EPSOM & EWELL TIMES
For the community, by the community. A not-for-profit service

19th November 2026

ISSN 2753-2771

Local talent showing up for charity

23 June 2023



EPSOM ROTARY CLUB will again be hosting the **EPSOM & EWELL SHOWCASE** at **Epsom Playhouse** at 19.00 hr on Tuesday 27 June 2023. Tickets at £25 each support an amazing variety of local talent and in turn local charities and local good causes in and around Epsom. The acts consist of:

Cam Brown is a well know local guitarist and singer. He enjoys performing songs by Jake Thackray and often performs in local pubs and halls.

Rhea is the winner of the local Young Musician award and will play “Against All the Odds) Phil Collins and Albright on her saxophone.

Kasumi Brooker, a soprano who sings with Epsom Choral Society will sing Puccini, Mozart, Gershwin, Bernstein, Lloyd Webber and Loewe.

Relive the experience **Girlguiding Epsom** will bring the Camp-fire to the stage with music!

Protègèm Dance School will perform contemporary dance on stage.

Brass Quintet Come and see a great performance by the Brass Quintet of the Epsom and **Ewell Silver Band**.

Bharathakalalayam Dance Southern India brings us lots of great Dancing and these dances are based on the Hindu religion -Radha Krishnan, Dandia and Thillana.

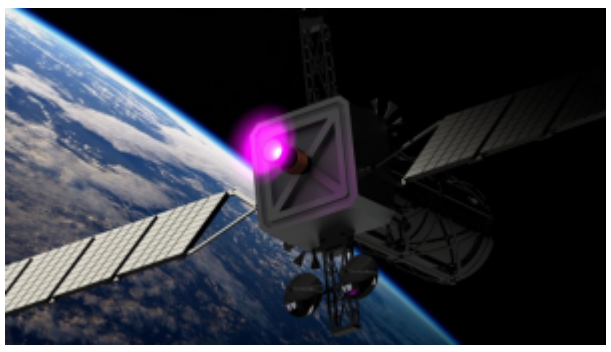
Ambition School of Dance Ballet, Modern, Disco/tap dancing brought to the stage by these young performers. They wowed us last year so come and see them this year.

Leatherhead Link Who of us could ever forget the emotional, joyful and committed performance by Leatherhead Link last year. They have come back to repeat the performance and we are looking forward to a stunning evening.

Tickets available HERE.

Surrey’s “Tugs in Space!”

23 June 2023



Thanks to £250,000 of government funding announced today, a new type of electric space propulsion system will be developed by the **University of Surrey** in partnership with the University of Leicester. The new thruster would be used to service and reposition satellites in space via agile space tugs.

The **PLAsma TOrch Rocket** (PLATOR) project will fill a gap in current propulsion options, offering a balance between the high thrust typical of chemical propulsion engines and the propellant efficiency of electrical propulsion ones.

The project has been awarded £250,000 from the **UK Space Agency**‘s Enabling Technologies programme.

Dr Andrea Lucca Fabris, Senior Lecturer in Electric Propulsion at the University’s Surrey Space Centre and project lead, said:

“Our PLATOR rocket could be used as the main way to move spacecraft after launch, or it could be used in space transportation vehicles, or space tugs, for delivering satellites to specific orbital slots, refuelling satellites to prolong their service life and removing space debris.”

As well as designing the propulsion system, the project will explore potential uses for PLATOR through flight dynamics simulations, identify the optimal size and design of space tugs and, in partnership with researchers at the University of Leicester, develop a piloting system.

Dr **Nicola Baresi**, Lecturer in Astrodynamics at the University’s Surrey Space Centre and project co-Investigator, added:

“PLATOR will increase the options available to mission planners and could be particularly useful when the UK develops its own launch capability. UK launches will only be able to reach high-inclination orbits, but our proposed space tugs could hopefully expand their reach, opening the door to new and exciting mission opportunities from the UK soil”

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Surrey Space Centre is where the era of small, low-cost satellites began with the successful spin-out company SSTL. Today, Surrey Space Centre is a world-leading academic centre of excellence for space engineering research and education which regularly leads on experimental orbital payloads. Surrey Space Centre is globally renowned for its Space Engineering education courses at Masters and Undergraduate level. It is part of the Space South Central regional cluster.

The PLATOR project will make the most of the advanced vacuum facilities and instrumentation in the Space Propulsion Laboratory at Surrey Space Centre.

Image: An artist's impression of PLATOR: Oliver Hitchens, University of Surrey.

Surrey University Press Office

22nd June 2023

23 June 2023



NEWS SPORTS

Residents' complaints about anti-protester measures ahead of Derby

21 June 2023

Epsom Derby organisers faced an "awful lot of complaints" from residents as they put up fencing and closed footpaths to minimise disruption caused by Animal Rising protesters. The activists had … READ MORE



COMMUNITY VOLUNTEERS

2700 cubs and brownies came to Epsom

20 June 2023

Cub Scouts and Brownies from Epsom & Ewell districts joined over 2700 Cub Scouts, Brownies and leaders from across Surrey for a day of fun and adventure at an activity … READ MORE



NEWS SPORTS

Should have gone to the Surrey Youth Games?

19 June 2023

On Saturday, children in Epsom & Ewell who took part in the 2023 Specsavers Surrey Youth Games and their families came together to celebrate the Games at the Surrey Sports … READ MORE



NEWS POLICING

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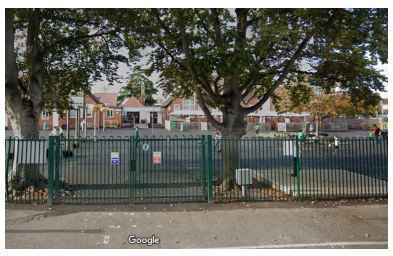
Anonymity justified by acquittal?

19 June 2023

A service Surrey Police officer who allegedly ‘harassed two female colleagues’ has been cleared of misconduct. The hearing’s chairperson said they had looked into allegations that a police constable carried … READ MORE



COUNCIL OPINIONS

Prevention costs less than cures…..

