

Epsom Firefighters making businesses safer

4 October 2022



Statistics for the UK show that 30 people die and 2,000 are injured each year as a result of fires in the workplace. The damage to businesses caused by fire costs the economy over £6 billion and 75% of businesses that have a fire within the first year never trade again.

Surrey Fire and Rescue Service aims to support businesses in reducing the risk and impact of a fire by offering free advice and guidance on fire safety.

Their **Business Safe and Well Visits** take just ten to fifteen minutes and cover aspects such as identifying the hazards, reducing the risk of a fire starting and steps to ensure the safety of staff and visitors.

Dean, a Fire Fighter on Green Watch at Epsom Fire Station, said “Our Business Safe and Well Visits are an effective way of educating businesses on fire safety and reducing the number of fires we have to attend”

If you would like a free Business Safe and Well Visit, please visit www.surreycc.gov.uk/businesssafety or simply scan the QR code below and complete the request form.



Surrey Fire and Rescue Service
Email businesssafety.education@surreycc.gov.uk



Epsom's Church Street Fire Station

How to help “low-incomes” with your £400

4 October 2022



The **Epsom and Ewell Energy Support Scheme** is a plan to offer those running into difficulties immediate help with their bills, and then advice and financial support to improve energy efficiency or reduce energy consumption in their homes and so reduce bills going forward. This might include buying a more efficient appliance for them or helping with improved insulation. The scheme is supported by local MP **Chris Grayling**

To help support this programme they are asking local households who have less difficulty paying for these higher energy bills to donate their £400 support payments to the fund so that it can be used to help reduce the bills of those who are struggling. If you are able to do this, they would be very grateful, and all other donations are of course also very welcome.

The Scheme is being run jointly by the **Good Company**, which runs the local food bank, and **Citizens Advice Epsom & Ewell** helped by local Churches. It will offer both advice sessions to help those who are not sure how to improve their energy efficiency as well as assistance paying for improvements.

To make a donation, please visit the donations page at www.justgiving.com/campaign/epsom-ewell-energy-support-scheme

Should go to Specsavers not Epsom Hospital?

4 October 2022



Our special correspondent shares his local experience.

In the good old days before Covid 19 you could visit the surgery to book to see a doctor, or instead telephone. You can do neither these days; now you have to fill an online form in and in a day or so the doctor will get back to you. If you are lucky, you will be able book a face-to-face appointment with the doctor provided you do not have a temperature or any other of the dreaded symptoms of Covid.



Malcolm Howard is a retired accountant and lecturer in Financial Mangement at the University of Surrey. In 2008, his book 'Accounting and Business Valuation Methods' was published by Elsevier. As an accountant he specialised in making the best use of available resources.

There is one exception to this; if you have an eye problem you book an appointment at SpecSavers as (at least in this area)

they act on behalf of the NHS. They do an excellent job; for minor problems they will sort it out. If not, they will send you off to the eye hospital to be seen straight away as a lengthy wait to see a consultant may result in more damage.

I have been a type 2 diabetic for twenty-five years and because of this annually I have my eyes screened; photographs are taken of the back of the eyes. When I started this was done at **Epsom Hospital**. I got there by bus and the procedure was tiresome, as they put drops in your eyes which make your sight blurry. But it had to be done! Then after a few years the technician gave me some good news; they had a modern machine and drops in the eyes were no longer needed. Absolutely brilliant. On top of that she would put your mind at ease and tell you not to worry.

Then someone in government decided to privatise the operation and accepting the lowest bid without having regard to anything else the service went into rapid deterioration. The new equipment was sold off and outdated technology returned. Years later, the privatised version of diabetic eye screening is still using equipment that became obsolete twenty year ago. Now you are advised:

- * plan how you'll get to and from the test - do not drive, as you sight may be blurry for a few hours afterwards.
- * you might want to bring someone with you or ask someone to collect you after the test.
- * During the test you'll be asked to read some letters on a chart first.
- * Drops are then put in your eyes. This may sting for a few seconds. The drops make your sight blurry after about 15 minutes. After that you'll be asked to look into a camera.
- * After the test you will not get the result on the day. You will get a letter about your result within 6 weeks.

Screening can take place at various venues, such as community centres, as well as hospitals.

I could have my eyes screened at **Epsom Hospital** without spending a penny on transport as the 166 bus would drop me outside. However, I choose not to because I do not need to waste a few hours being unable to see properly. Instead, I have my eyes photographed at Steven Harris Opticians in Beckenham. I get there by train and tram, but if I did not want to spend any money, I could take the 166 to Croydon Bus Station and get another bus from there to Beckenham. They take a number of photos in each eye (not just one in each eye) and the consultant shows me these and what they mean; he says we are looking for consistency with last year. No drops and a fantastic service.

Of course, other opticians, including SpecSavers, have the latest equipment also.

I keep on being harrassed by Surrey's Diabetic Eye Screening Programme (DESP). They insist that if I opt out it means I don't have my eyes screened and they will inform my GP. They simply don't understand that there are better services out there.

Anyone over 60 can have a full eye test, including a retinal scan FOR FREE under the NHS. Those under 60 can go privately and the same procedure costs around £45. In my view, such a fee is worth every penny. After all, it would relieve the anxiety of waiting six weeks to know if there were a problem or not.

The NHS would save a fortune if they scrapped this privatised service and organised screening through qualified opticians.

[Do you have a view? Write to us. Ed]

Epsom Advice Bureau Board boost before bad times

4 October 2022



Four new trustees have joined Citizens Advice Epsom & Ewell's (CAEE) Board to guide and lead the charity as it approaches what will undoubtedly be a very difficult winter.

Peter Edwards, chair of the Trustee Board, said: "I'm delighted to welcome four new and very talented trustees who will strengthen the Board at a challenging time for our charity, as we are already seeing rapidly rising demand for our services, inflationary pressures on costs, and fewer resources. With inflation rising steeply, the cost of living is a major concern for us all, and especially for the people we are here to help. Families on the lowest incomes will be hit hardest by spiraling price increases and our frontline advisers are already supporting people who are finding it difficult to get by."

Photo from left to right back row: Andrew Heffernan, George Bell, Ian Davison, Shaun Jones, Patrick O'Driscoll. Front row left to right: Fiona Taylor, Lisa Davis, Yvette Ball, Hardik Trivedi and Peter Edwards.

Joining the Board as new trustees are Yvette Ball, Hardik Trivedi, Fiona Taylor and Andrew Heffernan. