

Epsom and Ewell's over 60s win multi-sports

6 October 2024



Wednesday 2 October saw the 16th running of the Better Club Games tournament at Queen Elizabeth Olympic Park's Copper Box Arena.

The annual event put on by charitable social enterprise GLL for the over-60s, saw over 400 older people from 20 local teams descend on the 7,500 seat venue – the 4th largest event space in London.

The 'Battle of the Boroughs' pits contestants from London and the south east in a diverse range of activities – all in friendly competition.

Darts, dominoes, short tennis, short-mat bowls, swimming, badminton, table tennis, cycling, walking netball and walking football all featured – with 200 people taking part in the walking sports held the week before in the Lee Valley Hockey and Tennis Centre and 100 in timed swims in local clubs throughout September.

Across all sports and locations, 700 older people took part.

In a tightly fought contest, Team Epsom & Ewell took the ultimate overall title – ahead of Waltham Forest in 2nd and Greenwich in 3rd. Epsom & Ewell were also winners in 2023 in the first gathering of the Better Club Games since Covid.

GLL first decided to put on the Better Club Games back in 2006 when it realised there was no major multi-sports activity in the UK which brought older adults together annually in the spirit of fun competition.

Competitors are drawn from Active Ageing Clubs facilitated by GLL in leisure centres; the activities chime with GLL's mission to improve health and wellbeing as a key community service through physical activity and sport.

Active ageing has since become a major public health priority with noted benefits to physical health, mental health and helping reduce social isolation in the UK's older population. In addition, keeping active reduces the burden on the NHS.

The 2024 Better Club Games Ambassador was actor and radio presenter Christopher Biggins, 76. He added some trademark fun to the proceedings, taking part in a candid Q&A and trying his hand at darts and table tennis.

'Better' is the brand name of the UK's leading leisure charitable social enterprise GLL. The company's ethos is to reinvest in local community health and wellbeing and the Better Club Games is a key part of this commitment.

GLL Deputy CEO Phil Donnay said: "It was inspiring to see over 400 participants at the Copper Box Arena turn out to take part in this year's running of the Better Club Games, compete and have fun.

"The importance of ageing well and living well is huge – both for individuals and wider society.

"As a charitable social enterprise, GLL are proud to show what older people are capable of through our Better Club Games.

"Congratulations to all those who took part and to our worthy winners – Epsom & Ewell."

Speaking from winning team Epsom & Ewell, semi-retired accountant Tony Gayle, 68, from Stoneleigh, took part in the table tennis, the Games enabling him to rediscover his interest in the sport. "The competitive element is fun but the most important thing is to enjoy the day. It's sociable – you see people you met at the Games last year."

Epsom & Ewell Team mate Phil Humphrey, 64, is a retired construction consultant who was involved with building the Stratford Olympic Park. This was his fourth Club Games and though he previously competed in table tennis, he has now switched to short tennis. "I'd never tried it before but they needed someone for the team a couple of years ago," he explains. "Myself and my partner volunteered and we got to like it – so much so that we now play once or twice a week, all year round!"

Better Club Games is organised and funded exclusively by charitable social enterprise GLL – which runs the Olympic legacy competition venues Copper Box Arena and Lee Valley Hockey & Tennis Centre which hosted the sports.

In addition to transport and refreshments, participants enjoy raising awareness for their club, a celebrity ambassador on the day, a team trophy for each individual sport winner and a medal for every competitor.

Teams from Enfield, Mole Valley and Newham competed for the first time.

The event was supported by GLL supplier partners Technogym, Your PT and Brakes.

GLL Communications

Picture caption: 2024 Better Club Games Winners – Epsom & Ewell with GLL Deputy CEO Phil Donnay (4th from right, front row) and Club Games Ambassador Chris Biggins (second row, 4th from left) /Credit: GLL

American baseball started in Surrey

6 October 2024



The latest **BBC Secret Surrey podcast** features Julian Pooley, Public Services and Engagement Manager, who tells the story of a previously unknown William Bray diary. Covering 1754-1755, the diary was found in a garden shed in 2007. It is a fascinating document for many reasons but it is particularly interesting as it is the earliest known manuscript reference to baseball, confirming baseball was played in Surrey more than 20 years before American independence.

[Listen here »](#)

Read more from Surrey History Centre [HERE](#).

Text and image courtesy Surrey History Centre

Preserve your memories in Epsom

6 October 2024



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3rd October 2024

6 October 2024

Council Housing Planning

Will Epsom get an even higher housing target if it misses the early boat?



30 September 2024

The UK Government is preparing to release a new National Planning Policy Framework (NPPF) that could impose mandatory targets for housebuilding, including on Green Belt land, sparking concern among local ... [Read More](#)

Rugby Sports

Rare rugby draw for Epsom side



30 September 2024

Battersea Ironsides 19 Sutton & Epsom 19. Saturday 28th September A year ago the 2023-4 Ironsides vintage were on top of the table having opened their account with 80 points against ... [Read More](#)

Helen Maguire News Westminster

Local MP comes to our defence?



30 September 2024

In a significant development in UK party politics, Helen Maguire, the Member of Parliament for Epsom & Ewell, has been appointed to the frontbenches of the Liberal Democrats. On September ... [Read More](#)

Football Sports

Drawing conclusions in Epsom and Ewell v Horley tie



30 September 2024

Epsom and Ewell FC 2-2 Horley Town. Combined Counties League - Premier Division South. Saturday 28th September 2024. An entertaining contest took place at King George's Field on Saturday and ... [Read More](#)

Community Health Volunteers

Epsom's Love Me Love My Mind week of healing



30 September 2024

This year's theme is 'Be Kind to your Mind' • Be active - For your mental and emotional health, and wellbeing • Be Mindful - Practise mindfulness, live in the present ... [Read More](#)

Health Helen Maguire Westminster

Epsom pensioners gather less winter fuel pay this St Stephens



30 September 2024

Thousands of pensioners across Epsom, Ewell, Ashted, and Leatherhead are facing the loss of vital winter fuel payments following cuts by the UK government, sparking fears that many will struggle ... [Read More](#)

Business Council Environment

Surrey's one stop shop to save energy



30 September 2024

Surrey residents can now receive support to upgrade their homes with energy saving 'retrofit' measures including insulation, heat pumps and solar panels through an innovative Home Energy Improvement 'One-Stop Shop' ... [Read More](#)

Council Planning

Epsom's Master plan to walk and cycle



30 September 2024

On 24 September, Epsom & Ewell Borough Council's Licensing and Planning Policy Committee approved the Epsom Town Centre Masterplan. The Masterplan sets out clear and comprehensive guidelines for the development ... [Read More](#)

Health News

Epsom's local life savers



30 September 2024

A Covid survivor who was so poorly her children were warned she wouldn't survive the night and the mum of a young boy who bravely battled leukaemia have thrown their ... [Read More](#)

Arts News

Dorking refurb: "it's behind you"!