19 June 2023

Opinion by County Councillor Eber Kington: It goes without saying that, if local councils prevent something untoward happening, that will save the higher costs of repairing the damaged caused. Fill in … READ MORE



COMMUNITY NATURE VOLUNTEERS

Uncommon commitment to the Common

19 June 2023

The Epsom Common Association (ECA) has a membership of around five hundred households, and works closely with Epsom & Ewell Borough Council’s Countryside Team and the Lower Mole Partnership to … READ MORE



COMMUNITY NATURE VOLUNTEERS

Sustaining Epsom and Ewell’s trees

19 June 2023

The Epsom and Ewell Tree Advisory Board (EETAB) founded in 1994 is a partnership of environmentally minded volunteers from the local community who work together to safeguard and promote the … READ MORE



CRIME NEWS POLICING

Ex MPC, now Epsom PPC, tackles Surrey PCs

16 June 2023

Epsom and Ewell Liberal Democrat prospective parliamentary candidate and former Royal Military Police officer, Helen Maguire, is pushing Government to spend more on policing in Surrey given the “dire” state … READ MORE



COUNCIL TRANSPORT AND ENVIRONMENT

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Stretching Epsom taxi ULEZ exemption

16 June 2023

Epsom and Ewell Borough Council's Licensing and Planning Policy Committee decided Thursday 15th June to put out to public consultation a change to licensing requirements for taxis seeking operating licences … READ MORE

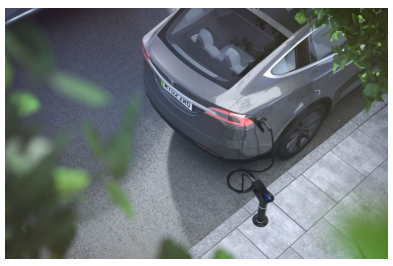


COUNCIL PLANNING

Pause for thought on paused Plan

16 June 2023

Epsom and Ewell Borough Council's Licensing and Planning Policy Committee reviewed the state of play with the Draft Local Plan at a meeting Thursday 15th June. The progression of the … READ MORE



NEWS TRANSPORT AND ENVIRONMENT

Kerbing car pollution trial in Surrey

15 June 2023

On Thursday 15 June, Clean Air Day, Surrey County Council is launching the trial of two domestic kerbside electric vehicle (EV) charging solutions for Surrey residents who do not have … READ MORE

2700 cubs and brownies came to Epsom

23 June 2023



Cub Scouts and Brownies from **Epsom & Ewell districts** joined over 2700 Cub Scouts, Brownies and leaders from across Surrey for a day of fun and adventure at an activity day called SCRAM at **Hook Arena, Epsom** on Saturday 17th June 2023.

Cub Scouts and Brownies were able to try many new and large activities that cannot be organised in groups or districts as well as being able to mix with Cubs and Brownies from other districts.

Over 200 activities were on offer including pedal karts, high ropes, bungy trampolines, Assault course Wire, bungee running and zorbing as well as smaller activities like making popcorn, Grand Prix table game, firing water rockets and much more. As well as having fun and enjoying the activities on offer, many activities taught them #skills for life.

During the day, a number of local Mayors from around the County visited to see what was on offer as well as **CJ Ledger**, Deputy UK Commissioner (Support) who spoke to the young people during the day as well as seeing what Surrey Scouting had to offer.

Oliver a Cub Scout from Surrey aged 9 said "I liked the inflatable that you had to jump over so you don't get knocked over, I think it helped that we played a similar game at Cubs which helps with co-ordination skills"

Lauren a Cub Scout from Surrey aged 10 said "I liked the bungy trampoline because it was fun and exciting".

Max a Cub Scout from Surrey aged 8 said "I liked the zorbing because it was fun and I haven't done it before".

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Sarah a Brownie from Surrey aged 8 said “I liked the activities and the excitement of the day, there was lots to do”.

Ali Tickett, Organiser of SCRAM for Surrey said “What a day! 2,700 cubs, Brownies and leaders came to Hook Road Arena to celebrate just how brilliant being a Cub Scout and Brownie is! The cubs and Brownies had an incredible range of activities to try including a cave bus, metal detecting, pancake making as well as a high ropes course and many, many more. Some activities were just for fun and other were a real challenge all supporting the fact that Scouting helps young people develop Skills For Life.”

Related reports:

Epsom Beavers away in Surrey woods

Dutch scouts go English in Epsom & Ewell

Cub Scouts are for Boys and Girls aged 8 to 10.5
Brownies are for girls aged 7- 9
Brownies are part of Girlguiding UK
Pre-pandemic youth membership was 479,000 (2020)
Up until the pandemic, The Scouts enjoyed a sustained period of growth, with total membership rising by nearly 200,000 between 2006 and 2020
2020 to 2021, youth membership fell from 480,083 to 362,752 – a 24.5% decline – and adult membership fell from 155,907 to 141,863
2021 to 2022 membership growth is 362,668 to 421,852 – an increase of 16%

Prevention costs less than cures.....

23 June 2023



Opinion by County Councillor **Eber Kington**:

It goes without saying that, if local councils prevent something untoward happening, that will save the higher costs of repairing the damaged caused. Fill in the potholes quickly and damage to vehicles and bigger potholes is prevented. Build the flood defences, and you do not have deal with the physical and emotional costs of lost homes and possessions.

And what applies to tarmac, bricks and riverbanks also applies to our young children and families. Ensure they have a good start, and you avoid the higher costs of intervention and support in later years. That might seem obvious, but I am not sure that **Surrey County Council**, with its responsibilities for children and families really understands that.

Many **Family Centres** were closed by the Conservative administration in 2019 on the basis that SCC would target those most in need. But Family Centres, with its universal provision and encouragement of all to attend, were designed to ensure that families did not fall into need in the first place. A strategy focussing only on those that have already met the threshold for support is neither preventative nor sound.

In this year’s Budget, the ruling group decided against even an inflationary increase in budget for the supportive and therapeutic **Short Breaks Services for Children** with SEND and their families. This was despite the Council’s own the **Equality Impact Assessment** telling them that:

“*Any reductions in capacity of short breaks services due to either or both inflation linked price increases [or] reduced current levels of investment .....are likely to: reduce positive outcomes for children with disabilities and their families; and increase pressure within families of children with disabilities, which is likely to, in some cases, contribute to family breakdown if this is not mitigated – leading to increased cost for the local authority*”

Short Breaks is a service that makes a real preventative difference, and even a standstill budget is likely have future financial consequences. And SCC continues to fail some of our most challenged young people in another way. Support for them comes, in part, through the development of an EHCP (**Education, Health and Care Plan**) within their school setting. But SCC has a backlog of 937 new applications which, at the current rate of action, will take until March 2024 to clear.

I understand that there are pressures, with more young people in need of an EHCP, and those with the expertise to develop them not readily available. But, all the while there are children whose needs are not being met, the longer-term costs of meeting their educational needs are rising.

SCC has to value and fund preventative services, and **Residents Association** and Independent Councillors are committed to highlighting the removal and reduction of those preventative services when that happens.

However, we are also seeking to work positively with the ruling administration to ensure that Surrey’s children and families get the best start in life and that the balance of funding between prevention and cure starts to be more clearly tipped in favour of the former.

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County Councillor Eber Kington (RA Ewell Court, Auriol & Cuddington)

Top image: Epsom Family Centre within Pound Lane School.

