

Local Talent Shines Bright

30 June 2023



On the evening of June 27th, 2023, **The Epsom Playhouse** opened its doors to **The Epsom and Ewell Showcase**, brought together by the **Epsom Rotary Club**. This evening had it all, proving that our community is bursting with extraordinary talent and bringing everyone together to fundraise for local charities.

The evening began with a young Epsom saxophonist whose melodic tunes transported the audience to another realm. She was followed by **Kasumi Brooker**, whose soprano voice soared through the auditorium gracefully. Then came **Ambition School of Dance**, showcasing their remarkable choreography and flawless execution. **Cam Brown** lightened the mood with his humorous songs, and the **Bharathakalalayam South Indian Dance Troupe** transported the audience to the vibrant and rich world of Indian classical dance and legend. **Leatherhead Link's** inspirational and emotional performance closed the first half with the audience in complete harmony with the choir. In the second half, **Protégè**m brought us the 70s vibes and danced to Abba's hits, the **Girlguiding Epsom** sang campfire favourites, and the **Epsom Silver Band's Brass Quintet** perfectly played well-known versions of classic songs.

The presence of the **Mayor of Epsom and Ewell** Cllr Robert Geleit and the Mayoress added a touch of prestige to the event. Their support and appreciation for local talent underscored the importance of nurturing and celebrating our community's creative spirit.

None of this would have been possible without the support of generous sponsors: Honey & Bamboo, a zero-waste shop from Ewell Village, Alexandra Park's Park View Cafe, Rotary South D1145, a kind anonymous donor and the fantastic people at the Playhouse who helped with everything.

Epsom Rotary is active in the community with a wonderful allotment project delivering food to **The Pantry** in South Street and working in conjunction with the **Epsom and Ewell Royal British Legion** to look after our veterans, amongst many other activities. If you would like to join Rotary or become a Friend of Rotary and volunteer to help your community as well, then don't hesitate to fill out the form:

<https://www.rotary-ribi.org/clubs/membershipenquiry.php?ClubID=874>

You can find out more about Rotary here: <https://www.rotary-ribi.org/clubs/homepage.php?ClubID=874>

Reporter **Romana Sustar** is a multilingual freelance journalist, University Language Tutor, marketer and owner of Epsom Digital Ltd., a local digital marketing agency.

Running ahead of Crohn's disease

30 June 2023



"I didn't think I would ever be able to run 10k" said **Epsom man** and Crohn's disease sufferer **Harry Reed**. But he will now compete in the London race on 9 July to raise awareness of disease.

Last year, after a long battle with Crohn's Disease, 24-year-old Harry Reed weighed just 48kg. Today he is training for the ASICS London 10k and is in his best health of recent years. "I'm super excited," says Harry who is due to compete on July 9.

"My knee's been playing up recently, so I've had to take it easy over the last couple of weeks...but apart from that...I have a feeling it's going to go very well." Before [developing Crohn's] I was an athlete," says Harry who grew up in Epsom. "I was a county sprinter and I actually qualified for the county races."

After losing much of his strength due to illness Harry's race preparation now incorporates muscle training to help with his endurance. "All the strength that you'd normally build up in like your joints, I lost it. So, I'm currently doing a lot of work

to kind of build up the strength in my ligaments, tendons and around my knees and ankles.”

Crohn’s Disease is a chronic condition which causes parts of the gut to become swollen and inflamed resulting in symptoms including pain, diarrhoea, weight loss and extreme tiredness.

Harry developed Crohn’s in 2015 when, after a calf muscle injury, he contracted glandular fever later leading to the onset of his disease. The route to a diagnosis was not straight forward and Harry spent his GCSEs through to A levels in and out of hospitals. “They just couldn’t figure it out because my blood tests weren’t coming back with anything specific that was wrong,” Harry says.

Harry was finally diagnosed in 2017, 2 years after his symptoms began. But, that year, during an initial surgery to treat the Crohn’s, Harry developed life threatening infections of the blood and stomach lining known as sepsis and peritonitis. He was transferred from Epsom to St Helier’s hospital for emergency surgery.

“I wasn’t expected to live. So that was a bit of a miracle in itself...I had to basically say goodbye to my parents, my family at that time because we all knew that it wasn’t good.”

The complications did not end there. In 2019, Harry developed hair loss known as alopecia. He also experienced two rounds of failed drug treatments which led to a severe return of symptoms in 2022.

“My diet sort of got narrower and narrower about things that were okay for me to eat...by the end of September [2022], I had not been able to eat for a couple of weeks. I ended up going into hospital through A&E due to the backlog of patients with COVID.”

Harry was given intravenous nutrition before undergoing further surgery to remove the problem part of his bowel. Thankfully the operation was a success, and it was in 2022 that Harry was able to rediscover his love for running.

“When I first started.... it went terribly. But it felt great when I got back, to actually feel like I accomplished something or at least to have that sort of exercise endorphin release. Mentally the fog had been lifted for just a moment which was really great.”

“As I was able to eat more, my body was able to take in more calories, my strength grew. By November of 2022 I was given the kind of all clear by my surgeon... It’s been a blessing to be able to do it for myself and prove to myself that I can do it. I didn’t think I would ever be able to run 10k so to be able to feel confident about doing a good job is so exciting.”

Harry will run to raise awareness of the disease, which affects over 1 in 123 people in the UK*.

“It’s an invisible illness - you’ll never know if someone’s got Crohn’s,” says Harry. “I think the tough thing... is realising the severity and the kind of the intensity that people suffer when it comes to the flare ups. It’s something that is really hard to put into perspective. I think also the lack of energy that you have...it’s like you have to work 10 times as hard. And most of the time your output is 10 times less. I think once you can be educated, you can then have empathy towards people and some more understanding”.

Harry currently works as a creative director for a publishing house start-up based in Epsom, where he lives with his fiancé. His upcoming race will be the start of many, with plans to run the Bacchus Wine 10k at Denbies Wine Estate in September.

You can find out more about Harry’s upcoming race at

<https://limelightsports.club/event/asics-london-10k-2023>.

*Crohn’s Disease or Ulcerative Colitis - stats from Crohn’s and Colitis UK

Epsom family Opened to a two degree challenge

30 June 2023



Joanna McLenaghan walked quite literally in her Epsom father’s footsteps when she followed dad Ian across the stage to collect identical degrees recently at a ceremony staged by **The Open University**.

