



Surrey student satellite stars

10 October 2024



Meet DARWIN - the award-winning, small satellite that could detect and track wildfires, built by students from the University of Surrey.

Surrey's Peryton Space team has won the prestigious UK Students for the Exploration and Development of Space (UKSEDS) satellite design competition, beating teams from around the country for the second year in a row.

DARWIN - also known as Detection, Analysis and Research for Wildfire Investigation Network - is just 10cm x 10cm x 30cm.

Team leader Mya White, who recently finished the second year of her BEng degree in Aerospace Engineering and who has started a year-long industry placement, said:

"We used a thermal camera to detect heat spots and an optical camera to determine distance so that we could calibrate the temperature readings. We also wrote software to split the area we monitored into a grid so we could pinpoint exactly where the simulated fires were."

Peryton Space also enjoyed success at other UKSEDS competitions.

They won the In-Orbit Servicing and Manufacturing competition, which gives students experience in mission design, engineering, business development, and other industry-relevant skills.

Peryton students came second at the competitive Mach-24 rocketry competition, where their high-powered rocket reached an altitude of 2.5km, Peryton's highest rocket launch to date. It successfully launched and deployed the CanSat built by the team.

Away from UKSEDS, Peryton Space also won an award for the best presentation at the Race2Space National Propulsion competition, which challenges students to design, manufacture and test rocket engines.

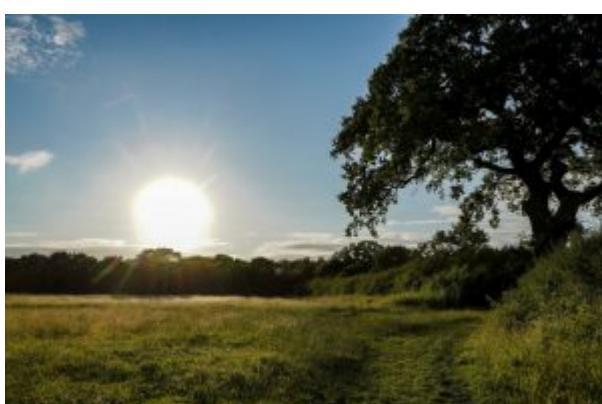
Harvey Nixon, who leads the research and development branch of Peryton Space and who is studying for an MSc in Space Engineering at Surrey, said:

"We are delighted with our 2024 results and really proud of the team at the University of Surrey's Peryton Space. On our team, there are students of all backgrounds and disciplines, which ensures we have a range of expertise, and our members get invaluable experience ready for careers in the space sector."

"Some members of Peryton Space are working on the Jovian-1 satellite project here at the University of Surrey. This involves collaborating with industry professionals and students from partnering universities and applying the skills learnt from Peryton Space to working on a space-bound project."

Secret 100 acres just north of Epsom and Ewell

10 October 2024



Despite being home to ancient hedgerows, a locally significant population of brown hairstreak butterflies, and a small fragment of wetland, the series of seven meadows spanning 42 hectares (about 100 acres) at Tolworth Court Farm is far from reaching its ecological potential.

Citizen Zoo is working with Kingston Council and The Community Brain to change that! Our shared vision is to establish a dynamic, mixed-mosaic nature reserve that nurtures a more diverse and abundant wildlife population. We will restore and enhance the site's ecological balance while honouring its rich farming heritage through innovative rewilding measures inspired by rural projects such as mixed grazing regimes.

Mixed-Grazing Scheme

Despite its size and location along the green corridor of the Hogsmill, the site is underperforming in terms of the wildlife it supports. After 20 years of annual hay cuts that should increase botanical diversity, the site's plant communities have degraded since the last surveys were conducted in 2003. Additionally, while the 1000+ insects and 40+ bird species recorded sounds an impressive number, this is far below what a site of this should support. Indeed, a few decades back the site was home to nationally rare ground-nesting birds such as skylarks and lapwing, plus increasingly scarce bullfinches.

Adopting the mixed grazing methods of successful rewilding projects in rural areas, such as Knepp and Wild Ken Hill, we are currently preparing the site for the re-introduction of livestock!

We will be introducing a small number of cattle and pigs, which through their varied grazing behaviours, will improve plant diversity, aerate the soil, and create a diversity of habitats. This will create a dynamic ecosystem within Kingston's largest nature reserve helping to restore ecological balance and create a healthier ecosystem for local species and people. With the invaluable support of our dedicated volunteers and local students, we are clearing vegetation around the perimeter of the site, and preparing to install a secure livestock fence. Once in place, the cattle will be free to roam within the designated area. Each individual will be fitted with a GPS tag, allowing us to monitor their movements and make adjustments if needed, ensuring their welfare and the protection of the environment.



