## Joe Wicks documentary: Epsom-born Fitness star shares his emotional family struggles

#### Image credit: (BBC/Mindhouse/Phil Sharp)

In a new documentary titled Joe Wicks: Facing My Childhood, Epsom born and raised Joe Wicks, better known as 'The Body Coach' has shared his story regarding growing up with parents who suffer from mental health issues.

Many people have followed Joe's work for years, he's even been referred to as a 'National Treasure' by many. He truly became a household name during the early stages of the pandemic, releasing 'P.E. with Joe' videos on YouTube to help keep Britain fit and healthy during lockdown.

Born and raised in Epsom, Joe went to Blenheim High School in Ewell and attended college at NESCOT before undertaking a Sports Science degree at the University of Twickenham. After university, he briefly worked as a teaching assistant before becoming a personal trainer. Joe began posting workout and nutrition-based content onto his Instagram page in 2014, eventually amassing over 4 million followers. He has hosted a segment on Channel 4 titled 'Joe Wicks – Body Coach' and released a series of cookbooks that feature workouts and healthy recipes. He has also appeared on multiple talk shows, on top of being given an MBE in 2020.

The Body Coach has now released a documentary on the BBC regarding his childhood and family struggles with mental health. The documentary features Joe returning to his childhood home on Curtis Road in Ewell, and going back to visit his old school, Blenheim.

Wicks, whose father was a heroin addict and whose mother suffers from debilitating OCD, opened up about the anxieties and struggles he faced growing up, and how he felt like he was unable to process the strong emotions that his family situation inspired in him.

Speaking to O.K. Magazine, Joe says: "It's so important. I just think a lot of men struggle with showing emotion and being vulnerable and crying. But if you can unleash that emotion it's a superpower."

He continues: "I've cried on TV, radio shows, my podcast. I'm a crier and I love it. I'm not embarrassed. I cry all the time because I'm proud and I get emotional."

Reflecting on the documentary, Joe added: "I really don't want it to be a heavy documentary that's really sad and depressing. I want there to be a positive outlook on it.

The documentary was broadcast on Monday 16th May 2022, and is available to watch on BBC iPlayer now.

# **READ MORE: Epsom Safe Haven moves to new location**

## Council Committees: Everything you need to know

With the Mayor Making ceremony last night at Bourne Hall, Epsom and Ewell officially have a new mayor, along with the new mayor, the policy, standards, advisory and regulatory committees have had new chairs and vice-chairs appointed.

Who chairs what committee? What do these committees do? Read on for all you need to know about the committees and their new chairpeople.

## **Audit and Scrutiny Committee**



Steve Bridger (left) and Nigel Colin (right)

Chair: Steve Bridger Vice-Chair: Nigel Colin

The Audit and Scrutiny Committee is an audit committee made up of 10 councillors and serves as the council's primary form of internal scrutiny. The committee serves many vital functions, such as monitoring the progress of the Council's corporate plan, reviewing and approving the annual governance statement and exercising scrutiny and review functions.

The committee will now be chaired by Councillor Steve Bridger of Stamford Ward, and Vice-Chaired by Councillor Nigel Colin of College Ward.

## **Community and Wellbeing Committee**



Alex Coley (left) and Christine Cleveland (right)

**Chair: Alex Coley** 

**Vice-Chair: Christine Cleveland** 

The Community and Wellbeing Committee is a policy committee dedicated to the promotion of sports, leisure, cultural and recreational activities in the borough. The committee is also responsible for the management of The Playhouse, Bourne Hall, Ewell Court House, The Rainbow Centre and Bourne Hall Museum.

The committee's agenda is very broad, covering everything from parks and recreation to housing benefits, making it one of the

most important vital committees for the day-to-day running of the council. The committee will now be chaired by Councillor Alex Coley of Ruxley Ward ad vice-chaired by Christine Cleveland of Ewell Ward.

## **Environment & Safe Communities Committee**



John Beckett (left) and Arthur Abdulin (right)

Chair: John Beckett

Vice-Chair: Arthur Abdulin

The Environment & Safe Communities Committee is a policy committee responsible for transportation policy, waste management refuse and collection, as well as community safety and crime prevention. An extremely important committee, it manages many vital aspects of policy for the council.

The committee will now be chaired by Councillor John Beckett of Auriol Ward, and vice-chaired by Councillor Arthur Abdulin of Town Ward.

## **Licensing and Planning Policy Committee**



Steve McCormick (left) and Peter O'Donovan (right)

**Chair: Steven McCormick** 

#### Vice-Chair: Peter O'Donovan

The Licensing and Planning Policy Committee serves to consider and approve Local Plan documents for public consultation (including Development Plan Documents up to the Preferred Options stage and Supplementary Planning Documents up to the Consultation stage). The Committee also considers and approves (i) draft Conservation Area Appraisals and Management Plans for public consultation and (ii) the final version of Conservation Area Appraisals and Management Plans, as well as safeguarding the historic environment of Epsom & Ewell.

The committee is now chaired by Councillor Steve McCormick of Woodcote Ward, and vice-chaired by Councillor Peter O'Donovan of Ewell Court Ward.

## **Planning Committee**



Humphrey Reynolds (left) and Phil Neale (right)

Chair: Humphrey Reynolds Vice-Chair: Phil Neale

The Planning Committee is a regulatory committee in place to deal with regulatory matters required by and flowing from, Town and Country Planning legislation including matters relating to high hedges, and to develop and maintain communication and consultation with the public, local businesses and relevant organisations.

The committee is now chaired by Councillor Humphrey Reynolds of Ewell Ward and vice-chaired by Councillor Phil Neale of Cuddington Ward.

## **Strategy and Resources Committee**



Neil Dallen (left) and Hannah Dalton (right)

**Chair: Neil Dallen** 

**Vice-Chair: Hannah Dalton** 

The Strategy and Resources Committee is a policy committee that is responsible for the Budget and Policy Framework, for submission to the Council, and for implementation and monitoring of treasury management policies. The committee is also responsible for Human Resources management and investment strategy.

The extremely important committee also has jurisdiction over electoral matters, including polling stations and ward boundaries.

The committee is now chaired by Councillor Neil Dallen of Town Ward and vice-chaired by Councillor Hannah Dalton of Stoneleigh Ward.

## **Standards and Constitution Committee**



Liz Frost (left) and Hannah Dalton (right)

**Chair: Liz Frost** 

Vice-Chair: Hannah Dalton

The Standards and Constitution Committee is a standards committee responsible for assisting and advising the Council in meeting

its duty to promote and maintain high standards of conduct by members, to monitor and review the effectiveness of the Code of Conduct for members and To ensure that the general public are informed of the effectiveness of the Council's promotion of high standards of conduct by members and effectiveness of arrangements to deal with breaches of the Code of Conduct for members.

The committee is chaired by Councillor Liz Frost of Woodcote Ward and vice-chaired by Councillor Hannah Dalton of Stoneleigh Ward.

## **Financial Policy Panel**



Chair: Neil Dallen

The Financial Policy Panel serves to advise the Strategy and Resources Committee on all matters relating to budget and policy framework (including the setting of staff pay) and all matters legislation or policy related to local government finance. The committee also serves to scrutinise treasury management, for both strategy and policy.

The panel is chaired by Councillor Neil Dallen of Town Ward.

### **Health Liaison Panel**



**Chair: Christine Cleveland** 

The Health Liasion Panel advise the Community & Welling Committee on preparing, promoting and monitoring the Council's Health Strategy in association with National Health Service bodies, Social Services and the voluntary sector; providing leadership

and liaising with NHS bodies, the County Council and other agencies to promote the effective use of all resources and the delivery of best value Health and Social Services to the community.

It is chaired by Councillor Christine Cleveland of Ewell Ward

### **Human Resources Panel**



Chair: Peter Webb

The Human Resources Panel serves to advise the Strategy and Resources Committee on employment policies and good practice (excluding the setting of staff pay); staff wellbeing.

It is chaired by Councillor Peter Webb of Auriol Ward

# Councillor Clive Woodbridge is the Borough's new Mayor

#### Picture credit: Nathalia Anzola photography

Councillor Clive Woodbridge was officially recognised as the Mayor of Epsom and Ewell for this year at the Council's annual Mayor Making ceremony at Bourne Hall, Ewell on Monday 16 May.

As Mayor for the year 2022/2023, Clive will have a full diary from day one with a number of civic events planned through the year including visits to residents, community and sports groups, as well as representing the borough's residents at formal Platinum Jubilee activities.

