

Epsom Council dead set against the dead?

22 September 2024



Tuesday 17th September Epsom and Ewell Borough Council gave one minute of its time before discarding a motion to take steps to recover an Epsom cemetery of 9000 souls from a private property speculator. The matter came before Councillors sitting on the Strategy and Resources Committee.

Horton Cemetery Hook Road in Epsom, between 1899 and 1955, received the bodies of patient paupers from the Epsom cluster of five psychiatric hospitals. Sold in mysterious circumstances to Marque Securities in 1983 the five acre site has been neglected ever since. Relatives have travelled from as far as Australia to pay respects but cannot enter the private land that is now hazardous to tread. Surrounded by twisted iron railings, unkempt undergrowth and fallen trees.

In an officer’s report to the Councillors it was argued that a compulsory purchase order (CPO) could not be legally obtained.

The officer’s report acknowledged the status of the site as a Cemetery and the prohibition on its development. However, in the opinion of the report author the fact that the owner could walk about the Cemetery and enjoy it as a wood gives it an “amenity woodland ” value. Comparative valuations were provided to Councillors based on sales of woodlands (not cemeteries) in the South-East.

Lionel Blackman, Honorary Secretary to the **Friends of Horton Cemetery** responded to the latest setback to the aims of the Charity. “Some progress has been made. The “amenity woodland” description now sits alongside the Council’s recognition that the land is a cemetery. On the occasion of the Council’s previous refusal to contemplate a CPO “amenity woodland” dominated the thinking. Nevertheless, it is regrettable that Councillors were not advised of previous cases where CPOs have been used to acquire neglected cemeteries, including Arnos Vale in Bristol and West Norwood.”

He added: “It is in large part a question of money. Pure woodland valuations include the element of speculative development value. That cannot apply to a cemetery the report acknowledges cannot be developed. Where there is a will there is a way. One day the Council will find the will to correct this historic outrage.”

Related reports:

[Petition to reclaim Horton Cemetery from property speculator](#)

[Local community gathered at Horton Cemetery](#)

[You are invited to commemorate the 9000 souls in Epsom’s forgotten cemetery](#)

Council: Horton CPO debate shelved

Image: Horton Cemetery in 1952

Local women’s health specialist on GTPS

22 September 2024



Greater Trochanteric Pain Syndrome (GTPS) is a prevalent condition, particularly affecting peri- and post-menopausal women. It causes significant discomfort in the soft tissue on the outside of the hip and can severely limit mobility. This article discusses the signs, causes, and management of GTPS, with a focus on why it predominantly affects women undergoing hormonal changes.

Luke Schembri is an Advanced Physiotherapy Practitioner working within the NHS, while also offering care to a limited number of private patients from his home. Born and raised in Epsom, he has always lived near Epsom Downs, which inspired his initial interest in the horseracing industry where he began his physiotherapy career. Luke is dedicated to delivering evidence-based, high-quality care to his local community. In addition, he authors a fortnightly blog that addresses health and wellbeing topics, particularly aimed at individuals over the age of 40.

What is Greater Trochanteric Pain Syndrome?

GTPS is characterized by pain and tenderness over the greater trochanter, a bony area on the outside of the hip. The condition involves inflammation of the gluteal tendons or bursa, and although it was once called trochanteric bursitis, the term GTPS is now preferred as it covers a broader range of tendon-related disorders.

Signs and Symptoms

The primary symptom of GTPS is pain over the lateral hip, which can radiate down the outer thigh. Key symptoms include:

- Lateral Hip Pain: Often worsened by activities like lying on the affected side, walking, or sitting in low chairs.
- Tenderness Over the Greater Trochanter: Touching this area typically causes discomfort.
- Pain with Activity: Repetitive movements, such as climbing stairs, exacerbate the pain.

- Night Pain: Pain at night is common, particularly when lying on the affected side.
- Weakness or Stiffness: Some may experience hip weakness or stiffness, affecting their gait.

Why is GTPS Most Common in Peri- and Post-Menopausal Women?

