# Epsom fair for health and well-being

On Saturday, September 23rd, the local charity **Age Concern Epsom & Ewell** will be hosting a Health & Wellbeing Fair at **Rosebery Park** in **Epsom**. The event is scheduled to run from 10 am to 3 pm and is open to attendees of all ages.

This community event aims to provide a diverse range of informative talks and demonstrations by local groups, charities, and small businesses, all focused on promoting and encouraging a healthy and well-balanced lifestyle. Visitors can expect insights from health practitioners on topics such as maintaining good posture, enhancing flexibility, foot care, the benefits of deep breathing, and mindfulness, among others.

The Rainbow Leisure Centre will be showcasing their activities suitable for individuals of all ages, while children can engage in rhythmic fun with Drumz Epsom. A fascinating tree trail will also be a part of the day's offerings, providing an opportunity for attendees to learn intriguing facts about the local park's trees. A small entry fee of £3 is required for the tree trail, and participants are encouraged to uncover hidden clues to unveil a special surprise, with all entries receiving a unique prize.

Further details about the tree trail can be found at https://www.jumblebee.co.uk/roseberyparktreetrail.

Throughout the event, there will be informative displays and talks by organizations such as the Epsom & Ewell Countryside Team, Epsom Common Association, Sustainable Epsom, and Ewell, and the Surrey Wildflowering Trust. Attendees can also take advantage of free bike checks, courtesy of Dr. Bike, available from 10 am to 3 pm.

The fair will also feature acclaimed author **Sarah Tucker**, who will deliver talks on the art of storytelling and the benefits of writing. Those interested in reducing waste can bring their own containers to shop with The Floating Refillery, a vendor offering a variety of quality household goods, cereals, and spices. Paper bags will also be available for use.

For those looking to satisfy their taste buds, Bake 88 will be on hand with delicious and healthy light bites, including award-winning bagels. Attendees can even bring a jam jar to create a sourdough starter to take home and nurture.

Age Concern Epsom & Ewell will be sharing information about the services they offer for the older generation within the borough. They will also discuss the various volunteering opportunities available and how both clients and volunteers can benefit from giving a little of their time each week.

The organizers are excited to present this event, which promises a wide array of engaging activities and informative sessions. They hope that attendees will take a leisurely stroll to explore the offerings and show their support for this inaugural event. It is anticipated that attendees will leave with newfound knowledge and perhaps even be inspired to try something new.

### New art fair comes to Epsom

A new contemporary art fair is coming to The Duchess Stand, Epsom Downs Racecourse, 6 - 8 October 2023.

**Art Surrey** opens on Friday 6th October with a Preview Evening and a complimentary glass of fizz from 6pm to 9pm and opens over the weekend on Saturday 7 October 10am-6pm and Sunday 8 October 10am-5pm.

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

As final preparations get under way, Carol Caiger, Director of Art Surrey, is understandably very excited about this new Epsom venture, "Being one of the largest art fairs within the south east of England, this new contemporary art fair will the perfect place to find artwork to start your art collection, or add to your collection if you are already an art enthusiast!"

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

This year the invited showcase is Surrey Sculpture Society, who will be showing a selection of their artists sculptures for sale.

Carol Caiger adds, "The bonus is, as well as awesome artwork, the Caiger Art and Art Surrey Team are on hand to give expert advice on the best artwork to buy for your home, too."

Weekend facilities include a bar and café serving teas, coffee and food throughout Saturday and Sunday, so you can easily spend

a whole day there! The venue has ample onsite parking and is wheelchair accessible.

You can have see the limited edition art fair brochure here: https://artsurrey.co.uk/brochure-2023/.

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

# Unprovoked attack on man and his dog in Epsom

On 5th September 40 year old Scott Smith of Tonstall Road, Epsom assaulted another Epsom man in an "unprovoked attack". After the assault, during which the victim fought back in self-defence and Smith "came off worse", Smith kicked the victim's "innocent" small dog with such force that he rendered the pet unconscious.