We are aware of the vital importance of the site in terms of local people's access to green space as well as its popularity among dog walkers. However, with the presence of cattle, it will be increasingly important to keep dogs on leads. We will be using Sussex cattle, which will have received training around the presence of humans and dogs, and also be individually selected for their docile traits. This is a common breed for grazing in urban areas and means we can be confident of no issues arising, however, as with other projects, we will ask dog walkers to keep their dogs on leads within the enclosure as an extra precaution.

We are recruiting a dedicated team of 'Wild Guardians' to conduct checks on the livestock and their welfare every day. If there are any issues flagged with the individuals or regarding their safety on site we will respond immediately. Do get in touch if you would like to be a part of this group. It will be a wonderful opportunity to get hands-on experience with a traditional breed, and we would love to have you on board!

Wetland Restoration Project

Another key feature of the Wild Tolworth project is the restoration of a large wetland area in the Great Meadow. Historically, the Hogsmill River flowed through the western corner of Tolworth Court Farm Fields, which acted as a floodplain for the site stream. The river was straightened around the 1950s to reduce flooding in the area. This was a commonly used method of flood reduction that counterintuitively passed the risk of flooding on further downstream, as the water flows quicker from A to B. While we would like to have re-diverted the river back through the site, due to electrical, sewage, and gas utilities on site, this was not possible. Instead, we will mimic the flow of the river with an enhanced closed-system wetland. By restoring this important feature, we will rejuvenate the ecological balance of the area, providing vital new habitats for local wildlife while also reconnecting the site with its historical roots. This will increase the presence of many bird species and amphibians on site. Additionally, by storing surface runoff and slowing water entering the river, the wetland will help to prevent flooding downstream. We will increase the accessibility of the site with a wheelchair-friendly boardwalk over the wetland, offering everyone the opportunity to enjoy the natural beauty of Tolworth Court Farm and experience this unique habitat up close.

This restoration project required us to gain planning permission from the council (as shown by the green planning notice signs at the entrances to the site). There will be no buildings constructed on site.

Work to Date

This project has been a long time in the making. Citizen Zoo, alongside Kingston Council and the Community Brain, has coordinated comprehensive ecological surveying including engaging with nationally recognised invertebrate experts and botanists. Further to this work, in conjunction with the Field Studies Council and Biological Recording Company, we have run over 10 Community Field Recorders Days, where volunteers can learn from species experts to help survey the site and learn more about the incredible species that can be found within the reserve. This has provided insight into the biodiversity of Tolworth Court Farm and informed the changes that can be made to improve the health of the ecosystem and bring benefits to wildlife and people.

We intend to begin work on our livestock fences and wetland restoration project in late 2024 to early 2025.

Nature-Friendly Dog Walks

Tolworth Court Farm is a cherished local space, and we want everyone to feel informed and involved. If you have any questions regarding the logistics of these changes please come along to one of our Nature-Friendly Dog Walks on site. This provides a great opportunity to ask any questions you have while we show you the vision for the site. You can find more information on these on our website (citizenzoo.org) or our Eventbrite page!

Further Questions

If you are unable to make it to a dog walk but you have any questions regarding the logistics of these changes please see our website by googling 'Citizen Zoo Wild Tolworth' for some FAQs or email hello@citizenzoo.org.

Pia Trevelyan-Ashby

There's always Buckland Park for winter swimmers

10 October 2024



Guildford Lido, in Stoke Park, used to be open 12 months a year from 2014, but that ended during the pandemic. This year's summer season ended on September 15.

Nestled between Dorking and Reigate within the picturesque Surrey Hills, the Surrey Hills Activity Centre's (SHAC) private lagoon at Buckland Park offers a 400m loop and is the perfect setting for your open water swimming and cold water training needs.

Outdoor swimming enthusiasts have called on Guildford Borough Council (GBC) and operator Freedom Leisure to reinstate all-year-round swimming in the contract when it is renewed in November.

Reaching over 1,600 signatures, a petition has said restoring the lido's 'off-season' (autumn to spring) will promote health, well-being, and athletic achievement throughout the year.



