

Hip pain explained

14 January 2025



Hip pain is a common complaint, particularly among middle-aged and older adults. Two frequent causes are Hip Osteoarthritis (OA) and Greater Trochanteric Pain Syndrome (GTPS). While these conditions share some symptoms, they differ in causes, treatment, and long-term outcomes. Understanding these distinctions is key for accurate diagnosis and management.

What is Hip Osteoarthritis?

Hip osteoarthritis is a degenerative joint disease characterized by age-related changes in the cartilage of the hip joint. The hip's ball-and-socket structure relies on cartilage for smooth movement, but this can wear down over time, leading to pain, stiffness, and decreased function.

Signs and Symptoms of Hip OA:

- **Pain in the Groin or Thigh:** Pain is typically deep in the groin, buttock, or thigh, worsening with activity and improving with rest.
- **Stiffness:** Morning stiffness lasting less than 30 minutes is common, especially after inactivity.
- **Reduced Range of Motion:** Difficulty with daily activities such as putting on socks or shoes.
- **Crepitus:** A grinding sensation during movement due to rough joint surfaces.
- **Functional Limitations:** Challenges with walking, climbing stairs, or standing up from a seated position.

What is Greater Trochanteric Pain Syndrome?

Greater Trochanteric Pain Syndrome (GTPS) involves pain over the lateral hip, specifically around the greater trochanter, the bony prominence on the hip's outer side. Unlike OA, GTPS stems from issues in the soft tissues, such as the gluteal tendons and bursae.

Signs and Symptoms of GTPS:

- **Lateral Hip Pain:** Pain over the outer hip, often radiating down the thigh and exacerbated by lying on the affected side or climbing stairs.
- **Tenderness:** Pain upon palpation of the greater trochanter.
- **Pain with Activity:** Aggravated by repetitive movements or prolonged standing.
- **Night Pain:** Discomfort when lying on the affected side, disrupting sleep.
- **Muscle Weakness:** Weakness in the hip abductors, affecting gait and mobility.

Key Differences Between Hip OA and GTPS

1. **Location of Pain**
 - **Hip OA:** Pain is typically deep in the groin, buttock, or thigh, potentially radiating to the knee.
 - **GTPS:** Pain is localized to the lateral hip, radiating down the outer thigh but rarely affecting the groin.
2. **Underlying Pathology**
 - **Hip OA:** A degenerative joint disease involving cartilage degradation.
 - **GTPS:** A soft tissue condition involving inflammation or degeneration of the gluteal tendons and bursae.
3. **Risk Factors**
 - **Hip OA:** Aging, obesity, joint injuries, genetics, and repetitive hip loading.
 - **GTPS:** More common in peri- and post-menopausal women due to hormonal changes affecting tendon health, as well as altered biomechanics like gait changes or muscle weakness.
4. **Impact of Hormones on Soft Tissue Health** Hormonal changes during menopause reduce tendon elasticity, increasing the risk of GTPS. In contrast, OA primarily results from mechanical factors and cartilage degradation.

Management and Treatment

Hip Osteoarthritis:

- **Exercise and Physiotherapy:** Low-impact activities like swimming or cycling help maintain joint mobility and muscle strength.
- **Weight Management:** Reducing body weight can alleviate stress on the hip joint.
- **Medication:** NSAIDs are commonly used for pain and inflammation.
- **Joint Injections:** Corticosteroid injections under ultrasound guidance can provide temporary relief and aid diagnosis in complex cases.
- **Surgery:** Total hip replacement may be necessary in severe cases.

Greater Trochanteric Pain Syndrome:

- **Activity Modification:** Reducing activities that exacerbate symptoms, such as prolonged standing or lying on the affected side.
- **Physiotherapy:** Strengthening the hip abductor muscles and improving flexibility is key.
- **Shockwave Therapy:** Effective in some cases for promoting tissue healing and reducing pain.
- **Corticosteroid Injections:** These can temporarily reduce inflammation for patients unresponsive to conservative treatment.
- **Surgery:** Rarely required but an option for severe or unresponsive cases.

Conclusion

Hip Osteoarthritis and Greater Trochanteric Pain Syndrome are distinct conditions causing hip pain, with different causes, symptoms, and treatments. While OA is

a degenerative joint condition affecting cartilage, GTPS is a soft tissue disorder involving the tendons and bursae around the greater trochanter. Accurate diagnosis is essential for effective management, and consulting a healthcare professional is critical for those experiencing hip pain.