The pair signed up for an OU MSc in Maths in the same year and there followed six years of “total rivalry” to see who could get the best marks for assignments.

It’s the third degree for Joanna, 36, who is now a data scientist managing a team of people at Gousto, the recipe box company.

She earned a first-class degree in physics at Oxford followed by a doctorate in the same subject from the University of St Andrews. But her latest achievement was hard won by burning the midnight oil whilst working full time.

Jo, as she is also known, says her OU degree was definitely a factor in her gaining her latest job at Gousto as she says employers know the “level of effort and commitment that you have to put in, particularly doing something over six years on top of a job. Whilst I already had the undergraduate degree and a PhD, I think as an employer, when you’re looking through hundreds of applications having something like this on a CV really helps you to shine,” she said.

Ian McLenaghan, 66, from **Epsom** in Surrey, is full of praise for his daughter: “I’m incredibly proud of her achievements. We might have started out on the same pathway but she’s much more of a people person, who’s capable of doing things like management. “That’s something I avoided like the plague when I was working. I just wanted to go away in a cupboard somewhere and work on my own solving technical problems.”

Yet Ian is something of an academic himself. He *also* has an Oxford degree in physics, and in the same subject holds a doctorate from Imperial College as well as an MS from the California Institute of Technology. He began his MSc while semi-retired to “keep Alzheimer’s at bay” but also admitted “I guess we like studying”.

Jo says she clearly remembers Ian encouraging her and supporting her studies through childhood: “I always remember, before I went to high school, that my dad and I had these study sessions where he cut out these different molecules and then we’d attach them together with paper clips. And he was always buying me things like magnet sets, so he definitely encouraged me from a young age.” She says once he bought her a book on Java programming!

For Jo, her dad is an inspiration: “He’s had a lifelong love of learning that he’s been willing to pass on. He taught himself coding and computer programming and it’s that curiosity that has guided him his whole life.” She added: “I think a lot of people think you just learn when you’re a child; a teenager and then you when you go to university and then that’s it!”

The Open University (OU) is the largest academic institution in the UK and a world leader in flexible distance learning. Since it began in 1969, the OU has taught more than 2.3 million students worldwide and currently has over 208,000 students. Seventy-one per cent of directly registered students are in full-time or part-time employment, and 76 FTSE 100 companies have sponsored staff to take OU courses.

Philippa Green reporting.

Meet Epsom & Ewell’s new Mayor, Robert Geleit.

30 June 2023



Epsom and Ewell Times welcomes the new Mayor. Labour Councillor for Court Ward, **Robert Geleit**.

EET: The main thing I wanted to discuss was charities, I see that you are championing three charities in your Mayoral year, could you expand upon why you chose those particular charities?

Robert Geleit: I chose to champion these three charities because I want to help make sure each one of them receives sufficient funds to be able to carry on what they are doing so they can continue positively impacting our community.

Age Concern Epsom and Ewell was an easy choice because of the essential services they offer our pensioners: practical support, help in accessing services and opportunities to increase quality of life.

Citizens Advice Epsom and Ewell have faithfully continued to offer desperately needed advice services in the Borough. I have seen personally the impact it has had in Court Ward as volunteers advise people how to access benefits they qualify for, how to best seek employment, how to deal with money and credit issues, their consumer rights, immigration issues and how best to tackle relational issues with neighbours or family (or anyone else). Often people don’t know where to start when it comes to tackling these things and CAEE is a wonderful resource.

Last, how could I not support **Love Me Love My Mind**? They are a small local charity offering support to those in our community with mental health difficulties, including providing information, offering depression support groups and a drop-in group that offers a weekly meal and all sorts of social and educational opportunities. I have suffered with mental health problems myself, so mental health support is near and dear to my heart.

EET: Next question I wanted to ask was what are your priorities for your year in office?

Robert Geleit: I so enjoyed my year as Deputy Mayor and I’m enjoying being Mayor even more. I want to work hard

serving the borough and have fun! I intend to be promoting the ward I represent as Councillor, Court Ward, since it has a lot to offer. And I really want to offer young people in Epsom something to do that builds and grows positive community. Watch this space!

EET: What do you think could be improved about the Borough?

Robert Geleit: Youth provision. When I was growing up on the Longmead Estate in the eighties there were all number of offerings for us. I remember the Ace Disco in particular. Now there is so little offered for our youth. This needs to change. There must be more we can do.

EET: What are you most looking forward to in your new role?

Robert Geleit: I'm really looking forward to Armistice day. Last year I had the privilege of laying a wreath at St Martins and found it really moving. This year, to have the opportunity as Mayor to lay a wreath at St Mary's in Ewell is going to be a once in a lifetime opportunity.

EET: If you were just named Fulham's manager, who is the first player you would sign?

Robert Geleit: I really don't follow sport. But, like my father who was a lifelong Fulham supporter, I do go to Craven Cottage on the odd occasion. If I had to sign a player I think I'd sign up my mate Dodgy to play in goal for Chelsea just before they played Fulham - then he could be Fulham's secret weapon as he let in loads of goals!

EET: What hobbies of yours might suffer during your busy Mayoral year?

Robert Geleit: So much of my spare time has been spent on being a good Councillor (or Mayor!) that I don't have much time for hobbies. However, in the past I tended to flip between working on hardware and software projects. Sometimes I still manage to find the time for the odd bit of soldering. My main passion is working with old fashioned valves to create sublime sound systems - I could actually make a living out of it but I'm saving that for if I ever lose my seat ☐

EET: Thank you very much Mr Mayor. We hope you enjoy your year in office.

Related Reports:

Epsom and Ewell's 7th Labour Mayor?

Meet Epsom & Ewell's new Mayor, Clive Woodbridge. (2022-2023)

Image: Robert Geleit at the Epsom Derby Races June 2023.

Epsom and Ewell's refugee talent

30 June 2023



Celebrating World Refugee Week (19th - 25th June) Epsom and Ewell Refugee Network has been celebrating the talents and success of refugees the charity has supported.

Nataliia Zadorizhna is a concert pianist who started playing the piano at the age of 4. She graduated from the Glier Kyiv Academy of Music and also has a PhD in Linguistics. She arrived here in May to flee the war in Ukraine.

Natalia has been appointed as a peripatetic piano teacher for Surrey Arts and also gives private piano lessons. She has formed a Ukrainian choir in Epsom and is a top-class musician who has played in several concerts in and around Epsom.