"Not a financially viable model"

Councillors quizzed the Lead for Commercial Services about the lido at GBC Overview and Scrutiny Committee on September 30. Cllr James Walsh, referencing the petition, asked if a viable compromise could be made where winter swimmers can enjoy the pool without a financial loss.

"I don't know how many of those 1,600 people would like to swim in the winter," said Cllr Catherine Houston, Lead for Commercial Services at GBC. She told the Overview and Scrutiny Committee, on September 30, that she went down to the lido a week before it closed and there were only 12 people in the pool. "That is not a financially viable model," Cllr Houston added.

Run at £140k loss in the summer, the lido is still able to operate because it is paired with the Spectrum centre, according to Cllr Houston. She described it as a 'loss leader' model: where the lido is sold at a loss to attract customers to the Spectrum.

Cllr Houston said the lido is "already not a profitable operation in the summer" but the council chooses to run it because "we all love it". She added: "It's such a wonderful facility and it provides a really valuable asset to the residents, visitors and beyond."

Questions were raised about where the money is coming from for the council to invest to keep the pool open. Although there are some super keen winter swimmers, there are not the other leisure swimmers that may spend the whole day in the lido.

Cllr Walsh asked whether letting the pool out to clubs would subsidise the running costs. Officers explained that once the pool is open, the filtration and heating will be on so it is "tough" to see how many clubs and extracurricular sports groups will be needed to offset the costs. GBC would have to pay extra for the staff, heating, energy and catering arrangements.

The "grand old lady" needs upkeep

Around 91 years old, the 50m lido is a "grand old lady" in need of "tender loving care", according to Cllr Houston. The off-season closure allows operators to have a safe area to operate the annual works without people in the pool.

Six new boilers will be installed this winter, as part of the lido's annual maintenance season. Three pool blankets, with an accompanying structure, will also be fitted on the lido to maintain the water's temperature.

GBC invested £2.1m into refurbishing the lido last year, including new changing rooms, improved drainage systems, environmental technologies to reduce energy and water usage, and updated poolside catering. Freedom Leisure also put in £1m towards the upgrade.

Contractual obligations

The contract renewal in November creates a new opportunity for the operator and the council to see if a new out of season activity can be put on offer.

Cllr Houston speculated Freedom Leisure might be asked to extend its opening hours by Friends of Guildford Lido. But the operator would have to look at a financial model to see if it is worth it without the extra cash input.

Operators of the lido are contracted to keep it open for 20 weeks, so the council cannot force it to stay open unless there is a big investment. "We're in financially challenging times so we have to make tough decisions," the Lead for Commercial Services said.

NOTE: Friends of Guildford Lido and the petitioners were contacted for comment. Neither have got back in touch.

Image courtesy SHAC

Surrey schools greenest in England

10 October 2024



Surrey County Council is proud to announce that it continues to lead in England in environmental education, boasting the largest number of Eco-Schools Green Flag awards for the second consecutive year. There are over 170 schools working on the Eco-Schools programme, with 98 schools across the county having earned this internationally recognised accolade, Surrey is at the forefront of fostering a sustainable future through education.

The Eco-Schools programme, the largest education programme globally, provides a structured framework for embedding sustainability into schools.

Surrey's achievement represents the active participation of over 52,000 pupils who are part of a Green Flag school. Approximately 2,200 of these students have played a direct role in their schools' journey to achieving the Green Flag status.

Activities that have taken place include:

- Running switch off campaigns to save energy.
- Growing fruit and vegetables on their school grounds.
- Building new ponds to increase biodiversity.
- Planting trees to encourage more wildlife and improve air quality.
- Making signs for bins to make sure people use the correct bins, to help increase recycling.
- Installing water buts to collect rainwater.
- Monitoring energy use, water use and sustainable transport practices to see where they can improve.
- Following national campaigns such as Walk to School Week and Recycle Week.

The projects have engaged over 52,000 pupils and are already reaping benefits which include:

- Saving a total of 1,196,638 kWh of electricity
- Diverting 90,645 tonnes of waste from landfill
- Creating 12,584 (m²) of natural habitat
- 7,400 pupils participating in walking and cycling initiatives
- Over £10,000 has been raised for environmental projects in schools
- Over 30,000 pupils have taken part in a curriculum based environmental lesson

Marisa Heath, Cabinet Member for Environment at Surrey County Council, said: "We are very proud to have the most schools with Eco-Schools Green Flags in England, and this is a testament to the hard work of those schools. It is vital to ensure the next generation understands how we can look after our environment and is prepared to make informed, environmentally aware choices. Many young people are passionate about the environment from recycling to air quality, and Eco-Schools provides them with a proven platform to make a real difference in their school and local community."

Clare Curran, Cabinet Member for Children, Families and Lifelong Learning adds: "The Eco-Schools programme empowers students to take the lead in environmental action, encouraging them to become champions of positive change both now and in the future. It's fantastic to see this acknowledgement of their efforts from a globally recognised awards programme."

More information about Eco-Schools in Surrey, including how to sign up can be found [Surrey County Council's website](#).

Image: St Peters CoE Primary in Farnham were recently awarded Green Flag status with support from Surrey County Council



Ashstead heroes recognised by local Rotary

10 October 2024



Ashtead 'local heroes' were recognised for their outstanding service to the community at last night's 2024 Ashtead Rotary Community Awards.

Three awards were made, to people nominated by their peers, for outstanding services to the local community.

The **Individual Community Service award** was given to **Richard Garrard** who, in 2017 set up the Patient Participation Group with Ashlea Medical Practice. The Group was such a success that it won a national award in 2020. Richard is also Chair of Ashtead Good Neighbours, growing the Group to over 100 drivers who provide transport for medical appointments. He also led the Ashtead British Legion Poppy Appeal which raised £12,000 last year.

The **Group Service Award** went to the Trustees of **Ashtead Peace Memorial Hall** (APMH) whose centenary is being celebrated this year. The trustees and volunteers are committed to improving and maintaining the Hall which is an outstanding community facility for the Ashtead community.

The **Service above Self Community Award** was awarded posthumously to **John Woollatt**. John sadly passed away in May 2024. He was the Chair of the Trustees of Dyscover, a local charity for people suffering with aphasia, a complex language disability. John brought a business approach to Dyscover making it a progressive well-known local charity. He was also a very 'hands on' Chairman where no task was too big or too small.

Ashtead Rotary Club President Tony Webb said,

"The Charitable support that Ashtead Rotary Club receives from the local community through Ashtead Village Day, is immense. In large part this is down to individuals and organisations, such as those who we celebrate this evening, for the support they give to our local community."

"This evening, local community nominations have enabled us to go some small way to say a big 'thank you' to those who have undertaken such outstanding work. I would therefore like to pay tribute to them on behalf of Ashtead Rotary Club, and to all of those other volunteers in Ashtead who put in time and effort to help others in our local community".

Art, culture, and science collide in Surrey

10 October 2024



FESTIVAL OF SOCIAL SCIENCE

19 October - 9 November

This November, the **University of Surrey** will open its doors to the public as it hosts two prominent research festivals: the **Being Human Festival** and the ESRC Festival of Social Science. As part of the Being Human Festival, the UK's only national festival dedicated to the humanities, Surrey will explore key themes related to identity, culture, and the human condition. This year's festival features a number of intriguing events, including:

- Landmarking through Music: Early Recordings Revealed: Listen to early recordings as heard by your great-grandparents! Connect with early 20th century music through wax cylinders and develop an understanding of their role within society at the time.
- Poetry Play! Performances and Workshops: Think you might be a poet? Do you love poetry? Or maybe you just don't get it. Are you puzzled or excited by the weird ways words work in poems? If you appreciate the power of language, we made this for you.
- Landmarking Surrey's Musical Heritage: Dame Ethel Smyth: Dame Ethel Smyth was a pioneering composer of the late nineteenth and early twentieth centuries, a prolific author of biographical writing about herself and others, a leading suffragette, and for the majority of her life a resident of the county of Surrey.

Running concurrently is the ESRC Festival of Social Science, which focuses on the real-world impact of social science research. This year's festival at Surrey tackles a wide range of urgent societal issues, including:

- Green Means Go? Tackling Surrey's climate emergency through deliberative democracy: Discover the latest sustainability-focused research and innovation initiatives being led by the University of Surrey.
- Bridging Digital Divides: Building dialogue on online safety between youth and parents: Discover what the evidence really says about young people's digital lives and the challenges of online safety, parenting and digital citizenship.
- The Role of AI in Modern Policing: Key topics will include risk assessment, facial recognition, robotics, data mining, and cybercrime detection, offering a deep dive into the current applications of AI in policing.
- Eco-Logic: How Can We Make Green Living Easy? Discover surprisingly simple strategies that transform your daily routine into a sustainable one, without sacrificing comfort or convenience.