For more information see www.genuinephysio.com

Image: Man with hip pain. Credit Towfiqu Barbhuiya

Celebrating 50 Years of Epsom and Ewell Talking Newspaper

14 January 2025

Dear Editor,

I am writing on behalf of Epsom and Ewell Talking Newspaper (EETN) to share some wonderful news following our 50th Anniversary celebration this past November.

Helen Maguire, our local Liberal Democrat MP for Epsom and Ewell, has kindly recognised EETN’s invaluable contribution to the community in her recent newsletter. She congratulated us on this significant milestone and commended the tireless efforts of our volunteers who ensure visually impaired residents in Epsom and Ewell remain connected through vital access to news and local information.

Moreover, we are proud to announce that Helen Maguire has submitted an Early Day Motion (EDM) in Parliament in honour of our 50 years of service. This EDM reads as follows:

“That this House congratulates Epsom and Ewell Talking Newspaper on its remarkable achievement of 50 years of service; recognises the charity’s outstanding commitment to supporting visually impaired residents in Epsom and Ewell by providing vital access to news and local information; commends the volunteers whose dedication, effort, and time have made this invaluable service possible; acknowledges the critical role such services play in fostering inclusion and community connection; and wishes the charity continued success in its future endeavours supporting those in need.”

For those unfamiliar, Early Day Motions are a way for MPs to bring attention to specific causes or achievements. While few are debated, they often attract public interest and media coverage.

We are deeply grateful to Helen Maguire for her continued support and advocacy for EETN, and we look forward to many more years of serving our local community.

Yours faithfully,

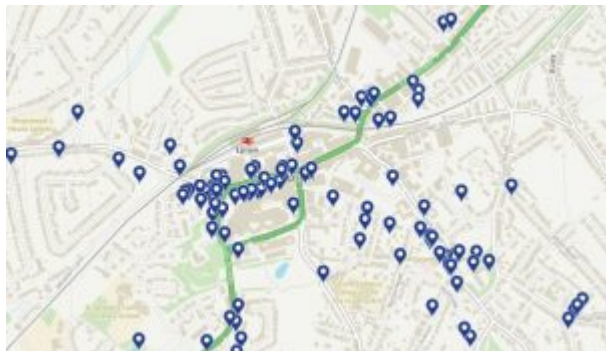
Judy Sarssam

Chairman

Epsom & Ewell Talking Newspaper

Heritage at Risk: Epsom Town Centre Conservation Area Faces Challenges

14 January 2025



The latest **Heritage at Risk Register**, published by Historic England in November 2024, has cast a shadow over the state of heritage conservation in Epsom and Ewell. Two conservation areas—**Epsom Town Centre Conservation Area** and the **Horton Conservation Area**—have been flagged as being in **poor condition**, with a concerning trend of **deterioration**. While both areas are deemed to have “low vulnerability,” this designation should not obscure the urgency of their plight.

The condition of these heritage assets is not only a reflection of their physical state but also an indicator of broader systemic issues. Without proactive measures, Epsom risks losing significant elements of its historical character.

Decoding the Heritage Assessment

Historic England evaluates heritage assets based on three criteria: **Condition**, **Vulnerability**, and **Trend**:

- **Condition:** The physical state of the asset, ranging from “very good” to “very bad.” For both Epsom Town Centre and Horton Conservation Areas, the classification of “poor” signals pressing maintenance and repair needs.
- **Vulnerability:** The extent to which external factors, such as funding shortages or development pressures, threaten the asset.
- **Trend:** Whether the asset’s condition is improving, stable, or deteriorating. Both conservation areas are assessed as experiencing a **deteriorating trend**.

While “low vulnerability” suggests no immediate threats, the deteriorating condition of these areas calls for decisive intervention to reverse the decline.

Epsom Town Centre Conservation Area: A Historic Hub in Decline

Epsom Town Centre is more than a commercial centre; it is the beating heart of the borough’s identity. Its 39 listed buildings include the **Spread Eagle Hotel** and historic structures on **Wheeler’s Lane**. Each of these buildings tells a story of Epsom’s rich past, from its heyday as a 17th-century spa town to its enduring role as the home of the **Epsom Derby**.

The “poor” condition and “deteriorating” trend of the conservation area suggest neglect and insufficient maintenance. While some buildings remain privately owned, the broader conservation area’s status is a public concern that requires collective action.

Horton Conservation Area: A Legacy of Victorian Innovation

The Horton Conservation Area, part of Epsom’s celebrated “hospital cluster,” was established to protect the architectural and historical significance of the Victorian psychiatric asylum buildings. One notable structure, the **Horton Chapel**, was recently restored and reopened as the **Horton Arts Centre**. While this transformation is a success story, Historic England’s continued classification of the area as “poor” indicates unresolved challenges.

