon their numbers were diminishing and by the 1870s, they were extinct in Scotland, England and Ireland. In the early 1900s only about five breeding pairs were found in Wales in the remote hills. Genetic fingerprinting later showed that these birds could all be traced to a single female – bad news for the genetic diversity of the population.

Thanks to conservation efforts involving the RSPB, volunteers and local farmers – including nest protection schemes, the Welsh population began to partially recover. However, numbers remained

low and by the early 1980s there were still only around 50 breeding pairs, confined to west Wales. With the remaining population so fragile and natural population growth looking unlikely, it was clear more action was required.

In 1989, the RSPB joined forces with the Nature Conservancy Council (now Natural England and Scottish Natural Heritage) to begin the first Red Kite re-introduction programme. Between 1989 and 1994, young birds were taken from nests in Sweden, Spain and Wales, reared and then released near Inverness in Scotland and in the Chiltern Hills, between London and Oxford in England. Breeding was recorded at both sites in 1992, and just two years later Red Kites that hatched in the wild raised their own chicks for the first time. The successes paved the way for more releases in England, Scotland, Northern Ireland and the Republic of Ireland, all with great results. Red Kites were back.

Red Kites still face many challenges in the UK, with illegal persecution stopping them from thriving in some areas. But their spectacular recovery from just a few birds is clear and inspiring proof that with targeted action the fortunes of struggling species can be addressed.

Now it is time to repay the debt as Spain needs help to increase its Red Kite population. Chicks from Britain are flown to Madrid and then transported south to the wildlife hospital in Villafranca de los Barros.

Each chick is weighed, measured and tagged before being fitted with a GPS backpack which allows it to be tracked.

The birds are then moved to holding aviaries near the Portuguese border for two weeks to acclimatise them to their new surroundings. It takes several hours before one by one they leave the safety of the aviary and fly off into the wild.

Only about a quarter of the red kites released during the project have survived. A significant threat is from predators such as Eagle Owls while many die from poisoning and illegal shooting.

Keith Snow

LAMBRIDGE GROUP

I would like to thank all those members of our community who came along and supported our Christmas Market.

I am pleased to say that all the stallholders enjoyed their day and we are grateful for their support.

By the time you read this, hopefully you will hear some good reports of the 3-course meal we cooked and served for the Potato Club Lunch on Sunday, January 25th in the village hall. The hall replaced the large gas cooker with 2 electric cookers, so it will be the first time using the new equipment. I am writing this before the event so we have got everything crossed! This will be a 4-course meal as usual. I am pleased to say that the Potato Club has gone from strength to strength with many new members and are always glad to welcome anyone interested. I also grew a potato last year but still didn't get into double figures, and 'the dig' featured on American News channels! On viewing the video, I am pleased the men of Abridge did not disgrace themselves although plenty of alcohol was consumed on 'the dig'.

Our next function in the hall will be our annual **St George's Day** celebration on Saturday, 25th April. Our entertainment will be singer, Sam Knight throughout the evening. As usual, you will be served a 4-course meal and the hall will be decorated to provide the patriotic atmosphere of the evening. Further details in the next Link Up.

Please continue to support our group as all the money raised is ploughed back into community.

Freda Filby

PUZZLE PAGE

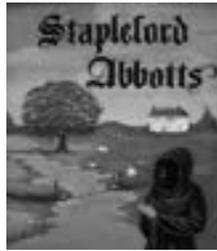
The pair of answers to each clue rhyme with each other. Answers are in alphabetical order.

