



Hospitals heatwave warning

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 sunscreen 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.

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.

8th June 2023



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Verging on the ridiculous

Opinion by County Councillor **Eber Kingston**: 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!



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

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Police maintain order at Epsom Derby Festival

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 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

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

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.

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-year-olds 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 Hallum 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



Ashforth's Curiosities of Horseracing

David Ashforth



+o+e



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

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 www.ashteadchoralsociety.org.uk or contact secretary@ashteadchoralsociety.org.uk

Epsom Hospital's speedy chemo for cancer kids

A mum says she is "amazed" by a **new chemotherapy service** that has proven to be invaluable for young cancer patients and their families. **Nathan Dunne**, nine, is usually "back home and in his pyjamas" within 90 minutes of leaving the house to have the cancer treatment – known as Vincristine – at **Epsom Hospital**, and is in the treatment room itself for just half an hour.

Mum **Oana** is full of nothing but praise for the service, and says it has significantly reduced the amount of time they spend in hospital for appointments – with Nathan previously receiving his Vincristine dose elsewhere. "It's so much quicker, and Nathan gets everyone's full attention – plus, the toy box is there already waiting for him on arrival!" said Oana.

"The staff are amazing, they know what they have to do and are always helpful – and if they don't know the answers to my questions, they will find out. We're in and out really quickly, and I look forward to the days when we are in Epsom Hospital now. We know the nurses who are working, and we see often the same faces. They know our children and they remember the routine that works for us – for Nathan, that's counting '1, 2, 3' when the needle goes in, and back again when it's taken out. I'm just amazed at how quickly we're back home after a visit for Vincristine."

Nathan – who lives with his family in **Worcester Park** – was diagnosed with leukaemia in June 2020. Aged six at the time, he started to complain of tummy aches, and also started to feel really tired – with Oana recalling how one day she had to carry him home from the park because he couldn't walk.

On another occasion Nathan had a wobbly tooth that wouldn't stop bleeding for two days, and he also had a swollen finger that hurt when using his iPad.

Concerned about her son, Oana sought help, and Nathan was eventually referred to St Helier Hospital for blood tests. Later on, the family received devastating news: there was a 90 per cent chance Nathan had leukaemia. "We were devastated – it was the shock of our lives," said Oana. "I didn't think for a moment that was what it would be."

The diagnosis was officially confirmed shortly afterwards, and Nathan spent a night at St Helier Hospital before being transferred to **Epsom Hospital's** paediatric oncology unit (POSCU).

He was then moved to the Royal Marsden on his seventh birthday, and spent the next few months in the care of the teams there. Oana says Nathan understood what was happening to some extent – knowing "there was something wrong with his blood" and that he was "very poorly". Treatment started quickly and every day.

Now, Nathan visits **Epsom** every four weeks to have treatment and is at the Royal Marsden every 12 weeks – with Oana saying the care he has received and continues to receive at both as "incredible". Nathan is due to finish treatment in August, and is one of 10 patients to have now received a regular Vincristine infusion at Epsom Hospital.

Dr Beccy Suckling, Chief Medical Officer at Epsom and St Helier University Hospitals NHS Trust, said: "Ensuring our patients receive outstanding care is our biggest priority. Our new Vincristine clinics are something to be really proud of, and a lot of work has gone into getting us to this point. It's fantastic to hear that young cancer patients like Nathan are being treated so well by our brilliant teams – and as well as thanking our wonderful staff for the care they provide, I'd like to thank Oana and Nathan for their really lovely words about that care."