Epsom and Ewell Borough Council: Highlighting Achievements

Councillor **Peter O'Donovan**, (RA Ewell Court) Chair of Licensing & Planning Policy, defended the Council's track record in heritage conservation. He highlighted the Council's restoration of the **Epsom Clocktower** in 2019 and its role in transforming Horton Chapel.

Regarding the Town Centre Conservation Area, O'Donovan noted that the Council has implemented policies to guide development, enforce planning regulations, and enhance the appearance of shopfronts and buildings. The recently published **Town Centre Masterplan** prioritises a "context-led design approach," aiming to balance new development with the conservation of historic features.

"Our local heritage is integral to our unique character," said O'Donovan. "The Council works in a range of ways to protect the borough's heritage and conservation areas."

You can read Cllr O'Donovan's full response [HERE](#).

Councillor Kieran Persand: A Call for Stronger Action

Conservative Councillor Kieran Persand, representing Horton Ward, painted a more critical picture. He expressed concerns about the lack of a robust repair and maintenance programme for heritage sites, particularly in the Horton area.

Persand also raised alarm over the Council's **draft Local Plan**, which proposes development on Horton Farm, a high-performing Green Belt site. "The vulnerability of these conservation areas is increasing significantly," Persand warned. "Epsom is at risk of losing its identity as a beautiful and historic location through inappropriate development and poor maintenance."

The Bigger Picture: Heritage and Development

Epsom's heritage is inextricably linked to its future development. While the Council has emphasised its commitment to protecting conservation areas, critics argue that its actions often fall short of its rhetoric. The inclusion of Horton Farm in the draft Local Plan has drawn widespread opposition, with residents and conservation advocates fearing irreversible harm to the borough's historic character.

Historic England's findings underscore the importance of balancing development pressures with heritage conservation. The "poor" condition of Epsom's conservation areas should serve as a wake-up call to prioritise long-term preservation efforts.

Community and Stakeholder Engagement

Preserving Epsom's heritage requires a collaborative approach involving local authorities, property owners, and the community. Practical steps could include:

- **Increased Funding:** Securing additional resources for maintenance and restoration.
- **Community Initiatives:** Encouraging residents to take pride in and advocate for their local heritage.
- **Education and Awareness:** Promoting understanding of the value of conservation areas.
- **Stronger Enforcement:** Ensuring compliance with planning regulations and conservation policies.

The Path Forward

Historic England's report is both a challenge and an opportunity. While the condition of Epsom's conservation areas is concerning, it is not too late to act. Proactive measures, guided by a shared commitment to preserving the borough's heritage, can reverse the trend of deterioration and secure Epsom's identity for future generations.

As the debate continues, the question remains: will Epsom rise to the challenge, or will it allow its treasures to fade into obscurity?

Map of many of the listed buildings in Epsom Town Conservation Area: © Crown copyright [and database rights] 2025. OS AC0000815036. | © Historic England | © Crown Copyright 2024. Released under OGL. | © Crown Copyright 2024. Contains Ordnance Survey data © Crown copyright and database right 2024. Released under OGL.

Epsom and Ewell Borough Council response to Historic England's Report on local heritage

14 January 2025

Councillor **Peter O'Donovan**, (RA Ewell Court Ward) Chair of the Licensing & Planning Policy Committee

Epsom & Ewell first came to prominence as a destination town in the early seventeenth century with the discovery of Epsom Salts within the borough. Visitors came from London and further afield to 'take the waters'. Epsom became known to merchants and royal visitors alike as a place of relaxation, sport and leisure, perhaps most famous even now as being the home of the Epsom Derby. The town was first granted Market Town status by Royal Charter in 1865, and Epsom market has been a defining focal point for the bustling town for hundreds of years, watched over by the historic landmark Epsom clocktower which is owned by Epsom & Ewell Borough Council and restored in 2019.

Our local heritage is integral to our unique local character. Across the borough there are around 300 buildings listed on the National Heritage List including Bourne Hall in Ewell, listed for its "striking design, ...space-age flair and the generous, top-lit principal interior space", Ewell Court House, a little altered Grade II late Victorian house built in the Jacobean style with wonderful period plasterwork and joinery, set in beautiful grounds with flowerbeds, walks and lake: and the Grade II* listed Assembly Rooms in Epsom which are the earliest known surviving building of this type in England.

There are 21 designated Conservation Areas in the borough. For each of these areas of special architectural or historic interest the council publishes an outline of the area's special interest and proposals for its preservation and enhancement, which can be found here: [Conservation Areas | Epsom and Ewell Borough Council](#).