The incident took place outside and within a local supermarket and the episode was recorded on the shop's CCTV camera. This led to the prompt arrest of Smith who was brought in custody before the Surrey Magistrates sitting in Guildford on Saturday 9th September.

Smith pleaded guilty to an offence of common assault and an offence of causing unnecessary suffering to an animal.

The presiding magistrate stated the offences were so serious the decision on sentence would be reached on another day when all "sentencing options" would be considered.

## Surrey Uni film award in the Cannes

A thought-provoking animated film made at the **University of Surrey**, which encourages its viewers to **Remember the Future**, has achieved the accolade of 'Best Environmental Film' at the **Cannes World Film Festival**.

Co-created by the University's Institute for Sustainability to support its vision of a world where everyone can live fulfilling and healthy lives within the limits of the planet, the film seeks to draw in viewers emotionally and win hearts and minds to the need to collaborate and act.

Remember the Future was produced and directed by Jon Weinbren, who is the Programme Director for Surrey's MA in Film, Animation and Digital Arts within the University's Department of Music and Media. The film shows a tree that is ailing because of environmental damage. The tree is saved from destruction by cooperation between an optimistic, visionary child and a songbird, delivering an upbeat, hopeful way forward.

Professor Lorenzo Fioramonti, Founding Director of the University of Surrey's Institute for Sustainability, said:

"A tree is a symbolic and almost permanent thing. We see it through the seasons and ages, with a child dreaming of a future which rubs out the climate emergency. We see the solutions which are within our reach. We hope this film plants the seed and encourages people to work with each other and be connected."

Co-written by Tom Hill and brought to life by a team of artists led by animation director Izzy Barszcz, the film was crafted using digital natural media techniques to create an evocative water-colour feel. It also features an original song composed and performed by Surrey alumna Alice Mills.

Jon Weinbren said:

"We experimented with using some of the latest AI-based image generation and style transfer techniques, but the quality we were achieving wasn't high enough. Instead, our team of animators resorted to 'traditional' digital painting techniques to create the hand-crafted look and feel which, along with a beautifully arresting, specially composed song, helps the film engage on a powerful emotional level."

Nathalie Hinds, Head of Operations and Partnerships at the Institute for Sustainability, said:

"Achieving a sustainable world takes cooperation and inspiration, as well as technology and regulation. At Surrey, we're working on all of these, with the Institute for Sustainability taking an active, leading role. Strategic partners of the Institute, who were lucky to have an exclusive preview of the film, gave feedback how the film not only creates a sense of urgency, but is a true

beacon of hope. They hope to use it within their organisations to inspire staff and suppliers."

Remember the Future has been entered for other film festivals and will also screen at the Electric Theatre as part of Guildford's Car Free Day on Sunday 24 September. Find out more about Car Free Day, watch a trailer or see how the film was made on YouTube.

For information about the MA in Film, Animation and Digital Arts, visit the website.

## Pot of gold for Rainbow?

Rainbow Leisure Centre in East Street Epsom has been shortlisted for a prestigious award from trade association UK Active.

The centre - which was renovated recently- boasts a 25m pool, dance studio, large gym and over-60s social room. As a result, it has been nominated for 'Local and Regional Club/Centre of the Year' in recognition of its huge contribution to the local community.

Rainbow caters to customers of all ages with an innovative programme that includes fourteen classes dedicated to people over 60, plus swimming, gym sessions and classes for the centre's junior members – currently numbering more than 500. The centre is also used by three disability clubs and four special needs schools who participate in tailored activities such as ping pong, dance and Boccia.

Customers are kept involved in the centre's plans with social events and 'Meet the Manager' sessions. Currently, they are accepting almost 30,000 bookings per month.

The centre is run by charitable social enterprise GLL under the 'Better' brand. The organisation's ethos is to reinvest profits to support local communities and Rainbow is an important part of this commitment.

