

Surrey schools not swamped by private VAT escapees

10 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

Surrey taking care of your future care

10 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.

Toyota Epsom donates electric carriers to local hospital

10 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.

Epsom Schools Lead the Way in Pioneering Mobile Phone Pilot

10 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.

Surrey University boldy go to the next galaxy

10 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

Nescot Students Celebrate Success at Epsom Downs Ceremony

10 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

Epsom’s Horton Cemetery gets attention of two kinds

10 March 2025



Just as **The Epsom and Ewell Times** was about to publish a letter concerning Council efforts to tidy and make safer the boundaries of Horton Cemetery (Hook Road / Horton Lane) a motor car struck railings near the roundabout and knocked over the Memorial to the near 9000 patients buried and neglected in the privately owned 5 acre cemetery.

Surrey Police issued a statement: “We were called to Horton Lane, Ewell at around 7:10pm on Wednesday 19 February after reports of a single vehicle collision at the location. Officers responded and found that the collision had resulted in damage to a fence and cemetery stone. The driver was not arrested and did not require medical treatment.”



It is understood that Epsom and Ewell Borough Council is responsible for the Memorial after former Labour Mayor of Epsom and Ewell, **Alan Carlson**, raised the money for its installation through a public appeal in 2004.

The charity The Friends of Horton Cemetery continues its campaign to restore the Cemetery to community ownership following the bizarre NHS transfer of the asset to a property speculator in 1983. **Michael Heighes** of Marque Securities has taken away the tombstones and all the crosses on each grave have gone. The cemetery is barely recognisable as a cemetery and relatives cannot enter without trespassing.

Recently, the Charity has made a submission to the Law Commission, which is considering reforms to cemetery law. It has submitted that the opportunity to update the laws should include a duty to maintain and allow access to cemeteries in private hands.

The charity has also sent a letter to Epsom and Ewell Borough Council in connection with the current Local Plan arguing any development of neighbouring **Horton Farm** for housing should seek developer's funds for the restoration of the Cemetery as an amenity of peace and remembrance open to the public.

Mr **Lionel Blackman**, Secretary of the Charity, said "The existence of the largest asylum cemetery in Europe is not going to disappear. With relatives coming forward every week and our research team publishing the lives of over 600 patients so far, it is only a matter of time and whichever local government takes over, that action will redress this historic outrage."

Sam Jones - Reporter

Letter from Matthew Walters, Epsom.

Dear Sir,

I would like to draw attention to recent developments concerning Horton Cemetery in West Ewell, Epsom.

For many years, concerns have been raised about the lack of respect shown to the 9,000 individuals buried there, whose graves are no longer marked. More recently, attention has also turned to the safety risks for road users on the busy Hook Road.

Until yesterday, the grass verge alongside the cemetery was largely inaccessible due to overgrown brambles and tree branches extending from the cemetery, as well as significant fly-tipping, including building waste.

It is therefore welcome news that Surrey County Council and Epsom and Ewell Borough Council have worked together to clear the area, improving both its appearance and safety, as evidenced in the accompanying photographs.

While the decision to classify Horton Cemetery and its 9,000 graves as an "amenity woodland" remains a point of contention, the recent clearance has ensured that the surroundings are now more in keeping with a cemetery. However, the public should be aware that sections of the perimeter railings remain unsafe, with some sharp railings protruding towards Hook Road at dangerous angles, none of which are currently marked with hazard tape.

Falling branches from trees inside the cemetery continue to pose a risk to road users, and it is hoped that Surrey County Council will monitor this issue and take necessary action, as indicated in previous communications.

In the meantime, cyclists, motorcyclists, and motorists should exercise caution when travelling along Hook Road near the cemetery. Furthermore, steps should be taken to ensure that the cost of maintaining overgrown vegetation from within the cemetery does not fall upon Council Tax payers.

Horton Cemetery remains in private ownership by a property developer, and the recent clearance now allows for greater visibility into the site. This presents an opportunity for the public to assess whether greater care and respect should be afforded to those buried there.