Professor Annika Bautz, Pro-Vice-Chancellor and Executive Dean of the Faculty of Arts, Business and Social Sciences said:

"Both festivals are designed to be interactive, accessible, and thought-provoking. They offer attendees the chance to engage directly with cutting-edge research in ways that are relevant and relatable to all aspects of life. From workshops that let you create your own art or stories to expert panels exploring societal challenges, the festivals are an invitation to explore, question, and rethink the world around us."

"Whether you're passionate about the arts and humanities, curious about the social sciences, or simply looking to engage in meaningful conversations, these events offer something for everyone. The University of Surrey is proud to be a hub for these conversations, and we invite the public to participate in these exciting



and enriching festivals."

Key dates:

- ESRC Festival of Social Science: 19 October - 9 November 2024
- Being Human Festival: 7-16 November 2024

For more information, a full list of topics and events, and to book your free tickets for any of the events, please visit: <https://buytickets.at/universityofsurrey3>

Epsom's Love Me Love My Mind week of healing

10 October 2024



This year's theme is 'Be Kind to your Mind'

- Be active - For your mental and emotional health, and wellbeing
- Be Mindful - Practise mindfulness, live in the present moment and look for the positives.
- Be Kind - Connect with others, be kind to yourself.
- Give to others - Perform random acts of kindness, volunteer and give to your local community.
- Keep Learning - Invest in your interests and hobbies.
- Talk kindly to yourself: Think about how you speak to your loved ones and use that voice on yourself.
- Practise gratitude, reflect daily, write a journal.
- Focus on self-care and be responsible for your wellbeing.

PROGRAMME OF EVENTS AND ACTIVITIES - BE KIND TO YOUR MIND

Saturday 5th October

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB:

Come along and meet the Friends of Horton Cemetery on Saturday 5th and 12th October and pick a ceramic flower to plant in your garden. Last year we painted over 1000 flowers to Remember Epsom's Forgotten Residents buried at Horton Cemetery, and we want to give the flowers back to the local community. Any donations that we receive for the flowers will support our future research into the lives of the 9000 patients buried at the cemetery.

11am - 2pm Kids Art Club at Epsom Social, 1 Derby Square, Epsom KT19 8AG:

Join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

1pm Bodhi Eden, Epsom Yoga Studio - 29 Waterloo Road, Epsom KT19 8EX:

FREE taster sessions

Hatha Yoga Taster | 30mins | 13:00pm

Sound Bath Taster | 20mins | 13:40pm

please book via <https://www.bodheden.com/be-kind-tasters>

Sunday 6th October

10.00am We Power On - Men's Social Walk and Talk, meet outside the Rubbing House pub, on Epsom Downs (every Sunday unless otherwise advertised) at 9.50am for a 10am start.

10.15am Church service at St Barnabas Church, Temple Road, Epsom, KT19 8HA - Being Kind to Your Mind

2 - 4pm Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

Monday 7th October

10am - 1pm Drop-in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

3 - 7pm Monday Drop-in at St Barnabas Church, Temple Road, Epsom, KT19 8HA

3.30pm Guided Mindfulness and Relaxation practice with This Little Yogini at St Barnabas Church, Temple Road, Epsom, KT19 8HA

4pm Be Kind to your Mind - Debbie Brewin, Consultant Therapist, Supervisor & Trainer at Mind-Growth Mastery at St Barnabas Church, Temple Road, Epsom, KT19 8HA

Tuesday 8th October

10am - 1pm Drop-in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

2 - 4pm Talking Table at The Old Moat Garden Centre, Horton Lane, Epsom, KT19 8PQ

Come and join the team at The Old Moat Garden Centre for a cup of tea and piece of cake and find out what our Wellbeing Service has to offer, receive a free tour, or just come for a chat. We would love to meet you!

6 - 7.30pm Come and join The Include Choir Epsom at St Joseph's Church, St Margaret's Drive, Epsom, KT18 7JQ. The Include Choir provides social, musical and volunteering opportunities (for anyone age 16+), it also teaches inclusive Makaton signing and provides 'joy and uplift' which means you are 'guaranteed to leave with a smile'.

Wednesday 9th October

9:45 - 11:45 Home-Start Epsom, Ewell and Banstead, Ewell Family Centre, Riverview Road, West Ewell, KT19 0JP. Dealing with Difficult Emotions workshop - this workshop is designed to help parents who may be struggling to manage or deal with their children's emotions, providing emotional support and practical suggestions to make parenting just a little more manageable.