- 1) Featureless , foreign currency.
- 2) Fish , herb.
- 3) Cleaning implement, darkness
- 4) Causing poor visibility, marshy
- 5) Battalion, Rex in "My fair lady"
- 6) Munificence, an inquiring mind
- 7) Wine, secure
- 8) Lift, damp
- 9) Osculate, joy
- 10) Intimate friend, lid
- 11) Fickle, gourmet
- 12) Dual, bucolic
- 13) Servant, to long for
- 14) Pigs, eat
- 15) Sport name

Rotate for Answers

- 1) Bland, rand
- 2) Brill, dill
- 3) Broom bloom
- 4) Foggy, boggy
- 5) Garrison, Harrison
- 6) Generosity, curiosity
- 7) Hock, lock
- 8) Hoist, moist
- 9) Kiss, bliss
- 10) Lover, cover
- 11) Moody, foodie
- 12) Plural, rural
- 13) Slave, crave
- 14) Swine, dine
- 15) Tennis, Denis

By a Villager



STAPLEFORD ABBOTTS PARISH COUNCIL

Welcome to 2026 – and Spring is around the corner. Just about!

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

This is the new name for the development currently under construction on Oak Hill Road, known generally as Oak Hill Green. We are aware that there has been some traffic congestion around this area in recent weeks that have caused concern. Jim Brown (project manager) and Chris Diggle (site manager) from developers The Hill Group are keen to reassure everyone that they will take every step to help, Chris being site manager and in attendance on site five days a week and Jim being the project manager, and on site once or twice a week.

There will be security cameras on site, and the working hours will be 7.30am until 4.30pm. They will also have an office on the site with contact details displayed so anyone can make contact if necessary. The Hill team encourage all those who have concerns, or something to report, to send information or questions to Jimbrown@hill.co.uk Chrisdiggle@hill.co.uk, and they will feed back updates to us.

Welfare Trust – Did You Know?

If you are resident in Stapleford Abbotts and have never heard of the Welfare Trust, you could be in for a very pleasant surprise. This is an organisation originally started by charities dating back to the 18th-century, which gave gifts of meat and bread to residents; today its trustees provide food hampers at Christmas to parishioners. This practical aspect is boosted by a lively social side that aims to combat loneliness and isolation, especially for those who can't get out and about easily, with a calendar of afternoon teas, pub lunches and visits to theatres and arts venues every other month. It's fun and friendly, and all those who would like to get involved, please call Mandy McCormack on 07753 932041 or email mandymccormack8@gmail.com

M25 Service Area Plans – Make Your Voice Heard

As you will know by now, motorway services operator Moto has asked Brentwood Borough Council for a planning permission which, if granted, would allow it to build 2 motorway services areas to the east of, and just beyond, our parish boundary. Their competitor, Welcome Break has also announced that it will follow suit with a planning application. This alternative or additional site would also be to the northeast, and just outside, that boundary.

A dedicated group has formed the M25 (Northeast) Residents Association (NERA) to campaign against these Green Belt developments. NERA is trying to raise awareness of the Moto and Welcome Break proposals; and encourage as many people as possible to join the Association. The more members, the greater the chance of success! Membership 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, up to date commentary and campaign details, hit www.m25nera.org

Stay Safe, Keep Connected

Essex County Fire and Rescue Service - encouraging everyone, especially those working or volunteering in the community, to keep an eye out for residents who might be vulnerable or isolated, and eligible for a referral for a **free Home Safety Visit**. You can do this through the **Online Home Fire Safety Check** link at www.essex-fire.gov.uk/online , or speak to the person yourself and encourage them to get in touch if you feel it's appropriate.

Here to Help – Essex Wellbeing

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

www.essexwellbeingservice.co.uk

www.essexrcc.org.uk

www.communityagentsessex.org.uk

Social Car Scheme

We know that local transport is important, especially for the elderly and those with mobility needs, so worth consideration is EFCT's Social Car Scheme, where members join for an annual fee of £15 and can book rides for reasonable fares to doctor's, tube stations and shopping centres in the vicinity. To find out more, call 01992 579556 and speak to the transport group. The Welfare Trust may be able to assist with funding if required – please call 0333 006 4570 to discuss.

Stapleford on the Net!

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

District Councillors

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

cllr.camos@eppingforestdc.gov.uk

cllr.sjones@eppingforestdc.gov.uk

cllr.tcornish@eppingforestdc.gov.uk

County Councillor

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

cllr.jaymey.mcivor@essex.gov.uk

We are recruiting...

