



Local talent showing up for charity

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!"

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"

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



NEWS SPORTS

Residents' complaints about anti-protester measures ahead of Derby

21 June 2023

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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](#)



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19 June 2023

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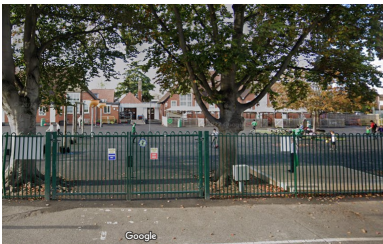


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Anonymity justified by acquittal?

19 June 2023

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COUNCIL OPINIONS

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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](#)



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Uncommon commitment to the Common

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The Epsom Common Association (ECA) has a membership of around five hundred households, and works closely with Epsom &



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COMMUNITY NATURE VOLUNTEERS

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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

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16 June 2023

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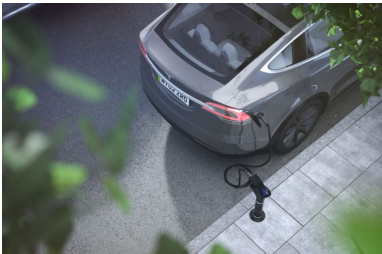


COUNCIL PLANNING

Pause for thought on paused Plan

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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](#)



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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

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, bungee 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 bungee 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".



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.....

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 investmentare 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.



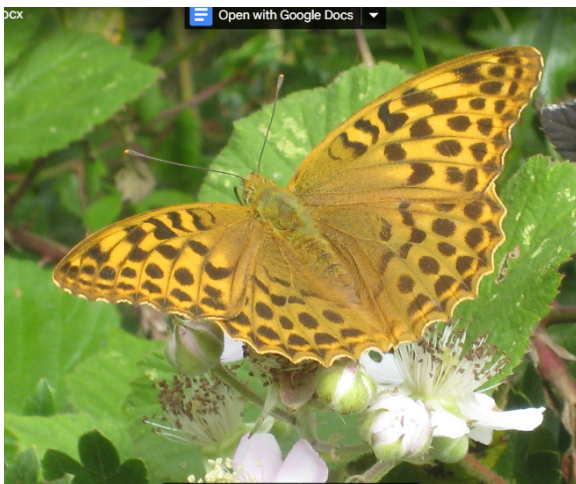
County Councillor Eber Kington (RA Ewell Court, Auriol & Cuddington)

Top image: Epsom Family Centre within Pound Lane School.

Uncommon commitment to the Common

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.

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

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.



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 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



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

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](#)



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NHS website remedy for hay-fever

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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](#)



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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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COUNCIL PLANNING

Epsom less flat after more flats approved

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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](#)



Pressure on Epsom Hospital at boiling point?

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 sunscreen 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.

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

Related reports:

Hospitals heatwave warning

NHS website remedy for hay-fever

Junior doctor strikes to be ‘monthly’ in Surrey?

NHS website remedy for hay-fever

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

Image: Fitzpatrick AM CC BY-SA 4.0