Ksenia Bugrimova is an award-winning film producer and creative director who has made many films and tv programs in Ukraine. Since arriving in the UK, she founded Talented U - <https://talented-u.com/en> - a Ukrainian-British Association of screen industry professionals. Here is an example of her much acclaimed work <https://youtu.be/ayVgCK-3f00>

Samira is a 17-year-old Afghan girl who came to the UK in summer of 2021 and moved to Epsom in May 2022. She is a gifted artist and doing a dressmaking course at college. EERN provided her with a sewing machine and one of our volunteers helped her learn how to use it (as she had never used an electric machine before). Within 2 weeks she had made 4 traditional Afghan dresses and she hopes to become a professional tailor.

Samira has been working very hard at her English, supported by EERN, and was very pleased to pass her driving theory test first time!



Helin Konyar was studying singing at Kiev Municipal Academy of Circus and Variety Arts when, at the age of 20, she had to leave Kyiv last May. When she arrived here, she auditioned for the famous Laine Theatre Art College in Epsom and was awarded a 3-year scholarship. This week she appeared in her first show at Epsom Playhouse.

Yuliia Komyshan is a professional bandura player from Poltava, Ukraine (a bandura is a Ukrainian plucked-string folk-instrument). She has degrees from Poltava Professional College of Arts and from Glinka Dnipropetrovsk Academy of Music

and a PhD in Educational and Pedagogical Sciences.

Yuliia came to the UK when the war started in Ukraine. She dreams of introducing people all over the world to the interesting and rich Ukrainian culture and traditions. She loves giving people the opportunity to listen to the bandura and to connect with Ukrainian musical culture, both traditional and modern. She performs at concerts whenever she can.



Yuliia says that she is very grateful to the government, sponsors, volunteers and new friends for the support which she has received here.

For more information about the work of Epsom and Ewell Refugee Network visit their website.
<https://epsomrefugeenetwork.org>

Related reports:

Flight of refugees: history repeating?

Ukrainian refugees made welcome by King's rep.

Cllr Alex Coley: Refugees in Epsom and Ewell

Local talent showing up for charity

30 June 2023



EPSOM ROTARY CLUB will again be hosting the **EPSOM & EWELL SHOWCASE** at **Epsom Playhouse** at 19.00 hr on Tuesday 27 June 2023. Tickets at £25 each support an amazing variety of local talent and in turn local charities and local good causes in and around Epsom. The acts consist of:

Cam Brown is a well know local guitarist and singer. He enjoys performing songs by Jake Thackray and often performs in local pubs and halls.

Rhea is the winner of the local Young Musician award and will play "Against All the Odds) Phil Collins and Albright on her saxophone.

Kasumi Brooker, a soprano who sings with Epsom Choral Society will sing Puccini, Mozart, Gershwin, Bernstein, Lloyd Webber and Loewe.

Relive the experience **Girlguiding Epsom** will bring the Camp-fire to the stage with music!

Protègèm Dance School will perform contemporary dance on stage.

Brass Quintet Come and see a great performance by the Brass Quintet of the Epsom and **Ewell Silver Band**.

Bharathakalalayam Dance Southern India brings us lots of great Dancing and these dances are based on the Hindu religion -Radha Krishnan, Dandia and Thillana.

Ambition School of Dance Ballet, Modern, Disco/tap dancing brought to the stage by these young performers. They wowed us last year so come and see them this year.

Leatherhead Link Who of us could ever forget the emotional, joyful and committed performance by Leatherhead Link last year. They have come back to repeat the performance and we are looking forward to a stunning evening.

Tickets available [HERE](#).

2700 cubs and brownies came to Epsom

30 June 2023



Cub Scouts and Brownies from **Epsom & Ewell districts** joined over 2700 Cub Scouts, Brownies and leaders from across Surrey for a day of fun and adventure at an activity day called SCRAM at **Hook Arena, Epsom** on Saturday 17th June 2023.

Cub Scouts and Brownies were able to try many new and large activities that cannot be organised in groups or districts as well as being able to mix with Cubs and Brownies from other districts.

Over 200 activities were on offer including pedal karts, high ropes, bungee trampolines, Assault course Wire, bungee running and zorbing as well as smaller activities like making popcorn, Grand Prix table game, firing water rockets and much more. As well as having fun and enjoying the activities on offer, many activities taught them #skills for life.

During the day, a number of local Mayors from around the County visited to see what was on offer as well as **CJ Ledger**, Deputy UK Commissioner (Support) who spoke to the young people during the day as well as seeing what Surrey Scouting had to offer.

Oliver a Cub Scout from Surrey aged 9 said "I liked the inflatable that you had to jump over so you don't get knocked over, I think it helped that we played a similar game at Cubs which helps with co-ordination skills"

Lauren a Cub Scout from Surrey aged 10 said "I liked the bungee trampoline because it was fun and exciting".

Max a Cub Scout from Surrey aged 8 said "I liked the zorbing because it was fun and I haven't done it before".

Sarah a Brownie from Surrey aged 8 said “I liked the activities and the excitement of the day, there was lots to do”.

Ali Tickett, Organiser of SCRAM for Surrey said “What a day! 2,700 cubs, Brownies and leaders came to Hook Road Arena to celebrate just how brilliant being a Cub Scout and Brownie is! The cubs and Brownies had an incredible range of activities to try including a cave bus, metal detecting, pancake making as well as a high ropes course and many, many more. Some activities were just for fun and other were a real challenge all supporting the fact that Scouting helps young people develop Skills For Life.”

Related reports:

Epsom Beavers away in Surrey woods

Dutch scouts go English in Epsom & Ewell

Cub Scouts are for Boys and Girls aged 8 to 10.5
Brownies are for girls aged 7-9
Brownies are part of Girlguiding UK
Pre-pandemic youth membership was 479,000 (2020)
Up until the pandemic, The Scouts enjoyed a sustained period of growth, with total membership rising by nearly 200,000 between 2006 and 2020
2020 to 2021, youth membership fell from 480,083 to 362,752 - a 24.5% decline - and adult membership fell from 155,907 to 141,863
2021 to 2022 membership growth is 362,668 to 421,852 - an increase of 16%

Uncommon commitment to the Common

30 June 2023



The **Epsom Common Association** (ECA) has a membership of around five hundred households, and works closely with **Epsom & Ewell Borough Council's** Countryside Team and the **Lower Mole Partnership** to protect and improve the Common.