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

Our Next Meetings:

- **Tuesday 3 February 2026**
- **Tuesday 3 March 2026**
- **Tuesday 7 April 2026**

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

All the very best to you,
Stapleford Abbots Parish Council

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

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

CAR PROBLEM.

George was busy in the kitchen, so his wife said “While you are busy, I’m popping down the town to get some shopping.” Thirty minutes later his wife was on the phone saying “I’ve got a problem with the car; it’s got water in the carburettor.” Her husband said, “Don’t be silly, you don’t even know what a carburettor is.” She said “I’m telling you, it’s got water in the carburettor.” He said “Ok, I’m coming down to sort it out, where have you left it.” She said, “It’s in the river.”

G.Quantock.

"Tip Top Table Top Sale"



Saturday 7th March 2026

10am - 2pm

At

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Admission

Breathe & Unwind in Abridge

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Please note, breathwork and sound baths may not be suitable for those who are pregnant, have a pacemaker, severe mental health conditions, or uncontrolled epilepsy. Please reach out to Alison if you'd like more details.



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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
Mini Ballet	Donna Phelps	07502 224396
Ballroom Dancing Club	Barry & Donna	0208 5519007
Bingo	Josie Myson	07733 473808
Cardio Box	David Nash	0208 5007021
Bridge Club	Malcolm	01992 420888
Christmas Lighting Fund	Derek Hardy	01992 814599
Come and Chat Morning	Lesley Nash	07983 161451
Cricket Club Enquiries	David Coles (Chairman)	01277 366284
Cricket Club Colts	Cyrus Langford	07958 734084
Forever Young Table Tennis	Peter Rose	07818 475650
Karate	Daniel Cuthbert	07804 813705
Lambridge Group	Freda Filby	01992 812405
Little Bee Play Group	Sarah Barnett	07985 425592
Pilates	Debbi Scarfe	07739 092946
Senior Bootcamp	Josie Myson	07733 473808
Short Mat Bowls	Peter & Christine Berridge	07842 844433
Zumba	Clare Gayler	07789 204950

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

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

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ABRIDGE VILLAGE HALL

www.abridgevillagehall.co.uk

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

Monday

Pilates	10.30am- 11.30am
Short Mat Bowls (plus some Thursdays)	2.00pm
Senior Boot Camp	6:00pm – 7:00pm
Zumba	From 7.15pm

Tuesday

Forever Young Table Tennis Club	10.00am - 1.00pm
Boxercise	5.00pm – 6.00pm
A Bridge Club	7:30pm
Ballroom Dancing Club	8pm

Wednesday

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

Thursday

Mini Ballet	10.00am – 10.30am
Forever Young Table Tennis Club	1.00pm – 4.00pm
Karate	4:30pm – 7:30pm

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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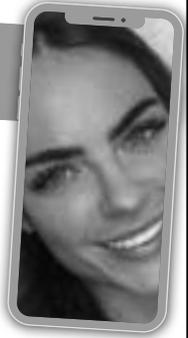
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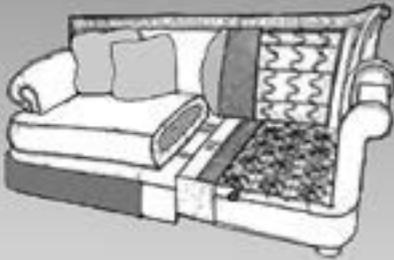
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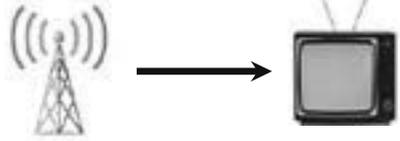
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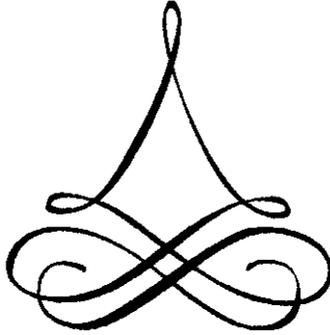
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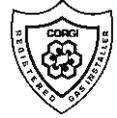
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