

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

28 March 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 adaptations, 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

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## Epsom Charity Celebrates Project Milestone with a BBC Radio Takeover

28 March 2025



The Sunnybank Trust is celebrating a major milestone - five years of **Sunny Sessions**, its inclusive radio show dedicated to amplifying the voices of the learning disability community.

Founded during the lockdown by CEO **Dorothy Watson** and Futures Manager **Claire Dawson**, the show began with the goal of keeping the community connected during a difficult and isolating time. *Sunny Sessions* aimed to provide comfort, connection, and positivity through buzzing music, exercise segments, and relevant news updates.

**Dorothy Watson**, CEO of The Sunnybank Trust, said:

*"We are proud to be celebrating five years of Sunny Sessions. What started as a way to connect people has become a*

vibrant platform run by and for the learning disability community. Congratulations to Jon Andrews, our dedicated producer, and many thanks to Surrey Hills Community Radio for hosting our show.”

To mark this milestone, The Sunnybank Trust is pleased to announce that the **BBC Breakfast Show** will host the anniversary celebration on **28 March 2025**, between **7 - 9 am** on **BBC Radio Surrey & Sussex**.

As part of the celebration, the show will feature an interview between **Emma Blackmore**, a Sunnybank reporter based in Bristol, and the consultants from **Understand Us**, a consultancy founded by The Sunnybank Trust in 2019.

**Understand Us** is a learning disability-led consultancy based in Epsom, offering services such as training, workshops, and audits to help businesses become more accessible to people with learning disabilities. For more information, visit [understandus.co.uk](http://understandus.co.uk).

During the interview, the consultants will share insights into their roles, discuss how businesses can benefit from Understand Us, and reflect on their favourite projects.

**James Cannon**, BBC Producer, said:

*“We are incredibly proud of the journey Sunny Sessions has taken over the past five years. This anniversary and the feature on BBC Breakfast provide an opportunity to share the voices and stories of the individuals who have been part of the show’s success. Our mission has always been to amplify these voices and promote inclusion, and we are excited to take this next step in reaching an even wider audience.”*

Today, *Sunny Sessions* is presented by **Jon Andrews**, who brings his passion and energy to the show as it continues to grow. The programme has expanded to cover a wide variety of topics, providing a platform for people to share their stories, engage in meaningful discussions, and raise awareness about issues that matter to them.

**Jon Andrews** said:

*“I’m incredibly proud of what we have achieved with the radio show and excited to see where the next five years will take us.”*

**The Sunnybank Trust**

Photo: **Jon Andrews from The Sunnybank Trust**, and **James Fieldus, a Sunnybank Reporter**. Photo by The Sunnybank Trust.

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## Godstone “Sink-hole” residents to return

28 March 2025



After a long wait, good news may finally be coming to some who were forced to evacuate after a massive sinkhole opened up in a Surrey town. Families living on the impacted street in Godstone have been told they may be allowed to return home this weekend.

The huge hole appeared on Godstone High Street on February 17 and was quickly declared a major incident due to its seriousness and complexity. Now scaled down to a ‘significant incident’ investigations are still ongoing as to what the cause is and how to solve it.

“We have some really good news for residents,” said Lloyd Allen, Infrastructure Team Manager for Surrey County Council. “We’re expecting them to return this weekend.”

Wearing a hi-vis jacket and standing in front of part of the enormous hole, Mr Allen said families on Godstone high street can once again sleep in their own beds. He warned that the news is subject to a couple of issues the team is investigating and depends on them getting the all-clear that water quality is up to standard.

Five weeks after the high street was almost swallowed up by the sinkhole, highway officials still do not know what caused the major incident. “The plan for the future is to carry on doing what we are doing,” said Mr Allen with no clear indication of when the saga might end. The infrastructure manager said he and the team, as well as specially hired geo technical engineers are analysing the investigation results and seeing if there is a tunnel network.

In a new video released by the county council, the highways team gave a latest update on Godstone with some crucial insights. Surveys have revealed a lot of anomalies in the area which could be deep sewers, series of tunnels or even potentially soak away from properties. Further investigations are still needed to pin down exactly what they are, the team said.

Afterwards, the team will plot a series of bore holes on the site that they can carry out to look under the surface. If more tunnels or voids are found, they can put cameras down and do some more testing. “But that work might take several months longer,” Mr Allen said.

Matt Furniss, Cabinet Member for Highways, Transport and Economic Growth at Surrey County Council, said: “Highways Officers have used foam concrete to temporarily fill the hole to stabilise the area and to ensure it doesn’t get any bigger.”

“Specialist surveys are continuing in areas which were previously inaccessible, to determine the underlying cause of the collapse and how best to permanently repair the area so it doesn’t reoccur.”

“Due to the unprecedented nature of this incident, we expect the full-scale repair of the site to take several more months although we expect residents will be able to return to their homes whilst works are carried out, once it is safe to do so. We thank them for their ongoing patience as we deal with this complex incident.”

Related report:

Surrey sink-hole major incident

Image: Lloyd Allen, Infrastructure Team Manager for Surrey County Council, on Godstone high street. (Credit: Surrey County Council).

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## Banstead Dog licensing scheme deemed ‘foul’

28 March 2025



Professional dog walkers say they were told “if you don’t like what we’re doing, take your dog somewhere else” at a public meeting about a new licensing scheme being introduced for several Surrey beauty spots.