On Tuesday evenings, from June until the end of August, ECA will be hand-pulling bracken for a couple of hours to prevent selected areas of heath or grassland from becoming smothered. During the autumn they will hold the three remaining conservation tasks of the year's programme of eight. Each task runs for two days, usually the third Sunday of the month and the following Monday. The programme is agreed with the Countryside Team, guided by the Council's **Hundred Year Management Plan**. The work typically involves removing scrub and small trees to maintain and improve areas of grass and heath or rejuvenate scrub.



Female Silver-washed Fritillary

Sustainable Epsom and Ewell in partnership with St Martin's Church are looking forward to hosting their 3rd Eco Fair on Saturday July 1st between 10:00 and 14:00. The event is free for all to attend and will include activities for children. Hot food and cakes will be available on the day.

Sustainable Epsom and Ewell is delighted to welcome again to our 3rd event the the Epsom Common Association. Further details about the work they do can be found on the website

<https://www.sustainablepsomewell.co.uk>.

Around fifteen cattle will be grazing across three separate pastures, following in the footsteps of their wild and subsequently domesticated ancestors. Every day the cattle must be checked for health, as must the fences and water troughs. Each week the ECA provides four of the daily checks; without this contribution it is unlikely that grazing could continue.

As well as conservation work, each year ECA publish three newsletters, hold two public meetings with guest speakers, and arrange several expert led guided walks. Of this summer's programme, walks for: butterflies (2nd July) and bush crickets (6th August) are still to take place; and residents are very welcome to come along.

Finally, ECA make excellent hardwood charcoal from logs harvested during conservation work. Two years ago, thanks to funding from the Council's Community Infrastructure Levy, they were able to take delivery of a modern charcoal retort, which has greatly reduced the smoke whilst increasing the yield. Their charcoal is available at local retailers, the sales help finance activities.

Last September, funded from a generous legacy in memory of **Dave Berry**, a volunteer on the Common, ECA worked with the Lower Mole Partnership to create a new pond. Despite a dry start, by early spring it was full and should provide a new habitat for invertebrates and amphibians. Some funds remain and ECA are considering overgrown and silted ponds for future restoration.

In February ECA funded the installation of two Kestrel nest boxes high up in Oak trees. At least one now appears to have been occupied. Might this suggest a shortage of natural nest sites, despite the substantial number of large trees? Many organisations, including the Countryside Team and members of the ECA, contribute significant effort to monitoring a wide range of animals and plants on the Common.

Previously unrecorded species including various dragonflies and the Black Hairstreak butterfly (probably introduced but now breeding); the third year of Grey Herons nesting at Great Pond; and continuing good numbers of many species all suggest that in many respects the habitat management is successful.

However losses such as breeding Willow Warblers, declining across the south and east of the UK, demonstrate the limits of individual nature reserves, which have only a tiny impact on climate change and none on damage to other areas of the planet that may be essential for a particular creature's life cycle.

Next year will mark the fiftieth anniversary of the founding of the Association. ECA are considering what celebration might be appropriate, suggestions welcome. If you would like to help the ECA on its next fifty years please do get in touch. It is not all outdoor work, there is also plenty to be done in organisation, publicity and the like.

Details of activities and contacts can found at: <https://epsomcommon.org.uk/>

or

Facebook: www.facebook.com/EpsomCommonAssociation

David King

Top image: Berry Pond - Epsom Common

Related reports:

Flagging Up Epsom Common

Storm Eunice - Can the Epsom Common Ducks handle it?

Epsom Common Bird Walk Poem

Sustaining Epsom and Ewell's trees

30 June 2023



The **Epsom and Ewell Tree Advisory Board** (EETAB) founded in 1994 is a partnership of environmentally minded volunteers from the local community who work together to safeguard and promote the value of trees in the borough.

EETAB operates via volunteer **TREE CHAMPIONS** who feel that trees matter and who help to care for trees in their road or local park. Their aim is to ensure that they pass on to future generations a borough that is at least as leafy as the one we have inherited. EETAB is part of the wider Surrey Tree Warden Network.

One of the key roles EETAB has is to monitor Tree Preservation Orders (TPOs) and Conservation Area planning applications. EETAB seeks to ensure that major planning applications include appropriate soft landscaping requirements and tree planting to enhance the townscape. They provide scrutiny to these applications and this role is vital to maintain

mature trees and ensure leafiness is maintained within the Borough. Both these activities often require site visits or follow up reviews to ensure any tree work or developments are aligned with the planning application.



Planting of hedge at the Epsom Riding for the Disabled site.

Sustainable Epsom and Ewell in partnership with St Martin's Church are looking forward to hosting their 3rd Eco Fair on Saturday July 1st between 10:00 and 14:00. The event is free for all to attend and will include activities for children. Hot food and cakes will be available on the day.

One of the aims of the Eco fair is to highlight the work of the many fantastic local green groups and businesses active in the Borough and provide an opportunity for our residents to find out about the work they do and how they can support these groups and businesses. Sustainable Epsom and Ewell are therefore delighted to welcome again to our 3rd event the **Epsom and Ewell Tree Advisory Board**

Further details about the work they do can be found on the website
<https://www.sustainableepsomewell.co.uk>.

In addition to this work, EETAB also undertakes many practical tree planting work within the borough working both in establishing tree planting projects in local communities and supporting **Surrey County Council** to get more street trees planted. Some of the ongoing projects include:

Allotment Tree Nursery

EETAB operates a small tree nursery at the Alexandra Road allotment site. They use this site to care for young trees so that there is ready stock for tree planting projects. They have several hundred trees in pots at the nursery. A team of volunteers look after the saplings there and help maintain the plot and we are always in need of extra help with this work.

Planting Projects

Over the past year EETAB has been involved in planting projects at various sites in the borough, the largest of which has been helping to plant a 120m long section of hedge at the **Epsom Riding for the Disabled** site in January, followed by a further 25m section of hedge in March this year. Species planted included hazel, field maple, hawthorn, hornbeam, willow, rowan, ash, dogwood, and dog rose.

Street Trees Planting

When familiar trees are lost (due to age/disease/extreme weather) and not replaced, the appearance of a neighbourhood is altered, so the topic of street trees stirs some strong emotions amongst residents. In the planting season 2021/2022 just 10 new street trees were planted in our borough, a figure far lower than the number of street trees lost. EETAB ran a campaign highlighting the loss of street trees and the increasing numbers of stumps left in our verges to put pressure on Surrey County Council to plant more trees.

