



## Epsom Therapy Garden in the Running for BBC Green Award

19 June 2025



A tranquil corner of Epsom that has quietly blossomed into a hub of therapy and conservation has earned recognition in the BBC Radio Surrey Make a Difference Awards.

St Ebba's Therapy Garden, located on the former cricket ground of the old hospital site, has been shortlisted for the *Green Award*, which honours individuals or organisations that have made a significant impact on their local environment.

Developed through a partnership between Surrey and Borders Partnership NHS Foundation Trust, Surrey County Council, Natural England and Surrey Wildlife Trust, the garden offers a sanctuary for people with complex mental health and neurodevelopmental needs. Many of those who benefit from the garden have found it difficult to engage with more traditional clinical settings.

Now a finalist for the BBC accolade, the garden's blend of therapeutic purpose and ecological design has struck a chord with both its users and supporters. Local businesses and volunteers—including those from a vocational programme for adults with learning disabilities—have also played a key role in shaping the space.

Therapists trained in nature-based interventions use the garden to support individuals coping with anxiety, depression, trauma and other conditions. Designed to nurture both human wellbeing and local biodiversity, the garden includes native hedgerows for birds and hedgehogs, pollinator-friendly plants for bees and butterflies, and sensory features such as grasses and scented geraniums.

A young person who receives therapy at the garden described it as "a nice, relaxed environment," adding, "The garden is a good place for me to calm down. I feel comfortable being there."

One parent shared how the outdoor space had transformed her daughter's ability to engage with therapy. "She loves the outdoors but is often too anxious to leave the house. This is a safe place for her to enjoy and it has hugely improved her wellbeing."

Another parent praised the impact on their autistic son, who volunteered to help build the garden. "He was nervous at first, but came back so proud of what he'd achieved. He's gained confidence—and we're so grateful he had the opportunity."

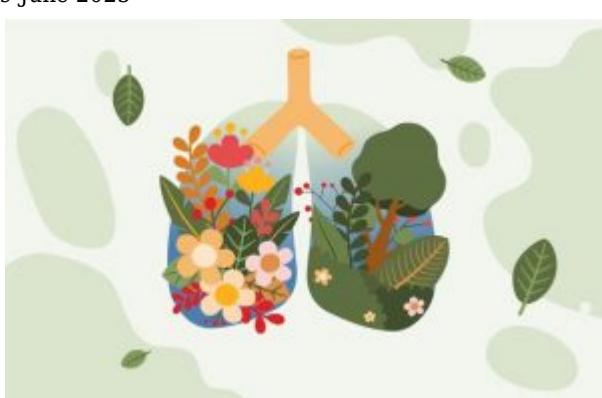
With the BBC Radio Surrey awards set to highlight community champions across the region, supporters of St Ebba's will be hoping the garden's unique combination of therapy and conservation will earn it the Green Award title.

For more information about the services offered by Surrey and Borders Partnership NHS Foundation Trust, visit: [www.sabp.nhs.uk](http://www.sabp.nhs.uk)  
Follow them on Twitter: @sabpnhhs or Facebook: [facebook.com/sabpnhhs](https://facebook.com/sabpnhhs)

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## Today is World No Smoking Day - Surrey steps up

19 June 2025



Surrey unveils inspiring stop smoking stories: boosts free support and offers exclusive app access

This Saturday 31st May is World No Smoking Day and Surrey County Council is stepping up its mission to help residents quit smoking with the launch of a compelling new series of video case studies, a significant funding boost, and free access to the popular Smoke Free App.

The video case studies, produced in partnership with One You Surrey, feature Tara and Tobias who have successfully quit smoking. These powerful testimonials aim to inspire others to take the first step toward a healthier, smoke-free life. Watch the videos below:

This initiative is backed by new government funding, part of a national drive to create a Smokefree Generation. The additional resources will allow residents to have even more choice when finding the right free, personalised support to quit smoking.