Dog walkers have claimed the land managers are using the new licensing project as a ‘pay or go away scheme’ which they say it is more expensive than neighbouring schemes and has been “appallingly” managed.

New rules could see professional dog walkers pay £360 to use a Surrey beauty spot, Banstead Common, from April 1. Banstead Common Conservators (BCC) said the main reason for setting up the scheme was to ensure the safety of everyone who uses the Commons and to control commercial business on the land.

“There’s disdain for the profession and that’s been made very clear,” said Emma, a self-employed dog walker. She previously spoke to Local Democracy Reporting Service (LDRS) of the BCC staff being “heavy handed”. Now, Emma said the BCC are “bullying people into submission” with the new licensing rules.

Calling the land managers “prejudiced”, the professional dog walkers said the BCC have presented “no evidence” that they are a danger to the public or conservation compared to any other person who walks over the heath.

“They are refusing to supply the legal standing for the scheme,” said Emma, “I just don’t know what else to do.” Dog walkers have said they welcome the licensing scheme in principle but accused the BCC’s proposition as ‘unworkable’, more expensive than others and without engagement or input from dog walkers.

Rather than just a side-hustle, professional dog-walking is a job or business that people pay their mortgage with. Jen, a dog walker for nearly 10 years said: “The chairman and another committee member were dismissive and incredibly rude when concerned dog walkers asked legitimate questions about the licensing scheme at a January meeting.”

For months the professional dog walkers have complained they have been “left in the dark” and there has been “no dialogue” with the managers implementing a scheme which could significantly change their working conditions. “Their attitude has spurred so much misery and alienation,” an anonymous local dog walker said.

The chairman of the BCC accused professional dog walkers of “lying” in their complaints and “being insulting” against the BCC at a public meeting earlier this year. Another member advised dog walkers if they were not willing to pay for the license they should “go back to where they came from”.

A BCC spokesperson said: “All of our engagement with any user of Banstead Commons is done with respect and in accordance with our statutory duties.” The BCC have said they have responded to all enquiries they have received “in a professional and timely manner” and have hosted three informal meetings about the licensing scheme with positive feedback.

The land managers have said they are using their powers under paragraph 18 of the Metropolitan Commons Banstead (Supplemental) Act 1893 act to restrict commercial activity. Despite repeated requests from LDRS and interested groups, the conservators chose not to specifically highlight which part of the act they are referring to.

The BCC said the scheme was a response to the increase in the number of dogs being walked commercially on the Commons in recent years and the pressure it puts on the land, wildlife and visitors. As land managers, the conservators

said, they need to ensure businesses are insured and identifiable when they are operating on our sites.

Spanning 1,350 acres, the land – owned by Reigate and Banstead Borough Council – includes Banstead Heath, Banstead Downs, Park Downs and Burgh Heath. Although the BCC claim the £360 annual license fee offers a good deal for users at just less than £1 a day, professional dog walkers argue it is extortionate compared to other Surrey and London boroughs which are council-run.

Similar schemes are also being trialled elsewhere in Surrey. Nonsuch Park in Epsom, is running a pilot commercial dog licensing fee of £200 a year with a limit of six dogs walking at any one time. The licence will be managed by Epsom and Ewell Borough Council as well as the London Borough of Sutton Council. Charging £164.50 to use open spaces across the whole district, Tandridge District Council also runs a licensing scheme.

Although some dog walkers may call the response “overblown”, the BCC said it has clear legal responsibilities to “protect the integrity of Banstead Commons and visitor safety”. The group added it has also catered its response in line with a prevention of future deaths report for Natasha Johnston, a professional dog walker who tragically was mauled to death by eight dogs she was walking in Caterham in 2023.

“Unknown people shouldn’t approach unknown dogs,” said Jen. She said the part of the scheme she was most concerned about was BCC staff being able to walk up to her and the dogs and check collars which could put the dogs and herself at risk. “It goes completely against my GDPR policy,” Jen said.

As it stands, if a dog walker’s license is revoked there is no process of appeal and no refund. “They are judge, jury and executioner,” Jen said. She lamented that neither Reigate and Banstead Borough Council, the landowners, nor the Department for Environmental Food and Rural Affairs want to get involved and the BCC are “unaccountable”.

“What’s different between dog walkers and members of the public walking dogs?” the anonymous dog walker challenged, explaining everyone uses the land and has to pick up dog poo. Speaking to the LDRS, the dog walkers said they take out local community dogs that live in the area and provide a needed service.

A BCC spokesperson said: “Banstead Commons Conservators are looking forward to working together with licensed dog walkers operating on our Commons. We have set up clear reporting procedures with licensed businesses which as well as a direct staff member to report concerns, includes hosting an annual review meeting open to all licensed businesses and an invitation for two representatives to join our Banstead Commons Consultative Group.

“Banstead Commons are wonderful open spaces enjoyed by many residents and visitors from further afield. Under our Act commercial activity is controlled in order to protect the integrity of the Commons and the welfare of its users. With the increasing volume of professional dog walkers, including displacement from other areas that have already implemented restrictions, it has become necessary to take the responsible step of licensing this activity. This scheme will help regulate the numbers of dogs being walked commercially on our sites and ensure that companies are operating safely and treating Banstead Commons, its users and wildlife with respect and consideration.