As a result of this campaign progress has been made and almost 30 street trees were planted in the borough in the 2022/2023. They worked with Surrey County Council to get 44 planted in the 2023/2024 season. There is still concern in some areas about a continuing decline in numbers of street trees, particularly in the tree lined 1930s estates of the north eastern side of the borough. EETAB appreciate residents' frustration about the reduction in the number of trees. Replacement trees are not being planted in some of these verges as they do not pass the criteria set by Surrey County Council for street tree planting, often due to the narrow width of the verge, or due to the presence of utilities underground.

Tree care and watering

Although there is often much focus on tree planting in the media, the ongoing care and watering of these newly planted trees is equally important. EETAB volunteers regularly check on the newly planted trees in the borough, clearing vegetation around the base of the tree (to reduce competition for water and to prevent strimmer and mower damage), putting down mulch and checking the tree ties and supports. Young trees need watering regularly for the first few years

after they are planted with increased frequency during spells of hot dry weather. In the summer months there is a huge need for Tree Champion volunteers to help with watering young street trees. They have a list of trees in need of a champion and would welcome additional help with this.

If you would like to find out more about the **Epsom and Ewell Tree Advisory Board**, please check their website: www.eetab.org.uk, follow on Facebook @EpsomEwellTreeAdvisoryBoard or email them at epsomandewelltab@gmail.com

Vicki Rees

Top image: EETAB Allotment Tree Nursery at Alexandra Road allotments.

Related reports:

Council Meeting: Does Epsom need more trees?

More trees please for Surrey

Any more trees please?

Pressure on Epsom Hospital at boiling point?

30 June 2023



Visits to emergency departments (EDs) rocketed on Monday, with more people coming through the doors than ever before. More than 1,250 people went to one of St George's, Epsom and St Helier's three EDs - a rise on the previous record of 1,170, and a huge increase on a typical day of about 800 attendances.

It comes just hours before hundreds of junior doctors prepare to strike across the hospitals group - prompting fears of a "double whammy" of pressures.

ED attendances on Monday 12 June were as follows:

- St George's: 580
- Epsom and St Helier: 674
- Kingston: 533
- Croydon: 622

Croydon and Kingston hospitals also experienced very high demand and easily surpassed their previous highest number of attendances.

Kingston Hospital set a new record seeing more than 530 people visiting its emergency department in one day, including 78 ambulances and 455 walk-ins.

Croydon University Hospital saw 622 unwell patients needing to see an emergency care consultant - 16% above the previous busiest summer day on record on 17 June 2021.

Dr **Richard Jennings**, Group Chief Medical Officer at St George's, Epsom and St Helier University Hospitals and Health Group, said: "We have never been busier, and with the upcoming strikes it's going to be a very challenging week.

"We're here, as always, for those who need us. But now more than ever, we need the public's support in those cases where it is not an emergency. NHS 111 online should be your first port of call in these instances, as it can direct you to where you need to go."

Members of the British Medical Association and Hospital Consultants and Specialists Association will strike for 72 hours from **7am on Wednesday 14 June until 7am on Saturday 17 June**.

This action will impact services at hospitals, and will mean that some appointments, procedures and operations may be postponed to ensure emergency care can be prioritised. Patients will be contacted directly if their appointments are rescheduled, and should continue to come forward for care as normal unless they hear otherwise.

The mercury is expected to remain in the high 20s, and even early 30s, when these strikes start - and will hit hot temperatures once action has finished, too, with the UK Health Security Agency and the Met Office extending their heat-health alert to Monday.

When temperatures rise, more people, especially those in high-risk groups, can suffer from illnesses like heat exhaustion and dehydration, as well as sunburn.

The pollen count has also been very high, and there has been a surge in people visiting EDs with shortness of breath. This might not be anything to worry about, but it is scary and sometimes those who are experiencing it will need medical help. NHS England has this advice for people who are affected.

If you have an underlying respiratory condition, you should contact your GP or asthma nurse as needed – unless it is an emergency, in which case you should call 999 or go to ED immediately.

Everyone should stay safe and well in the hotter weather, and take steps such as: looking out for people who may struggle to keep cool and hydrated, such as elderly relatives or neighbours; keeping windows closed when the room is cooler than outside; and staying hydrated.

You should also stay out of the sun between 11am and 3pm, apply suncream regularly, and wear a hat.

Dr Jennings added: “This weather has undoubtedly contributed to the rise in people – some who are vulnerable and very sick – coming to our emergency departments.

“Help us to prioritise care for those need it the most, and use our services wisely.”

If you need urgent medical help use NHS 111 online first, which can direct you to where you need to go. Pharmacies, meanwhile, can offer advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, and aches and pains.

To find out more about staying safe during hot weather, visit the NHS’s website.

St George’s, Epsom and St Helier University Hospitals and Health Group

Related reports:

Hospitals heatwave warning

NHS website remedy for hay-fever

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Surrey’s vulnerable money support

30 June 2023



Surrey County Council has been allocated a further £10.6m funding to continue to support the county’s most vulnerable households.

The funding comes from the Government’s Household Support Fund as part of a new grant running until March 2024.

Funding has been allocated via the Department of Work and Pensions to help those families who are struggling financially in Surrey, with financial assistance available for food, fuel, water and other essentials. The funds will be distributed via a range of methods and delivery partners to ensure it reaches as many people in need as possible.

A significant portion will go as food vouchers to children on Free School Meals during holiday periods, via borough and district councils and key charities and foodbanks as well as topping up Surrey’s Crisis Fund.

The 10.6m will be staggered across the year, with half the fund being distributed now and the other half in October. The first half of the funding is now with distributing partners and is ready for communities to access.

Surrey County Council Deputy Leader and Cabinet Member for Communities and Community Safety Denise Turner-Stewart said: “It’s great news that Surrey County Council has received further funding from the Household Support Fund.

“Our top priority is to ensure no one in Surrey is left behind, and this funding will play a vital role in providing support to our most vulnerable residents.

“I’d like to thank our distributing partners for their help in ensuring the funding reaches those who need it most and together we’ll continue to do all we can to support them.”