28 September 2024

Dorking's "sleeping beauty" will wake up in time for the busy panto season - it has been confirmed. Dorking Halls closed in June 2024 for refurbishment work that could cost ... [Read More](#)

Horse racing Sports

Season finale tips for Epsom racecourse



27 September 2024

The finale meeting of the Summer Flat season at Epsom Downs arrives on Sunday with a seven-race card to bring the campaign to a close. Racing gets underway at 1.45pm ... [Read More](#)

News

Epsom man pounds Epsom streets for charity



27 September 2024

Local man and charity CEO, Lucas Mee, ran 125km in under 24 hours this weekend, joined in part by local MP Helen Maguire, to help raise funds and awareness for children ... [Read More](#)

Business News

Another Epsom pub gets a major face-lift



27 September 2024

Much-loved Church Street pub, The Faraday, has reopened after an exciting six-figure investment, creating six new jobs in the local community. Located in the town centre, the site was originally ... [Read More](#)

Arts Culture

Learn to play music in Epsom



27 September 2024

UK charity Music for All is thrilled to announce their annual flagship event Learn to Play is back for 2024 giving everyone in Epsom a chance to take part in 'the ... Read More

Epsom's Love Me Love My Mind week of healing

6 October 2024



This year's theme is 'Be Kind to your Mind'

- Be active - For your mental and emotional health, and wellbeing
- Be Mindful - Practise mindfulness, live in the present moment and look for the positives.
- Be Kind - Connect with others, be kind to yourself.
- Give to others - Perform random acts of kindness, volunteer and give to your local community.
- Keep Learning - Invest in your interests and hobbies.
- Talk kindly to yourself: Think about how you speak to your loved ones and use that voice on yourself.
- Practise gratitude, reflect daily, write a journal.
- Focus on self-care and be responsible for your wellbeing.

PROGRAMME OF EVENTS AND ACTIVITIES - BE KIND TO YOUR MIND

Saturday 5th October

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB:

Come along and meet the Friends of Horton Cemetery on Saturday 5th and 12th October and pick a ceramic flower to plant in your garden. Last year we painted over 1000 flowers to Remember Epsom's Forgotten Residents buried at Horton Cemetery, and we want to give the flowers back to the local community. Any donations that we receive for the flowers will support our future research into the lives of the 9000 patients buried at the cemetery.

11am - 2pm Kids Art Club at Epsom Social, 1 Derby Square, Epsom KT19 8AG:

Join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

1pm Bodhi Eden, Epsom Yoga Studio - 29 Waterloo Road, Epsom KT19 8EX:

FREE taster sessions

Hatha Yoga Taster | 30mins | 13:00pm

Sound Bath Taster | 20mins | 13:40pm

please book via <https://www.bodhieden.com/be-kind-tasters>

Sunday 6th October

10.00am We Power On - Men's Social Walk and Talk, meet outside the Rubbing House pub, on Epsom Downs (every Sunday unless otherwise advertised) at 9.50am for a 10am start.

10.15am Church service at St Barnabas Church, Temple Road, Epsom, KT19 8HA - Being Kind to Your Mind

2 - 4pm Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

Monday 7th October

10am - 1pm Drop-in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

3 - 7pm Monday Drop-in at St Barnabas Church, Temple Road, Epsom, KT19 8HA

3.30pm Guided Mindfulness and Relaxation practice with This Little Yogini at St Barnabas Church, Temple Road, Epsom,

KT19 8HA

4pm Be Kind to your Mind - Debbie Brewin, Consultant Therapist, Supervisor & Trainer at Mind-Growth Mastery at St Barnabas Church, Temple Road, Epsom, KT19 8HA

Tuesday 8th October

10am - 1pm Drop-in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

2 - 4pm Talking Table at The Old Moat Garden Centre, Horton Lane, Epsom, KT19 8PQ

Come and join the team at The Old Moat Garden Centre for a cup of tea and piece of cake and find out what our Wellbeing Service has to offer, receive a free tour, or just come for a chat. We would love to meet you!

6 - 7.30pm Come and join The Include Choir Epsom at St Joseph's Church, St Margaret's Drive, Epsom, KT18 7JQ. The Include Choir provides social, musical and volunteering opportunities (for anyone age 16+), it also teaches inclusive Makaton signing and provides 'joy and uplift' which means you are 'guaranteed to leave with a smile'.

Wednesday 9th October

9:45 - 11:45 Home-Start Epsom, Ewell and Banstead, Ewell Family Centre, Riverview Road, West Ewell, KT19 0JP. Dealing with Difficult Emotions workshop - this workshop is designed to help parents who may be struggling to manage or deal with their children's emotions, providing emotional support and practical suggestions to make parenting just a little more manageable.

10am - 1pm Open day at the Forget-me-not Allotment at Appley House Care Home, Longmead Road, Epsom, KT19 9RX. Love Me Love Me Mind volunteers have been visiting the allotment weekly since early 2024 helping the staff and residents of the care home to use the space, planting flowers and vegetables, and making future plans for a sensory space.