GTPS disproportionately affects women in peri- and post-menopause due to hormonal changes and mechanical stress on the hip. Here are the primary reasons:

Hormonal Changes

The decline in oestrogen during menopause impacts the health of tendons, ligaments, and muscles. Oestrogen plays a critical role in maintaining soft tissue integrity, and reduced levels lead to:

- Decreased Collagen Production: Collagen is essential for tendon strength and elasticity, and its decline makes tendons more prone to injury.
- Increased Tendon Stiffness: Lower oestrogen increases tendon stiffness, contributing to gluteal tendinopathies.
- Altered Pain Perception: Hormonal changes during menopause can heighten sensitivity to pain, worsening GTPS symptoms.

Mechanical Load and Changes

Other factors contributing to GTPS in menopausal women include:

- Increased Load on the Hip: Weight gain during menopause places more stress on the hip joints and surrounding tissues.
- Reduced Physical Activity: Lower activity levels can cause muscle weakness, altering hip mechanics and increasing the likelihood of tendon injuries.
- Altered Gait: Pain-induced changes in walking patterns can further strain the hip and lead to GTPS.

Treatment and Management of GTPS

Treatment for GTPS involves conservative methods, physiotherapy, and sometimes more invasive procedures, following the National Institute for Health and Care Excellence (NICE) guidelines, which recommend starting with non-invasive options.

1. Conservative Management

- Rest and Activity Modification: Reducing activities that worsen symptoms, such as standing for long periods or lying on the affected side, is crucial. Using a pillow between the knees when sleeping may help alleviate pressure on the hip.
- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs): These medications can reduce pain and inflammation and are often recommended as initial treatment.

2. Physiotherapy

Physiotherapy plays a key role in treating GTPS and involves:

- Strengthening Exercises: Targeted exercises to strengthen the hip abductors, particularly the gluteus medius and minimus, improve hip stability and reduce strain on the tendons.
- Manual Therapy: Techniques such as deep tissue massage and myofascial release can help relieve muscle tightness and provide short-term pain relief.
- Education and Advice: Physiotherapists offer valuable guidance on managing activities and loading the hip joint to prevent further injury.

3. Shockwave Therapy

Extracorporeal shockwave therapy (ESWT) is a non-invasive option that promotes healing by delivering shockwaves to the affected area. Some studies show positive outcomes for GTPS patients treated with ESWT.

4. Corticosteroid Injections

For patients who do not respond to conservative treatments, corticosteroid injections may be used to reduce inflammation. However, repeated injections can weaken the tendons, so they are not a long-term solution.

5. Surgery

Surgery is rare and reserved for severe cases where other treatments have failed. Options include removing the inflamed bursa or repairing the tendons.

Conclusion

Greater Trochanteric Pain Syndrome is a common condition that primarily affects peri- and post-menopausal women. Hormonal changes and mechanical stress on the hip contribute to its development. Effective treatment usually involves conservative management, physiotherapy, and sometimes shockwave therapy or injections. Early diagnosis and a tailored treatment plan can help alleviate symptoms, improve function, and enhance the quality of life for those affected by GTPS.

Surrey Tory MPs against school fees VAT

22 September 2024



Special Educational Needs families should be exempt from Government plans put VAT on independent school fees, six Surrey MPs have said.

Claire Coutinho, Jeremy Hunt, Ben Spencer, Rebecca Paul, Greg Stafford and Lincoln Jopp argue in a open letter to the chancellor Rachel Reeves, that VAT on school fees misunderstands the sacrifices many families make to give their children a better life.

They said the 20 per cent increase would force parents to send their children to state schools and increase pressure on the system – applications from parents “transferring from independent schools” in Surrey jumped from 116 between November 2022 to August 2023, to 382 the following year when Labour’s VAT plans on private schools gained traction.

The Conservative Surrey MPs said price rises disproportionately affect educational needs pupils as 93,000 children at special independent schools do not have Education, Health and Care Plans (EHCP).

If their parents are unable to afford the increases, they argue, children would have to attend schools less able to cater to their complex situations.