For more information on the Household Support Fund and distributing partners please visit: <https://www.surreycc.gov.uk/health-and-welfare/support/financial-support/household>

For more information on financial support available in Surrey please visit: <https://www.surreycc.gov.uk/health-and-welfare/support/financial-support>

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Epsom choristers go south for the Summer

30 June 2023



This year, **Epsom Choral Society**’s summer concert will take you on a journey of discovery with two exciting British 20th century works on Saturday 24th June 2023 in St Andrew’s Church, Cheam.

From green and leafy Surrey, Epsom Choral Society travels firstly to **Brazil** to enjoy the jazz rhythms and sparkling piano of **Constant Lambert**’s popular 1927 work The Rio Grande.

In the second half, the singers cross the Atlantic to **Africa** with **David Fanshawe**’s African Sanctus (1972), a work which combines the traditional Mass with an original soundtrack of African music recorded by the composer during his travels up the Nile.

Jane Fanshawe, David’s widow, will attend the concert and will give an introduction and her personal memories of African Sanctus. David Fanshawe (1942-2010) was an English composer and self-styled explorer with a fervent interest in world music. His best-known composition is his choral work, African Sanctus, written in 1972



EPSOM CHORAL SOCIETY

AFRICAN SANCTUS
David Fanshawe

THE RIO GRANDE
Constant Lambert

**Saturday 24th June
2023 at 7:30pm**

Julian Collings | conductor
Lisa Swayne | soprano
Marion Lea | piano
Peter Jaekel | piano
Percussion ensemble

St Andrew's Church, Northey Avenue, Cheam SM2 7HF

Tickets: £18, £9 (students and U18s)
www.epsomchoral.org.uk/tickets
Box office: 01372 727078 or 07522 111219

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CHORAL
SOCIETY**
Registered charity number 273757

African Sanctus features soprano soloist, Lisa Swayne, and the soloist playing the fiendishly virtuosic piano solo in The Rio Grande is ECS's very own Marion Lea, a formidable pianist who next year celebrates 50 years as the choir's accompanist! Marion will also be joined by Peter Jaekel for duets from Walton's Façade. The concert will be conducted by Epsom Choral Society's Musical Director **Julian Collings**.

Chairman **Isobel Squire** said: "This is an exciting end to our season, and we look forward to transporting our audience from a gentle English summer to the dynamic rhythms of more southerly climes."

The concert takes place at St Andrew's Church, Northey Avenue, Cheam on Saturday 24th June 2023 at 7.30pm.

Entry is £18, or just £9 for students and under-18s.

Tickets are available via Epsom Choral Society website www.epsomchoral.org.uk/tickets

Epsom Choral Society has been singing for 100 years with around 90 singers. It puts on at least four concerts each year which attract a loyal following. Epsom Choral Society is a friendly choir - it does not require auditions but does aim for high performance standards. Rehearsals are on Wednesday evenings under the baton of their Musical Director, Julian Collings.

Related reports:

Epsom Choral works 100 years

Epsom Choral Society opens its centenary celebration 2022

NHS website remedy for hay-fever

30 June 2023



With hay-fever suffering at a peak the NHS urges sufferers to visit its website for advice and reduce pressures on its telephone and other services.

The number of hay fever sufferers seeking advice from the NHS website has more than tripled - reaching 122,650 visits last week.

Analysis by NHS England, which runs the NHS website, found weekly visits to the hay fever page have increased by 252% in the past five weeks from 34,878 visits during the first week of May.

Sunday was the busiest day of the year so far for visits to the web page with 27,834 visits in 24 hours - an average of one visit every three seconds.

The surge coincides with figures seen last year when hay fever page visits topped a million during the six months from March to October, peaking at 462,706 in June 2022. December was the quietest month for visits with only 5,658.

NHS information pages on hay fever treatments have also proved popular during the past five weeks. Visits to the antihistamines and cetirizine pages have more than doubled, and visits to the fexofenadine page have more than tripled to reach 45,450 visits last week.

Most hay fever symptoms can be effectively managed at home or with medication widely and cheaply available in community pharmacies or supermarkets.

Robert Cleary, NHS England's Content Director for the NHS website, said:

"Many of us experience hay fever symptoms at this time of year and the nhs.uk hay fever advice page provides the latest medical advice to manage your symptoms, as well as giving guidance on when to get support from NHS services.

"Millions of people make the NHS website their first port of call for advice and information on a wide range of conditions. The website is here for anyone 24 hours a day, making it easy for people to receive health advice and support from a trustworthy source around the clock."

There is currently no cure for hay fever, which usually hits between late March and September when the weather is warm, windy and humid, and the pollen count is at its highest.

The symptoms include sneezing, coughing, a runny or blocked nose, as well as red, itchy or watery eyes. Sufferers can also experience headaches, earache or lose their sense of smell.

The NHS hay fever page details several ways people can ease their symptoms including staying indoors, keeping their windows shut, not cutting their grass or coating their nostrils with Vaseline to trap the pollen.

The page also offers advice on different treatments available from pharmacists and recommends when people should seek help from their GP.

The NHS website is the UK's biggest health website with an estimated 2.6 million visits a day in 2022 from people seeking information and advice.

It includes over 4,000 pages and provides information about 990 medical conditions as well other health services including applying for a free UK Global Health Insurance Card for healthcare cover abroad, finding a GP, and a pregnancy due date calculator.

For more information visit Hay fever - NHS (www.nhs.uk).

NHS England Media Team

Image: Fitzpatrick AM CC BY-SA 4.0

Hospitals heatwave warning

30 June 2023



Summer looks like it's here at last - but with a surge in temperatures also meaning a surge in people visiting emergency departments, members of the public are urged to stay safe in the sun.

Earlier this week the UK Health Security Agency and Met Office issued their first heat-health alert of the year in six regions, including London and the South East, which comes into effect tomorrow (Friday) at 9am.



With the mercury set to peak at about 30 degrees Celsius, they are warning people to stay safe and well - and St George's, **Epsom and St Helier University Hospitals** and Health Group is echoing that plea.

Dr **Richard Jennings**, Group Chief Medical Officer, said: "When temperatures start to soar, more people, especially those in high-risk groups, can suffer from illnesses like heat exhaustion, dehydration, and of course sunburn.

"It often means our hospitals are busier as a result. As always, we are there for those who need us, but please do take steps to stay safe and well, and avoid a trip to our emergency departments."

High-risk groups include elderly people, babies, young children, and those with heart, respiratory and serious health problems. But everyone should stay safe and well in the hotter weather - and take the following steps:

- Looking out for people who may struggle to keep cool and hydrated, such as elderly relatives or neighbours
- Keeping windows closed when the room is cooler than outside, but opening them at night when the temperatures has dropped, and closing curtains on rooms that face the sun to keep indoor spaces cooler
- Drinking plenty of fluids and avoiding excess alcohol. Taking water with you, if travelling
- Trying to keep out of the sun between 11am and 3pm, and staying in the shade
- Applying sunscreen regularly, and wearing a hat
- Not exercising during the hottest parts of the day

Staying in the sun for too long increases the risk of becoming unwell. Heat exhaustion is not serious and usually gets better when someone cools down, but if this turns into heatstroke it needs to be treated as an emergency. You may have heat exhaustion if you are experiencing headaches, dizziness, loss of appetite, and feeling sick or confused.

If you are affected by any of these symptoms, it's important to cool down as quickly as possible. There is more information on the NHS website on how to do this - and also what to do if your condition worsens.

The hospitals group is also reminding people that its emergency departments are there for serious and life-threatening emergencies - particular with a third wave of junior doctors' strikes coming up next week, which will also have a big impact on services. Hundreds of doctors from St George's, Epsom and St Helier could walk out over the 72 hours.

Dr Jennings added: "We often find we're as busy in the days following a heatwave. The hot-weather alert is in place until Monday morning - less than 48 hours before many of our junior doctors will be taking industrial action.

"That's why it's even more important for the public to take steps to help us, help our staff, and of course, help themselves."

If you need urgent medical help you should use NHS 111 online first, which can direct you to where you need to go.

Pharmacies, meanwhile, can offer advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, and aches and pains.

To find out more about staying safe during hot weather, visit the NHS's website.

Epsom Hospital's speedy chemo for cancer kids

30 June 2023



A mum says she is "amazed" by a **new chemotherapy service** that has proven to be invaluable for young cancer patients and their families. **Nathan Dunne**, nine, is usually "back home and in his pyjamas" within 90 minutes of leaving the house to have the cancer treatment - known as Vincristine - at **Epsom Hospital**, and is in the treatment room itself for just half an hour.

Mum **Oana** is full of nothing but praise for the service, and says it has significantly reduced the amount of time they spend in hospital for appointments - with Nathan previously receiving his Vincristine dose elsewhere. "It's so much quicker, and Nathan gets everyone's full attention - plus, the toy box is there already waiting for him on arrival!" said Oana.

"The staff are amazing, they know what they have to do and are always helpful - and if they don't know the answers to my questions, they will find out. We're in and out really quickly, and I look forward to the days when we are in Epsom Hospital now. We know the nurses who are working, and we see often the same faces. They know our children and they remember the routine that works for us - for Nathan, that's counting '1, 2, 3' when the needle goes in, and back again when it's taken out. I'm just amazed at how quickly we're back home after a visit for Vincristine."

Nathan - who lives with his family in **Worcester Park** - was diagnosed with leukaemia in June 2020. Aged six at the time, he started to complain of tummy aches, and also started to feel really tired - with Oana recalling how one day she had to carry him home from the park because he couldn't walk.

On another occasion Nathan had a wobbly tooth that wouldn't stop bleeding for two days, and he also had a swollen finger that hurt when using his iPad.

Concerned about her son, Oana sought help, and Nathan was eventually referred to St Helier Hospital for blood tests. Later on, the family received devastating news: there was a 90 per cent chance Nathan had leukaemia. "We were devastated - it was the shock of our lives," said Oana. "I didn't think for a moment that was what it would be."

The diagnosis was officially confirmed shortly afterwards, and Nathan spent a night at St Helier Hospital before being transferred to **Epsom Hospital's** paediatric oncology unit (POSCU).

He was then moved to the Royal Marsden on his seventh birthday, and spent the next few months in the care of the teams there. Oana says Nathan understood what was happening to some extent - knowing "there was something wrong with his blood" and that he was "very poorly". Treatment started quickly and every day.

Now, Nathan visits **Epsom** every four weeks to have treatment and is at the Royal Marsden every 12 weeks - with Oana saying the care he has received and continues to receive at both as "incredible". Nathan is due to finish treatment in August, and is one of 10 patients to have now received a regular Vincristine infusion at Epsom Hospital.

Dr Beccy Suckling, Chief Medical Officer at Epsom and St Helier University Hospitals NHS Trust, said: "Ensuring our patients receive outstanding care is our biggest priority. Our new Vincristine clinics are something to be really proud of, and a lot of work has gone into getting us to this point. It's fantastic to hear that young cancer patients like Nathan are being treated so well by our brilliant teams - and as well as thanking our wonderful staff for the care they provide, I'd like to thank Oana and Nathan for their really lovely words about that care."

Lucy Lloyd-James, Lead Nurse for Epsom's Paediatric Oncology Shared Care Unit, said: "Epsom Hospital is much closer to home for many of our young patients, and we've had such wonderful feedback about our Vincristine clinics and how quickly patients are in and out. We know how scary and overwhelming it can be for our young patients and their families, and this is one way we can make such a difficult experience just a bit easier."

St George's, Epsom and St Helier University Hospitals and Health Group

[Epsom and Ewell Times say: Thank you Nathan and Oana for your courage sharing your story.]

Ewell Village vitalisation

30 June 2023



Ewell residents are being asked to take part in a public consultation on a range of improvements to revitalise Ewell Village and help to make it a safer, more welcoming place for everyone.

The consultation will take place online and in person, with a number of drop-in events scheduled. Residents have until the end of June to have their say on the proposed improvements. See **the website** for more information.

Community-led research, which began in 2020, identified potential areas for improvement in Ewell Village. Following on from this, Surrey County Council carried out further research to understand what improvements were needed to meet the needs of residents. This highlighted concerns about road safety, congestion and narrow and uneven pavements throughout the village.

Working with a group of residents and local councillors, and in consultation with Epsom & Ewell Borough Council, Surrey County Council has designed a number of proposed improvements across the village based on the highlighted concerns. This includes introducing safety measures at several junctions, designed to create better spaces for pedestrians and cyclists.

However, the most significant changes are proposed for the High Street, with three different options for residents to consider ranging from partial pedestrianisation to making a section of the road one-way. All options include pavement enhancements, more space for community gatherings, additional pedestrian crossing points, and a proposed 20mph speed limit on many roads.