“Unless there is an incident to manage, Banstead Commons Conservators will not be interfering with licensed dog walking companies when they are operating safely and adhering to the licence scheme [...] Banstead Commons Conservators are always compliant in their operations.”

Related reports:

[A dog’s dinner of a licensing scheme?](#)

[Should Nonsuch Park go to the dogs?](#)

Image: Four dogs in Banstead wood, ahead of the licensing scheme to be introduced. (Credit: Dog walker Emma)

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## Surrey leads lateral thinking about vertical farming

28 March 2025



Can vertical farming be the key to improving and safeguarding the United Kingdom’s food system? This is the central question behind a new research project led by the University that has been awarded £1.4 million by UK Research and Innovation (UKRI).

The Vertical Farming to Improve UK Food System Resilience (VF-UKFSR) project will investigate how vertical farming can improve the country’s supply of nutritious leafy greens, essential for a healthy diet.

Vertical farming is a method of growing crops in stacked layers, often indoors, using controlled environments. Unlike traditional farming, it doesn’t rely on soil or natural sunlight. It uses soilless techniques and artificial lighting to create

optimal conditions for plant growth. This allows crops to be grown year-round, regardless of weather conditions and makes more efficient use of space and resources.

Dr Zoe M Harris, project lead from the University of Surrey's Centre for Environment and Sustainability, said:

"Our project is keen to explore how vertical farming can provide local, diverse, and culturally appropriate food, given its potential to grow a wide variety of crops. So far, there's been little in-depth analysis of the risks to our country's leafy greens supply nor a thorough examination of the benefits and trade-offs vertical farming could bring to the UK's food system. Thanks to this grant from UKRI, we're excited to change that and create a clear roadmap to unlock this potential on a larger scale."

The research team will work closely with farmers, industry, government and the community to make sure that the outputs of the project focus on real-life and immediate benefits.

The core team is made up of whole-system, environmental and social scientists, UK Urban AgriTech (UKUAT) and five farm partners - Flex Farming, Innovation Agritech Group, Farm Urban, GrowPura, and LettUs Grow.

Dr Lada Timotijevic from the University of Surrey said:

"Our research is all about identifying and understanding the risks to our food system and seeing how vertical farming can help tackle these challenges. We want to create tools that make it easy to see the impact of expanding vertical farming on considerations including food supply, land use, and the environment, so we can make smart decisions for the future.

"We're also focused on understanding the public's perceptions of vertical farming and the social conditions needed for vertical farming to succeed, as well as on working closely with farmers, industry, and policymakers to build a roadmap that supports its growth across the UK."

The project's leadership team consists of:

- University of Surrey: Dr Zoe M Harris, Dr Lada Timotijevic, Dr Lirong Liu, Dr James Suckling, Dr Damiete Emmanuel-Yusuf
- University of Aberdeen: Professor Astley Hastings
- University of Sussex: Dr Alexandra Penn
- UKUAT: Mark Horler

Image: Vertical farm. Credit ifarm.fi Creative Commons Attribution-Share Alike 4.0 International

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## The Hidden Link Between Metabolic Syndrome and Joint Pain

28 March 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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## Geography Squadron celebrates 70 years in Ewell

28 March 2025



In a ceremony held on Saturday 15th March in **Ewell** the **135 Geographic Squadron Royal Engineers** commemorated their 70th anniversary at **Mercator House** (off Welbeck Close) by unveiling the first Ordnance Survey (OS) benchmark in over 25 years. This event not only celebrates the squadron's longstanding presence in Ewell but also highlights their historic ties with the OS, dating back to 1791.

### **A Legacy of Geographic Excellence**

Established in 1948, the 135 Geographic Squadron has evolved into a pivotal Army Reserve unit, providing comprehensive geographic support to UK Defence operations. Their expertise encompasses surveying, terrain analysis, and the production and distribution of vital geographic materials. Over the years, squadron members have been deployed to various operational theatres, including Iraq, Afghanistan, South Sudan, and the Balkans, underscoring their critical role in supporting military operations.

### **The Significance of Ordnance Survey Benchmarks**

Ordnance Survey benchmarks are physical markers that denote height above Ordnance Datum Newlyn, the standard reference point for elevation in mainland Great Britain. Traditionally etched onto enduring structures like buildings or bridges, these benchmarks have been integral to accurate mapping and surveying. However, with advancements in technology, the maintenance of these physical markers has ceased, making the recent installation at Mercator House particularly noteworthy.

### **Ceremonial Unveiling at Mercator House**

The unveiling ceremony featured a parade by current squadron members and veterans, symbolizing the enduring camaraderie and dedication within the unit. Nick Bolton, Director General and CEO of Ordnance Survey, officiated the event, reflecting on the deep-rooted connection between OS and the 135 Geographic Squadron. He remarked, "I am proud to unveil such a permanent monument to the deep connection between Ordnance Survey and 135 Geographic Squadron."

The Officer Commanding 135 Geographic Squadron said: "This has been a fantastic opportunity for the Squadron to mark this significant milestone within the community of Epsom and Ewell. It also recognises the remarkable role OS Reservists played in our Squadron's early years and the deep geographic links that exist with OS today."