One You Surrey is the healthy lifestyle service for Surrey residents including a comprehensive stop smoking programme, which includes FREE:

One-to-one support with trained mentors

Nicotine replacement therapies and e-cigarettes delivered to your door

The choice of telephone or face-to-face weekly appointments. See where your nearest location is via: [How can I quit smoking? | Healthy Surrey](https://www.surreycc.gov.uk/quit-smoking)  
New Digital Support: Free Access to the Smoke Free App

Surrey residents can now access six months of free premium features on the highly rated Smoke Free App, offering residents 24/7 support to help you when your cravings hit. Plus, you will receive up to 12 weeks supply of free first choice stop smoking aids, including patches, chewing gum, e-cigarettes and more. The app offers:

Daily missions and motivational messages

Progress tracking (money saved, health improvements)

Craving management tools

Access to expert advice and community support

To activate your free subscription, visit: [smoke free app](https://www.smokefreeapp.com)

Whether it's your first time trying to quit, or you've tried before, it's never too late to ditch the cigarettes.

Mark Nuti, Surrey County Council Cabinet Member for Health & Wellbeing and Public Health said: "As an ex-smoker, I know it's not easy to quit on your own, so I am proud that Surrey County Council is offering even more tools to help people quit smoking. With inspiring local stories, expert support, and now a free app, there's never been a better time to go smoke-free."

To start your journey, visit [oneyousurrey.org.uk](https://www.oneyousurrey.org.uk).



## Epsom man awarded for psychosis interventions

19 June 2025



A Peer Support Volunteer based in Epsom has won a Gold Award at the annual Surrey and Borders Partnership NHS Foundation Trust Staff Awards for his extraordinary contribution to the Early Intervention in Psychosis (EIIP) team, which previously supported him.

David Laycock received the Award for a Person with Lived Experience, recognising his remarkable impact on the EIIP team for East Surrey, which supports individuals aged 14-65 who have experienced psychosis. Drawing from his own lived experience of the disorder, David now helps others on their path to recovery, sharing his personal story to inspire hope, reduce stigma, and encourage engagement—particularly among men who may find it difficult to talk about mental health.

He also contributes to the development of EIIP workshops, including the service's innovative Canal Boat project, which teaches service users to drive a boat—an initiative designed to build confidence and aid recovery through hands-on learning and empowerment.

David received his award during the trust's 17th annual Staff Awards, an event held at Reigate Manor Hotel on Wednesday, 14 May. Over 160 guests attended, including Councillor Rich Michalowski, Mayor Elect of the Borough of Reigate and Banstead.

Reflecting on the recognition, David said: "Having been cared for by the team I now volunteer with and to be recognised at such a prestigious event celebrating the incredible work so many people do within the trust has been extremely humbling. Volunteering with EIIP has been so rewarding in so many ways, from helping to organise groups to being able to share my lived experience—every aspect of my journey has been supported by our incredible team."

David's nominator added: "He has overcome his challenges and now proactively supports others. He is warm, welcoming and has a lovely sense of humour he brings to everything."

Surrey and Borders Partnership NHS Foundation Trust provides a wide range of specialist services in mental health, learning disabilities, and substance misuse. Operating across Surrey, North East Hampshire, and parts of Sussex, the trust also delivers social care for individuals with learning disabilities in Croydon and autism assessment services in Hampshire. With a workforce of over 2,400 staff across 39 sites, the trust is a major regional provider. This independent recognition underscores the Trust's ongoing role in promoting recovery-focused, person-centred care through the dedication of staff and volunteers alike.

**Image L-R:** Graham Wareham, David Laycock, Peer Support Worker, Andrew Jackman, Lead Governor

## Yes to chocolate, tea, apples and grapes

19 June 2025



We might have another reason to enjoy our daily cup of tea or small piece of dark chocolate, as a new study from the University of Surrey has found that naturally occurring compounds called flavan-3-ols – found in cocoa, tea, apples and grapes – may improve blood pressure and the health of our blood vessels.

The research, published in the European Journal of Preventive Cardiology, analysed data from 145 randomised controlled studies, and found that regular consumption of flavan-3-ols can lead to a reduction in blood pressure readings, particularly in people with elevated or high blood pressure. In some cases, the average blood pressure-lowering effects were comparable to those seen with some medications.