On becoming Mayor, Clive said, "It is a real honour to be chosen by my peers to be Mayor of Epsom and Ewell, a borough that has been my home for more than 40 years. I'm really looking forward to using this time as an opportunity to highlight the many individuals and groups who do so much to make this a very special place, where people care for one another and take great pride in where they live. I hope to visit as many residents and local organisations as possible in my term of office and showcase what a truly wonderful community this is."

Clive has been a councillor representing the residents of Ewell since 2007. Over the past 15 years, he has fulfilled a number of different roles at Epsom & Ewell Borough Council, including being Chair of both the Leisure and Planning committees. Clive has also played a leading role nationally within the Local Government Association (LGA) and is currently Deputy Chair of its Safer and Stronger Communities Board, having recently been Deputy Leader of the LGA Independent Group. During his time as Mayor, he has to remain politically neutral.

Community roles have included being a Governor at two local schools. For a number of years, he has served on the committees of the 2nd Ewell Rainsters scout group and the Ewell Parochial Trust and he is active within the local Town-Twinning Association.

For 40 years Clive has been a freelance technical journalist, specialising in shipping and ports and is a recognised contributor to many different international trade publications.

He has also been a head judge for the British Curry Awards since its inception.

Born in High Wycombe in 1958, Clive attended Wycombe Royal Grammar School, Warwick University and London School of Economics. He moved to Ewell in 1982, married Mary in 1985, and brought up three boys.

Clive is a keen West Ham supporter and season ticket holder, which, he says, has over the years brought him pain and pleasure in fairly equal measure.

During his Mayoral year Clive will aim to raise awareness of, and funds for seven charities, all of which have a connection to causes close to his and Mary's heart. These are:

- Epsom & Ewell Foodbank
- Shine Cancer Support
- Epsom Sports Club
- Cardiac Risk in the Young
- Racing Welfare
- Bliss
- JDRF Diabetes Research

## READ MORE: Epsom's House of Fraser closing date revealed

## **Epsom Safe Haven moves to new location**

The Epsom Safe Haven from today, 16th May, has been moved and will now be based at Brickfield Centre, Portland Place, KT17 1DL, and will be ready to see people from 6 pm tonight.

The Epsom Safe Haven has moved.

From today, 16 May, the Safe Haven will be based at Brickfield Centre, Portland Place, KT17 1DL and ready to see people from 6pm. See the full story https://t.co/I5tEbYfQl2 pic.twitter.com/geDnIWuplr

— Surrey and Borders (@sabpNHS) May 16, 2022

The Safe Haven program is a series of out-of-hours clinics available for people suffering from a mental health crisis, it operates as a drop-in service. It's meant to serve as a safe alternative to A&E for people suffering from mental health issues. It has branches all over the country, including Epsom.

The relocation follows a decision by commissioners from Surrey County Council, funders at Surrey Heartlands Integrated Care System, as well as service providers Mary Frances Trust and Surrey and Borders Partnership NHS Foundation Trust (SABP) that the current building is no longer suitable to deliver the service. After an extensive engagement period to gather views from people using the service as well as partner organisations and local stakeholders, it was decided that the best location for the service was at the Brickfield Centre in Epsom.

For more information about Epsom Safe Haven, please visit their website.

## Epsom & Ewell F.C. announce Anthony Jupp as new manager

Epsom & Ewell F.C. have announced that Anthony Jupp will become their new head coach, following the departure of Jamie Byatt. Jupp was formally the manager of Horley Town F.C.

Epsom & Ewell finished in 6th place in the Southern Combination League this season, and no doubt be looking to strengthen their squad over the summer.

Anthony will assume this position immeadlety, as Epsom & Ewell F.C. look to take on their pre-season friendlies...

Epsom & Ewell Times would like to congratulate Anthony wholeheartedly, as we all look forward to watching Epsom & Ewell F.C. again next season.

## Platinum Jubilee: Flypast to go over Epsom

#### Image: www.visitlondon.com

The Queen's Platinum Jubilee is just around the corner, and excitement is growing for the many events being held to commemorate it. A classic staple of the Jubilee is the RAF Flypast that will take place this summer (June 2nd) to close off the Queen's Birthday parade.

Spectators will be able to witness the stream of red, white and blue smoke as the RAF makes their flyover Surrey, going over Guildford, Reigate, Woking and, of course, Epsom.