5 - 7pm Open evening at CYP Haven Epsom. Visit our Focus youth centre, 9 Depot Road, Epsom, KT17 4RJ and meet the staff at the CYP Haven in Epsom. We will be serving Tea/Coffee and biscuits and look around, we then showcase our youth services at 5.30pm, followed by a Q&A with staff and find out how we support children's mental health within the community. The CYP Haven is an open access wellbeing drop-in for young people aged 10-18 years. Working closely with local schools and CAHMS/Surrey CC services. Check out our website: cyphaven.net

7 - 8.30pm Grow & Glow - Epsom Methodist Church, Ashley Road, Epsom, KT18 5AQ. A woman's only mental health support group. A place to grow, glow and connect with others No booking required to attend, just come as you are.

Thursday 10th October - World Mental Health Day

9.15am-10.15am Yoga for Wellbeing - The Horton Arts Centre, Haven Way, Epsom KT19 8NP (Doors open 9am) Start the day with a session of gentle yoga. Yoga teacher Louise Tozer will incorporate breathing techniques, sound and gentle movements into her class to improve self-awareness, flexibility and relaxation. This is an all-inclusive class, suitable for all levels. Wear comfortable clothing and bring layers. • Bring your own mat or use a towel or blanket if you don't have a yoga mat. • Bring water

This session is normally £12 but for World Mental Health Day, the session will be freely open to all. Donations are welcome.

10am - 3pm Drop in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB. Come and get a FREE hug, a high five or a handshake! Join LMLMM and Age Concern Epsom & Ewell for a Delicious CAKE sale, and an opportunity to chat to two local charities.

5 - 6pm Join the Sunnybank drama group for a workshop about being kind, St Barnabas Church, Temple Road, Epsom, KT19 8HA

6pm - 7pm Let's Talk Epsom Peer Support group at St Barnabas Church, Temple Road, Epsom, KT19 8HA

7 - 8pm Live Music performed by Steve Dyke, a trustee of LMLMM at St Barnabas Church, Temple Road, Epsom, KT19 8HA. Join us for an evening of stories and songs, written and performed by Steve. Some funny, some poignant, some with themes from local history and a couple of singalong classics for everyone to join in. Refreshments are available, free entry with the option to donate on your way out if you feel you've been entertained. It promises to be a great evening, and we'd love to see you there.

Friday 11th October

10am - 12noon Advice Cafe at St Barnabas Church, Temple Road, Epsom, KT19 8HA - providing a space for our partners and groups to provide support, advice and care in a warm and welcoming environment. Action for Carers Surrey, Christians Against Poverty, Citizens Advice Epsom & Ewell, Epsom Foodbank, Epsom Primary Care Network, Love Me Love My Mind, Mary Frances Trust

10am - 12noon - Action for Carers Surrey - Find out more about Action For Carers and how we support unpaid carers throughout Surrey. You'll also be able to meet one of our specialist mental health carer support advisers, whose role is to support unpaid carers who are looking after someone with poor mental health or substance issues.

Saturday 12th October

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB

Come along and meet the Friends of Horton Cemetery on Saturday 5th and 12th October and pick a ceramic flower to plant in your garden. Last year we painted over 1000 flowers to Remember Epsom's Forgotten Residents buried at Horton Cemetery, and we want to give the flowers back to the local community. Any donations that we receive for the flowers will support our future research into the lives of the 9000 patients buried at the cemetery.

11am - 2pm Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG - Join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

11am - 7pm Epsom Picturehouse, Epsom Square KT19 8AG. Join us for a Wellbeing Fun Day, in collaboration with Surrey Community Lounges, End Stigma Surrey, Epsom Library and hosted by Epsom Picturehouse - we'd love for you to be there! Come along for a day of community, connection, and fun!

Whether you're in the mood for a friendly chat over tea, want to play some games, or need a quiet space to relax, there's something for everyone. This special day will focus on celebrating wellness, sparking conversations around mental health, and showing you where to find support within the borough.

1pm Bodhi Eden, Epsom Yoga Studio - 29 Waterloo Road, Epsom KT19 8EX

FREE taster sessions

Yin Taster | 30mins | 13:00pm

Meditation Taster | 20mins | 13:40pm

Please book via <https://www.bodhieden.com/be-kind-tasters>

Sunday 13th October.

10am We Power On - Men's Social Walk and Talk, meet outside the Rubbing House pub, on Epsom Downs (every Sunday unless otherwise advertised) at 9.50am for a 10am start.

2 - 4pm join us for Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG

Epsom's local life savers

6 October 2024



A Covid survivor who was so poorly her children were warned she wouldn't survive the night and the mum of a young boy who bravely battled leukaemia have thrown their support behind an inaugural event that celebrates incredible NHS staff.

Jan Ehtash, from Carshalton, spent 12 weeks in Epsom and St Helier hospitals after falling seriously ill with Covid - receiving care from a dedicated team of nurses, doctors, and other health professionals.

Sutton schoolboy Jackson Hall, meanwhile, was treated at St George's Hospital for leukaemia, where paediatric teams went "the extra mile" to support the now-seven-year-old and his family.

Both Jan and Jackson have finished treatment, and they and their families are calling on others to cast their nominations for the very first staff awards at St George's, Epsom and St Helier University Hospitals and Health Group.

"They are amazing, just wonderful people," said Jan, 60. "All of the nurses, the doctors, the cleaners, they are just so, so caring.

"When I went into hospital, all I took with me was a handbag with a set of pyjamas, a toothbrush, and a pair of underwear. I had no idea I would be there that long, but quickly started to deteriorate and was told I would have to go into intensive care. I just remember turning to the doctor and saying, 'I don't want to die'.

"It's thanks to the staff at Epsom and St Helier that I am here today, and I cannot thank them enough for saving my life and for being there when my family and I needed them the most."

Sam Hall, Jackson's mum, added: "All the staff were incredible throughout Jackson's treatment and they really went the extra mile - from giving me a hug when I had to choose between staying at hospital or going home with my daughter, to making me a cup of tea. The care they provided was fantastic, but it was these small things, too, that made a difference.

"Jackson is doing amazingly, settling back into school and becoming an amazing big brother to three-month-old Louie. He makes us so proud.

"Sometimes as a patient or a family member it's hard to know exactly how to show your gratitude to the incredible people who have been there in your time of need. But one way you can say thank you is by nominating a team or member of staff for this award."

The Outstanding CARE Award is dedicated to staff and teams who have been nominated by a member of the public, while colleagues will put forward their nominations in several other categories. All 17,000 members of staff working for the hospitals Group - from frontline clinicians, to essential support teams - are eligible for nomination.

Jacqueline Totterdell, Group Chief Executive, said: "Our biggest-ever awards event will recognise the incredible teams and individuals who go above and beyond for patients like Jan and Jackson.

"Hearing stories about the amazing efforts our staff go to is one of my greatest joys, and every single day they make me proud. I'm already looking forward to reading all the nominations and celebrating everyone who is shortlisted."

The awards take place on Tuesday 10 December at the Oval cricket ground, and will be generously supported by the hospital charities and local businesses. To make your nomination, visit www.stgeorges.nhs.uk/about/gesh-care-awards or www.epsom-sthelier.nhs.uk/gesh-care-awards by Tuesday 22 October.

NHS Press

Image: Jan in ITU with family

Season finale tips for Epsom racecourse

6 October 2024



The finale meeting of the Summer Flat season at Epsom Downs arrives on Sunday with a seven-race card to bring the campaign to a close.

Racing gets underway at 1.45pm with a class four nursery contest before the action - and the season - rounds off at 5.15pm with a class four handicap.

*Read below to discover the latest tips and a full meeting preview for Epsom's final card of the year on Sunday courtesy of **Racing TV**.*

The opening contest on Sunday's card sees a small field of five head to the start for the class four jersey contest (1.45). The Paul and Oliver Cole-trained White Chapel Road could be the play in the opener, getting off the mark in a Brighton maiden 27 days ago in fine style and he should be right up there again if showing the same form. Previous course and distance winner Pietro can fill the second spot and rates the chief threat.

Race two on the card (2.20) is another five runner contest, this time in a class two conditions stakes over the extended mile around Epsom. Anniversary holds an entry in the Group 1 Futurity Stakes at Doncaster next month and this could be an ideal prep run for the Ralph Beckett runner, off the mark on debut at Newmarket six weeks ago so is the clear horse to beat here.

Sene runners aged between three and four years old will tackle race three on the card (2.55) over the one mile and two furlong trip. Rickshaw made a promising start for trainer Harry Charlton when landed a third in a Pontefract maiden ten days ago and should be in with a big shout here stepping up in trip. Of his rivals, Sir Lowry's Pass rates the main danger, a winner of a Goodwood novice earlier this month despite missing the break that day.

Mark Of Gold looks to be the one to beat in the fourth race on the card (3.30), returning to the Flat having been pulled up in a handicap hurdle at Sandown in April for trainer Gary Moore and back on a handy looking mark as well, will take all the beating. Stablemate Miller Spirit can run him closer, a three-time winner in 2024 and produced a career-best when winning at this track just 17 days ago.

Nine runners will tackle the one mile and two furlong class three handicap at 4.05 with preference heading the way of Andrew Balding's handicapping newcomer Winston's Tipple, who got off the mark in a six runner novice at Lingfield last time out and has the eye-catching jockey booking of Oisin Murphy to boot. Qitaal looked better than ever when scoring under the now retired Franny Norton at Chester on his last run and can take the second spot here as he has to defy a 9lb rise in the weights.

The penultimate on the card is up next at 4.40 and Arkhalia Flynn is taken to get back to winning ways having only been narrowly denied in his hat trick bid last time out at Haydock for trainer Jack Channon.

Finally, the card and the season at Epsom comes to a close with an 11-runner handicap in class four over the seven furlong trip (5.15). Preference in the finale goes to Hodler, who has a good record at this track including a win over course and distance 17 days ago for which he is penalised 6lb in the weights but given how impressive his last run was, looks the type to be able to shoulder the rise with ease.

Epsom selections - Sunday

1.45 - White Chapel Road

2.20 - Anniversary

2.55 - Rickshaw

3.30 - Mark Of Gold

4.05 - Winston's Tipple

4.40 - Arkhalia Flynn

5.15 - Hodler

Horses racing Image: Credit Paul. CC BY 2.0

Epsom man pounds Epsom streets for charity

6 October 2024



Local man and charity CEO, **Lucas Mee**, ran 125km in under 24 hours this weekend, joined in part by local MP **Helen Maguire**, to help raise funds and awareness for children on the streets in Uganda. Starting at 3pm on Saturday 21 st September 2024, Lucas pounded the local pavements of Epsom and ran on a treadmill through the night. Lucas completed the 125km in 23 hours and 27 minutes.

On the morning of Sunday 22 nd September he met Epsom and Ewell's MP **Helen Maguire** and her running group, the Epsom and Ewell Harriers Athletic Club in Horton Country Park, to cross the 100km mark and share with them the reasons for his run.

Lucas is fundraising for S.A.L.V.E. International - the charity he is CEO of - which supports young people and their families in Jinja, Eastern Uganda, to leave the streets and have brighter futures through education, business empowerment and permaculture.

This epic run is part of a month-long fundraising campaign to help raise £10,000 for young people who live and work on the streets. Thanks to Lucas' fundraising efforts this total has now been beaten.

Lucas says, "Every day, children in Uganda leave their homes and families in search of a better life. They can travel vast distances to reach major cities, hoping for new opportunities, but often end up at the mercy of the street, where life is constantly dangerous.

"S.A.L.V.E. International works to provide immediate support to street connected children in Jinja, with the aim of helping them to return home and achieve their full potential.

"To raise awareness of the extreme decisions that children on the streets are forced to make, as well as raise vital funds for our work, I have decided to put my fitness to the test and take on this ambitious challenge.

"125km is the equivalent distance between Uganda's capital, Kampala, and Jinja where we are based. This is a journey that many children make by foot. I know it will be tough, but it's nothing compared to spending even one night on the street".

Lucas' challenge is part of S.A.L.V.E. International's Step up for S.A.L.V.E. campaign, which invites people across the globe to take on their own fitness challenge in September to help raise funds for children living and working on the streets of Uganda.

Another Epsom pub gets a major face-lift

6 October 2024



Much-loved Church Street pub, The Faraday, has reopened after an exciting six-figure investment, creating six new jobs

in the local community.

Located in the town centre, the site was originally an eclectic showroom and was named after the experimental physicist Michael Faraday. Today, The Faraday has become one of the most popular bars in Surrey.

As part of Stonegate Group's commitment to position every site for success, the investment has been carefully allocated to enhance the pub's offerings while preserving its unique charm.

All renovations have been carefully crafted to aid the pub's goal of being a welcoming space for sports teams, social societies and locals looking for an unforgettable night out.

The venue's attractive new décor has revitalised the space, creating a contemporary setting that's perfect for bottomless brunch on Saturdays.

The sports experience at the pub has been enhanced with the addition of multiple HD TV screens. Whether it's Premier League football, rugby, boxing, or Formula 1, The Faraday has it all covered.

With a huge 60-inch HD TV, and now a whopping 23 HD TVs throughout the site, every seat has a view of the sporting action.

The Faraday also has multiple dartboards for Epsom locals who want to find their inner Luke Littler.

The pub has a popular beer garden, where guests can enjoy soaking up the last of the autumn sun, with the front garden also providing a relaxing spot for a lovely cold pint of premium world lager.

A popular student hub, the pub is renowned for its student deals, with the best student night in the city, offering alcoholic drinks starting at just £2.35, burgers or pizza and a drink for a generous £8 and soft drinks starting at 65p.

The Epsom pub offers a fantastic range of craft beers, world beers, cider, and cocktails, all at some of the most competitive prices in the area. It's the perfect place to enjoy a drink in front of one of the many big screens, with 2-for-1 cocktails available all day, every day.

However, those not drinking alcohol will be able to choose from an extensive range of no and low alcohol options, ensuring everyone is accommodated to.

What's more, furry friends are welcome throughout the pub, with the venue being a popular spot for dog walkers popping in for a pint.

MiXR users can unlock exclusive rewards at The Faraday by downloading the MiXR app and creating an account, including a free drink for signing up. Students can also take advantage of special discounts available exclusively through the app.

Samantha Camara, General Manager of The Faraday, said: "These renovations align with Stonegate Group's commitment to always improve and innovate, meaning we can give our guests the best possible experience at our beloved pub.

"We want the investment to position our pub as the place to be for students as well as being the premiere venue to watch sport in Epsom with a huge range of big screens and food and drink at competitive prices.

"I've been General Manager of The Faraday for six years now and my love for this venue only continues to grow. This renovation marks a new chapter for our team which we cannot wait to start!"

The venue features a jam-packed weekly deals schedule, including 2-for-1 pizzas on Mondays, Student Baskets on Tuesdays, Wing Wednesdays, and Craft & Cocktails on Thursdays. Additionally, there are food and drink deals available throughout the week, along with the popular 2-for-1 cocktail offer.

But that's not all, the beloved bar always has a reason for guests to visit with karaoke night on Thursday and Friday, and Saturday nights seeing local DJs spinning decks late into the night.

Finishing the week in style, the pub hosts a quiz night on Sundays at 7pm, where locals are invited to test their knowledge amongst the smartest in Epsom to win exciting prizes.

Related reports:

Landmark pub re-assembles Tuesday

Learn to play music in Epsom

6 October 2024



UK charity Music for All is thrilled to announce their annual flagship event Learn to Play is back for 2024 giving everyone in Epsom a chance to take part in 'the biggest free music making weekend of the year!'

The event will be held in **Guitar, Guitar** - 6 Capitol Square, Epsom on the 11th -13th October and is open to all; regardless of age, experience and background and provides opportunities for participants to experience a free taster music making lesson from a musical instrument!

Learn to Play aims to inspire, encourage and enable both new and lapsed music makers to enjoy the wide range of benefits of music making, as well as connecting and championing local UK music providers through a shared celebration of music making.

Learn to Play arrives at a time where music making opportunities are difficult to access due to current cuts to arts education, resulting in many primary schools failing to meet basic music curriculum needs for young people 1 impacting the future of the UK arts, the creative potential of the next generation and the people who deliver quality arts education in the UK.

Sonali Banerjee, Music for All's General Manager explains: "The Learn to Play weekend is needed now more than ever and through our regional music making events we aim to inspire as many people as possible in experiencing the unique joys and benefits of music making. The arts enrich our lives, our community and economy, as well as improving our mental health. We welcome all age-groups and particularly encourage youngsters who may not have the opportunity to experience music lessons at school, to come along and try out an instrument of their choice."

Music for All believes everyone should have equal access to music making and supports disadvantaged individuals, educators and community projects through cash and instrument award rounds throughout each year.

The positive impact of using music to support and enhance mental and physical health throughout people's lives has long been documented in numerous academic and social research. Learning to play music is a fantastic opportunity to:

- Challenge your mind and strengthen your memory
- Feel pride and a sense of achievement
- Connect with others and make new friends
- Take a break from stresses and worries
- Have fun whilst being creative
- Explore the joy of music-making!

Jamie Cullum, Musician and Music for All ambassador said: "Playing a musical instrument is an amazing thing to have in your life. Sadly, not everyone has the opportunity to have those experiences. I am proud to be a supporter of the Music for All charity and delighted to be involved in their work in changing lives through music. I encourage everyone to participate in a Learn to Play event near them."

Joshua Franklin attended a Learn to Play event nearly a decade ago and has experienced the numerous opportunities and benefits since taking part. "At eight years old Joshua decided he wanted to play the Saxophone but was unfortunately turned down from taking lessons at school for being under the age threshold. Joshua was still determined to learn so attended a Learn to Play saxophone lesson at Dawkes Music's in Maidenhead.

Through this experience, he managed to convince his school that he was ready and able to continue learning. Joshua excelled playing the saxophone, taking his first exam (Grade 3) aged nine, achieving a distinction at Grade 8 three years later, gaining a ABRSM Diploma and taking his music G.C.S.E exam two years early, achieving a Grade A.

Joshua's love for music has continued through obtaining a Grade A in A-level music. He now plays lead alto in Cardiff University's big band and attends local jazz jam nights where he frequently plays along with others at local venues."

The Music for All YouTube channel will also have a series of online tutorials by professional musicians available, including some big names! In previous years these have included Music for All charity supporters and Ambassadors such as Jools Holland, Alison Balsom, Anne Denholm, Rob Rolfe and Dave Tench - these tutorial lessons can be accessed by anyone at any time; subscribe for free here: Music for All UK charity - YouTube.

Those interested in getting involved in Learn to Play '24 events and accessing their free music lesson should simply visit the Learn to Play website, select their closest venue using the interactive map and register their interest directly with the venue.

For more information on Music for All visit: www.musicforall.org.uk

The Learn to Play '24 event is generously supported by the NAMM Foundation. Other partners include Music Industries Association, Black Lives in Music, Make Music Day UK, Music Mark, Making Music and Take it Away.

To get the latest updates on Music for All and the Learn to Play '24 event follow us on our social channels

26th September 2024

6 October 2024

Council Housing Planning

Epsom Local Plan controversy heats up



26 September 2024

Epsom & Ewell Council's Tense Debate Over Green Belt Protections and Housing Targets: Key Decisions from the Strategy and Resources Committee Meeting On Tuesday, 24th September 2024, the Strategy and ... [Read More](#)

Council Housing Planning

Challenges to Epsom and Ewell Council's Handling of Local Plan



26 September 2024

In a scathing critique of Epsom and Ewell Borough Council's approach to its Local Plan, the campaign group Epsom Green Belt has raised serious concerns over the Council's progress and ... [Read More](#)

Arts Culture

Fair Art in Epsom second to none



25 September 2024

Your creative senses will be tingled from the moment you arrive at the second Art Surrey contemporary art fair coming to The Duchess Stand, Epsom Downs Racecourse, 4 - 7 ... [Read More](#)

Health News

Surrey Coroner's bed safety concerns



24 September 2024

A frail, elderly man "cried for help for over an hour" before tragically dying after getting stuck in a gap between his care home bed extension, a Surrey coroner has ... [Read More](#)

Football Sports

Late Seaford rally too late to knock Epsom out



23 September 2024

Epsom and Ewell FC 3-2 Seaford Town FC. Combined Counties League - Premier Division South. Saturday 21st September 2024. Although ultimately irrelevant, two Seaford Town goals in the 86th and ... [Read More](#)

Rugby Sports

Sutton & Epsom Denied at the Death in Epic Encounter



23 September 2024

Sutton and Epsom RFC 43 v Old Reigations 48. Saturday 21st September 2024. It has been a Jekyll & Hyde start to the campaign for Sutton & Epsom. However, the ... [Read More](#)

Community Council

Epsom Council dead set against the dead?



22 September 2024

Tuesday 17th September Epsom and Ewell Borough Council gave one minute of its time before discarding a motion to take steps to recover an Epsom cemetery of 9000 souls from ... [Read More](#)

Community Health

Local women's health specialist on GTPS



22 September 2024

Greater Trochanteric Pain Syndrome (GTPS) is a prevalent condition, particularly affecting peri- and post-menopausal women. It causes significant discomfort in the soft tissue on the outside of the hip and ... [Read More](#)

Council Housing Planning

Housing Targets Spark Fierce Debate in Epsom and Ewell



22 September 2024

New Government proposals for housing targets have prompted a passionate response from local officials, community

groups, and residents. The Government's recent consultation on planning reform suggests a dramatic 41% increase ... [Read More](#)

Education News

Surrey Tory MPs against school fees VAT



22 September 2024

Special Educational Needs families should be exempt from Government plans put VAT on independent school fees, six Surrey MPs have said. Claire Coutinho, Jeremy Hunt, Ben Spencer, Rebecca Paul, Greg ... [Read More](#)

Community Foodbank Volunteers

Keeping Good Company



22 September 2024

Over the past 3 years we've been increasing our work to address the root causes of poverty in our community, while continuing to support those who need our help. This ... [Read More](#)

Council Education

Surrey child misses two years of education



22 September 2024

A child missed out on two years of education due to shortages in SEND school places. Surrey County Council (SCC) has been forced to pay a mum almost £11,000 after ... [Read More](#)

Community Council Education

Surrey's 3 Unis and Council leaving no one behind

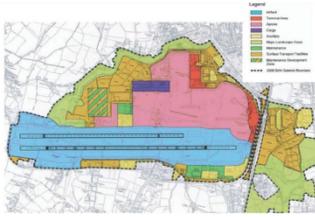


22 September 2024

Surrey County Council, in partnership with Surrey's three leading universities - Royal Holloway, University of London; University for the Creative Arts; and the University of Surrey - is proud to ... [Read More](#)

News Transport

Gatwick expansion update



22 September 2024

Local authorities have said they will not support Gatwick Airport's plans to expand unless its growth is dependent on meeting environmental and noise targets. According to legal documents, the impacted ... [Read More](#)

Health News

Surrey Coroner calls for action over ambulance wait



22 September 2024

The death of a man who waited more than three hours for an ambulance has prompted calls from a coroner for quicker clinical assessments. Philip Ross died at the Royal ... [Read More](#)

Fair Art in Epsom second to none

6 October 2024



Your creative senses will be tingled from the moment you arrive at the second **Art Surrey** contemporary art fair coming to The Duchess Stand, Epsom Downs Racecourse, 4 - 7 October 2024.

Art Surrey opens on Friday 4th October with a Preview Evening with a complimentary glass of fizz from 5.30pm to 8.30pm and opens over the weekend on Saturday 5 October 11am-5pm and Sunday 6 October 11am-5pm.

This exciting art fair curated by Art Surrey and Ewell based Art Adviser and Gallery, Caiger Art, offers art lovers and collectors the chance to browse and purchase artworks from over 80 of the most exciting contemporary and traditional artists selling today, many of whom are Surrey based artists.

As final preparations get under way, **Carol Caiger**, Director of Art Surrey, is, once again, excited to be bringing this art fair back to Epsom. "We had a very successful art fair at Epsom Downs last year so had no reservations about coming back for a second event. We had great feedback from visitors and one of our favourite comments was, 'It's like a London Art Fair, but right on our doorstep'. Being one of the largest art fairs within the south east of England, this contemporary art fair will be the perfect place to find artwork to start your art collection, or add to your collection if you are already an art enthusiast!"

There will be over 3000 works of art to see, paintings, drawings, prints, digital art, mixed media art, photography, sculpture, glassworks and ceramics. With all artwork ranging from £50 to over £3000, there will be something for everyone.

Weekend facilities include a bar and café / restaurant serving teas, coffee and food throughout Saturday and Sunday, so you can easily spend a whole day there! The venue is also wheelchair accessible.

Have a sneak peek at the limited edition art fair brochure here:

Brochure - Epsom 2024

Tickets are available to buy for the Friday Preview Evening, Saturday and Sunday from <https://artsurrey.co.uk/tickets/>,

For further information about the art fair or art advisory contact carol@artsurrey.co.uk or call 07828513885

Keeping Good Company

6 October 2024



Over the past 3 years we've been increasing our work to address the root causes of poverty in our community, while continuing to support those who need our help. This has hopefully contributed to a slight fall in foodbank use this year, although numbers are still much higher than a few years ago.

We have now opened our second Pantry and there have been increasing opportunities for us to influence and work with other organisations towards our vision of ending poverty in Surrey.

However, as we enter this Harvest season we are facing a number of challenges. Overall, our food donations are down, some of our funding has dried up, we have to be prepared in case foodbank use goes up again (with energy prices due rise) and we have both a higher number and more complex cases in our support work. Poverty is still very much in our midst.

The good news is that as we have developed our work and focused increasingly on prevention - trying to stop people getting to crisis point - preventing poverty is now very much getting on the agenda. Our End Poverty Pledge has picked up traction and gradually individuals and organisations are signing up and realising that to beat poverty we need to commit to actions and work together to change our culture.

This has been matched with our participation work which has grown mainly through the Poverty Truth Commission. With our commissioners we have produced a Short Guide to Participation, which includes some case studies to show how people with lived experience of poverty are shaping what we do and encouraging others to take the participation 'journey' too.

It's an exciting time but we need to continue pushing so that we see a constant in the reduction in foodbank use, people escaping poverty and developing their resilience so as an organisation we are working ourselves out of a job!

This year we have seen some encouraging changes within our foodbank. In May we piloted a new foodbank model at one of our largest centres, after running 2 focus groups with both clients and volunteers. Our 'Choose Your Food' model seeks to recreate a shopping experience for our clients, where instead of being handed over a packed bag of food and toiletries, clients can now walk around with a shopping basket and select their own food and toiletries.

The positive impact of the new model has been felt across the whole of our foodbank operations. Our clients, who have consistently said they much prefer this model, not only because it helps make a foodbank visit more dignified but also because it means clients actively contribute to reducing food waste, by only taking the items they need and want, even when they are entitled to more.

Our volunteers, who have enjoyed greater engagement with clients as they choose their food. And, from an operational perspective, a decrease in stock sent to the centre. As clients are only taking what they need, they are actually taking less food. In the first 2 months following its launch, the amount of food taken per person has reduced by 20%.

We are now exploring how we can transition other centres to this model, so all our clients, across every foodbank centre, can share in the same experience.

With our Summer holiday period over and the restart of school, so too the foodbank is getting ready for a new Harvest season. Every year we are blessed to receive donations from schools and churches which help to keep our centres and pantries stocked for those in our community experiencing financial hardship. Whilst, so far in 2024, we have seen an encouraging decrease in numbers of people attending our centres, we know that with winter approaching, families and individuals will see their bills increase and many will need support to ensure they can access essentials, like food and toiletries.

Unfortunately, the first 6 months of 2024 saw an 18% reduction of stock in, compared to the same period in 2023. We rely on the generous and faithful donations of our community to help us secure the stock we need to continue supporting families and individuals through our food provision projects.

If you would like to organise a food donation this Harvest, see our 2024 wishlist below. Please click on this link for a list of our donation points. If you are organising a delivery directly to our hub (Good Company Hub, Ruxley Lane KT19 0JG), please let us know by contacting us on foodbank@goodcompany.org.uk

New Chair of Trustees needed!

A fantastic opportunity for someone who is passionate about helping people locally and being part of our vision to see a community free from poverty.

Fundraising Manager role

We're looking for an experienced, creative and proactive Fundraising Manager who is passionate about our vision to create a poverty-free future for our community.

Jonathan Lees
Founder and Managing Director, Good Company

For more information visit

Good Company - Supporting Our Community

19th September 2024

6 October 2024

Environment Nature News

Surrey's outstanding beauty expanding?



18 September 2024

The Surrey Hills could be made significantly larger as Natural England considers expanding the borders of the county's "iconic and beautiful" landscape. Each year millions of people are drawn to ... [Read More](#)

Crime Housing News

Epsom landlord fined for neglect



18 September 2024

A bedsit landlord who repeatedly ignored warnings to fix flats dubbed "cold", "damp", "filthy", and a "firetrap" has been hit with a court bill approaching £32,000. Epsom Pars Limited, which ... [Read More](#)

Council Transport

Will Surrey reporting tool fill the pot-holes?



17 September 2024

Surrey County Council's new 'FixMyStreet' online reporting tool will now make it easier for residents to report potholes, faulty traffic signals and other street defects, following its launch today (Tuesday ... [Read More](#)

Council Education

Surrey multiplies to subtract innumerate numbers



17 September 2024

Free, flexible Multiply courses are now available for Surrey residents who would like to improve their confidence using numbers. Around half of the UK working age population don't have strong ... [Read More](#)

Rugby Sports

Blue sky sees Black and Whites in the red



17 September 2024

Beckenham 29 Sutton & Epsom RFC 14. Saturday 14th September. Sutton & Epsom arrived at Balmoral Lane as league leaders after a comprehensive Colfeians victory by 50-7. Beckenham had impressed with ... [Read More](#)

Council Housing Planning

Village divide on Parade



17 September 2024

Plans to demolish and rebuild a shopping parade in Oxshott, has been met with controversy among locals, with some residents decrying it as a "monstrosity" that would be "entirely out ... [Read More](#)

Football Sports

A hat-trick of wins for Epsom and Ewell FC



15 September 2024

Tooting & Mitcham United 0-2 Epsom and Ewell FC. Combined Counties League - Premier Division South. Saturday 14th September 2024. After a horrible start to the season with five straight ... [Read More](#)

Council Finances

A question of Surrey's future budget



15 September 2024

Surrey County Council (SCC) are currently seeking feedback from residents on how the council uses its financial resources. These views will help inform the draft budget for the 2025/26 financial ... [Read More](#)

Community Council Finances

Would members of Epsom's H band stump up?



15 September 2024

People living in homes in the top council band will be asked to help the community after plans to ask Band H homeowners to voluntarily pay into a council-run charity ... [Read More](#)

Community Council Health

Walking the talk on Epsom Downs



15 September 2024

On 10th September, Epsom & Ewell Borough Council hosted a Walk & Talk event at Epsom Downs Racecourse to mark World Suicide Prevention Day. Over 65 people, including residents and representatives ... [Read More](#)

Community News

Epsom residents score double-century



15 September 2024

Two residents at Linden House Care Home in Epsom have celebrated their 100th birthdays surrounded by fellow residents, relatives, and the dedicated staff at the Surrey-based home. Edith Valerie Griffiths, ... [Read More](#)

Education News

Surrey scientists invite children to reach for the stars



15 September 2024

Children need to dream big and reach for the stars to become the country's future space engineers and budding astronauts, say the organisers of Guildford's World Space Week High Street ... [Read More](#)

Arts Culture Education

UCA bring Austen character into 21st century



15 September 2024

Fans of Jane Austen's *Pride and Prejudice* will finally get the chance to have a conversation with their literary hero when speaking with the world-first Elizabeth Bennet avatar - Lizzy. ... [Read More](#)

Epsom residents score double-century

6 October 2024



Two residents at Linden House Care Home in Epsom have celebrated their 100th birthdays surrounded by fellow residents, relatives, and the dedicated staff at the Surrey-based home.

Edith Valerie Griffiths, known as Val, and Evelyn Houseman marked their milestones with a small but special get together with friends and family. Val and Evelyn, who have both lived rich and active lives, were delighted to share their landmark birthdays with those closest to them.

Val, who was born in Richmond, Surrey, experienced a childhood of frequent moves due to her father's work. Despite the disruptions, Val developed a passion for sports, excelling in tennis, table tennis, ice skating, and skiing. During World War II, she was evacuated to Berkhamsted but returned to London after a year. Val married at the age of 33, becoming a mother to three boys, and is now also a grandmother of three.

Evelyn, a lifelong resident of Epsom, is renowned for her knitting and love of fashion. Having worked as a seamstress, she takes pride in the knitted jumpers she still wears today. Evelyn has always been passionate about music and dance, and she never misses a chance to be the first on the dance floor when Linden House hosts live entertainment.

Maintaining a healthy diet and drinking very little alcohol has helped Val live a long and happy life. Val's family believes that moderation has been key throughout her life but also acknowledge that good genes have played a significant role in her longevity.

Josephine Gbadamosi, manager of Linden House said: "Celebrating Val and Evelyn's 100th birthdays has been a wonderful experience for everyone at Linden House.

"These incredible women have lived rich, full lives, and their stories continue to inspire us all. It's a privilege to have them as part of our community, and we look forward to creating many more happy memories together."

Linden House, located in Epsom, Surrey, is rated 'Good' by the CQC, with an 'Outstanding' rating for its well-led category. Part of Wren Retirement Living, Linden House is managed by Healthcare Management Solutions, committed to providing high-quality care in a supportive and engaging environment.

UCA bring Austen character into 21st century

6 October 2024



Fans of **Jane Austen's** *Pride and Prejudice* will finally get the chance to have a conversation with their literary hero when speaking with the world-first Elizabeth Bennet avatar - Lizzy.

Created by StarPal in collaboration with **University for the Creative Arts (UCA)**, the avatar has been developed to mirror the human qualities of Austen's character as detailed in the novel, such as empathy and humour. Her conversations, which fans will have with her face-to-avatar, will evolve, giving each person who talks to Lizzy a unique experience.

How does Lizzy feel about being a world-first? She said: "It is quite an interesting notion indeed - I must say being Elizabeth Bennet in a world far removed from my own time is an unexpected but intriguing experience. It allows me to share the intricacies of our society and my life with new audiences."

Following consultation and guidance from Jane Austen's House in Hampshire, Lizzy's knowledge bank has been curated from a selection of novels, manuscripts and period-accurate information.

Lizzy is set within a Regency-style background. Her dress and hair have been designed and created by students from the Games Arts and Digital Fashion courses at UCA, drawing on fashion templates from the period.

Sophy Smith, Director of Games and Creative Technology at UCA and the originator of the project, added: "It is so exciting to finally be able to lift Elizabeth Bennet off the page and to be able to have real-time conversations with her. To be able to cross time in this way is joyful - you get a real sense of speaking directly to someone from the 18th century.

And she has such a strong personality! Imagine - you can now have Elizabeth Bennet as your friend, to chat with throughout the day and offer you advice.

“This technology has the potential to transform experiences within both the museum and heritage, as well the education sector. Visitors to Jane Austen’s House, will have the opportunity to not only experience the renowned author’s home but also engage directly with one of her most famous characters. And think about how it could transform learning - instead of only having text-based revision guides, students can now learn about literature by speaking directly to the characters.”

Director of Jane Austen’s House, **Lizzie Dunford**, said: “It has been fascinating to watch this project develop, and to witness the innovative staff and students at UCA developing these new technologies, and new ways of accessing literary and cultural heritage.”

Tanguy Dewavrin, the COO of StarPal, the company which built the avatar, commented Lizzy is continually surprising them: “It’s amazing how real she is - she’s just so impressive.”

Anya Haber, an MA Digital Fashion student who created the dress in 3D, added: “This project brought the ideation into the digital, but historical garments can be tricky to create accurately, so there was a mix of history and modernity. It was exciting bringing to life the cut of dress, accessories, and embroideries - all inspired by historical drawings and descriptions. It showed how useful technology can be in a historical setting, letting fans engage with fictional characters...and that’s just the beginning.”

Fans will have the chance to interact with Lizzy if they visit the Learning Centre at Jane Austen’s House between September and mid-December - included with House entry.