Horton Conservation Area

Horton conservation area is one of a group of conservation areas put in place to protect the Victorian psychiatric asylum buildings in Epsom, which became redundant in the 1990s. Horton chapel is a grade II listed building which opened in 1901 as a place of worship for the patients and staff in the surrounding hospital buildings. It was empty and in a state of disrepair for many years, but was recently restored and reopened as the Horton Arts Centre, using funding from the National Lottery Heritage Fund and several other funds, including £1.46m (*s106 developers' funds*) allocated by Epsom & Ewell Borough Council.

This is an example of heritage that was at risk of dilapidation, but for which a vibrant new use has been found. Historic England have been asked to remove the entry from their Heritage At Risk Register as the building and area are no longer at risk.

Epsom Town Centre Conservation Area

Epsom Town Centre Conservation Area extends from South Street and West Street, along the High Street, and along part of Upper High Street at the eastern end. The architecture of the area represents the history of the town centre and its development from a spa town in the 17th century to the present day with many interesting historic buildings, some of which are listed, and all of which are protected by their conservation area status.

Historic buildings are mainly owned by private owners, so controls are set by the government and the council to ensure that they are conserved in a manner that will ensure their survival and enjoyment for present and future generations.

- To protect the conservation area, listed buildings in Epsom town centre must apply for Listed Building Consent for alterations (including internal alterations) and other buildings must apply for planning permission for external alterations.
- To help owners and businesses understand the historic character of the conservation area, the council has also produced a conservation area appraisal,

which sets out the important historic features and buildings that should be looked after to protect the character of the conservation area.

- The council has recently published its Town Centre Masterplan which aims to compliment and protect the Town Centre conservation area. The first principle of the plan is to adopt “a context-led design approach to guide the development, regeneration and repair of the town centre. Having particular regard to the impact of building heights, building design, materials and land uses will ensure new development contributes to an improvement in the quality of the town centre.”
- The council is also working to improve the appearance of the area by controlling development and seeking to improve the appearance of the buildings and shopfronts, as well as taking enforcement action where unauthorised works have taken place. Those considering making changes to their buildings are advised to seek advice from the planning service before undertaking the works. The council runs a pre-application advice scheme that can be used to find out whether changes might or might not be acceptable prior to making an application.

As these measures demonstrate, the council works in range of ways that are within its control to protect the borough’s local heritage and conservation areas.

In 2023, Epsom & Ewell Borough Council participated in a Local Heritage List Project with Surrey County Council, funded by the government’s ‘Build Back Better’ initiative in association with Historic England. We are in the process of finalising the assets on our local heritage list in 2024/25 following consultation. The list will include those assets most valued by our local communities.

You can find out if a building is statutorily listed, locally listed or in a conservation area by using our online mapping system.”

Further information:

<https://historicengland.org.uk/advice/heritage-at-risk>

<https://historicengland.org.uk/listing/the-list/list-entry/1232459?section=official-list-entry>

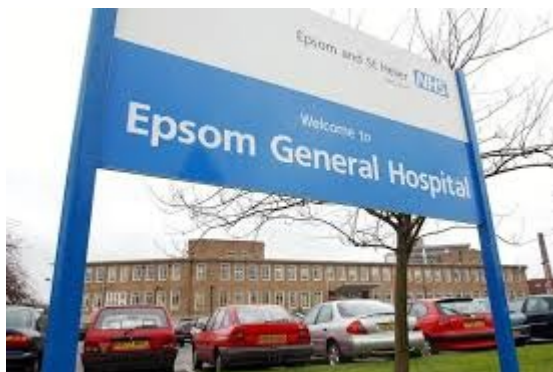
<https://www.epsom-ewell.gov.uk/conservation-areas> (opens the Hospital Cluster Conservation Area Appraisal)

Hospital Cluster - Introduction

<https://www.epsom-ewell.gov.uk/conservation-areas>

Prime Minister and Health Secretary Visit Epsom Hospital to Unveil NHS Recovery Blueprint

14 January 2025



Epsom Hospital played host to Prime Minister **Sir Keir Starmer** and Health Secretary **Wes Streeting** today as they unveiled a significant national plan aimed at tackling the extensive backlog of NHS tests, checks, and treatments. The visit highlighted the government’s strategy to expand healthcare capacity, streamline services, and reduce waiting times for millions of patients across the UK.

The blueprint includes a major partnership between the NHS and the private healthcare sector, intended to make additional hospital facilities, equipment, and staffing resources available. Prime Minister Starmer emphasized that healthcare reform must be “totally unburdened by dogma” and that prioritising patient outcomes over ideological constraints was essential.

The government announced plans for an extra 450,000 appointments for diagnostic tests and health checks, with local diagnostic centres operating 12 hours a day, seven days a week. GPs will have increased power to make direct referrals to these centres, reducing delays caused by administrative hurdles. Furthermore, 14 new surgical hubs will be established to handle less complex procedures, easing the strain on general hospital facilities.

Health Secretary **Wes Streeting** highlighted the urgency of these measures, pointing out that the current NHS backlog stands at 7.6 million patients awaiting elective treatments. He stressed that these reforms aim to address not only the backlog but also improve efficiency and convenience for patients.

Amanda Pritchard, Chief Executive of NHS England, expressed confidence in the proposed measures, stating that they would enable the NHS to deliver millions more tests, checks, and treatments annually, while also empowering patients and local healthcare providers.

While the national focus was clear, local concerns were also raised. Liberal Democrat MP for Epsom & Ewell, **Helen Maguire**, issued a statement welcoming the measures but stressing the ongoing need for infrastructure improvements at Epsom and St Helier Hospitals. She reiterated her campaign for the long-awaited Specialist Emergency Care Hospital in Sutton to be prioritised.

Cllr **Kate Chinn**, (Court Ward) Labour group leader on Epsom and Ewell Borough Council said: “It was great to see Keir in Epsom today, highlighting the great work done at SWLEOC and setting out Labour’s plans to cut NHS waiting lists. People in Epsom and Ewell know how the NHS is struggling after 14 years of Tory neglect and false promises of a badly-needed new hospital by 2030. Labour, which created the NHS, is determined to rebuild it, but it will not be an easy job.”

As the government pushes forward with its ambitious NHS recovery plan, the people of Epsom will be watching closely to see how these national promises translate into real-world improvements at their local hospital.

Related reports:

[Planning buses not missing them says Epsom’s MP](#)

[Epsom and St Helier Hospitals in Desperate Need of Repairs](#)

[Public meeting about Epsom Hospital future](#)

Special case for VAT exemption for special education needs?

14 January 2025



Private schools are “not a lifestyle choice but a necessity” for children with special educational needs (SEN), argues the headteacher of an independent school in Reigate.

Tuition fees are expected to soar from Wednesday January 1, 2025 as the government is scrapping the tax exemption on private schools across the country. The tax is expected to bring £1.7 billion a year, according to the Treasury.

But Mrs Michelle Catterson, head of Moon Hall School, a Specialist Dyslexia school, said: “If you can afford to pay, you should. But there should be exemptions for SEN kids.”

Around 200 children between the ages of seven and 16 attend Moon Hall School- all of whom have been diagnosed primarily with dyslexia, a learning condition that can cause difficulty with reading, writing and spelling. Moon Hall provides a student-to-staff ratio of about 12:1 so pupils get extra support and adapt to meet their learning needs.

Mrs Catterson explained her students with SEN, 70 per cent of whom have an Education and Health Care Plan (EHCP), often cannot have their needs met locally in state schools, so there is “no viable alternative” for education. The Local Authority, like Surrey County Council, will pay for specialist provision in these instances.

“We offer local authorities good value for money,” Mrs Catterson claimed, with most of the school’s GCSE results boasting higher than average.

The head teacher said she believed “100 per cent of the kids [at the school] have SEN” but because of long and complicated process of applying for an EHCP, many parents often “give up” on the process. Instead, around 30 per cent of students pay for the specialist education.

Fees used to start at £7,505 per term for a child in year 7, according to the school’s prospectus. But now, parents could be set back £10,424. The Department for Education has said it does not expect school fees to increase by 20 per cent as schools do not pass VAT onto parents. But as tuition fees is Moon Hall’s only source of income, Mrs Catterson argued that they have no choice. “Small, specialist settings like [Moon Hall] simply cannot absorb the additional costs imposed by VAT,” she said.

Most Children with EHCPs have their needs met within the state sectors, according to government officials. If an EHCP assessment concludes a child can only be supported in a private school, the local authority funds that child’s place and can reclaim the VAT they pay.

Despite the expensive tuition fees, the headteacher claimed Moon Hall is “not an affluent school” and the government will find “no swimming pools” on the grounds. As a charity, any extra income is put back into the school by spending on staff to help the students, according to Mrs Catterson.

Impact on the parents

“It’s really short-sighted,” said Mrs Catterson. The head claimed adding VAT to SEN private school fees will mean more parents will apply for an EHCP, causing further backlog and creating extra costs to the government, which will need to provide for those needs.

Alternatively, some parents take on two jobs to fund their children through private school. Mrs Catterson stressed it would be an “awful situation” if a “settled, happy child, making good progress” was moved to the state sector where their needs cannot be supported.

Chris Coghlan MP for Dorking and Horley, said: “Moon Hall provides an outstanding education for children with special educational needs in Surrey. Adding VAT to school fees will place an unbearable strain on families who already make significant sacrifices to afford them. The Government must exempt specialist schools like Moon Hall from VAT to ensure children with special needs can continue to access the support and education they deserve.”

“Punish independent schools”

Built in 1863, Moon Hall is a grade II-listed building which was purchased by the founders of the dyslexic school and repurposed as an educational building some forty years ago. Although a grand historical building, repairs and maintenance costs to the site are almost constant- Mrs Catterson said the roof needs replacing which is expected to cost £1.6m, even before pricey specialist chimney repairs.

Not only is the school facing the VAT axe, Moon Hall will have to wrestle with changes in national insurance and minimum wage increases like many other charities. The head told SurreyLive she “still doesn’t know what the true figure will do” to the school and where it can find the extra money. Mrs Catterson said: “It feels like the Labour government is trying to punish independent schools.”

Rebuilding “confidence and trust”

A government spokesperson said: “Ending tax breaks on private schools will help raise additional funds to break down barriers to opportunity and support the 94 per cent of pupils who attend state schools to achieve and thrive including those with SEND.

“Pupils with the most acute needs will not be impacted by this policy. Work has already begun to rebuild families’ confidence in and reform the broken SEND system we inherited. The Budget invested £1b extra in day-to-day provision and earlier this month £740m was directed to support local authorities in creating more specialist places in mainstream schools.”

They added: “We are committed to improving inclusivity and expertise in mainstream schools, and ensuring special schools cater to those with the most complex needs, restoring parents’ trust that their child will get the support they need.”

Related reports:

[Surrey Tory MPs against school fees VAT](#)

[Taxing question for Surrey’s private schools](#)

Image: Outside Moon Hall School, Reigate. (Credit: Emily Dalton/LDRS)

Ahmadiyya Youth Clean the Streets of Epsom to Welcome the New Year

14 January 2025



By Luqman Ahmed

Leader of the Ahmadiyya Muslim Youth Association Epsom

As the first light of the new year stretched across the horizon, a group of volunteers from the Ahmadiyya Muslim Youth Association (AMYA) in Epsom began their day armed not with party hats or confetti, but with gloves, litter picking sticks, and determination. While others were still nestled in beds, dreaming of resolutions, this remarkable group was out in the cold, rainy and windy morning, embodying their motto: *Love for All, Hatred for None*.

The volunteers worked in harmony to breathe new life into their community. With every littered bottle picked up and every forgotten candy wrapper swept away, the streets seemed to exhale a sigh of relief. It was as if the city, shedding its New Year's Eve revelry, was donning a fresh, clean cloak to greet 2025.

The act itself was simple but profound. *"We do this every year,"* said 30-year-old volunteer Ahmad Iqbal Ch, a doctor by profession. *"It's our way of giving back and starting the year with positivity."*

For the Ahmadiyya Muslim Youth Organisation, the clean-up event is more than just an exercise in tidiness; it finds its roots in the teachings of Islam, where the Holy Prophet (pbuh) told his followers that half of their faith is cleanliness and that removing even a stone out of someone's way is considered charity.

Members of the public, on their way to work in the wet and windy weather, stopped to thank the volunteers and wished them all a happy new year.

Three core principles guided the AMYA team that morning: humility, selflessness, and service. The humility to pick up after others, the selflessness to sacrifice a warm morning at home, and the service to a community they loved deeply. Their efforts painted a vivid picture of the human spirit at its best—undaunted by chill or challenge.

As the volunteers finished, one could almost hear the streets murmuring in gratitude, the trees nodding in approval, and the winds carrying their story to distant corners. The Ahmadiyya Muslim Youth Association had done more than clean up—they had planted seeds of hope, showing that even small acts of service can sweep away the remnants of the past and make way for a brighter, better future.

Indeed, as the Borough slept through its hangover, a group of quiet heroes ensured that its awakening would be one of cleanliness, care, and community—a new year, truly renewed.