### **A Shared History: OS and Military Collaboration**

The relationship between Ordnance Survey and the military is deeply entrenched in history. The OS's origins trace back to the 18th century when Major-General William Roy initiated a detailed survey of the Scottish Highlands, laying the groundwork for modern mapping techniques. This collaboration has persisted through significant historical events, with OS providing essential geospatial data during both World Wars and continuing to support military operations and national resilience efforts in contemporary times.

The establishment of the new benchmark at Mercator House not only honours the squadron's past achievements but also signifies a commitment to ongoing excellence in geographic support. As technological advancements continue to transform mapping and surveying, the enduring partnership between Ordnance Survey and the 135 Geographic Squadron Royal Engineers remains a cornerstone of the UK's defence infrastructure.

This commemorative event serves as a testament to the squadron's dedication and the pivotal role of accurate geographic information in safeguarding the nation.

Image: 135 Survey Engineer Regiment training in the 1950s

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## **Epsom and Ewell's Record-Breaking Poppy Appeal**

28 March 2025



The **Royal British Legion's** Epsom and Ewell branch has once again demonstrated the remarkable generosity of the local community, raising a record-breaking total of **£79,366.99** during the 2024 Poppy Appeal. This astounding figure, collected throughout the borough in November, marks an increase of **£16,000** from the previous year—an incredible achievement as collectors and supporters returned in full force after the pandemic.

Poppy Appeal Organiser **Amy Johnson**, alongside her dedicated deputies, coordinated an army of volunteers, young and old, who braved the autumn chill to collect donations across the **Ashley Centre, Sainsbury's Kiln Lane, local schools, shops, businesses, and various poppy stands** throughout Epsom and Ewell. The generosity of local residents ensured that the borough, known for its strong community spirit, once again surpassed expectations.

A special note of thanks goes to the **Ashley Centre and Sainsbury's Kiln Lane management teams**, whose continued support provided vital collection points for this year's appeal.

Reflecting on the significance of the funds raised, **Barb Warwick, Chair of RBL Epsom and Ewell**, stated:

"As we sadly say farewell to the last of our WWII service men and women, our mission now is to ensure that the new generation of Armed Forces personnel and their families receive the support they need, no matter where or when they serve. We are secure in the knowledge that Epsom and Ewell, the smallest borough with the biggest heart, will rise to this challenge."

The Royal British Legion continues its vital work providing welfare and support to serving and former members of the Armed Forces and their families. Anyone in need of assistance, whether they have served in the past or are currently in the Armed Forces, is encouraged to reach out to **barb.warwick@virginmedia.com** for confidential support and guidance.

With the borough's unwavering dedication, Epsom and Ewell have once again shown their commitment to remembering and supporting those who have served. **Lest we forget.**

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## Epsom's World Mission Society Church of God response to social justice day

28 March 2025



**February 20th, 2025**, was a Thursday, but it was not just any Thursday—it was the **UN's World Day of Social Justice**. Many people are unaware of this important day, observed annually on February 20th, which aims to promote **equality, solidarity, and human rights**, while addressing **poverty, unemployment, and social exclusion**.

### How is World Day of Social Justice Observed?

There are many ways to take part in this day, including:

- Learning and researching social justice issues
- Supporting organisations through donations, volunteering, or spreading awareness
- Engaging in community activities

For more ideas on how to observe the day, visit the Awareness Days website.

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## Volunteers in Epsom Take Action

On **Wednesday, 26th February**, a group of volunteers from Epsom put social justice into action at the **Nourish Hub**. The volunteers, from the **World Mission Society Church of God**, commemorated the day by **donating food and volunteering**. This initiative was part of a larger campaign called **“Hold Hope!”**, which was carried out across **30 countries** to mark UN Social Justice Day.

The volunteers had been preparing for about a month. Initially unsure of what to donate, they obtained a **wish list** from the Nourish Hub and packed enough food for **15 to 20 families**. The **Nourish Hub staff** were extremely grateful, with the manager stating that the donation would significantly help in providing **nourishing meals**. The **deputy manager** was especially delighted, noting that the donation was almost equal to the food currently in stock.

### What is the Nourish Hub?

The **Nourish Hub**, located in **Shepherd’s Bush**, is run by **UKHarvest**, an environmental charity dedicated to **reducing food waste and promoting healthy eating**. The hub is also supported by **Hammersmith and Fulham Council** and provides an average of **200 meals per day** to those in need.

Across the UK, including in **Epsom and Surrey**, food banks are working tirelessly to support struggling individuals and families. Often, we don’t give much thought to food banks, but **small donations can make a big difference**. As the saying goes, **“Every little helps.”**

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## Spreading Love and Raising Awareness

The volunteers wanted to **share love and raise awareness** of social justice, especially on this day. They found great fulfillment in helping others and hope their efforts inspire **you** to take action and support your local community.

The **Church of God**, which operates in **175 countries**, continues to engage in **diverse voluntary activities**. The **Epsom branch, located on East Street**, is planning more initiatives, including:

- **Donations to the Epsom & Ewell Foodbank**
- **Street clean-ups**
- **Help for the homeless**
- **Tree planting**
- **And more!**

### Get Involved - Volunteering is Good for You!

Did you know that **volunteering is proven to improve well-being**? Helping others **boosts happiness and mental health**. If you have some free time, why not **get involved, make a difference, and brighten someone’s day—along with your own**?