**Darren Pope**, Rainbow's General Manager, comments, "We couldn't be prouder to have been shortlisted for the best centre/club in the South of England. Making the shortlist would not have been possible without the incredible work from the staff at Rainbow. No matter what the result, I am very proud of my team's achievements this year."

UK Active award winners will be announced at the end of October this year.

**Better** was founded in 1993 as a charitable social enterprise with seven leisure centres in Greenwich. In 1996 the social enterprise started expanding outside of the London Borough of Greenwich and now runs all kinds of community services and spaces across the UK. Now renamed Better, over 250 public sport and leisure centres and 57 libraries are managed in partnership with more than 30 local councils, public agencies and sporting organisations. Membership to the organisations' centres has increased to over 650,000 with 40 million visitors a year.

# Signs of Surrey resistance to ULEZ continue

The Ultra Low Emission Zone (ULEZ) to the London Borough Kingston and Sutton borders of Epsom and Ewell, went live on 29 August.

This will have an impact on Surrey residents, especially those living near the border of London, who have a non-ULEZ-compliant vehicle.

Matt Furniss, Cabinet Member for Transport, Infrastructure and Growth at Surrey County Council said: "I am incredibly disappointed that expansion of the Ultra Low Emission Zone has gone ahead today and the impact this will have on many of our residents as they go about everyday, essential journeys.

"Surrey County Council has informed TfL that we will not enter into a Section 8 agreement which is needed for them to place signage and cameras on our highway, whilst there isn't any mitigation in place to minimise the impact on Surrey residents. If they wish to install advanced signage or have safety concerns, it's in their gift to install it on their land and to change the ULEZ border.

"Whilst the extended scrappage scheme looks to be a step in the right direction, this will have no impact on those outside of

London. This means that people living in Surrey will not only have to pay the ULEZ charge, but also pay all costs to scrap their own car as the scrappage scheme only applies to people living inside London. Combined with the recent decision to withdraw the day travelcard, it is now increasingly difficult for those outside of London to travel in and out at a fair price.

"We continue to urge The Mayor and TfL to do what is right and extend the scrappage scheme outside of London for those that are impacted, provide exemption for key workers, and provide more and better bus routes between Surrey and London."

The Mayor of London's office stated:

"Expanding ULEZ was a difficult but necessary decision in order to save lives, protect the health of children and tackle the climate crisis. Clean air zones like the ULEZ are the most effective tool available to quickly and meaningfully cut air pollution in a city like London and vows to continue being 'a doer, not a delayer' when it comes to taking bold climate action. All Londoners with non-compliant vehicles can now apply for financial support to scrap them – with more than 15,000 applications received in the last week alone.

Nearly £60 million has already been committed in advance of the ULEZ expansion to Londoners, charities and businesses to scrap or retrofit their vehicles. With £100 million still left in the fund, the Mayor encourages Londoners who may still have a non-compliant vehicle to apply for the support available."

#### Related Reports:

London Mayor confirms drive of ULEZ to Epsom border. ULEZ explainer.

High Court gives ULEZ the green light to Epsom's borders

ULEZ court challenge begins

ULEZ driving old cars to Epsom market

Challenge to ULEZ gaining grounds

Many Surrey motorists will be paying the ULEZ charge.

**ULEZ** Court battle looming

### "The Gas" and brewery back Cuddington community

**Wandgas Sports and Social Club** in Cuddington is very proud to announce their partnership with **Shepherd Neame**. An open day was held on Friday 25th August, with the Kent brewery - the oldest in Britain - showcasing real ales and an impressive selection of wines to the locals.

Epsom and Ewell Borough Councillor **Kim Spickett** said "This is a wonderful facility, offering sporting opportunities to all ages and abilities. It is a social hub for us too – the Jubilee and Coronation Beacon ceremonies for Cuddington took place on the field, organised by Cuddington WI, who hold their monthly meetings at the clubhouse.