Surrey Uni Doing the maths on virus transmission

14 January 2025



How prepared are we for another pandemic? Mathematical insights pinpoint lessons on airborne viral transmission

Half a decade on from the start of the COVID-19 pandemic, a study by the **University of Surrey** highlights the significant impact of combined public health measures in reducing airborne viral transmission. High-quality face masks were shown to reduce transmission risk by ninefold, while doubling indoor air ventilation cut the risk by nearly a third, providing valuable insights to support future prevention strategies for respiratory diseases.

In 2020, the world came to a near standstill as rising COVID-19 cases prompted unprecedented lockdowns, travel restrictions and widespread public health measures. The World Health Organization estimates that more than three million deaths were directly attributed to the virus during the first year of the outbreak, underscoring the devastating toll of the pandemic on global health and economies.

To better understand the dynamics of airborne transmission and inform future preparations, **Dr Richard Sear**, Associate Professor at Surrey's School of Mathematics and Physics, explored how the virus spreads during contact and the role of protective measures in reducing risk.

Dr Sear said:

"I've tried to measure how effective strategies, such as mask-wearing, are for the transmission of airborne viruses. This is both for any future pandemic, and for seasonal flu. I combined modelling with data from the UK's NHS COVID-19 app. While these estimates are highly approximate, they provide guidance on the value of measures such as face masks, social distancing and improved indoor air quality, which could be tested in the future."

Factors such as viral load, ventilation and individual susceptibility are likely to influence a significant variability in COVID-19 transmission rates, with some contacts posing a much higher risk than others. These findings highlight the importance of addressing environmental and behavioural factors in public health strategies.

In terms of personal protective equipment (PPE), high-quality face masks, such as N95/FFP2, were found to be particularly effective in reducing transmission risk, decreasing the effective reproduction number for COVID-19 transmission by a factor of approximately nine when worn by the entire UK population. Even individual use of N95 masks can lower transmission risk by threefold, no matter the duration of contact, whereas surgical and cloth masks are much less effective.

Ventilation also plays a critical role in controlling airborne transmission, as viral particles linger in poorly ventilated spaces, compounded by individual behaviours, such as close-contact interactions, speaking or coughing. By doubling the air turnover rate indoors, whether that's through open windows and doors or increasing speed on air conditioning systems, transmission can be reduced by as much as 30%. Complementing good ventilation with physical distancing further minimises the risk.

Dr Sear added:

"The COVID-19 pandemic was terrible for many of us, which is why it's important that we learn from our experiences. It also demonstrated how quickly we can develop and roll out vaccines when faced with a global health crisis. Moving forward, both we as individuals and our leaders have an opportunity to apply these lessons to better control respiratory diseases – not only to head off any future pandemics, but to also manage seasonal diseases such as flu and RSV."

The study has been published in Physical Review E.

Epsom celebrates a new Ukrainian Christmas Day

14 January 2025



The vibrant Ukrainian community in Epsom and Ewell and surrounding areas will celebrate Christmas Day for the second year on 25th December. This change was formalized when President Volodymyr Zelenskyy signed a law on July 28, 2023, moving the official Christmas holiday from January 7 to December 25.

This decision aligned with earlier moves by major Ukrainian churches. The Ukrainian Greek Catholic Church in February 2023 announced its plan to switch to the Revised Julian calendar followed by The Orthodox Church of Ukraine on May 24, 2023.

The shift to December 25 reflects Ukraine's efforts to distance itself from Russian traditions and strengthen its integration with Western practices. Previously, Ukraine observed Christmas on January 7, following the Julian calendar, a tradition shared with the Russian Orthodox Church. The move to December 25 aligns Ukraine's Christmas celebrations with those of most Western countries, symbolizing a step toward greater cultural independence.

The public are welcome to join Ukrainians, their hosts and supporters at Epsom Methodist Church on Ashley Road on **Saturday 21st December** for a special evening of music from wonderful Ukrainian musicians and singers. Entry is free and no reservations required.

A social event starts at 5pm and the music commences at 6pm concluding about 7.15. Entry is free and a leaving collection is devoted to the musicians whose livelihoods in Ukraine have been cut by Putin's war.

You will enjoy a pianist, a violinist, a soprano, poetry, a brass ensemble, a bandura player (a traditional Ukrainian instrument) and a local Ukraine refugee choir in a packed and varied programme.

The event is organised by the charity behind The Epsom Jazz Club and supported by Epsom based Surrey Stands With Ukraine and the Epsom and Ewell Refugee Network.

Lionel Blackman, the organiser said "In one way it is a sad event as it is the tenth Ukrainian Music evening held in Epsom since the Russian invasion in February 2022, which reminds us how long this horrible war has been going on. The music can help take minds away from the tragedies in their homeland."