Out of sight should not mean out of mind.

Yours faithfully,

Matthew Walters

Epsom Stands in Solidarity with Ukraine on War's Third Anniversary

10 March 2025



Epsom's Market Place was a scene of unity and reflection today as residents, dignitaries, and members of the Ukrainian community gathered to mark the third anniversary (24th February) of Russia's full-scale invasion of Ukraine. Organised by the Epsom & Ewell Refugee Network (EERN) and Epsom based Surrey Stands With Ukraine (SSWU), the event served as a powerful demonstration of the town's enduring support for those affected by the war.

The Worshipful The Mayor of Epsom & Ewell, Councillor **Steve Bridger**, (RA Stamford) and the Mayoress, Carol Bridger, attended the commemoration, reaffirming the borough's commitment to standing in solidarity with Ukraine.

“Kindness Will Prevail”

The event opened with a speech from **Jo Sherring**, co-founder of EERN, who highlighted the strong bonds forged between the local and Ukrainian communities. “We are privileged to have met and worked with such wonderful people, and we will continue to support them as long as they need our help,” she said. EERN supports as many as 80 or more families from Ukraine. Mainly women and children.

Roy Deadman, Chair of SSWU, praised the tireless efforts of volunteers who have dedicated time and resources to aid Ukraine. “The support for Ukraine we have seen today from this wonderful community still shows us that kindness will prevail in a world that feels very dark right now,” he said. SSWU has sent a van of civilian aid nearly every week since the war began and thousands of pounds of aid for humanitarian projects in Ukraine.

The two charities work together in offices generously provided by the Ashley Centre and for which the Council has waived all business rates.

MP's Message of Support

Epsom & Ewell's MP, **Helen Maguire**, who was unable to attend in person, sent a statement which was read aloud to the assembled crowd. She paid tribute to Ukraine's resilience and urged continued support for its fight against Russian aggression.

“Three years ago, the world watched in horror as Putin launched his brutal and unprovoked invasion of Ukraine. I am proud that Epsom's community has gathered here today to say what we have said from the very beginning: We stand with Ukraine. We stand with its people. And we will not waver,” she said.

Ms Maguire described Ukraine's battle as one for “democracy, sovereignty, and the right of nations to choose their own future.” She praised the courage of the Ukrainian people, whether on the battlefield or in communities enduring relentless attacks, displacement, and loss.

“To our Ukrainian friends here today: you are not alone. We have not forgotten you, and we will continue to support you, in both word and action, for as long as it takes,” she added.

The MP also called for the UK to take a leadership role in supporting Ukraine's victory, advocating for military assistance and the seizure of Russian assets to aid in reconstruction. “The future of Ukraine must be decided by Ukrainians,” she said.

Emotional Tributes

The gathering featured a powerful performance by **Helin Konyar**, a third-year student at Laine Theatre Arts and a Ukrainian national, who sang Ukraine's spiritual anthem *God Save Ukraine*. Her performance deeply moved those in attendance.

A particularly poignant moment came from **Constantin Ryzhikov**, a blind Ukrainian refugee, who shared his heartfelt gratitude for Britain's support. He spoke about the difficulties faced by Ukrainians both in their homeland and those who have sought refuge abroad, moving many in the audience to tears.

The event also included a prayer led by Deacon **Gary Carter** of St Joseph's Church in Epsom, calling for peace and strength for those suffering in Ukraine.

A Show of Unity

The commemoration ended with the Ukrainian national anthem, once again performed by Helin Konyar. The assembled crowd joined in a moment of solemn reflection, standing in solidarity with Ukraine.

As the war enters its fourth year, the event served as a poignant reminder of Epsom's unwavering support for Ukraine and the power of community in times of crisis.

Ukrainian Culture

Since the war talented Ukrainian musicians and a local Ukraine Choir come together for the 11th Ukraine Music Evening since the war began. Held at 6pm on Saturday 22nd March in the Worship Area of the Epsom Methodist Church in Ashley Road. Entry is free and a leaving collection is dedicated to support the musicians whose livelihoods have been cut in their homeland.

For more information on how to support Ukraine locally, visit:

- **Epsom & Ewell Refugee Network:** www.epsomrefugeenetwork.org
- **Surrey Stands With Ukraine:** www.surreystandswithukraine.org

Image: Roy Deadman of SSWU addresses the crowd alongside Jo Sherring of EERN and Deacon Gary Carter (Credit Nina Kaye)

Related reports:

Sir Ed supporting Epsom based Ukraine charities

Fire Assembly for Ukraine

2 years on Epsom to gather in solidarity with Ukraine

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

10 March 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), 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.

Surrey Uni Zebrafish Study Links Blood Pressure Drug to Potential ADHD Treatment

10 March 2025



A commonly prescribed blood pressure medication could offer a safer alternative for treating ADHD symptoms, according to a new study involving the University of Surrey. The findings suggest that amlodipine, a well-established drug for managing hypertension, may help reduce hyperactivity and impulsivity, key characteristics of attention-deficit/hyperactivity disorder (ADHD).

From Fish to Humans: Genetic Links in ADHD Research

The study, published in *Neuropsychopharmacology*, tested five potential drugs in rats genetically bred to exhibit ADHD-like symptoms. Of these, only amlodipine significantly reduced hyperactivity. To validate the findings, researchers turned to zebrafish (*Danio rerio*), an important model organism in neurological studies, which shares approximately **70% of its genes** with humans. The zebrafish trials confirmed that amlodipine reduces hyperactivity and impulsivity, and for the first time, researchers confirmed that the drug crosses the blood-brain barrier, directly influencing brain function.

Further analysis of human genetic data reinforced the findings, showing that ADHD is linked to calcium channels in the brain—the same targets of amlodipine. A review of UK-wide patient records further strengthened the case, revealing that individuals taking amlodipine reported fewer mood swings and a lower tendency for risk-taking behaviour.

Dr Matthew Parker, co-author of the study from the University of Surrey, noted:

“Repurposing amlodipine, a well-established blood pressure medication, offers a promising and swift pathway to address ADHD symptoms. Our research indicates that, due to its existing approval and safety profile, amlodipine could be rapidly redeployed as a treatment option for ADHD, potentially providing relief to patients sooner than developing new medications.”

Why Zebrafish? The Genetic Overlap with Humans

Zebrafish have become an invaluable model in medical research due to their high genetic similarity with humans. In fact, they share a greater proportion of their genes with humans than many might expect. Some examples include:

- **Chimpanzees** (~98-99%) - our closest genetic relatives.
- **Mice** (~85%) - widely used in biomedical research.
- **Dogs** (~84%) - studied for genetic diseases and neurological conditions.
- **Zebrafish** (~70%) - a crucial model for studying brain function and drug effects.
- **Fruit flies** (~60%) - key for understanding genetics and neurobiology.

Because of this genetic overlap, zebrafish are often used in drug discovery, particularly for neurological disorders. Their transparent embryos and rapid

development allow scientists to study the effects of medications in real-time.

A Safer Alternative to Existing ADHD Medications?

Current ADHD treatments, such as stimulant medications, are effective but often come with significant side effects, including appetite loss, high blood pressure, headaches, and sleep disturbances. Additionally, stimulant medications carry a risk of misuse. Amlodipine, already widely prescribed and well-tolerated, could offer a new alternative with a safer profile.

With approximately **25% of ADHD patients not responding well to existing treatments**, the need for new options is urgent. If further clinical trials confirm these findings, amlodipine could be repurposed as an ADHD treatment much faster than developing a brand-new drug, providing relief for patients sooner.

The study highlights the importance of genetic research in understanding brain disorders and demonstrates how unlikely connections—such as a heart medication treating a neurodevelopmental condition—can lead to breakthroughs in medical science.