Shepherd Neame are already a big name in the cricket world, sponsoring Kent and Surrey County

Leagues, so it is a good fit! Their event has been most enjoyable – we even had a wine expert on hand! Having decent real ale available where you live is wonderful."

Cricket at Wandgas is year round, with net sessions throughout the winter in floodlit nets. Youth cricket takes place every Thursday throughout the summer from mid April. "Cricket For All' for players with special needs starts in April.

The club also hosts adult and youth football sides. A "Football For All" section for players with disabilities train on a Saturday morning - two under 16 and 3 adult teams.

Wandgas also run a community football 'turn up and play' for Under 7's. Two dart teams and a pool team play in local leagues.

Wandgas is unique in having developed a corner of the grounds into an area for a Sensory Garden. They are currently working with teachers and parents from Linden Bridge School and Orchard Hill College.

Chairman **Dennis Jones** said "the idea is to introduce children and adults with special needs to nature and the rhythms of the seasons through gardening".

Wandgas Sports and Social Club in Cuddington is on Grafton Road, Worcester Park in the Borough of Epsom and Ewell. Across

the road **Linden Bridge School** enjoys open access to the ground. The Club will allow any local group reasonable access and fosters a continuing relationship with sports development officers at Epsom & Ewell Borough Council.

The Club was developed in 1938 to provide sports and social facilities for gas industry employees of SEGAS. Known by the locals as "The Gas"

Wandgas has a determination to retain the site as an open field sports facility for the local community as its key objective.

Image: Councillor Spickett, Gary, Dennis, Sam, Alison, David and Gary.

## Feelings for feline fosterers

Would you be able to provide a temporary home for a cat in need? **Cats Protection Epsom Ewell** and District branch has been helping local cats since 1988 and is in urgent need of volunteer indoor fosterers.

They are looking for people who can provide temporary foster care in their own homes for cats like Kelly. Kelly was handed over to Cats Protection when her owner could no longer care for her.

Volunteering to foster a cat can be hugely rewarding; all you need is time, a safe space, and a love of cats. As a fosterer, you would be taking care of a cat in need until they find them their "forever" home.

Cats Protection will provide you with full training, to enhance your skills and knowledge and will cover the cost of equipment, food, and vet bills.

Current volunteer fosterer Helen says "I love the company of cats and by fostering I get to help lots of cats. Of course, I get attached to each cat I foster, but I can then help another cat find their new home. There are so many cats which need our help."

Why become a fosterer?

It is a wonderful and rewarding experience.

It provides the opportunity of having the company of cats in your home, without the responsibility of ownership or expense.

It means that you can take time out e.g., to accommodate planned breaks.

They are looking for people who:

Can provide a safe, secure, indoor environment with sufficient space to allow the cat to eat, sleep and play.

Have the time to feed, groom, play and clean the bedding and equipment.

Own their own home or have permission from the landlord for a pet and are 18 years or older.

Cats Protection Epsom Ewell and District branch is run by a small team of dedicated, cat-loving volunteers, all of whom are passionate about improving the lives of cats and kittens in Epsom, Ewell, and the surrounding area.

They work hard to find loving new homes for local cats in our care, offer support and help with the cost of neutering, provide advice on lost and found cats, as well arranging education / welfare talks within the Epsom and Ewell area.

They also have a charity shop in Banstead High Street.

To find out more about becoming a fosterer you can email volunteering@epsom.cats.org.uk

To find out more about all the work they see https://www.cats.org.uk/epsom

Cats Protection's Epsom Ewell and District branch is part of a national network of 256 volunteer-run branches and 30 centres that together help over 166,000 cats and kittens each year.

### Plea ahead of doctors' strikes round 5

The number of postponed appointments on strike days has now topped 10,000 at one hospital group – and with a fresh wave of industrial action on the horizon, that figure is set to rise further.

### 6th November 2025 weekly



ISSN 2753-2771

Junior doctors at St George's, **Epsom and St Helier University Hospitals** and Health Group will join colleagues across the country on strike from **7am on Friday** until **7am on Tuesday**.