Flavan-3-ols were also found to improve the function of the endothelium – the inner lining of blood vessels – which is crucial for overall cardiovascular health. This improvement occurred independently of blood pressure changes, suggesting a broader positive impact on the circulatory system.

Professor Christian Heiss, lead-author of the study and Professor of Cardiovascular Medicine at the University of Surrey, said:

"The findings are encouraging for those looking for accessible ways to manage their blood pressure and support their heart health through enjoyable dietary changes. Incorporating small amounts of commonly consumed foods like tea, apples, dark chocolate, or cocoa powder into a daily balanced diet could provide beneficial amounts of flavan-3-ols.

"While not a replacement for prescribed medications or medical advice, including more flavan-3-ol-rich foods in a daily routine could be a valuable addition to a healthy lifestyle, especially for those with higher blood pressure. These are findings that, although promising, require ongoing investigation."

## Surrey Housing protocol agreed for people with mental health needs

19 June 2025

An agreement between councils and NHS services in Surrey will help people with mental health needs find housing and avoid delays in leaving hospital.

The Surrey Mental Health and Housing Protocol sets out how services will work together to support people who find it difficult to secure long-term housing because of the mental health challenges they face.

By strengthening coordination between health, social care and housing, the protocol aims to help people find accommodation to aid their recovery and reduce the risk of becoming homeless.

The protocol, which sets out step-by-step guidance to services, will also help prevent delays in people leaving hospital, freeing up space for others in need.

Housing difficulties are a key factor in people having to stay in hospital longer than necessary. The protocol outlines clear processes for making sure that people



have access to suitable housing when they are ready to be discharged.

The protocol also aims to help prevent evictions from tenancies and reduce incidents of cuckooing, where criminals exploit vulnerable people by taking over their homes for illegal activities such as drug-dealing.

Detailing a number of possible scenarios and the approaches to follow for each, the agreement encourages services to identify early warning signs of housing problems and work together to intervene proactively and find tailored solutions. This is especially important for people with complex needs or who face multiple disadvantages, such as unemployment, poor health, domestic abuse and trauma.

An earlier version of the protocol was introduced in 2016 but it has now been strengthened, updated and expanded, with a sharper focus on supporting people at the right time. Surrey organisations renewed their commitment by signing up to the updated protocol in March.

Partners who have agreed the relaunched protocol are Surrey's 11 borough and district councils, Surrey County Council, Surrey and Borders Partnership NHS Foundation Trust, as the county's mental health NHS provider, and the five acute care hospitals in Surrey (Royal Surrey, Epsom, East Surrey, St Peter's and Frimley Park). The protocol can be found on the [Healthy Surrey website](#).

**Sinead Mooney, Surrey County Council's Cabinet Member for Adult Social Care, said:** "We know that safe and stable housing promotes good mental health, and this relaunched protocol is an important step forward in helping people stay in their homes or find suitable new ones at a time when they most need support.

"By strengthening the way that services work together, we can help people earlier, supporting their recovery, independence and overall wellbeing, and making sure no one is left behind. With local government reorganisation on the horizon, this protocol will also support partners in getting ready for the changes ahead."

**Jo Lynch, Chief Nursing Officer at Surrey and Borders Partnership NHS Foundation Trust, said:** "I am delighted we are jointly working with our partners in social care and housing to ensure people have access to suitable accommodation when they are ready to be discharged from hospital.

"It can be complicated to understand how best to support people to get the housing they need. The joint protocol guides us on who we need to talk to and the conversations we need to have to help people more quickly find housing that can support them with their recovery and which then frees up hospital beds for others in need."

The boroughs of Reigate & Banstead and Runnymede represented Surrey's 11 borough and district councils on a multi-agency group which worked on updating and strengthening the protocol.

**Cllr Mus Tary, Executive Member for Housing and Support at Reigate & Banstead Borough Council, said:** "Officers from our Housing Team have been involved in the co-design of the updated protocol, alongside other partners, bringing their expertise on some of the housing challenges faced by those with mental health needs. We hope this protocol will ensure consistency across the partnership and lead to improved housing outcomes for some of our most vulnerable residents."