10am - 1pm Open day at the Forget-me-not Allotment at Appley House Care Home, Longmead Road, Epsom, KT19 9RX. Love Me Love Me Mind volunteers have been visiting the allotment weekly since early 2024 helping the staff and residents of the care home to use the space, planting flowers and vegetables, and making future plans for a sensory space.

5 - 7pm Open evening at CYP Haven Epsom. Visit our Focus youth centre, 9 Depot Road, Epsom, KT17 4RJ and meet the staff at the CYP Haven in Epsom. We will be serving Tea/Coffee and biscuits and look around, we then showcase our youth services at 5.30pm, followed by a Q&A with staff and find out how we support children's mental health within the community. The CYP Haven is an open access wellbeing drop-in for young people aged 10-18 years. Working closely with local



schools and CAHMS/Surrey CC services. Check out our website: cyphaven.net

7 - 8.30pm Grow & Glow - Epsom Methodist Church, Ashley Road, Epsom, KT18 5AQ. A woman's only mental health support group. A place to grow, glow and connect with others. No booking required to attend, just come as you are.

Thursday 10th October - World Mental Health Day

9.15am-10.15am Yoga for Wellbeing - The Horton Arts Centre, Haven Way, Epsom KT19 8NP (Doors open 9am) Start the day with a session of gentle yoga. Yoga teacher Louise Tozer will incorporate breathing techniques, sound and gentle movements into her class to improve self-awareness, flexibility and relaxation. This is an all-inclusive class, suitable for all levels. Wear comfortable clothing and bring layers. • Bring your own mat or use a towel or blanket if you don't have a yoga mat. • Bring water

This session is normally £12 but for World Mental Health Day, the session will be freely open to all. Donations are welcome.

10am - 3pm Drop in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB. Come and get a FREE hug, a high five or a handshake! Join LMLMM and Age Concern Epsom & Ewell for a Delicious CAKE sale, and an opportunity to chat to two local charities.

5 - 6pm Join the Sunnybank drama group for a workshop about being kind, St Barnabas Church, Temple Road, Epsom, KT19 8HA

6pm - 7pm Let's Talk Epsom Peer Support group at St Barnabas Church, Temple Road, Epsom, KT19 8HA

7 - 8pm Live Music performed by Steve Dyke, a trustee of LMLMM at St Barnabas Church, Temple Road, Epsom, KT19 8HA. Join us for an evening of stories and songs, written and performed by Steve. Some

funny, some poignant, some with themes from local history and a couple of singalong classics for everyone to join in. Refreshments are available, free entry with the option to donate on your way out if you feel you've been entertained. It promises to be a great evening, and we'd love to see you there.

Friday 11th October

10am - 12noon Advice Cafe at St Barnabas Church, Temple Road, Epsom, KT19 8HA - providing a space for our partners and groups to provide support, advice and care in a warm and welcoming environment. Action for Carers Surrey, Christians Against Poverty, Citizens Advice Epsom & Ewell, Epsom Foodbank, Epsom Primary Care Network, Love Me Love My Mind, Mary Frances Trust

10am - 12noon - Action for Carers Surrey - Find out more about Action For Carers and how we support unpaid carers throughout Surrey. You'll also be able to meet one of our specialist mental health carer support advisers, whose role is to support unpaid carers who are looking after someone with poor mental health or substance issues.

Saturday 12th October

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB

Come along and meet the Friends of Horton Cemetery on Saturday 5th and 12th October and pick a ceramic flower to plant in your garden. Last year we painted over 1000 flowers to Remember Epsom's Forgotten Residents buried at Horton Cemetery, and we want to give the flowers back to the local community. Any donations that we receive for the flowers will support our future research into the lives of the 9000 patients buried at the cemetery.

11am - 2pm Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG - Join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

11am - 7pm Epsom Picturehouse, Epsom Square KT19 8AG. Join us for a Wellbeing Fun Day, in collaboration with Surrey Community Lounges, End Stigma Surrey, Epsom Library and hosted by Epsom Picturehouse - we'd love for you to be there! Come along for a day of community, connection, and fun! Whether you're in the mood for a friendly chat over tea, want to play some games, or need a quiet space to relax, there's something for everyone. This special day will focus on celebrating wellness, sparking conversations around mental health, and showing you where to find support within the borough.