Uncommon commitment to the Common

23 June 2023



The **Epsom Common Association** (ECA) has a membership of around five hundred households, and works closely with **Epsom & Ewell Borough Council**'s Countryside Team and the **Lower Mole Partnership** to protect and improve the Common.

On Tuesday evenings, from June until the end of August, ECA will be hand-pulling bracken for a couple of hours to prevent selected areas of heath or grassland from becoming smothered. During the autumn they will hold the three remaining conservation tasks of the year's programme of eight. Each task runs for two days, usually the third Sunday of the month and the following Monday. The programme is agreed with the Countryside Team, guided by the Council's **Hundred Year Management Plan**. The work typically involves removing scrub and small trees to maintain and improve areas of grass and heath or rejuvenate scrub.



Female Silver-washed Fritillary

Sustainable Epsom and Ewell in partnership with St Martin's Church are looking forward to hosting their 3rd Eco Fair on Saturday July 1st between 10:00 and 14:00. The event is free for all to attend and will include activities for children. Hot food and cakes will be available on the day.

Sustainable Epsom and Ewell is delighted to welcome again to our 3rd event the the Epsom Common Association. Further details about the work they do can be found on the website

https://www.sustainableepsomewell.co.uk.

Around fifteen cattle will be grazing across three separate pastures, following in the footsteps of their wild and subsequently domesticated ancestors. Every day the cattle must be checked for health, as must the fences and water troughs. Each week the ECA provides four of the daily checks; without this contribution it is unlikely that grazing could continue.

As well as conservation work, each year ECA publish three newsletters, hold two public meetings with guest speakers, and arrange several expert led guided walks. Of this summer's programme, walks for: butterflies (2nd July) and bush crickets (6th August) are still to take place; and residents are very welcome to come along.

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Finally, ECA make excellent hardwood charcoal from logs harvested during conservation work. Two years ago, thanks to funding from the Council's Community Infrastructure Levy, they were able to take delivery of a modern charcoal retort, which has greatly reduced the smoke whilst increasing the yield. Their charcoal is available at local retailers, the sales help finance activities.

Last September, funded from a generous legacy in memory of **Dave Berry**, a volunteer on the Common, ECA worked with the Lower Mole Partnership to create a new pond. Despite a dry start, by early spring it was full and should provide a new habitat for invertebrates and amphibians. Some funds remain and ECA are considering overgrown and silted ponds for future restoration.

In February ECA funded the installation of two Kestrel nest boxes high up in Oak trees. At least one now appears to have been occupied. Might this suggest a shortage of natural nest sites, despite the substantial number of large trees? Many organisations, including the Countryside Team and members of the ECA, contribute significant effort to monitoring a wide range of animals and plants on the Common.

Previously unrecorded species including various dragonflies and the Black Hairstreak butterfly (probably introduced but now breeding); the third year of Grey Herons nesting at Great Pond; and continuing good numbers of many species all suggest that in many respects the habitat management is successful.

However losses such as breeding Willow Warblers, declining across the south and east of the UK, demonstrate the limits of individual nature reserves, which have only a tiny impact on climate change and none on damage to other areas of the planet that may be essential for a particular creature's life cycle.

Next year will mark the fiftieth anniversary of the founding of the Association. ECA are considering what celebration might be appropriate, suggestions welcome. If you would like to help the ECA on its next fifty years please do get in touch. It is not all outdoor work, there is also plenty to be done in organisation, publicity and the like.

Details of activities and contacts can found at: https://epsomcommon.org.uk/
or
Facebook: www.facebook.com/EpsomCommonAssociation

David King

Top image: Berry Pond – Epsom Common

Related reports:

Flagging Up Epsom Common

Storm Eunice – Can the Epsom Common Ducks handle it?

Epsom Common Bird Walk Poem

Sustaining Epsom and Ewell's trees

23 June 2023



The **Epsom and Ewell Tree Advisory Board** (EETAB) founded in 1994 is a partnership of environmentally minded volunteers from the local community who work together to safeguard and promote the value of trees in the borough.

EETAB operates via volunteer **TREE CHAMPIONS** who feel that trees matter and who help to care for trees in their road or local park. Their aim is to ensure that they pass on to future generations a borough that is at least as leafy as the one we have inherited. EETAB is part of the wider Surrey Tree Warden Network.

One of the key roles EETAB has is to monitor Tree Preservation Orders (TPOs) and Conservation Area planning applications. EETAB seeks to ensure that major planning applications include appropriate soft landscaping requirements and tree planting to enhance the townscape. They provide scrutiny to these applications and this role is vital to maintain mature trees and ensure leafiness is maintained within the Borough. Both these activities often require site visits or follow up reviews to ensure any tree work or developments are aligned with the planning application.

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Planting of hedge at the Epsom Riding for the Disabled site.

Sustainable Epsom and Ewell in partnership with St Martin's Church are looking forward to hosting their 3rd Eco Fair on Saturday July 1st between 10:00 and 14:00. The event is free for all to attend and will include activities for children. Hot food and cakes will be available on the day.

One of the aims of the Eco fair is to highlight the work of the many fantastic local green groups and businesses active in the Borough and provide an opportunity for our residents to find out about the work they do and how they can support these groups and businesses. Sustainable Epsom and Ewell are therefore delighted to welcome again to our 3rd event the **Epsom and Ewell Tree Advisory Board**

Further details about the work they do can be found on the website https://www.sustainableepsomewell.co.uk.

In addition to this work, EETAB also undertakes many practical tree planting work within the borough working both in establishing tree planting projects in local communities and supporting **Surrey County Council** to get more street trees planted. Some of the ongoing projects include:

Allotment Tree Nursery

EETAB operates a small tree nursery at the Alexandra Road allotment site. They use this site to care for young trees so that there is ready stock for tree planting projects. They have several hundred trees in pots at the nursery. A team of volunteers look after the saplings there and help maintain the plot and we are always in need of extra help with this work.

Planting Projects

Over the past year EETAB has been involved in planting projects at various sites in the borough, the largest of which has been helping to plant a 120m long section of hedge at the **Epsom Riding for the Disabled** site in January, followed by a further 25m section of hedge in March this year. Species planted included hazel, field maple, hawthorn, hornbeam, willow, rowan, ash, dogwood, and dog rose.

Street Trees Planting

When familiar trees are lost (due to age/disease/extreme weather) and not replaced, the appearance of a neighbourhood is altered, so the topic of street trees stirs some strong emotions amongst residents. In the planting season 2021/2022 just 10 new street trees were planted in our borough, a figure far lower than the number of street trees lost. EETAB ran a campaign highlighting the loss of street trees and the increasing numbers of stumps left in our verges to put pressure on Surrey County Council to plant more trees.

As a result of this campaign progress has been made and almost 30 street trees were planted in the borough in the 2022/2023. They worked with Surrey County Council to get 44 planted in the 2023/2024 season. There is still concern in some areas about a continuing decline in numbers of street trees, particularly in the tree lined 1930s estates of the north eastern side of the borough. EETAB appreciate residents' frustration about the reduction in the number of trees. Replacement trees are not being planted in some of these verges as they do not pass the criteria set by Surrey County Council for street tree planting, often due to the narrow width of the verge, or due to the presence of utilities underground.

Tree care and watering

Although there is often much focus on tree planting in the media, the ongoing care and watering of these newly planted trees is equally important. EETAB volunteers regularly check on the newly planted trees in the borough, clearing vegetation around the base of the tree (to reduce competition for water and to prevent strimmer and mower damage), putting down mulch and checking the tree ties and supports. Young trees need watering regularly for the first few years after they are planted with increased frequency during spells of hot dry weather. In the summer months there is a huge need for Tree Champion volunteers to help with watering young street trees. They have a list of trees in need of a champion and would welcome additional help with this.

If you would like to find out more about the **Epsom and Ewell Tree Advisory Board**, please check their website: www.eetab.org.uk, follow on Facebook @EpsomEwellTreeAdvisoryBoard or email them at

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epsomandewelltab@gmail.com

Vicki Rees

Top image: EETAB Allotment Tree Nursery at Alexandra Road allotments.

Related reports:

Council Meeting: Does Epsom need more trees?

More trees please for Surrey

Any more trees please?

15th June 2023

23 June 2023



COUNCIL SPORTS

Anyone for tennis? If you pay

15 June 2023

Plans to introduce fees to Epsom and Ewell Borough’s currently free of charge tennis courts are underway, after several proposals were agreed upon by councillors at a meeting of the … READ MORE



ARTS BUSINESS NEWS

Surrey County Council co-stars in national CoSTAR lab

14 June 2023

Surrey is to be the home of brand new state-of-the art facilities for the UK’s creative industry sector, thanks to a successful bid involving Surrey County Council. A partnership team, … READ MORE



HEALTH NEWS

Pressure on Epsom Hospital at boiling point?

13 June 2023

Visits to emergency departments (EDs) rocketed on Monday, with more people coming through the doors than ever before. More than 1,250 people went to one of St George’s, Epsom and St … READ MORE



COMMUNITY COUNCIL

Surrey’s vulnerable money support

13 June 2023

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Surrey County Council has been allocated a further £10.6m funding to continue to support the county's most vulnerable households. The funding comes from the Government's Household Support Fund as part … READ MORE

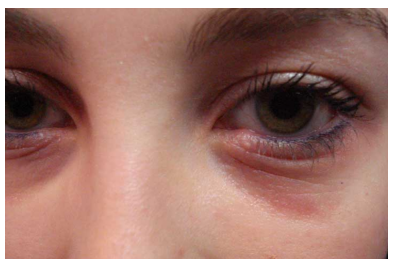


ARTS COMMUNITY CULTURE

Epsom choristers go south for the Summer

13 June 2023

This year, Epsom Choral Society's summer concert will take you on a journey of discovery with two exciting British 20th century works on Saturday 24th June 2023 in St Andrew's … READ MORE



HEALTH NEWS

NHS website remedy for hay-fever

13 June 2023

With hay-fever suffering at a peak the NHS urges sufferers to visit its website for advice and reduce pressures on its telephone and other services. The number of hay fever … READ MORE



COUNCIL TRANSPORT AND ENVIRONMENT

Surrey's do-re-me for solar to do

12 June 2023

Surrey residents can boost local renewable energy generation, cut carbon emissions and save on their energy bills with a new community led initiative to install solar panels for less. As … READ MORE



ARTS COUNCIL

Surrey Youth Arts and Culture Festival

9 June 2023

This summer, Surrey based cultural organisations, creative industries and education providers will come together to deliver the Surrey Youth Arts and Culture Festivals 2023. The festivals have been developed by … READ MORE

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Not insulated against prosecution

9 June 2023

47 activists who caused chaos on the Surrey stretch of the M25 in the autumn of 2021 have been convicted of a variety of offences following a lengthy and complex … READ MORE



COUNCIL PLANNING

Epsom less flat after more flats approved

9 June 2023

Two new blocks of flats will be built next to Epsom Railway Station after planners gave the go-ahead.Planning applications for 16 new homes on the corner of East Street and … READ MORE



HEALTH NEWS

Hospitals heatwave warning

9 June 2023

Summer looks like it’s here at last – but with a surge in temperatures also meaning a surge in people visiting emergency departments, members of the public are urged to … READ MORE



NEWS POLICING

Anonymity for Surrey policeman

9 June 2023

A serving Surrey Police officer accused of a “series of acts of harassment” against three female officers will not be named by the force throughout his gross misconduct hearing. A five-day … READ MORE

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Pressure on Epsom Hospital at boiling point?

23 June 2023



Visits to emergency departments (EDs) rocketed on Monday, with more people coming through the doors than ever before. More than 1,250 people went to one of St George's, Epsom and St Helier's three EDs – a rise on the previous record of 1,170, and a huge increase on a typical day of about 800 attendances.

It comes just hours before hundreds of junior doctors prepare to strike across the hospitals group – prompting fears of a "double whammy" of pressures.

ED attendances on Monday 12 June were as follows:

- St George's: 580
- Epsom and St Helier: 674
- Kingston: 533
- Croydon: 622

Croydon and Kingston hospitals also experienced very high demand and easily surpassed their previous highest number of attendances.

Kingston Hospital set a new record seeing more than 530 people visiting its emergency department in one day, including 78 ambulances and 455 walk-ins.

Croydon University Hospital saw 622 unwell patients needing to see an emergency care consultant – 16% above the previous busiest summer day on record on 17 June 2021.

Dr **Richard Jennings**, Group Chief Medical Officer at St George's, Epsom and St Helier University Hospitals and Health Group, said: "We have never been busier, and with the upcoming strikes it's going to be a very challenging week.

"We're here, as always, for those who need us. But now more than ever, we need the public's support in those cases where it is not an emergency. NHS 111 online should be your first port of call in these instances, as it can direct you to where you need to go."

Members of the British Medical Association and Hospital Consultants and Specialists Association will strike for 72 hours from **7am on Wednesday 14 June until 7am on Saturday 17 June.**

This action will impact services at hospitals, and will mean that some appointments, procedures and operations may be postponed to ensure emergency care can be prioritised. Patients will be contacted directly if their appointments are rescheduled, and should continue to come forward for care as normal unless they hear otherwise.

The mercury is expected to remain in the high 20s, and even early 30s, when these strikes start – and will hit hot temperatures once action has finished, too, with the UK Health Security Agency and the Met Office extending their heat-health alert to Monday.

When temperatures rise, more people, especially those in high-risk groups, can suffer from illnesses like heat exhaustion and dehydration, as well as sunburn.

The pollen count has also been very high, and there has been a surge in people visiting EDs with shortness of breath. This might not be anything to worry about, but it is scary and sometimes those who are experiencing it will need medical help. NHS England has this advice for people who are affected.

If you have an underlying respiratory condition, you should contact your GP or asthma nurse as needed – unless it is an emergency, in which case you should call 999 or go to ED immediately.

Everyone should stay safe and well in the hotter weather, and take steps such as: looking out for people who may struggle to keep cool and hydrated, such as elderly relatives or neighbours; keeping windows closed when the room is cooler than outside; and staying hydrated.

You should also stay out of the sun between 11am and 3pm, apply suncream regularly, and wear a hat.

Dr Jennings added: "This weather has undoubtedly contributed to the rise in people – some who are vulnerable and very sick – coming to our emergency departments.

"Help us to prioritise care for those need it the most, and use our services wisely."

If you need urgent medical help use NHS 111 online first, which can direct you to where you need to go. Pharmacies, meanwhile, can offer advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, and aches and pains.

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To find out more about staying safe during hot weather, visit the NHS's website.

St George's, Epsom and St Helier University Hospitals and Health Group

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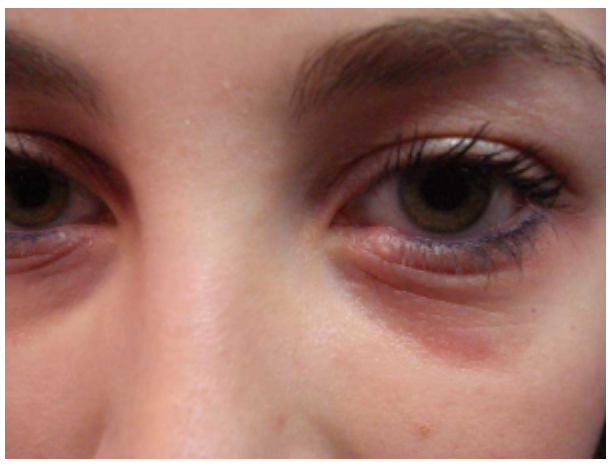
NHS website remedy for hay-fever

23 June 2023



With hay-fever suffering at a peak the NHS urges sufferers to visit its website for advice and reduce pressures on its telephone and other services.

The number of hay fever sufferers seeking advice from the NHS website has more than tripled – reaching 122,650 visits last week.

Analysis by NHS England, which runs the NHS website, found weekly visits to the hay fever page have increased by 252% in the past five weeks from 34,878 visits during the first week of May.

Sunday was the busiest day of the year so far for visits to the web page with 27,834 visits in 24 hours – an average of one visit every three seconds.

The surge coincides with figures seen last year when hay fever page visits topped a million during the six months from March to October, peaking at 462,706 in June 2022. December was the quietest month for visits with only 5,658.

NHS information pages on hay fever treatments have also proved popular during the past five weeks. Visits to the antihistamines and cetirizine pages have more than doubled, and visits to the fexofenadine page have more than tripled to reach 45,450 visits last week.

Most hay fever symptoms can be effectively managed at home or with medication widely and cheaply available in community pharmacies or supermarkets.

Robert Cleary, NHS England's Content Director for the NHS website, said:

"Many of us experience hay fever symptoms at this time of year and the nhs.uk hay fever advice page provides the latest medical advice to manage your symptoms, as well as giving guidance on when to get support from NHS services.

"Millions of people make the NHS website their first port of call for advice and information on a wide range of conditions. The website is here for anyone 24 hours a day, making it easy for people to receive health advice and support from a trustworthy source around the clock."

There is currently no cure for hay fever, which usually hits between late March and September when the weather is warm, windy and humid, and the pollen count is at its highest.

The symptoms include sneezing, coughing, a runny or blocked nose, as well as red, itchy or watery eyes. Sufferers can also experience headaches, earache or lose their sense of smell.

The NHS hay fever page details several ways people can ease their symptoms including staying indoors, keeping their windows shut, not cutting their grass or coating their nostrils with Vaseline to trap the pollen.

The page also offers advice on different treatments available from pharmacists and recommends when people should seek help from their GP.

The NHS website is the UK's biggest health website with an estimated 2.6 million visits a day in 2022 from people seeking information and advice.

It includes over 4,000 pages and provides information about 990 medical conditions as well other health services including applying for a free UK Global Health Insurance Card for healthcare cover abroad, finding a GP, and a pregnancy due date calculator.

For more information visit Hay fever – NHS (www.nhs.uk).

NHS England Media Team

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Hospitals heatwave warning

23 June 2023



Summer looks like it’s here at last – but with a surge in temperatures also meaning a surge in people visiting emergency departments, members of the public are urged to stay safe in the sun.

Earlier this week the UK Health Security Agency and Met Office issued their first heat-health alert of the year in six regions, including London and the South East, which comes into effect tomorrow (Friday) at 9am.









With the mercury set to peak at about 30 degrees Celsius, they are warning people to stay safe and well – and St George’s, **Epsom and St Helier University Hospitals** and Health Group is echoing that plea.

Dr **Richard Jennings**, Group Chief Medical Officer, said: “When temperatures start to soar, more people, especially those in high-risk groups, can suffer from illnesses like heat exhaustion, dehydration, and of course sunburn.

“It often means our hospitals are busier as a result. As always, we are there for those who need us, but please do take steps to stay safe and well, and avoid a trip to our emergency departments.”

High-risk groups include elderly people, babies, young children, and those with heart, respiratory and serious health problems. But everyone should stay safe and well in the hotter weather – and take the following steps:

- Looking out for people who may struggle to keep cool and hydrated, such as elderly relatives or neighbours
- Keeping windows closed when the room is cooler than outside, but opening them at night when the temperatures has dropped, and closing curtains on rooms that face the sun to keep indoor spaces cooler
- Drinking plenty of fluids and avoiding excess alcohol. Taking water with you, if travelling
- Trying to keep out of the sun between 11am and 3pm, and staying in the shade
- Applying suncream regularly, and wearing a hat
- Not exercising during the hottest parts of the day

Staying in the sun for too long increases the risk of becoming unwell. Heat exhaustion is not serious and usually gets better when someone cools down, but if this turns into heatstroke it needs to be treated as an emergency. You may have heat exhaustion if you are experiencing headaches, dizziness, loss of appetite, and feeling sick or confused.

If you are affected by any of these symptoms, it’s important to cool down as quickly as possible. There is more information on the NHS website on how to do this – and also what to do if your condition worsens.

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The hospitals group is also reminding people that its emergency departments are there for serious and life-threatening emergencies – particular with a third wave of junior doctors' strikes coming up next week, which will also have a big impact on services. Hundreds of doctors from St George's, Epsom and St Helier could walk out over the 72 hours.

Dr Jennings added: "We often find we're as busy in the days following a heatwave. The hot-weather alert is in place until Monday morning – less than 48 hours before many of our junior doctors will be taking industrial action.

"That's why it's even more important for the public to take steps to help us, help our staff, and of course, help themselves."

If you need urgent medical help you should use NHS 111 online first, which can direct you to where you need to go.

Pharmacies, meanwhile, can offer advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, and aches and pains.

To find out more about staying safe during hot weather, visit the NHS's website.

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Council to pay £15,000 to families over failings

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Make way for Epsom Derby visitors?

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COMMUNITY COUNCIL

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1 June 2023

Ewell residents are being asked to take part in a public consultation on a range of improvements to revitalise Ewell Village and help to make it a safer, more welcoming … READ MORE

Verging on the ridiculous

23 June 2023



Opinion by County Councillor **Eber Kington**: The decision by the Conservative ruling group at **Surrey County Council** to take back from April the cutting of highway verges from **Epsom and Ewell Borough Council** was heralded as means of securing consistency across the County. Whether that was meant to be a consistent levelling down of the service (but not the height of the grass!) I am not so sure. But so far it has been a very public display of how not to launch a new service to the public.

It's nine weeks into the new regime and still many verges in Epsom and Ewell have not been cut, and the latest website information shows that many roads in Epsom and Woodcote will have to wait another week before the mowers move in.

There is grass so high that street name plates, bollards and signs cannot be seen, and sight lines that are dangerously obscured, making driving hazardous. Clovers, trefoils and daisies in verges that are of most nectar value and will best cater for our wildlife, are swamped by tall growing grass and weeds. And a policy of blowing back grass cuttings on to the verge, whilst sensible and manageable when the grass is cut at a reasonable level, is not workable when the grass has been left to grow so high. The blow back just spreads the grass on to the footpaths and has the potential to block the drains.

And when the machines have actually done their work, residents in our urban streets are far too often looking out at poorly mown verges peppered with clumps grass, as though our verges were experiencing a bad hair day!

SCC puts it down to "operational issues at the start of the new contract and the wet weather we had in April and at the start of May". Is that politicians way of saying a failure to plan effectively and ensure sufficient resources were deployed from the start. And if a period of rain delays the schedule by nine weeks, that does not augur well for the future given our unpredictable climate.

Sadly, the problem has been compounded by poor communication from SCC. A website page with the scheduled dates for cuts regularly missed and not updated, and just general locations listed (Epsom, Ewell, Stoneleigh) so that residents of Cuddington and Langley Vale, for example, have no idea when their verges will meet up with a SCC grass mower.

At least the Leader of SCC has acknowledged this is not his finest hour and set up Task and Finish Groups to find what went wrong and how it can be fixed. Residents' Association and Independent County Councillors have put in a joint submission highlighting the failings and offering solutions. Those solutions include a commitment to return to the 6 to 8 cuts previously provided by Epsom and Ewell Borough Council – the verges in residential roads are too narrow to support the meadow look.

It is going to take some time for our verges (and residents) to recover from this. Sadly there may be more to come…….from April SCC has also taken back responsibility for weeds, alleyway clearance and highway roundabouts!

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County Councillor Eber Kington (RA Ewell Court, Auriol & Cuddington)

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Police maintain order at Epsom Derby Festival

23 June 2023



Surrey Police successfully carried out one of its biggest policing operations at the **Epsom Derby** Festival at the weekend (2 and 3 June).

The event, which took place at Epsom Downs Racecourse, began with Ladies Day on Friday, 2 June, followed by the Derby Day on Saturday, 3 June. The two-day event saw tens of thousands of attendees across the two days, as well as millions of spectators watching from around the globe.

Officers and staff from Surrey Police and Sussex Police were involved in the large-scale operation, with planning having taken place throughout the year to ensure that we were able to help keep the public safe.

Specialist teams worked to support officers on the ground, including firearms, intelligence and drone operators.

A total of 39 arrests were made over the course of the two days. Thirty-one of these arrests were made in connection with planned criminal activity at the Epsom Derby Festival, including two women who were quickly detained moments before they were able to get onto the track. Thirty have since been released on bail pending further enquiries.

Ben Newman, 32, of Homerton High Street in Hackney, has been charged with causing public nuisance. He has been remanded and is due to appear at Guildford Magistrates' Court tomorrow (Monday, 5 June).

Chief Superintendent **Clive Davies**, who was in charge of the policing operation for the Epsom Derby, said: "Each year we look forward to keeping the public safe at one of Surrey's biggest events. In our 24th year of policing the Epsom Derby, we are pleased to say we were able to do just that.

"I am incredibly proud of every single officer, staff member and volunteer who worked in the run-up to the event and at the event itself. They played a vital role in protecting the public and preventing and responding to criminality.

"We absolutely support people's rights to peacefully protest, but we differentiate between this and unacceptable criminal behaviour.

"We were one of a number of organisations involved in planning and implementation of this multi-agency operation, and I would like to thank the event organisers and our partner agencies for their support and commitment to delivering a safe event."

(Surrey Police press release ends)

The BBC reported:

"A man was seen being bundled to the floor by police and security guards during the opening seconds of the prestigious race. He was quickly removed from the course while being jeered by spectators. The race was unaffected.

The protest went ahead despite the **Jockey Club**, which runs the event, being granted a court injunction prohibiting the group **Animal Rising** from disrupting it. The group had publicly threatened to stop the main race going ahead, saying it wanted to raise awareness about animal rights.

Mr Newman was one of 31 people arrested in connection with the planned protests, including 12 on the racecourse grounds and 19 during a pre-emptive operation in the hours before it began.

Surrey Police said two women were arrested after being "quickly detained moments before they were able to get on to the

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track".

Mr Newman is the only protester to face a charge so far. The remaining 30 people have been released on bail pending further inquiries, police said."

Surrey celebrates life on the road

23 June 2023



June is Gypsy, Roma, Traveller History Month and **Surrey Heritage** uses this opportunity to raise awareness of the community's unique heritage and help people trace their Gypsy family history. If you're tracing Gypsy ancestors take a look at Surrey Heritage's comprehensive guide for Surrey sources.

And what better way to enjoy the month than go to this year's Romany Day celebrations at the Rural life Living Museum, Tilford, on 11 June, produced in partnership with the Surrey Gypsy Traveller Communities Forum. Surrey History Centre and **Ewell's Bourne Hall Museum** will be at this fantastic event which explores the past and present of Romany culture, heritage and tradition. Watch craft demonstrations with paper and wood flower making, peg and basket making, and experience the expression of Romany heritage through music, dance and language, including a poetry slam. For further details see the Rural Life website: https://rural-life.org.uk/events/romany-day/.

For information on a wealth of other heritage and history events of Surrey visit the latest events and news from the Surrey History Centre HERE.

A Derby story for Epsom's famous races

23 June 2023



No racing follower of the **Epsom Derby** forgets **Mill Reef**. What he achieved on the racecourse was extraordinary but there was something else about Paul Mellon's champion, the way he was, that grew his following.

Julian Wilson, the BBC TV's long-time presenter, not an obvious romantic, wrote that "to know him was to love him," which is what his trainer Ian Balding and groom John Hallum did.

Mellon bred Mill Reef at his Rokeby Farm in Virginia and named him after an exclusive club next to his winter home in Antigua. A committed Anglophile, the inheritor of a banking fortune and one of the richest men in America, Mellon chose to send Mill Reef to Balding's Kingsclere yard, near Newbury.

The new arrival was on the small side but neat, compact perfection, with a strikingly easy, athletic action and an endearing temperament. It did not take long for those close to Mill Reef to be in awe of him. For the two-year-old's first piece of work, in February 1970, Balding told Hallum to lead his group of four colts and then go a half-stride faster. When Mill Reef drew effortlessly clear of his hard pressed companions, Balding assumed that Hallum had gone too fast and told him his instructions were to just canter. "Guv'nor, I was only cantering."

Another piece of work before Mill Reef's debut at Salisbury in May produced another astonishing display. Yet impressive work at home is not always repeated on the racecourse; it was by Mill Reef. At Salisbury he brushed aside Fireside Chat, the 9-2 on favourite, who had recently won impressively at Newmarket. Mill Reef then won the Coventry Stakes at Royal Ascot by eight lengths. Uneasy about running him in the Gimcrack Stakes at York on heavy ground, Balding was persuaded by Mellon to run, and Mill Reef sauntered to a 10 length victory.

He rounded off his juvenile season by winning the Dewhurst Stakes impressively, by four lengths. Those were not ordinary victories. Mill Reef, readily identifiable in Mellon's familiar black colours with a gold cross, and wearing a sheepskin noseband, made mincemeat (see curiosity 2) of his rivals and merited adoration from his fans.

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Balding believed that Mill Reef was “an out-and-out two-year-old performer,” rather than one likely to flourish as he matured. There were plenty of examples of top class two-year-olds overtaken by less precocious horses but Mill Reef was a regular surprise.

The 1971 2000 Guineas was billed as a duel between the good little one – Mill Reef – and the good big one, the unbeaten My Swallow, who had narrowly bettered Mill Reef in the previous year’s Prix Robert Papin. At Newmarket, both were beaten by Brigadier Gerard. My Swallow had a disappointing season but Mill Reef and Brigadier Gerard proved themselves outstanding champions. While Brigadier Gerard was dominant at up to 10 furlongs, Mill Reef dismissed doubts about his stamina by sweeping up the Derby, Eclipse Stakes, King George VI and Queen Elizabeth Stakes and Prix de l’Arc de Triomphe.

As Balding observed, “Horses that win races like he did as two-yearolds don’t go on to be one and a half mile horses, and win the Derby. That was the phenomenon. The further he went, the faster he went. It was quite extraordinary.” Mill Reef started 1972 by strolling away with the Prix Ganay but then struggled to beat Homeric in the Coronation Cup, after which he succumbed to a virus. After a number of minor setbacks Mill Reef started his preparation for the Arc when, on 30 August, disaster struck.

In Balding’s autobiography, Making The Running: A Racing Life (2004), he recalled the sad episode and its aftermath. As Mill Reef came to the end of a fine piece of work, he was suddenly to be seen standing on three legs, with Hallum beside him. When Balding reached them, Hallum said, “Guv’nor, I am sure he has broken his leg – I heard a terrible crack.”

It got worse. When vet Barry Williams examined the near fore leg, he told Balding, “It feels like a bag of marbles.” Mellon, a likeable, modest and thoughtful man, according to Balding “the best owner any trainer could ever have,” reacted to the news by asking how Hallam was. A room at Balding’s yard was converted into an operating theatre and Jim Roberts, assisted by Tony Ward, carried out a seven hour operation. Mill Reef’s afflicted leg was put in a full length plaster cast, with iron splints made by farrier Tom Reilly. Fortunately, Mill Reef was an amenable patient.

The room would be his residence for several months, adorned by cards from well wishers, until he was eventually moved to the National Stud. There Mill Reef became an outstanding stallion, his offspring including Derby winners Shirley Heights (1978) and Reference Point (1987). Mill Reef, a Derby winner himself in 1971, ridden by G. Lewis, died in 1986, aged 17.

David Ashworth

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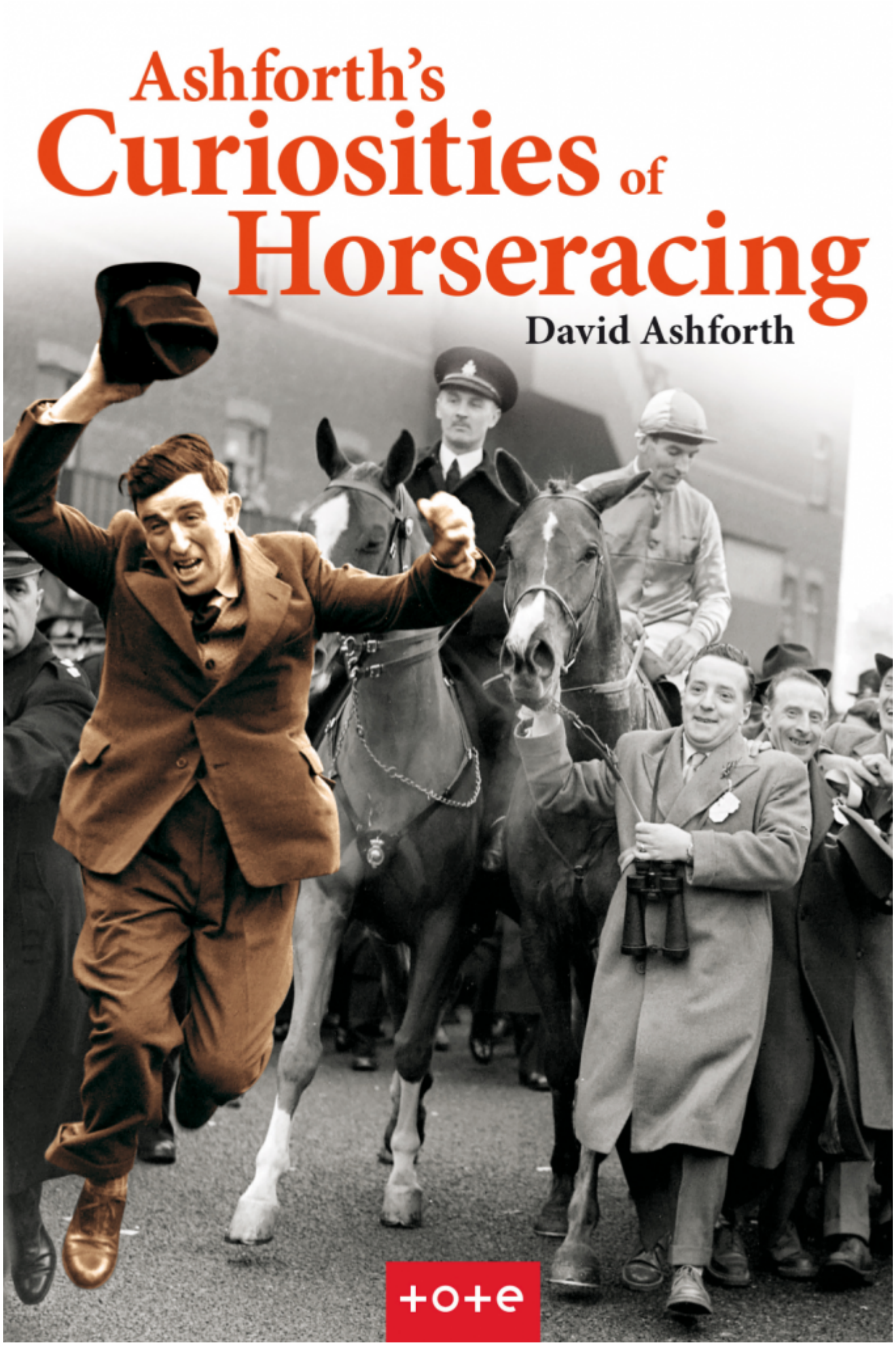