It is the fifth time they have done so this year and - coupled with a consultants' strike last month - has resulted in 10,051 appointments, procedures, and operations being rescheduled to ensure emergency care can be prioritised.

The **British Medical Association** explains the reasons for the strikes: "While workload and waiting lists are at record highs, junior doctors' pay has been cut by more than a quarter since 2008/9. Junior doctors and their patients need change now.

A crippling cost-of-living crisis, burnout and well below inflation pay rises are driving hard working doctors out of their profession, at a time when we need them more than ever.

In 2022, junior doctors were offered an insulting and well below inflation pay rise of 2%.

No-one can be expected to stay in a high pressured job where your earnings are being eroded year on year. That's why we are calling on the Government for full pay restoration."

This makes it all the more important that people who do have an appointment continue to attend, unless they have been asked not to. Patients whose appointments have been rescheduled will be contacted directly.

Dr **Luci Etheridge**, Chief Medical Officer for St George's University Hospitals NHS Foundation Trust, said: "Our message remains the same as it always has: if you need care, please continue to come forward. That means if you have an appointment and you haven't heard from us you should still come in, and if it's life-threatening you should visit an emergency department or call 999.

"But if you have an appointment and you can no longer make it, please let us know so our frontline doctors and nurses can use their time more effectively to treat other patients and work to reduce our waiting lists."

The hospital group saw extraordinary demand earlier this summer – including the busiest day ever in its emergency departments and a busier-than-usual June.

NHS 111 online should always be the first port of call when you have a health need that's not an emergency, as it will direct you to the best place to get help for your symptoms.

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. Some pharmacies will be open at weekends, and you can find your nearest one here: <a href="https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy">https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy</a>

In a life-threatening emergency, you should always call 999 or go to an emergency department.

Dr **Beccy Suckling**, Chief Medical Officer for **Epsom and St Helier** University Hospitals NHS Trust, said: "Earlier this summer it was very busy, and more recently we saw an increase in very unwell people coming to hospital. This, as you would expect, has put a strain on our services.

"We always prioritise our sickest and most seriously ill patients – and that means that those coming to our emergency departments when it is not as urgent will experience longer waits, and may be redirected elsewhere. Please help us when it is not an emergency by using NHS 111 online first."

If you need mental health support in a crisis, and live in Kingston, Merton, Richmond, Sutton or Wandsworth you can call South West London's 24/7 Mental Health Crisis Line on 0800 028 8000. There's more information about this service here: <a href="https://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line">https://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line</a>

For adults, young people, and children in Surrey and North East Hampshire, 24-hour support is available by calling:  $0800\ 915\ 4644$ . There's more information here:  $\underline{\text{https://www.sabp.nhs.uk/our-services}}$ 

# One way to learn collective nouns

Last Monday, 7th August, **Epsom Library** invited **Frances Cohen** to come and read some of the poems from her recently published book: "A **Prickle of Porcupines - Really!!**"

The added attraction was that the poems had been illustrated by five of her 7 grandchildren, three of whom go to local schools in Epsom. Wallace Field Juniors, and Rosebery.

Frances is a 74 year old widow, and during the many COVID lockdowns she decided to use her talent for writing poems and using the different, and sometimes very amusing "collective nouns" she had discovered for animals and birds, which she had taught to her grandchildren over the years.

The poems are educational, including some interesting facts about each animal or bird, and really can be enjoyed by children of all ages, and adults alike.

Jellyfish have been around for millions of years,
They are 95% water, and have no brains, bones, or ears,
Even though they have long tentacles, they are not very smart,
They also have no eyes, and not even a heart.
150 million people get stung by them every year,
So they are not very popular when, near your beach, they appear.
So if you see them coming, you better draw back,
And if there are lots of them together, it is called a SMACK



The book is available on Amazon, and some Waterstones Shops

Image: Frances with and left to right: Oz, Billie, Mya and Jacob.