## READ MORE: Platinum Jubilee: 5 things to do in Epsom!

The timetable for the Platinum Jubilee Flypast shows the approximate timescale of the event and shows you when you will be able to see the event in your area. The jets are expected to be over Surrey between 12.50 pm and 1.30 pm.

Are you planning out looking our for the RAF on June 2nd? Let us know on Twitter: @EpsomandET, and keep checking epsomandewelltimes.com for more jubilee stories!

## READ MORE: Epsom Derby: Queen's horse pulled out of race

# 5 Shops that could replace House of Fraser in the Ashley Centre

Epsom's House of Fraser is shutting it's doors for good on June 24th, leaving Epsom residents wondering what shop could take it's place. There's been much discussion on the topic of House of Fraser's succession, so we've curated a list of 5 possible shops that could appear after it closes... read on!

#### **Primark**



Eden Walk Primark

Our first option is quite an obvious one, and there wouldn't be any surprises if Primark did indeed turn out to fill the vacant spot that House of Fraser is leaving behind. Doubtless it would pump some well-needed life into Epsom's retail heart, and it's reasonable prices are something that everyone can agree on.

A well known household brand, it would provide easy access for shopper to come in and pick up essential clothing items, as well as gifts and other items, at a very good price.

READ MORE: Surrey musical quartet to play Jubilee concert to fundraise for their local NHS

#### H&M



H&M Store on Sutton High Street

It's worth noting that there used to be not one but two H&M stores in the Ashley Centre, H&M and H&M Kids, both stores ended up closing their doors. Since then, H&M has opened a successful store in Sutton, could it be time for Epsom to give H&M another chance?

The prices are good, the selection is pretty decent as well, although it's very unlikely to take House of Fraser's spot in the Ashley Centre.

#### **Flannels**



Flannels store on Sutton High Street

Could Flannels replace House of Fraser? The high-end streetwear store is doing well in Sutton and other places, so is it so out of the question that the luxury brand could open up a shop in Epsom?

This is very unlikely to happen, all in all, the demand for shops like this in Epsom is low, and it's hard to imagine such a risky investment paying off, especially considering the luck that some clothes shops (H&M, House of Fraser) have had in the Ashley Centre.

If it does happen though, Epsom will have a new go-to for brands such as OFF-WHITE, Stone Island and Hugo Boss.

#### **UNIQLO**

A slightly left of field option, UNIQLO is a Japanese casualwear shop, mostly located in Central London, a UNIQLO store in Epsom could draw shoppers from all over the south to the Ashley Centre, and end up being exactly the kind of retail injection that the town needs.

UNIQLO would be welcomed by fashion enthusiasts and casual alike. With their sleek, elegant designs and futuristic minimalism it would certainly be a breath of fresh air in the Ashley Centre.

However, the prices of some of their items may put shoppers off, they're hardly comparable to H&M and Primark, but there's an argument to make that you get what you pay for, quality wise.

### Crazy golf



Crazy Golf in Skeaness

Now for something a little bit different. Why not forgo the retail route and implement some entertainment into the Ashely Centre? It would certainly bring in more families and would get people talking about Epsom!

Crazy golf is normally an outdoor affair, but more and more indoor golf venues are opening up, could Epsom have it's very own indoor golf course?

What are your thoughts? Please let us know on Twitter @EpsomandET, or email in at admin@epsomandewelltimes.com

For more stories like this, please click here

# **Surrey Police appeal for witnesses following burglary on Kingston road**

#### Image: Surrey Police

Were you in the Kingston Road area of Epsom on Monday afternoon (9 May)?

If so, you may be able to help them following the theft of a vehicle from an address on Kingston Road.

Suspects broke into the property sometime between 1.20 and 2 pm and carried out an untidy search of numerous drawers and cupboards before making off with a grey BMW which was parked on the driveway.

The suspects are believed to have headed off onto the A240.

Surrey Police would like to speak to anyone who was in the area at the time and who may have seen anything that could help with their enquiries.

If you have any information that may be able to help, please contact Surrey Police quoting PR/45220049025 via:

- Webchat on their website https://www.surrey.police.uk/
- Online https://www.surrey.police.uk/tua/tell-us-about/cor/tell-us-about-existing-case-report/
- Calling them on 101

If you do not wish to leave your name, please call the independent charity Crimestoppers on 0800 555 111.