The Treasury argues that ending tax breaks on private schools will help recruit 6,500 new teachers while children in local authorities where their needs can only be met in private schools will not have the fees apply to them.

East Surrey MP, Claire Coutinho, said: “One in four children in Surrey attend an independent school.

“Their parents are saving the Government money by paying for their independent school, and paying for a state school place through their taxes.

“To penalise them for this and increase pressure in the state system is wrong.

“As a former minister for special educational needs, I am acutely aware about the impact that Labour’s tax changes will have on children with special and complex

needs.

“These families, who have often faced uphill battles to find a school that meets their child’s needs, will now be taxed and many children who have settled in a school environment will be forced to move.

“Labour must reconsider this ideological policy and introduce an immediate exemption for SEND children.”

The Government argues that it has carefully considered the impact ending VAT will have on pupils, families and schools across both the state and private sector.

Ending tax breaks on private schools, it said, would help raise revenue to change education,.

The Government does not expect significant numbers to move to the state sector part way through the academic year, citing the stable number of children in independent schools since 2000 – despite a near 75 per cent “real terms increase” in average private school fees over that time.

Pupils in independent schools, funded by local authorities because their needs can only be met privately, will not have the fees apply to them as the council’s will be able to reclaim the VAT.

A government spokesperson said: “We want to ensure all children have the best chance in life to succeed. Ending tax breaks on private schools will help to raise the revenue needed to fund our education priorities for next year, such as recruiting 6,500 new teachers.

“Fees for students with an Education, Health and Care Plan that states their needs cannot be met in the state sector will have their private school fees paid by the Local Authority that can then reclaim the VAT they pay.”

Related reports:

Taxing question for Surrey’s private schools

Claire Coutinho MP for East Surrey

Keeping Good Company

22 September 2024



Over the past 3 years we’ve been increasing our work to address the root causes of poverty in our community, while continuing to support those who need our help. This has hopefully contributed to a slight fall in foodbank use this year, although numbers are still much higher than a few years ago.

We have now opened our second Pantry and there have been increasing opportunities for us to influence and work with other organisations towards our vision of ending poverty in Surrey.

However, as we enter this Harvest season we are facing a number of challenges. Overall, our food donations are down, some of our funding has dried up, we have to be prepared in case foodbank use goes up again (with energy prices due rise) and we have both a higher number and more complex cases in our support work. Poverty is still very much in our midst.

The good news is that as we have developed our work and focused increasingly on prevention – trying to stop people getting to crisis point – preventing poverty is now very much getting on the agenda. Our End Poverty Pledge has picked up traction and gradually individuals and organisations are signing up and realising that to beat poverty we need to commit to actions and work together to change our culture.

This has been matched with our participation work which has grown mainly through the Poverty Truth Commission. With our commissioners we have produced a Short Guide to Participation, which includes some case studies to show how people with lived experience of poverty are shaping what we do and encouraging others to take the participation ‘journey’ too.

It’s an exciting time but we need to continue pushing so that we see a constant in the reduction in foodbank use, people escaping poverty and developing their resilience so as an organisation we are working ourselves out of a job!

This year we have seen some encouraging changes within our foodbank. In May we piloted a new foodbank model at one of our largest centres, after running 2 focus groups with both clients and volunteers. Our ‘Choose Your Food’ model seeks to recreate a shopping experience for our clients, where instead of being handed over a packed bag of food and toiletries, clients can now walk around with a shopping basket and select their own food and toiletries.

The positive impact of the new model has been felt across the whole of our foodbank operations. Our clients, who have consistently said they much prefer this model, not only because it helps make a foodbank visit more dignified but also because it means clients actively contribute to reducing food waste, by only taking the items they need and want, even when they are entitled to more.

Our volunteers, who have enjoyed greater engagement with clients as they choose their food. And, from an operational perspective, a decrease in stock sent to the centre. As clients are only taking what they need, they are actually taking less food. In the first 2 months following its launch, the amount of food taken per person has reduced by 20%.

We are now exploring how we can transition other centres to this model, so all our clients, across every foodbank centre, can share in the same experience.

With our Summer holiday period over and the restart of school, so too the foodbank is getting ready for a new Harvest season. Every year we are blessed to receive donations from schools and churches which help to keep our centres and pantries stocked for those in our community experiencing financial hardship. Whilst, so far in 2024, we have seen an encouraging decrease in numbers of people attending our centres, we know that with winter approaching, families and individuals will see their bills increase and many will need support to ensure they can access essentials, like food and toiletries.

Unfortunately, the first 6 months of 2024 saw an 18% reduction of stock in, compared to the same period in 2023. We rely on the generous and faithful donations of our community to help us secure the stock we need to continue supporting families and individuals through our food provision projects.

If you would like to organise a food donation this Harvest, see our 2024 wishlist below. Please click on this link for a list of our donation points. If you are organising a delivery directly to our hub (Good Company Hub, Ruxley Lane KT19 0JG), please let us know by contacting us on foodbank@goodcompany.org.uk

New Chair of Trustees needed!

A fantastic opportunity for someone who is passionate about helping people locally and being part of our vision to see a community free from poverty.

Fundraising Manager role

We’re looking for an experienced, creative and proactive Fundraising Manager who is passionate about our vision to create a poverty-free future for our community.

Jonathan Lees
Founder and Managing Director, Good Company

For more information visit

Good Company – Supporting Our Community

Surrey's 3 Unis and Council leaving no one behind

22 September 2024



Surrey County Council, in partnership with Surrey's three leading universities – Royal Holloway, University of London; University for the Creative Arts; and the University of Surrey – is proud to announce the launch of a new Civic Agreement for Surrey.

This groundbreaking initiative defines a shared commitment for these organisations to work collaboratively in the interests of the wider Surrey community: ensuring that no one is left behind.

By pooling resources and expertise, the partners believe they are better placed to address local needs, drive innovation, and create a more inclusive and resilient Surrey by 2030.

The Civic Agreement will be formally signed at an event in Woking today (Friday September 20, 2024).

It will serve as a public commitment to working together to bring about real and positive change to the people who live, learn and work in our communities across the county

Details are set out in a 32-page formal document which defines shared priorities, objectives, programmes of work and future ambitions.

All will be delivered against four shared priorities, which are:

- Growing a sustainable economy so everyone can benefit.
- Tackling health inequality.
- Enabling a greener future.
- Empowered & thriving communities.

Tim Oliver OBE, Leader of the Council, Surrey County Council, said: "Surrey's universities are engines for regional innovation, with a profound impact across all four strategic priorities. The partners are committed to ensuring our residents, communities and businesses can easily access and benefit from our range of innovation organisations, assets, and networks. These all play a part in addressing the four objectives of our agreement, and ensuring that no one is left behind."

Prof. Max Lu, President and Vice-Chancellor of University of Surrey, said: "The University of Surrey has a proud track record of collaborating with local government and university partners to address issues that matter to Guildford and the wider Surrey community. One recent example is the Games and Innovation Nexus Project, partnering with University for the Creative Arts, Surrey County Council and Warwick University. Other examples include our Centre for Doctoral Training in AI for Digital Media Inclusion, in partnership with Royal Holloway University of London. We welcome the strengthening of these ties through the Civic Agreement for Surrey, ensuring the breadth and depth of our expertise from our Institutes for Sustainability and People-Centred AI, and all our schools, and companies on our Surrey Research Park continue to enable our community to grow and thrive."

Prof. Julie Sanders, Vice-Chancellor and Principal, Royal Holloway, University of London, said: "As a University of Social Purpose, we want to take a proactive role in tackling societal changes, enabling sustainable social and economic growth, and improving skills and opportunities for those in our community. Our inclusive education and research has a focus on achieving positive benefits for and with our local community, and our collaboration with academic partners, community groups, schools and local government brings investment, jobs and opportunity to Surrey. As well as through the Centre for Doctoral Training with the University of Surrey and its emphasis on digital inclusion, this effort is integral to the CoSTAR project, which seeks to ensure the UK's screen and performance industries have the infrastructure, research and innovation skills to compete globally. Declaring our public agenda through the Civic Agreement for Surrey will amplify the positive role the university can play in the region."

Prof. Jane Roscoe, President and Vice-Chancellor, University for the Creative Arts, said:

"As a leading creative university, the University for the Creative Arts plays a pivotal role in driving innovation across the arts, technology and business. Through our partnerships with local government, businesses and fellow academic institutions, we are committed to ensuring that creativity remains at the heart of Surrey's economic and social growth. Our involvement in initiatives like the Games and Innovation Nexus (GAIN) project, alongside Surrey County Council and our university partners, is just one example of how we can harness creative thinking to solve real-world challenges. The Civic Agreement for Surrey reflects our dedication to fostering a creative and inclusive environment that empowers individuals, enriches communities and drives regional innovation."

Today's launch of the Civic Agreement for Surrey is very much the first step in a long-term collaboration that includes every part of Surrey.

We welcome further engagement from community stakeholders, businesses, and residents who share an interest in advancing the shared priorities and objectives set out in our civic agreement.

Details on how the community can get involved will be shared in the coming months.

A video explaining the commitment is also available on each of the partners' websites.

For more information on the Civic Agreement for Surrey and how you can get involved, contact: civicagreement@surreycc.gov.uk

Surrey Coroner calls for action over ambulance wait

22 September 2024



The death of a man who waited more than three hours for an ambulance has prompted calls from a coroner for quicker clinical assessments.

Philip Ross died at the Royal Surrey County Hospital on December 19 2023 after a fall in his home on December 3.

Surrey’s assistant coroner Susan Ridge ruled that Mr Ross died of multiple organ failure after his accidental fall. Ms Ridge said she was concerned South East Coast Ambulance Service NHS Foundation Trust (SECAmb) has not shown evidence that its timeline for clinical validation is being met, as in this case.

Clinical validation is when a case is sent to a clinician to decide the best response for the patient at the right time.

Mr Ross’ wife called an ambulance at 11:25pm after her husband had a fall and was unable to move. Initially, Mr Ross’ case was labelled by SECAmb as Category 3, which would have a response time of 120 minutes, or two hours. Paramedics did not arrive until 2:30am, the Prevention of Future Death report stated.

During the wait, Mrs Ross made “a number of increasingly anxious calls to the ambulance service” about the urgency to help her deteriorating husband, according to the report.

Ms Ridge said Category 3 cases had a response time of 120 minutes and SECAmb aimed to validate these calls with a clinician within 90 minutes. But the NHS Trust’s target was not met in this case.

“No clinical validation of the calls took place until well over 2 hours from the initial call,” Ms Ridge said. The court heard the delays came from a “surge” in the number of calls as well as a lack of available clinical staff or “clinical hours”.

Categories 3 and 4 are judged as less serious cases and so have longer required response times from ambulances. However, this can become extended even longer at times of high demand.

The report stated: “Because of these potentially long response times, timely clinical validation is important to ensure correct categorisation and/or identify a deteriorating situation.”

The coroner said she is concerned that late or delayed assessment and sorting of these initially ‘less serious’ cases is “placing patients at risk of early death”.

The ambulance service has 56 days from 16 September to respond to the coroner’s report.

A SECAmb spokesperson said: “Our thoughts and condolences are with Mr Ross’s family. We are very sorry that we were not able to respond to him more quickly.

“We recognise that there are times when we are taking longer than we should to respond to some calls and are working hard to address this and improve performance across all categories of call. Having recently been written to by the coroner, we will respond in full to her within the requested timeframes.”

Image: South East Coast Ambulance vehicle example. (Credit: Emily Dalton/LDRS)

Would members of Epsom’s H band stump up?

22 September 2024



People living in homes in the top council band will be asked to help the community after plans to ask Band H homeowners to voluntarily pay into a council-run charity were approved. **Waverley Borough Council**’s executive committee launched the drive in the hope of encouraging people to support community projects.

Though a “voluntary tax” is a contradiction in terms, is it a good idea for Epsom and Ewell Borough Council? Plenty of H band properties in the Borough and plenty of urgent causes for the Council to support locally? Let us know your views. Epsom and Ewell Times.

The Voluntary Council Tax Initiative is based on a similar scheme running in Westminster Council which brings in an additional £300,000 each year to the London borough. Council’s have to provide certain services by law but community projects such as leisure centres, parks, mobility buses and homeless schemes are considered to fall outside that bracket and are under increased pressure from budget cutbacks.

Waverley Borough Council hopes the new voluntary scheme will help save deeply important resident services and will now ask Band H rate payers first, if they back the idea, and second, for input into which community groups to support. The money, the council made clear, is not for potholes or street lighting.

Councillor **Tony Fairclough**, deputy leader of the council, said that Westminster talked about support for the homeless and that any money Waverley raised would likely follow suit. He added: “The first and most important thing is that this will be a voluntary scheme and indeed that is one of the key points of the consultation.

“It will invite residents of Band H properties to make a voluntary contribution to local projects or the provision of local services. We will consult with the residents of those Band H properties to ascertain whether they are minded to support this scheme and assuming that they are, which type of projects or services should be supported by the revenues generated from it.

“This is a concept that has proved to be very successful in Westminster and in many ways, in my opinion, it actually addresses a slight flaw in government policy, namely that council tax bands are probably a bit too limited. Going out and speaking to Band H homeowners, this is an ideal opportunity for us to, on a voluntary basis, secure revenue for the sort of projects that this council is minded to do.”

The smallest homes, those in Band A, pay about £1,500 a year in council tax, while those in the very largest homes (Band H) pay between £4,500 to £4,900. The criteria was set in 1991 and has not been updated since, leading to some to criticise the system as being regressive in nature. Councillors during the meeting on Wednesday, September 3 suggested the voluntary contribution could help redress any imbalance.

Westminster has used the money to fund youth services, tackling rough sleeping and helping those who were lonely and isolated, Cllr **Liz Townsend**, portfolio holder for planning said. She added: “We’re all hearing about the black hole in Government, the £22billion black hole, so we are fairly pessimistic about the amount of money that local government perhaps will attract from central government. So we do have to be innovative in the ways we raise additional funds for discretionary services.”

Cllr **Kika Mirylees** said: “People must realise that if they are putting this money in, it’s not going to go to potholes and things like that. It will go to the benefit of the community. It’s not going to be there for your trees or hedges to be trimmed. It’s really there to benefit people who are in need of support and it’s much more to do with homelessness, because it would be nice for the people to have a home who don’t have one.”

Image: Jacob Jordaens - Rich man giving to the poor.

Walking the talk on Epsom Downs

22 September 2024



On 10th September, Epsom & Ewell Borough Council hosted a Walk & Talk event at Epsom Downs Racecourse to mark World Suicide Prevention Day. Over 65 people, including residents and representatives from voluntary and statutory organisations, joined this insightful, moving and inspirational event, developed and delivered as part of the council's Suicide Prevention Action Plan, produced in January 2024.

Chris Waller, founder of We Power On, led the walk around Epsom Downs. **Dale Millar** MBE from the Samaritans opened the second part of the evening talking about skills used in conversation and the impactful nature that this can have. **Joe Stroud** from End Stigma Surrey talked about the negative impact that silence can have and how we, as a community, can stand together to break the chains of stigma around mental health. And finally, Chris shared his own experiences including the importance of being able to talk openly. Cllr **Clive Woodbridge**, the Chair of the Council's Community and Wellbeing Committee, also joined him to discuss his journey from crisis to hope.

Local scribe, **Annalees Lim**, designed boards and captured key messages at the event. These boards will be shown at locations around the borough, starting at the Epsom Downs Racecourse and finishing at the Epsom Picturehouse around 10th October to coincide with Mental Health Awareness Day. More information to follow.

Councillor **Clive Woodbridge**, Chair of the Community and Wellbeing Committee said: "I'm proud that through our Suicide Prevention Action Plan, we've been able to provide a platform for residents and organisations to come together and have conversations about mental health and suicide, and also raise awareness of where support and resources can be found for those suffering from mental health issues or directly impacted by the loss of someone to suicide.