**Cllr Mike Smith, Chair of Runnymede Borough Council's Housing Committee said:** "Homelessness affects people from all walks of life, and there is no one-size-fits-all solution. For those facing mental health challenges, securing and maintaining stable accommodation can be even more difficult. This updated and vital protocol prioritises early intervention and strengthens collaboration between housing, health, social care, and many other agencies to ensure no one falls through the cracks. By identifying housing issues early and providing tailored support, we can help people transition from hospital into housing—giving them stability and the best chance to recover and rebuild their lives."

## What is Buddy-Up?

19 June 2025



Buddy Up is an **award-winning charity** designed to offer **mentoring to young people** identified by schools as needing one-to-one support from an experienced youth worker and mentor.

It was set up in **August 2020**, after a need was identified in the community. Following the return to school after the pandemic, many schools reported:

- Increased **anxiety**
- Reduced **confidence**
- Struggles with **attendance**

While schools recognised the need for additional support, they lacked the time and funding to provide it.

Buddy Up has been delivering mentoring in schools across **Epsom and Ewell** for five years. To date, we have delivered **over 1,500 mentoring sessions** and still have a significant waiting list.

Our goal is to **support young people early**, believing that early intervention makes the biggest impact.

## Who do we work with?

The young people we support may be dealing with:

- Anger
- Addiction
- Self-harm and suicidal ideation
- At risk of grooming
- At risk of county lines involvement
- Victims of domestic violence
- ADHD
- ASD
- ODD
- Bullying
- Low self-esteem



- Victims of abuse
- Trauma
- Disordered eating
- Suicidal inpatients
- Poor attendance
- At risk of exclusion
- Anxiety

## Funding

Buddy Up is largely funded by **donations and grants**, allowing us to offer our services free to those in need.

However, in recent months, our **funding has decreased dramatically**. Like many charities, we are feeling the impact of the cost-of-living crisis.

We are now in **urgent need of funding** to keep the charity running and continue supporting young people in Epsom and Ewell.

If you're able to donate, we would be incredibly grateful. Please use the link below:

 <https://www.justgiving.com/buddyupcharity>

## Contact Us

If you would like more information or to discuss anything further, please get in touch:

 07551 444 246  
 [info@buddyupcharity.org](mailto:info@buddyupcharity.org)  
 <https://buddyupcharity.org>

**Registered charity number:** 1190942

## Surrey Uni Study: long Covid patients proving their illness is real challenges

19 June 2025



People living with Long Covid often feel dismissed, disbelieved and unsupported by their healthcare providers, according to a new study from the University of Surrey.

The study, which was published in the Journal of Health Psychology, looked at how patients with Long Covid experience their illness. The study found that many patients feel they have to prove their illness is physical to be taken seriously and, as a result, often reject psychological support, fearing it implies their symptoms are "all in the mind".

Professor Jane Ogden, co-author of the study from the University of Surrey, said:

"We found that the problem isn't people with Long Covid refusing help - it's about the deep need for people to be believed. When a patient feels dismissed, offering psychological support instead of medical care can be misconstrued as insulting."

According to the Office for National Statistics, there are 1.9 million people who live with Long Covid in the UK. Long Covid symptoms include fatigue, difficulty concentrating, muscle aches and shortness of breath, which persist for many weeks, sometimes months, after the initial Covid-19 infection.

Surrey's study involved in-depth interviews with 14 people in the UK between the ages of 27 to 63 who had experienced Long Covid symptoms for more than four weeks. The group included 12 women and 2 men.

Saara Petker, clinical psychologist, co-author of the study and former PhD student at the University of Surrey, said:

"We found that our participants are living a life of constant uncertainty, struggling to find treatment. People told us that they didn't feel listened to, some said they'd lost trust in doctors, their social circles and even their own bodies because of the whole experience."

"Medical advice is crucial - but psychological support must be offered with care. If it's seen as replacing medical help, it can feel dismissive."

Image: License details Creator: Jose Luis Navarro. Copyright: CC BY-SA 4.0

## Epsom based Toyota raises £1/2m for MND

19 June 2025



Toyota has raised more than £500,000 to support people living with and affected by motor neurone disease (MND). It has also extended its partnership with MND Association for a further two years, into 2027.