1pm Bodhi Eden, Epsom Yoga Studio - 29 Waterloo Road, Epsom KT19 8EX

FREE taster sessions

Yin Taster | 30mins | 13:00pm

Meditation Taster | 20mins | 13:40pm

Please book via <https://www.bodhieden.com/be-kind-tasters>

Sunday 13th October.

10am We Power On - Men's Social Walk and Talk, meet outside the Rubbing House pub, on Epsom Downs (every Sunday unless otherwise advertised) at 9.50am for a 10am start.

2 - 4pm join us for Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG

Epsom pensioners gather less winter fuel pay this St Stephens

10 October 2024



Thousands of pensioners across Epsom, Ewell, Ashtead, and Leatherhead are facing the loss of vital winter fuel payments following cuts by the UK government, sparking fears that many will struggle to keep warm this winter.

Helen Maguire, the Liberal Democrat MP for Epsom and Ewell, has urged the government to reconsider its decision, warning that vulnerable pensioners could be left choosing between "heating and eating" during the colder months. Maguire opposed the cuts when they were voted on in the House of Commons on 10th September, but the measures were passed despite her concerns.

The cuts primarily affect pensioners over the age of 80 who are not in receipt of pension credit. Previously, these pensioners were automatically entitled to an additional £300 to help cover their energy bills in the winter. Now, many will lose this support unless they qualify for other benefits.

Data released earlier this week shows that in Epsom and surrounding areas, 5,788 pensioners aged over 80 who do not receive pension credit are at risk of losing their Winter Fuel Payment. In total, 18,261 pensioners in Epsom and Ewell could be affected by the government's decision.

Last winter, over £3.3 million in support was distributed to pensioners in the constituency, with £1,525,800 going to those aged over 80. These figures are expected to fall significantly this year due to the cuts.

"Thousands of pensioners here in Epsom and Ewell are desperately worried about how they will make it through this winter," said Ms Maguire. "These latest figures are deeply concerning. It is not too late for this government to change course, reverse their plans, and protect vulnerable pensioners here in Epsom."

In response, Chancellor **Rachel Reeves** has defended the government's decision, framing it as part of a broader strategy to stabilise public finances. "We are facing challenging economic times, and difficult choices must be made to ensure the sustainability of our public services," Reeves said in a recent statement. "However, we remain committed to supporting those most in need, and we have maintained targeted assistance for the poorest households."

Reeves also pointed to ongoing support measures, including the Energy Price Guarantee, which she says will help alleviate pressure on households most at risk. "We recognise the importance of protecting our pensioners, and our policies are designed to ensure that no one is left behind. But we must also take steps to manage public expenditure responsibly."



Despite this, charities and local advocacy groups have voiced concerns about the potential impact on older residents. Many fear an increase in demand for services such as food banks and emergency heating grants as pensioners struggle to afford rising energy bills without the additional winter fuel support.

As winter approaches, the situation remains uncertain, with many pensioners hoping for a reversal of the cuts or further government action to protect those most affected.

Image: Richard Peter Creative Commons Attribution-Share Alike 3.0 German

Epsom's local life savers

10 October 2024



A Covid survivor who was so poorly her children were warned she wouldn't survive the night and the mum of a young boy who bravely battled leukaemia have thrown their support behind an inaugural event that celebrates incredible NHS staff.

Jan Ehtash, from Carshalton, spent 12 weeks in Epsom and St Helier hospitals after falling seriously ill with Covid - receiving care from a dedicated team of nurses, doctors, and other health professionals.

Sutton schoolboy Jackson Hall, meanwhile, was treated at St George's Hospital for leukaemia, where paediatric teams went "the extra mile" to support the now-seven-year-old and his family.

Both Jan and Jackson have finished treatment, and they and their families are calling on others to cast their nominations for the very first staff awards at St George's, Epsom and St Helier University Hospitals and Health Group.

"They are amazing, just wonderful people," said Jan, 60. "All of the nurses, the doctors, the cleaners, they are just so, so caring.

"When I went into hospital, all I took with me was a handbag with a set of pyjamas, a toothbrush, and a pair of underwear. I had no idea I would be there that long, but quickly started to deteriorate and was told I would have to go into intensive care. I just remember turning to the doctor and saying, 'I don't want to die'.

"It's thanks to the staff at Epsom and St Helier that I am here today, and I cannot thank them enough for saving my life and for being there when my family and I needed them the most."