Joseph Adams

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## Epsom Runner’s Tribute to Sister Raises Over £22,000 for Epilepsy Charity

28 March 2025



An Epsom man has completed an extraordinary fundraising challenge in memory of his sister, raising more than £22,000 for national charity Epilepsy Action.

Barry Ahearn, from Epsom, ran **27 half-marathons** over the past year to honour his sister, Abbie, who tragically passed away in September 2023 following a severe epileptic seizure. Barry’s challenge was deeply symbolic—each half-marathon representing **one minute of the 27 minutes** his sister’s brain was without oxygen while paramedics fought to save her life.

His final run took place on **Saturday, 8th March, in Battersea Park**, where he was joined by **40 fellow runners** and **150 supporters**, including family, friends, and representatives from Epilepsy Action.

## A Challenge Driven by Love and Loss

Reflecting on the challenge, Barry said:

*“Losing Abbie has been the hardest thing I’ve ever experienced. She was kind, compassionate, and full of life. Every day since she passed, I’ve felt emotional pain—so I decided to match it with physical pain and push myself to do something in her memory.”*

Abbie was just **three months away from her 30th birthday** when she suffered a fatal seizure. Having been diagnosed with epilepsy only six weeks earlier, her death came as a devastating shock to her loved ones.

Barry’s journey has taken him across the UK, completing half-marathons in **London, Carsington Water, and even at his local park**, where he ran up and down a single path **55 times** to complete the 21km distance. Some runs were part of organised events, while others were solo challenges that tested his mental and physical endurance.

## Community Spirit and Support

Throughout his challenge, Barry was supported by his **wife Naomi**, who not only cheered him on at every race but also ran parts of the final half-marathon with him.

*“Seeing my best friends, family, and their children cheering me on has been so special. The solo runs were tough emotionally, but I knew I had people behind me every step of the way.”*

His efforts have not only raised funds but also **heightened awareness of epilepsy**, a condition that affects **over 600,000 people in the UK**, with **three people dying from epilepsy-related causes every day**.

## An Impact Beyond Fundraising

Barry’s campaign has been hailed as a remarkable achievement by **Epilepsy Action’s Director of Fundraising, Philippa Cartwright**, who praised his determination and resilience:

*“Barry’s efforts are truly inspiring. The funds he and his team have raised will help support vital services, from Talk & Support groups to our helpline, ensuring people with epilepsy get the help they need.”*

Barry hopes that his sister’s story will encourage more people to learn about the risks associated with epilepsy and push for better awareness and research.

*“When I started this challenge, I wanted to raise awareness and funds. I can’t measure the full impact it’s had, but if this helps save even one life, it will have been worth it.”*

## How to Support the Cause

Barry’s fundraising page remains open for donations to **Epilepsy Action**, which continues to campaign for better services and support for those affected by epilepsy.

To contribute to Barry’s campaign, visit: **JustGiving - Barry Ahearn’s Fundraiser**

For more information on epilepsy and support services, visit **www.epilepsy.org.uk** or call the **Epilepsy Action helpline on 0808 800 5050**.

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# Surrey schools not swamped by private VAT escapees

28 March 2025



Figures released by Surrey County Council suggest that state secondary schools admissions have not been overrun with private school pupils after VAT was added to fees by the Labour government.

While critics including Jeremy Hunt MP for Godalming and Ash had predicted up to 90,000 children could swarm the state sector if 20 per cent VAT was thrust on school fees, so far Surrey County Council said it has not impacted applications to join state secondary schools this year.

From January 2025, independent school fees have been slapped with 20 per cent VAT from the Labour government. The

controversial policy, aimed at generating £1.5 billion to improve state education, drew up harsh criticisms from local residents. They accused the government of “punishing” hard-working families wanting to invest in their children’s education.

As state school admission results came out last week, it marks the first indicator whether priced-out private school children have spilled over into the state sector. But Clare Curran, county council’s cabinet leader for children, families and lifelong learning, said: “Surrey has not seen a significant rise in the number of applications for a Year 7 state school place for children currently in the independent sector compared to last year.

“For September 2025, 664 on time applications were received from Surrey residents with children in the independent sector, compared to 608 for September 2024, a rise of 56.”

Not a mass exodus of children to the state sector, the policy appears to have not squeezed private schools out of business just yet. Panic over secondary school place shortages has also not materialised in these new figures. Admissions data shows that for Year 7 places there is a mild buffer on the number of families getting their first preference in school places this year.

Cllr Curran said: “While the percentage of applicants offered their first preference school has decreased for September 2025 (80.6%) compared to 2024 (83.1%), the 2025 figure is not dissimilar to the 2023 figure of 81.3%.

“The percentage of applicants offered one of their six preferences for September 2025 was 95.3%, which is comparable with last year’s figure of 95.9%.”

However, it is still early days for the new policy and the ripple effects of the change could have wider implications. The Institute for Fiscal Studies (IFS) said there might not be an immediate effect but the long-term effects could be more significant. The IFS estimated a 3-7 per cent reduction in private school attendance which could require additional £100-£300 million in state funding to manage the overflow within the state school sector.

MPs and educators have raised the alarm that private schools serving students with special educational needs and disabilities should be left out of the VAT tax raid. Sometimes children with an EHCP cannot have their needs met in a regular state school so private school with 1-2-1 support is necessary for their education.