A huge thank you to We Power On, Epsom Downs Racecourse, End Stigma Surrey, the Samaritans and to the scribe who captured messages at the event. Thanks also to everyone who volunteered their time at the event. Without the support of all the volunteers and supporting organisations, this event would not have been possible. We look forward to continuing building on these relationships for the benefit of those who need our help the most.

As Chris himself said, "there is hope, and there is help out there".

Funding was allocated by the council from the UK Shared Prosperity Fund to We Power On to help residents access support in the borough. Chris, founder of the organisation, led the walk for adults aged 18 and above.

For more information on some of the mental health support and resources available across Epsom & Ewell - <https://www.epsom-ewell.gov.uk/resources-support>.

Epsom residents score double-century

22 September 2024



Two residents at Linden House Care Home in Epsom have celebrated their 100th birthdays surrounded by fellow residents, relatives, and the dedicated staff at the Surrey-based home.

Edith Valerie Griffiths, known as Val, and Evelyn Houseman marked their milestones with a small but special get together with friends and family. Val and Evelyn, who have both lived rich and active lives, were delighted to share their landmark birthdays with those closest to them.

Val, who was born in Richmond, Surrey, experienced a childhood of frequent moves due to her father's work. Despite the disruptions, Val developed a passion for sports, excelling in tennis, table tennis, ice skating, and skiing. During World War II, she was evacuated to Berkhamsted but returned to London after a year. Val married at the age of 33, becoming a mother to three boys, and is now also a grandmother of three.

Evelyn, a lifelong resident of Epsom, is renowned for her knitting and love of fashion. Having worked as a seamstress, she takes pride in the knitted jumpers she still wears today. Evelyn has always been passionate about music and dance, and she never misses a chance to be the first on the dance floor when Linden House hosts live entertainment.

Maintaining a healthy diet and drinking very little alcohol has helped Val live a long and happy life. Val's family believes that moderation has been key throughout her life but also acknowledge that good genes have played a significant role in her longevity.

Josephine Gbadamosi, manager of Linden House said: "Celebrating Val and Evelyn's 100th birthdays has been a wonderful experience for everyone at Linden House.

"These incredible women have lived rich, full lives, and their stories continue to inspire us all. It's a privilege to have them as part of our community, and we look forward to creating many more happy memories together."

Linden House, located in Epsom, Surrey, is rated 'Good' by the CQC, with an 'Outstanding' rating for its well-led category. Part of Wren Retirement Living, Linden House is managed by Healthcare Management Solutions, committed to providing high-quality care in a supportive and engaging environment.

Surrey scientists invite children to reach for the stars

22 September 2024



Children need to dream big and reach for the stars to become the country’s future space engineers and budding astronauts, say the organisers of Guildford’s World Space Week High Street Takeover.

Scientists from the University of Surrey and the Institute of Physics are encouraging young people, who may one day want to build the rockets and technology that make their way to space, to join them at Guildford High Street and Tunsgate Quarter, all day on Saturday, 5 October.

Event-goers will have the chance to get up close and personal with a miniature version of the Mars Rover and find out how it works on Mars; thanks to the Observatory Science Centre, there will be a state-of-the-art pop-up planetarium. Researchers from Surrey will be on hand to showcase the range of fascinating space-based work taking place at the University, and employers from the local space sector will be on hand to answer any questions that young people may have about working in the field.

Professor Adam Amara, Head of the School of Mathematics and Physics at the University of Surrey, who is also an astrophysicist, said:

“Our primary goal as educators is to inspire people – and that is why our University is delighted to once again host this event with our partners from the Institute of Physics.

“The space sector in our region is a truly exciting, forward-thinking place and the goal of events like this is to ensure that the sector has a pipeline of skilled young people who dream big and reach for the stars.”

For more information on other activities happening at the World Space Week High Street Takeover, visit our [website](#).

Image: credit: Grant Pritchard / University of Surrey