About the Author:
If you enjoyed this extract, his latest book, **Ashforth's Curiosity of Horseracing** looks at the people, events, horses, trainers, owners and jockeys that shaped the Sport of Kings. Twice voted Horserace Writer of the Year, he worked for The Sporting Life and Racing Post and, in the USA, was a columnist for the Racing Times and Daily Racing Form.

Ashforth's Curiosity of Horseracing (Merlin Unwin Books) hardback £20 available online or from your local bookshop.

"Oh Fate" fills lofty Epsom Church

23 June 2023



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Ashtead Choral Society – review of its concert on 13th May **St Martins Church, Epsom**. The evening began with Carl Orff's Carmina Burana. Written in 1936, this secular work has remained a favourite of many choral societies as it is great fun to sing and encompasses a wide range of musical genre and emotion.

The choir began with the punchy accents we know so well of the '**O Fortuna**' (Oh Fate), filling the space of St Martin's full of grandeur. The first male-only entry was strong and confident, as was the lamenting unison passage to follow. Then we heard the first of the fantastic Baritone soloist Rupert Pardoe, who shone with his clarity of lyric and tone. The choir returned to sing with great joy and spirit, aptly reflecting the 'welcoming of spring' in the text. The Tanz, or dance, gave the Kent Sinfonia a moment in the spotlight, with especially lyrical pizzicato from the strings and the first of many incredible flute solos, again beautifully reflecting the tone and content of this meadow dance. Now into the 'Floret Silva Nobilis,' the sopranos tackled those pianissimo high notes with tremendous grace – I know how hard those are myself! Both choir and orchestra injected some energy into the 'Swaz Hie Gat Umbe,' before switching to a more calming and melodic timbre, again supported and balanced by the flute melody.

The energy returned, and the choir sang regally on 'Were diu welt all min,' leaning in on the outrageous storytelling about the Queen of England, and what a great 'Hej!' at the end of the passage! Speaking of storytelling, what a performance from the countertenor, Richard Decker! Aside from the fantastic singing, the facial expressions of the soon-to-be-roasted swan told us of the dread and terror (and slight comedy) of the situation! On to the men's time to shine, in the Tavern, which they sang very well with clear diction and gusto, and finally we were joined by the soprano soloist Ana Beard Fernandez. Her projection was especially impressive in the pillared setting of the church, and the duet with the flute was a particular highlight. 'In trutina' is widely considered the most beautiful moment of the work and Fernandez's rendition definitely lived up to this claim. The energy began to return for both choir and orchestra in the drive up to the finale, finishing with the reprise of the 'O Fortuna' with the same energy and punch as at the start.

In the second half of the evening, the choir sang 'The Armed Man', by Karl Jenkins. He is known for a wide range of work, recently having composed for the King's Coronation, but this piece is his most widely-sung setting, originally written for the millennium, and subtitled 'A Mass for Peace.'

It began with a strong drumbeat to set the military scene, and a wonderful folk-style piccolo solo. The choir came in strongly in unison, and moved on to a fantastic canon section, really giving them space to shine as it was unaccompanied. The call to prayer was then given by Mr Noor Sheikh from Baitul-Futuh Mosque in Morden, which was a huge highlight, and really gave light to the range of religions and genres this piece calls upon. The 'Kyrie' then began with some moody strings and a gentle melodic soprano line, with the choir overall sombre and well balanced. Another strong male entry complimented the flowing scalic passages, and the choir handled the chromaticism with ease.

The Sanctus was great in spirit with especially clear consonants, accompanied by the sweeping
cinematic writing in the orchestra. Towards the end of the Charge is some quite unique musical writing, where in the score it says 'convey horror!', and the choir did just that! The Last Post, usually always surrounded by silence, was this time played with some eerie string accompaniment at the end and this painted a similarly haunting scene. The altos then had a very strong solo line, and everyone came together for another excellent chromatic passage. The Agnus Dei was a really beautiful sing, with sweeping melodic lines and really great harmonic resolutions. It was at this point especially I felt that the choir was really enjoying their singing, which added an extra something special to the performance. The penultimate section, the Benedictus, was another spotlight on the orchestra, with a great cello solo. To finish off the piece, the final section is broken up by a really fantastic piccolo solo – to get such clarity on a
piccolo and at such speed is really impressive! The choir then interjected with the repeated word 'Ring!,' very effectively passing the melody between the parts. They really did sound like bells, ringing out for peace, as I imagine the composer intended!

Overall a thoroughly enjoyable performance, with two great showcases of popular choral works. I look forward to seeing what ACS produces next.

Lizzie McCaffrey

Ashtead Choral Society is one of the leading choral societies in Surrey with around 90 singers giving three concerts a year with professional orchestras and soloists.

It is a non-auditioned choir and welcome new members. For more information visit wwww.ashteadchoralsociety.org.uk.or contact secretary@ashteadchoralsociety.org.uk

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