Surrey has around 140 private schools: including primary, secondary and special schools. Fees vary between schools, but the cost of independent education in Surrey is above the national average.

Image: Rosebery School Epsom - Google

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## Surrey taking care of your future care

28 March 2025



Residents in Surrey and surrounding areas are being invited to take part in the first ever **Planning for Your Future Day** aimed at helping people plan for the later life they want.

Two free events - one in Guildford and one online - are being held on 11 March to equip people with information to make the right decisions at a time when they may need extra support.

Planning for Your Future Day - part of a campaign run by Surrey County Council in partnership with local charity Age UK Surrey - aims to raise awareness of care and support options, costs of social care and ways to maintain independence. By understanding options and starting conversations with loved ones early, people can make informed choices and avoid rushed decisions in a crisis.

Resident research shows that 88 per cent of adults in Surrey are concerned about needing future support and 81 per cent of local people are moderately, or really, concerned, about paying for care. This is an increase on the figure from just two years ago.

Separate figures show that, each year, around 300 to 400 Surrey residents who are paying for their own care run out of money, putting them at risk of having to move to a new care home, or their families needing to contribute a top-up to cover the costs of the home.

Planning for Your Future Day is believed to be the first of its kind in the country and is already gaining regional momentum, with three other local authorities - Hampshire, Oxfordshire and West Berkshire - also inviting their residents to join the online event.

In Surrey, more than 2,000 people have already attended a Planning for Your Future presentation held in a community location or joined an online webinar, and nine in ten people would recommend it to a friend.

The event on 11 March - at Guildford Baptist Church in Millmead - is set to be the biggest public event yet and will be

followed in the evening by the online webinar.

**Sinead Mooney**, Surrey County Council's Cabinet Member for Adult Social Care, said: "It's great to see Surrey at the forefront of helping people take control of their future so they can make confident, informed decisions. This initiative offers a wealth of useful tips and advice on everything from independent living to care costs, while also directing people to the vast range of local support provided by charities, voluntary organisations, faith groups and neighbourhood networks.

"The Government commission on social care won't report until 2028 so it's vital that we equip people to navigate the system that's in place now. By getting out into the community with information and support, we can help people make the right choices for them and avoid making decisions in a crisis which may not be suitable in the long run."

Planning for Your Future aims to help those who will need to pay for care themselves or whose family pay members pay. The events will cover key topics such as care options, typical costs of care, Powers of Attorney and practical steps to stay independent for longer, including equipment and technology in the home.

The in-person event starts at 11am on 11 March and will include a talk, Q&A and some light refreshments, with everyone who comes along able to leave with a checklist containing a reminder of the key points.

Alongside the council's adult social care team and Age UK Surrey, the event will be attended by other organisations such as Mole Valley Life, who can help respond to falls, and the Society of Later Life Advisors, who are financial planning experts.

There will be an online version of the presentation the same evening at 7pm. Both sessions can be booked by visiting the Planning for Your Future information hub on the Age UK Surrey website.

The in-person event will be held from 11am - 1pm on Tuesday 11 March at the Guildford Baptist Church, Millmead, Guildford GU2 4BE.

Parking available at Portsmouth Road, Millmead and other local car parks.

The evening's online presentation will take place on 11 March from 7pm.

Both sessions can be booked by visiting the Planning for Your Future information hub on the Age UK Surrey website.

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## Toyota Epsom donates electric carriers to local hospital

28 March 2025



Epsom HQ based Toyota UK has strengthened its support for the local community by providing two Proace battery-electric people carriers to the Queen Elizabeth's Foundation for Disabled People (QEF). The Leatherhead-based charity, which helps disabled individuals achieve greater independence, will use the vehicles to enhance its transport services.

The electric people carriers will assist QEF's retail teams across its network of 15 charity shops and at The Grange in Kent, where residents with learning disabilities will benefit from group outings. The donation is part of a wider strategic partnership between Toyota and QEF, aimed at improving mobility for disabled people.

Toyota's commitment extends beyond vehicle provision, with plans to collaborate on fundraising events, volunteer opportunities, and awareness campaigns. Proceeds will support QEF's Mobility Services, which help individuals increase their independent mobility through driving assessments, lessons, and mobility advice.

Michelle Giles, QEF's Mobility Services Manager, expressed her gratitude for Toyota's contribution: "The electric vehicles will enable supported individuals to enjoy outings and engage more with their local communities. They will also make our retail operations more sustainable by reducing vehicle emissions."

She added: "This partnership will make a significant difference to those who rely on our Mobility Services, whether for driving assessments, mobility advice, vehicle adaptations, or accessible transport."

Scott Thompson, President and Managing Director of Toyota (GB), highlighted the importance of the collaboration: "Improving mobility for all is at the heart of what we do at Toyota. It's wonderful that QEF, a charity close to our head office in Epsom, will benefit from our Proace Verso electric people carriers. We look forward to continuing our support for QEF as one of our dedicated charity partners."

QEF, a Surrey-based charity with 90 years of experience, provides expert services to nearly 10,000 disabled people annually. Its work includes mobility services, neuro rehabilitation, specialist assistive equipment, and residential care for people with learning disabilities. The partnership with Toyota marks another step in enhancing the charity's ability to support those who rely on its services.