Councillor Matt Furniss, Surrey County Council Cabinet Member for Infrastructure and Transport, said: "Ewell Village residents have told us they would like to improve certain aspects of the village, particularly around traffic congestion and safety, and they would like to see their local area improved. I'm delighted to present a number of options to residents that address their concerns and will enhance community spaces for years to come. I look forward to hearing the feedback from residents on which of the options they prefer."

Detailed plans and maps, along with artist's impressions of how the village could look, are available online for residents to view at **ewellvillage.commonplace.is** along with space to provide feedback.

In addition, the maps and plans will be on display in Ewell Village library, Bourne Hall, for the first two weeks of June. There will be three drop-in sessions, to meet the project team, discuss the plans and ask any questions. They will be at:

- Saturday 3 June, Ewell Village Artisan Market, 10am-3pm
- Wednesday 7 June, Bourne Hall, Begonia room, 10am-1pm
- Friday 9 June, Bourne Hall, Begonia room, 4pm-8pm

Residents and local businesses in Ewell can view the online consultation and provide feedback on the proposed changes by visiting **ewellvillage.commonplace.is**. The consultation closes on 30 June 2023.

Ewell film festival ends with a bang

30 June 2023



The **Satisfied Eye International Film Festival** wrapped up its 4th edition with a bang on Sunday, closing out this year's event with a thrilling taiko drumming performance.

Festival founder **Chris Hastings** told us: "We'd wanted to end on a high note and we couldn't have hoped for a better festival. Having shifted from the delayed Picturehouse in Epsom, we had no idea whether or not **Ewell and Bourne Hall** would embrace indie cinema but this has been our most successful season ever.* The venue and the community really pulled together to support us. There was a buzz about this year's event which made it something truly special."

One audience member noted "I'm no film buff, I just enjoy a good film and the quality here was really exceptional. I will be thinking about the films I saw for days to come."

In addition to a packed programme of short films, feature films, documentaries and animation, audiences came in large numbers to meet Johnny 5 from Short Circuit, ED209 from Robocop, get a photo in the Back to the Future DeLorean and take their seat in the Iron Throne, while Spiderman thrilled the children who had arrived for free animation screenings.



The drummers of Aber Taiko and Gongming collect the opening award of the festival on behalf of documentary Finding Her Beat which walked away with the Jury Prize

Following three days of World, European and UK premieres and a host of Oscar winners and nominees, the festival wrapped up with a stunning live show by Aber Taiko and Gongming which literally made the ground vibrate! Followed by a sold-out workshop attended by many of the audience, one participant declared that the event was "absolutely epic, the best thing to ever happen in Ewell, I can't wait for next year"!

The full list of the festival's award winners will be announced this week with details available at www.satisfiedeye.com for those attendees eager to discover if their favourite film walked away with any prizes.

*Previous highest box office for SEIFF 88% (in 2019) compared to 92% ticket sales for this 4th season.

The Epsom and Ewell Times was very happy to have sponsored this great community event in our Borough

Epsom Hospital Radio goes National

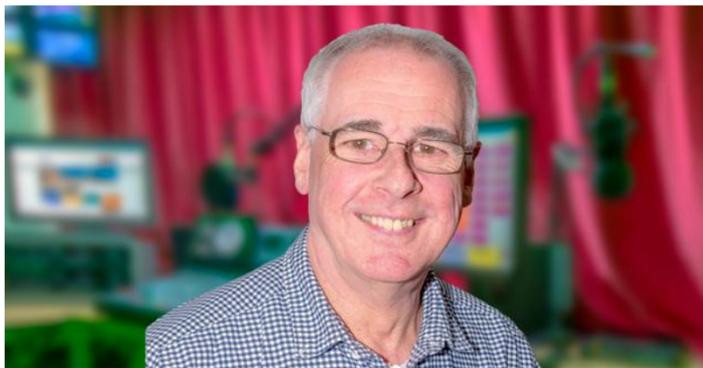
30 June 2023



Back in 1978 two patients in Epsom District Hospital were having a discussion about music. It turned out that they were both DJs and between them they decided to launch Epsom District Hospital Radio. It took a couple of years to acquire funding, equipment and support but in 1981 the station broadcast its first programmes.

Over the ensuing years the station has grown in both size and reputation, continuing to entertain and amuse the patients as well as hosting events such as school fetes, the Dorking Big Weekend, the Epsom Common Day and the Epsom and Ewell Community Fayre.

2023 marks the 45th anniversary of the station and is a landmark year. Surrey's finest and fastest growing hospital radio station will now be broadcasting on the internet. Thanks to generous donations from **Epsom and Ewell Times**, Kane Construction, 3ti and the on-going support of Epsom Rotary Club, **from Wednesday 31st May** you will be able to listen to Epsom Hospital Radio wherever you are in the UK. The online launch at 8pm begins with a guest appearance by **Epsom Rotary**, one of the sponsors of EHR Online.



Epsom Hospital Radio's President **Trevor Leonard**, who recently celebrated 40 years as a member, is thrilled by the latest development. "This is a pivotal moment in the 45 year history of Epsom Hospital Radio as we will now be able to more actively engage with our wider local community, while still ensuring the patients of Epsom Hospital remain absolutely at the heart of everything we do.

"As well as the superb efforts of our current Station Manager, Chief Engineer, Management Team and members who have made internet broadcasting possible, this major development is also accredited to all those who have volunteered at Epsom Hospital Radio throughout the years and in doing so, helped to lay the foundations for us to take this major step forward today".

Current Station Manager **Ian Daggett** said it reflected the station's desire to progress over the last couple of years. "It's a small step in the world of broadcasting, but for Epsom Hospital Radio it's a giant leap. Being on the internet is something we've wanted to do for quite a while and we're really looking forward to reaching out to the people of Epsom and Ewell and the surrounding areas".



If you want to tune in to Epsom Hospital Radio, a click to listen link is now available on the homepage, which is www.epsomhospitalradio.org.uk

You will be able to enjoy Epsom Hospital Radio playing your favourite hits from across the decades, alongside an eclectic

mix of themed programs from classical to comedy, country to rock, specialist music genres, interviews with local people and the occasional celebrity as well.

You can also request a song for a patient in the hospital or a listener anywhere via the request line which is 01372 735999 or via email studio@epsomhospitalradio.org.uk