Sam Hall, Jackson's mum, added: "All the staff were incredible throughout Jackson's treatment and they really went the extra mile - from giving me a hug when I had to choose between staying at hospital or going home with my daughter, to making me a cup of tea. The care they provided was fantastic, but it was these small things, too, that made a difference.

"Jackson is doing amazingly, settling back into school and becoming an amazing big brother to three-month-old Louie. He makes us so proud.

"Sometimes as a patient or a family member it's hard to know exactly how to show your gratitude to the incredible people who have been there in your time of need. But one way you can say thank you is by nominating a team or member of staff for this award."

The Outstanding CARE Award is dedicated to staff and teams who have been nominated by a member of the public, while colleagues will put forward their nominations in several other categories. All 17,000 members of staff working for the hospitals Group - from frontline clinicians, to essential support teams - are eligible for nomination.

Jacqueline Totterdell, Group Chief Executive, said: "Our biggest-ever awards event will recognise the incredible teams and individuals who go above and beyond for patients like Jan and Jackson.

"Hearing stories about the amazing efforts our staff go to is one of my greatest joys, and every single day they make me proud. I'm already looking forward to reading all the nominations and celebrating everyone who is shortlisted."

The awards take place on Tuesday 10 December at the Oval cricket ground, and will be generously supported by the hospital charities and local businesses. To make your nomination, visit www.stgeorges.nhs.uk/about/gesh-care-awards or www.epsom-sthelier.nhs.uk/gesh-care-awards by Tuesday 22 October.

NHS Press

Image: Jan in ITU with family

Surrey Coroner's bed safety concerns

10 October 2024



A frail, elderly man "cried for help for over an hour" before tragically dying after getting stuck in a gap between his care home bed extension, a Surrey coroner has found.

Paul Batchelor was found dead at The Red House, **Ashtead**, on 27 June 2023, after a mattress extension fell through his bed's extension frame.

Assistant Coroner, **Susan Ridge**, raised concerns that Mr Batchelor's "numerous cries for help" were not responded to and there is a "lack of awareness" about bed extensions which could put other lives at risk.

A spokesperson for the care home said the circumstances around Mr Batchelor's death was "deeply distressing" and they "fully accept and respect" the assistant coroner's findings.

Ms Ridge found that despite one carer hearing Mr Batchelor's cries for help, she "did not open the door or go into his room as it was said she was frightened of him". Even as he called out for help for over an hour, between 10:05pm-11:15pm, much of the staff were doing their night-time routine.



Mr Batchelor, who was under respite care, was put into bed around 9pm by care home staff. Later that night he had manoeuvred himself to the foot of the bed and was lying on the mattress extension.

But because there was no deck in place supporting the extension, Mr Batchelor fell through the bed extension frame and became wedged in the gap.

Ms Ridge also addressed her report to the governmental Medicines and Healthcare Products Regulatory Agency (MHRA) regarding a possible "lack of awareness" of the support needed for a mattress extension or bolster on extended beds.

She said: "Without adequate support there is a risk of death in that the mattress extension can fall through the bed frame creating a sufficient gap for a person to become wedged or stuck."

A Red House spokesperson said: "We strive to provide the highest level of personal care and support to all our residents." They added the company had addressed the concerns raised with equipment and staff protocols as a "matter of priority".

The member of staff no longer works for the company, the spokesperson said, stating the care home has "ensured that the wider team understands how best to manage challenging or stressful situations". They added: "We have underlined the importance of seeking support from others to sustain responsive and appropriate care, which is our highest priority."

Dr Danielle Middleton, Deputy Director in Benefit/Risk Evaluation at MHRA, said she is reviewing the report carefully. The government agency has 56 days to respond to the coroner's concerns.

Dr Middleton said the MHRA issued a National Patient Safety Alert, after reports of "adverse incidents" involving bed rails, medical beds, trolleys, bed rails, bed grab handles and lateral turning devices, warning of the risk of entrapment."

The Alert requires staff receive device training suitable to their roles. Organisations are also required to have an up-to-date medical device management system in place, with regular servicing and maintenance of medical devices in line with the manufacturer's instructions.

She added: "It also requires regular risk assessments for patients using bed rails or handles, including entrapment risks."

The prevention of future deaths report, issued on September 13, has also been sent to the interim chief executive of the Care Quality Commission and chairman of The Red House (Ashtead) Limited.

The Red House Care Home, Ashtead. (Credit: Google Street View)