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# Epsom Schools Lead the Way in Pioneering Mobile Phone Pilot

28 March 2025



**Glyn School** and **Rosebery School** in Epsom are at the forefront of a groundbreaking initiative aimed at tackling smartphone distractions in the classroom. The schools, both part of the GLF multi-academy trust, are participating in a pilot scheme that restricts social media and messaging apps during school hours.

The initiative, which also includes Meridian High School in Croydon and Merstham Park School in Surrey, will see all students in Years 7-9—around 2,300 pupils—install an app called Blackout. This app blocks access to non-essential apps such as social media, games, cameras, and web browsers while still allowing calls, SMS, maps, and calendars. The restriction will only apply during school hours and term time.

Glyn and Rosebery schools, both well-respected within the Epsom community, have been chosen to help test whether this technology can improve student wellbeing and classroom focus. The rise in smartphone usage has been linked to increased anxiety and reduced concentration, and educators are keen to explore solutions that promote healthier digital habits.

A parent at Rosebery School voiced strong support for the initiative, saying: *“Well done to Rosebery and GLF Schools for trialling the Blackout technology. Teachers are on the front line every day, dealing with the disruption caused by smartphones. If this helps students focus and reduces distractions, I’m all for it.”*

The pilot will continue after the February half-term, with students required to install the app if they bring a phone to school. Glyn and Rosebery’s existing phone policies will remain in place, with additional checks to ensure compliance.

Julian Drinkall, CEO of GLF Schools, emphasised the trust’s commitment to exploring new approaches to mobile phone use in education: *“We understand why some schools have introduced outright mobile phone bans, but we believe technology can be part of the solution rather than just a problem. Blackout offers a way to encourage positive digital habits while still allowing essential communication between students and parents.”*

Amy Anderson, Headteacher at Meridian High School, echoed this view: *“This pilot allows us to take a more refined approach to phone management. Instead of just confiscating devices, we can use technology to help students engage more fully in their learning environment.”*

The effectiveness of the trial will be assessed through student, parent, and staff feedback, with key metrics including improved concentration, reduced classroom disruptions, and enhanced student wellbeing. If successful, the initiative could be expanded to more schools in the GLF network and beyond.

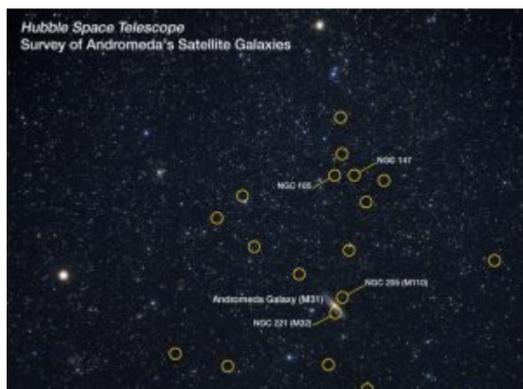
Privacy concerns have been addressed, with Blackout confirming that the app does not access personal data such as messages, browser history, or location tracking. It simply blocks non-essential apps during school hours.

Glyn and Rosebery’s participation in this pilot reinforces their reputation as forward-thinking schools, willing to embrace innovative solutions to enhance student learning and wellbeing. As local pupils and parents adjust to the new system, the Epsom community will be watching closely to see if this pioneering approach proves to be the key to a more focused and productive school day.

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## Surrey University boldly go to the next galaxy

28 March 2025



A collaboration of more than 30 international institutions, including the University of Surrey, has observed vast differences in the dynamic ecosystem of smaller satellite galaxies orbiting our neighbour galaxy, Andromeda. Surveyed using images from over 1,000 Hubble Space Telescope orbits, the findings have given scientists new insights into the evolution of galactic systems.

The study, published in *The Astrophysical Journal*, found that Andromeda's satellite system is notably different from our own Milky Way, 2.5 million lightyears apart. While both galaxies are surrounded by a flotilla of smaller dwarf galaxies, Andromeda likely hosts three times as many - offering a rare glimpse into their unique history and formation.

Dr Michelle Collins, Associate Professor at the University of Surrey's School of Mathematics and Physics and co-author of the study, said:

"What we've discovered is that these tiny systems have evolved quite differently from those around the Milky Way. Whether this divergence stems from a massive merger - a slow, gradual collision in Andromeda a few billion years ago - or whether it reflects the natural diversity of the smallest galaxies remains a mystery we're working to unravel."

One of the study's key themes is how Andromeda's dwarf galaxies have formed and sustained stars in unexpected ways compared to those around the Milky Way. Researchers had long assumed low-mass galaxies would follow similar patterns, but the Andromeda system tells a different story. These satellite galaxies appear to have experienced a more complex evolutionary history, with some continuing to form stars far longer than anticipated.

Lead author of the study, Dr Alessandro Savino, from the University of California, Berkeley, said:

"Star formation really continued to much later times, which is not at all what you would expect for these dwarf galaxies. This doesn't appear in computer simulations. No one knows what to make of that so far."

To explore these differences more closely, researchers at the University of Surrey are working to understand the forces driving these unexpected evolutionary patterns. A follow-up study will investigate the mass profiles and dark matter distribution of Andromeda's satellite galaxies, integrating data from this paper with new observational measurements.