Toyota joined forces with MND Association in 2021. The charity was chosen by the company's staff in memory of a much-loved colleague, Rachel Rollason, who suffered from MND, a terminal neurological condition that affects up to 5,000 people in the UK at any one time.

Since then, colleagues from Toyota (GB), Toyota Financial Services, Toyota Insurance Services and KINTO UK, have pushed themselves to the limits in a variety of fund-raising activities including taking part in marathons, a cycling challenge from Portsmouth to Newcastle, a Tough Mudder and a 100km walk along the River Thames which raised more than £120,000 in just two days.

Tanya Curry, MND Association's Chief Executive, said: "We are delighted that Toyota has chosen to extend its partnership with us. We are so grateful for everything they have done to support our work over the past four years, whether that's by volunteering, training to take part in an event, or fundraising. Thanks to Toyota, we have been able to provide support grants for life-changing wheelchair adaptions, while pushing forward with ground-breaking research into potential new treatments for this terrible disease. Over the next two years, the strong partnership between our organisations will continue to grow and allow us to accelerate progress in the fight against MND."

Scott Thompson, Toyota (GB) President and Managing Director, said: "I'd like to thank our staff for their efforts in helping us reach our fundraising target of £500,000. We already have plans for further fundraising, for example next month four senior team members: Jason Milton, Rob McKendrick, Carla Henson and Dariusz Mikolajczak, will take part in the London Marathon."

For more information, or to donate, visit <https://donate.giveasyoulive.com/campaign/toyota-london-marathon>

For more information about MND Association please visit [www.mndassociation.org](http://www.mndassociation.org)

Toyota GB

Image: From L to R: Charlotte Taylor, Senior Corporate Partnerships Executive, MND Association, Pete Collins, Senior Corporate Partnerships Development Executive, MND Association, Kish Laungani, Specialist Sustainability Programmes, Toyota GB, Isla Thomson, Assistant, CSR, Sustainability and ESG, Toyota GB and Rosemary Parkin, Assistant Press and PR, Toyota GB

## The Hidden Link Between Metabolic Syndrome and Joint Pain

19 June 2025



Many people have heard of *metabolic syndrome* as a risk factor for heart disease, stroke, and diabetes — but it's now becoming clear that it also takes a serious toll on our bones, joints, and muscles.

Metabolic syndrome is a cluster of conditions, including obesity, high blood pressure, raised blood sugar, high triglycerides, and low levels of "good" cholesterol (HDL). Affecting nearly one in three adults in the UK, it's driven largely by sedentary lifestyles and poor diet.

But beyond its impact on the heart, metabolic syndrome causes long-term inflammation in the body, which in turn affects musculoskeletal health in several key ways:

- **Joint Pain & Arthritis:** Chronic inflammation from visceral fat can damage cartilage and accelerate the development of osteoarthritis, particularly in the knees and hips.
- **Tendon Problems:** Conditions like Achilles tendinopathy and shoulder pain are more common in people with metabolic syndrome. High blood sugar can stiffen tendons, making them prone to injury.
- **Bone Health:** There's a strong link between metabolic syndrome and reduced bone density. Inflammation and insulin resistance disrupt normal bone repair, increasing the risk of fractures and osteoporosis.

The condition also interferes with the body's ability to heal and maintain tissues, meaning injuries can linger and become chronic.

The good news? Physiotherapy and regular exercise play a crucial role in managing the effects of metabolic syndrome on the musculoskeletal system. By improving mobility, reducing inflammation, and supporting healthy weight loss, targeted movement and rehab strategies can make a real difference.

So if you're living with joint or tendon pain and also have risk factors for metabolic syndrome, it might be time to take a more holistic view — and seek advice from a physiotherapist or your GP.

### The Role of Physiotherapy and Exercise

Despite its challenges, metabolic syndrome's effects on musculoskeletal health can be mitigated through physiotherapy and exercise.