### Witness appeal following collision in Ewell

#### Image: Surrey Police

Surrey Police are appealing for witnesses following a serious collision in Ewell this morning (Thursday, 12 May).

Officers were called to report a collision between a white Honda car and two pedestrians at around 8.25 am on the A24 Ewell By-Pass. The collision occurred on the southbound carriageway near the junction with Castle Avenue.

A child was taken to hospital with serious injuries.

The driver of the vehicle involved remains at the scene and is assisting officers with their enquiries.

The southbound carriageway of the A24 Ewell By-Pass is currently closed between the junctions with Cheam Road and London Road (Organ Crossroads). It is likely to remain closed for the next few hours.

Surrey police are appealing to anyone who may have witnessed the incident or has any dashcam footage, to contact them straightaway quoting reference number P22098231. Please get in touch via:

- Webchat on their website https://www.surrey.police.uk/
- Online https://www.surrey.police.uk/tua/tell-us-about/cor/tell-us-about-existing-case-report/
- Calling them on 101

If you do not wish to leave your name, please call the independent charity Crimestoppers on 0800 555 111.

## **Inside the U3A Open house**

Epsom & Ewell Times enjoyed spending part of an afternoon at the U3A Open House at Bourne Hall in Ewell. U3A is a non-profit organisation that includes over 1000 charities, encouraging people who can no longer work to come together and learn for fun.

With activities such as chess, beer & wine tasting, racket sports, flower arranging and even belly dancing, spoilt-for-choice would be an understatement. With their youngest member being 49, and their eldest being 101, the only requirement to join (on top of the very fair £15/yr. membership fee) is not being in full-time employment.

The atmosphere in the hall was bustling as members (current and prospective alike) browsed the various stalls and chatted with organisers about their preferred activities. Member's artwork was on display, examples of chess openings were proudly laid out on tables and an assortment of beers and wines (for display purposes only) were presented on the Beer & Wine tasting table. There was truly something for everyone.

## READ MORE: Queen misses opening of Parliament -

## **Derby in question?**

U3A was initially called the University of The Third Age, the name refers to the phase of life that begins after you retire (The titular third age, the first being education, the second being work and family building) in which you are free to pursue artistic or intellectual interests that you enjoy. U3A looks to act as a guiding hand for people entering this age, to allow them to pursue lifelong hobbies they love or expose them to new ones that they didn't have time to try before retirement.

Upon speaking with a green-fingered gardening group, I was informed that Epsom, last year, entered Britain in Bloom and took silver. This year, Ewell Village themselves have entered, and are working with the council, focusing on Bourne Hall Park, looking to add even more colour and beauty to the vibrant park.

They also informed me that Gertrude memorial Garden has been neglected for nearly 7 years, and they will be focusing on that too. Friends of Bourne Hall will be planting brand new plants in the garden, working alongside the council. The endeavour will take around 2 years. The project was started as a mix of Local Pride and Horticulture, the volunteers told me that they see this as a big project, members of the group told me that previous experience in project management roles is proving invaluable to the task.

For more information regarding the amazing work that U3A does for people in our community, and up and down the country, please visit their website.

https://www.u3a.org.uk/

## Read: Epsom's House of Fraser closing date revealed

## Epsom's House of Fraser closing date revealed

Epsom's House of Fraser store will be shutting it's doors for good in a matter of weeks, according to a store employee. The department store has been synonymous with the Ashley Centre for years, and will no doubt be missed by Epsom's shoppers.

The store was originally slated for closure in 2018, when the company announced that the Epsom branch would close along with 30 other House of Fraser stores across the country. The fire of hope was brightened in 2020 when a short-term lease extended the lifespan of the store, but it now looks like the shop will be closing indefinitely.

Having already shut their flagship Oxford Street branch earlier this year, it looks like another House of Fraser store has bit the dust. It's worth mentioning that there are still House of Fraser stores in London, as well as a branch in Guildford and Croydon.

## READ MORE: Surrey musical quartet to play Jubilee concert to fundraise for their local NHS

According to SurreyLive, the Epsom store's final day of trading will be Friday 24th of June, just over a month away.

The absence of House of Fraser from the Ashley Centre will undoubtedly leave a big retail hole in Epsom, leaving residents curious about what shop could step up to take its place in the shopping centre...

To read more stories like this, click here.