All are welcome. If you do come you may if you wish bring and share a plate of some finger buffet food. There is no parking at the Church and you should leave plenty of time for travel as roads and rail will be busy.

There will also be time for you to get to Epsom Choral Society's Christmas Concert at St Martin's Church, Church Street, Epsom that starts at 7.30pm.

Full details of the Epsom Choral Society concert [HERE](#)

An Epsom and Ewell education in water shortage

14 January 2025



The residents of Epsom, Ewell, Stoneleigh, and surrounding areas have been grappling with a significant water supply crisis over the past 48 hours, following a major failure in the infrastructure of SES Water. The disruption, which began on Monday afternoon, has left families struggling with basic necessities, businesses hampered, and schools forced to close early for the Christmas break.

What Happened?

SES Water has attributed the disruption to the failure of a critical valve in their network. Ian Cain, Chief Executive of SES Water, stated that the issue is being addressed by teams working around the clock. While efforts are being made to restore supplies, the company has warned that normal service may take another 24 hours as water quality tests are conducted to ensure safety.

Despite these reassurances, the community has expressed frustration with what many perceive as vague and inconsistent updates from the water provider. Bottled water stations have been set up at four locations, but long queues and limited access have left some residents resorting to supermarket purchases to meet their needs.

Impact on Residents

For many, the water outage has caused significant upheaval in their daily lives. Basic tasks such as showering, cooking, and cleaning have become a challenge.

Rebecca Johnson, a mother of two from Epsom, shared her experience:

"It's been incredibly difficult. We've had to rely on bottled water for everything, even brushing our teeth. My youngest has eczema, and not being able to bathe him properly has made it worse. This isn't just an inconvenience; it's affecting our health."

Local businesses have also been hit hard. A café owner in Sutton lamented the loss of customers:

"Without water, we can't wash dishes, cook, or even make coffee. We've had to shut our doors during what should be a busy pre-Christmas period."

School Closures

One of the most striking consequences of the outage has been the early closure of Nonsuch High School for Girls. Headteacher Mrs. Williamson-Jones described the decision as unavoidable:

"With no water for toilets, heating, or cooking, it was impossible to maintain a safe environment for our students and staff. This disruption will have a lasting impact on the education of 1,500 girls."

Parents have expressed concern about the loss of learning days and the difficulties of last-minute childcare arrangements.

Political Response

Local MP Helen Maguire has taken a firm stance, labelling the situation “completely unacceptable.” In her press release, she detailed her ongoing communication with SES Water, including discussions with Ian Cain, and criticised the company’s lack of transparency.

“Families deserve clear and timely updates, and this has been sorely lacking,” she stated. Maguire has also raised broader concerns about the resilience of the local water infrastructure and called for an investigation to prevent future crises.

A Global Perspective

While the situation in Epsom has highlighted the vulnerabilities of local water infrastructure, it also serves as a stark reminder of the global water crisis. According to the United Nations, 26% of the world’s population—around 2 billion people—lack access to safe drinking water in their homes.

In countries such as Yemen, Ethiopia, and India, millions face daily struggles to secure clean water for drinking, cooking, and washing. Prolonged droughts, overextraction of groundwater, and pollution exacerbate these challenges. The World Health Organization estimates that 829,000 people die annually from diseases caused by unsafe water, sanitation, and hygiene.

The water shortage in Epsom and Ewell, while temporary, offers a glimpse into the hardships endured by billions worldwide. It underscores the importance of robust infrastructure and efficient resource management to ensure equitable water access.

Calls for Accountability

For Epsom and Ewell residents, the immediate concern is the restoration of their water supply. However, the crisis has also raised questions about SES Water’s preparedness and reliability. Recent increases in water bills have further fuelled dissatisfaction, with many questioning whether they are getting value for money.

Local resident Mark Stevens voiced the concerns of many:

“We’re paying more, but the service keeps getting worse. This outage has shown just how fragile our water system is. SES Water needs to be held accountable.”

Helen Maguire MP has pledged to continue pressing the company for answers and solutions. She has also urged SES Water to prioritise vulnerable residents and ensure that support reaches those most in need.

Moving Forward

As the community waits for normal service to resume, there is a growing demand for action. Residents and businesses alike are calling for a thorough review of SES Water’s operations, improved communication during emergencies, and long-term investments in infrastructure.

The local water crisis has been a sobering experience for many, highlighting both local vulnerabilities and global inequalities in water access. While the immediate challenge is to restore supply, it is clear that the lessons learned must inform future planning and policy to prevent similar disruptions and ensure water security for all.