Dr Collins, who will lead the research, said:

"We've established that there are clear differences, but what I'm really interested in now is why these differences exist. What factors have shaped Andromeda's satellites in ways we don't see in the Milky Way?"

Combining the latest Hubble data with ongoing studies at Surrey, the team plans to gain a deeper understanding of the mechanisms shaping galaxies across the universe. Additionally, Hubble is providing the first set of imaging that allows astronomers to measure the motions of Andromeda's dwarf galaxies - offering a rare opportunity to track their movements and reconstruct their past interactions.

To find out more, visit the Space Telescope Science Institute's news page.

Image credit: NASA, ESA, Alessandro Savino (UC Berkeley), Joseph DePasquale (STScI), Akira Fujii DSS2

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## Nescot Students Celebrate Success at Epsom Downs Ceremony

28 March 2025



Ewell based **Nescot College** students marked the culmination of their hard work earlier this month at the institution's annual Higher Education (HE) Awards ceremony, held at Epsom Downs Racecourse on 7 February. Around 90 graduands,

accompanied by 250 guests, gathered to celebrate their achievements.

The event had a distinct Nescot touch, with students from various disciplines contributing to the proceedings. Travel and Tourism students welcomed attendees, while Music Production students provided DJ sets and live music throughout. Two Performing Arts students delivered solo performances during the formal ceremony, adding a special touch to the occasion.

## Principal Praises Student Achievements

Addressing the graduates, Nescot Principal and CEO, **Julie Kapsalis**, described the event as “a wonderfully uplifting and poignant occasion,” bringing together students of all ages.

“Higher education at Nescot attracts learners from diverse backgrounds, whether school leavers or those returning to education later in life. Many of our students have taken an alternative route to university, using our courses to embark on a new career or reignite a passion for learning. What unites them all is their inspiring journeys of personal and professional transformation,” she said.

## Degrees Awarded Across a Range of Subjects

Awards were conferred by Nescot’s university partners, including the University of Greenwich, Kingston University, London South Bank University, The Open University, and the University of West London. Courses spanned subjects such as teacher education, osteopathy, animal management, sports therapy, counselling, healthcare play specialism, business, creative media, public services, and sport and exercise science.

## Inspiring Guest Speaker Shares Career Journey

Among the guests of honour was **Dee Mathieson**, Senior Vice President and Managing Director of Elekta, a global leader in medical technology. A former Nescot student, she shared her career journey in the science and medical sector, highlighting her contributions to cancer treatment. Encouraging graduates to seize opportunities, she advised: “Take a chance. If it isn’t the right opportunity, look for another.”

Also in attendance were Cllr **Steve Bridger**, (RA Stamford) Mayor of Epsom & Ewell, **Helen Maguire** MP for Epsom and Ewell, Julie Giles MBE, Chair of Phab, and representatives from the Rotary Clubs of Epsom and Ewell, along with business leaders and other guests.

## Annual Awards Recognise Outstanding Students

A number of special awards were presented during the ceremony:

- **The Olatunde Idowu Memorial Prize**, awarded to Holly Stuart for outstanding business awareness.
- **The Richard Maryan Prize**, recognising excellence in osteopathy, awarded to Luke Tanner.
- **The Dr John Osborn Memorial Cup and Prize**, awarded to Michaela Joseph in honour of the late Dr Osborn, who played a key role in Nescot’s HE provision.
- **The Rotary Club of Epsom Raj Amodia Trophy and Prize**, awarded to Spencer Holmes.
- **The Rotary Club of Ewell Cup and Prize**, awarded to pre-degree HE student Jackie O’Connor.
- **The Principal’s Prize**, awarded to Sienna Campbell, selected by Principal Julie Kapsalis.

## Honorary Fellowships Recognise Exceptional Contributions

Two Honorary Fellowships were awarded at this year’s ceremony, an accolade introduced in 2023 to mark Nescot’s 70th anniversary.

The first was presented to **Yvonne Spencer**, Director of Science Capability at the Animal & Plant Health Agency (APHA). A former Nescot student, Spencer has been instrumental in developing the college’s Level 6 Degree Apprenticeship in Laboratory Science. Her work has strengthened the partnership between Nescot and APHA, providing career development opportunities for science professionals.

The second fellowship was awarded to **Val Neame**, a former Nescot staff member, in recognition of her 47 years of service to the college. Described as a mentor and friend to many, Neame was praised for her dedication and the lasting impact she has had on both staff and students.

## A Student’s Perspective

Delivering the student vote of thanks, Jackie O’Connor, who graduated with a Foundation Degree in Supporting Teaching and Learning, reflected on the encouragement she had received throughout her studies. Paying tribute to her tutor, Mark Warner, she said: “I believe that if you have someone who helps you rethink how you see yourself and how others see you, that is a truly special person.”

## A Silver-Rated Institution

Nescot’s Higher Education provision has been recognised with a **Silver rating in the 2023 Teaching Excellence Framework (TEF)**, including Silver ratings in the new categories of Student Experience and Student Outcomes. The

accolade highlights the college's commitment to high-quality teaching and student support.

For more information about Nescot's university-level courses, visit their website.

Photo: Julie Kapsalis, Principal and CEO with Nescot Class of 2024 graduates at the HE Graduation Ceremony held at Epsom Downs Racecourse