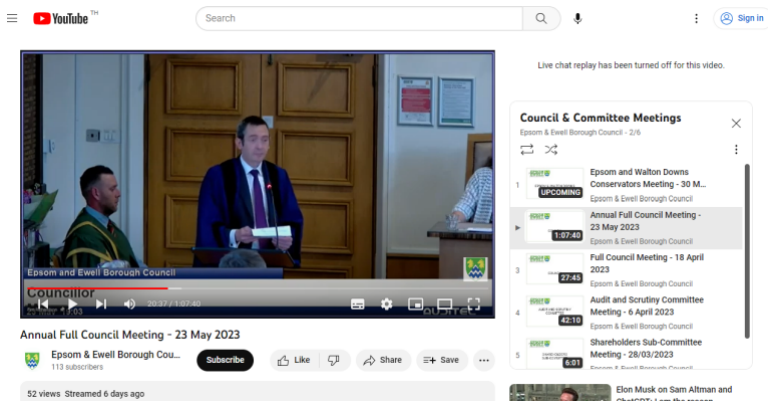
Lucy Lloyd-James, Lead Nurse for Epsom's Paediatric Oncology Shared Care Unit, said: "Epsom Hospital is much closer to home for many of our young patients, and we've had such wonderful feedback about our Vincristine clinics and how quickly patients are in and out. We know how scary and overwhelming it can be for our young patients and their families, and this is one way we can make such a difficult experience just a bit easier."

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



[Epsom and Ewell Times say: Thank you Nathan and Oana for your courage sharing your story.]

1st June 2023



COUNCIL EDITORIAL

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29 May 2023

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LOCAL HISTORY

Daughter of Lord Rosebery who helped Derby Gypsies

29 May 2023

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ARTS COMMUNITY CULTURE

Ewell film festival ends with a bang

29 May 2023

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28 May 2023

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ARTS CULTURE NEWS

Picture the opening.....

27 May 2023

The 4th Satisfied Eye International Film Festival (26th to 28th May) has opened its doors in Bourne Hall Ewell. There was a sense of anticipation in the air as people ... [READ MORE](#)

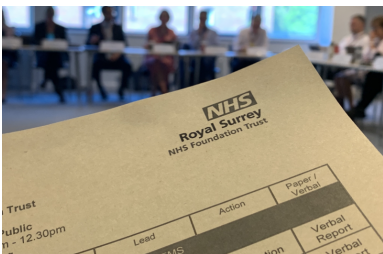


COUNCIL TRANSPORT AND ENVIRONMENT

Challenge to ULEZ gaining grounds

27 May 2023

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HEALTH NEWS

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BUSINESS LOCAL HISTORY NEWS

Derby stalwart sent over the Hill?

26 May 2023

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EDITORIAL

Who should be moved?

26 May 2023

Today we have published a report about the case of a Reigate resident's rights to be moved away from nuisance neighbours. Why should she move? Why do the rights of ... [READ MORE](#)



COUNCIL HOUSING

Housing rights enhanced by neighbours from hell?

26 May 2023

The experiences of Epsom and Ewell's nearby Surrey Borough Councils help to enhance public understanding of the rights and responsibilities of local residents and our Council. This report of Chris ... [READ MORE](#)



COUNCIL NEWS

Woking Council has the worst debt in Britain!

26 May 2023

Woking Borough Council has crumbled under the sheer weight of its crippling £2billion debt as Government appointed commissioners have been sent in. The borough council had amassed the billions in ... [READ MORE](#)

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The live online links can be found by navigating the pages of the Council website starting [HERE](#). You will also find on those pages the agenda and background papers and minutes.

Not forgetting that the public gallery is always open for personal observation of proceedings.

Whatever grumbles you may have about your local Council it cannot be denied that its decision making is open to public inspection.

There are times when committees go into closed session and the Epsom and Ewell Times has challenged some of the secrecy. But at least you will be aware when they have gone into secret session and can challenge such decisions through the Freedom of Information Act.

The Epsom and Ewell Times champions accountability, transparency and democracy. The provision by the Council of windows for the public to its business, using today's technologies, is to be praised.

In a world in which authoritarianism and autocracy are gaining ground it is vital at all levels of British society that we value the liberties we have. We can demonstrate how much we do so by living our democratic ideals daily, not merely paying lip-service to them at periodic elections.

Differences of view held passionately can give rise to personal antagonism but where debates are conducted fairly, mutual personal respect should prevail. Democracy leads to better decision making and can be fun. The alternatives will never be fun for anyone.

Epsom and Ewell Borough Council's transparency through public video recording is in itself a significant contribution to maintaining a higher quality of respectful debate.