#### 1. Exercise as an Anti-Inflammatory Intervention

Regular exercise reduces chronic inflammation by promoting anti-inflammatory cytokines such as IL-10 while lowering pro-inflammatory markers. A study in *Diabetes Care* (2014) showed that aerobic exercise significantly reduced CRP and TNF- $\alpha$  levels in individuals with metabolic syndrome.

Weight loss through exercise reduces visceral fat, a major source of pro-inflammatory cytokines, easing joint pain and improving musculoskeletal function.



## 2. Physiotherapy for Joint Pain and Tendinopathies

Physiotherapy plays a key role in managing musculoskeletal conditions related to metabolic syndrome. Personalized exercise programs focusing on strength, flexibility, and joint stability help manage OA and prevent further joint damage.

For tendinopathies, physiotherapists recommend strengthening exercises, which promote tendon healing and reduce pain. A *British Journal of Sports Medicine* (2017) study found that eccentric exercises significantly improved function and reduced pain in Achilles tendinitis, even in individuals with metabolic syndrome.

Additionally, physiotherapists provide guidance on body mechanics and joint protection strategies, reducing strain on joints and tendons during daily activities.

## 3. Bone Health and Resistance Training

Resistance training is essential for bone health in individuals with metabolic syndrome. Weight-bearing exercises, such as strength training and resistance bands, stimulate bone formation and help maintain density. A *Journal of Bone and Mineral Research* (2018) study found that resistance training improved BMD in postmenopausal women with metabolic syndrome, reducing osteoporosis and fracture risk.

Balance and coordination exercises can also be incorporated to prevent falls, particularly for individuals with weakened bones.

## Conclusion: Addressing Metabolic Syndrome for Better Musculoskeletal Health

Metabolic syndrome significantly increases the risk of osteoarthritis, tendinopathies, and osteoporosis due to chronic inflammation and tissue dysregulation. However, these negative effects can be mitigated through physiotherapy and regular exercise.

By reducing inflammation, improving metabolic health, and promoting tissue repair, exercise and physiotherapy enhance musculoskeletal function and overall well-being. Individuals with metabolic syndrome can benefit from tailored exercise programs and physiotherapy interventions to manage joint pain, prevent injuries, and maintain strong bones and healthy tissues.

*Luke Schembri, Advanced Physiotherapy Practitioner*

<http://www.genuinephysio.com/>

Image by Tung Lam from Pixabay

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## Epsom Man's 56-Mile Walk to Raise Mental Health Awareness

19 June 2025



A local Epsom resident, Nicholas Mark Dulake, is set to complete an extraordinary challenge this Sunday, 23rd February 2025, as he concludes a 56-mile walk in aid of the mental health charity, Mind. Nicholas embarked on this challenge in January, aiming to raise funds and awareness about mental health issues and the stigma that surrounds them.

His journey is deeply personal. On 20th February 2024, Nicholas attempted to take his own life. His survival led to five weeks in a coma, multiple hospital transfers, and several life-saving operations, during which he was resuscitated four times. As a result of his ordeal, he now lives with a tracheostomy, which presents daily challenges with his breathing. However, rather than allowing his experience to define him negatively, he has chosen to channel his energy into raising awareness and supporting others struggling with their mental health.

To date, Nicholas has raised an incredible £3,705 in sponsorship for Mind. To mark the completion of his challenge, he has arranged a final walk around Epsom Downs and is inviting the local community to join him in showing solidarity for mental health awareness.

"I've had an overwhelming response from people who have read my story and reached out to tell me how much it has helped them," Nicholas shared. Through his personal blog, *Start Again Monday* ([www.startagainmonday.co.uk](http://www.startagainmonday.co.uk)), he continues to share his journey and offer support to others facing similar struggles.

His mission is clear: to break down the stigma surrounding mental health and ensure that those who are suffering know they are not alone.

Local residents are encouraged to take part in the walk on Sunday to show their support for this important cause. For those who wish to donate, details can be found on Nicholas's blog.

Nicholas is also keen to share his experiences in greater detail following the completion of his challenge. If you would like to learn more, follow his blog or reach out to him directly.

For those struggling with mental health issues, charities like Mind provide crucial support and resources. Nicholas's story serves as a powerful reminder that recovery is possible and that support is always available.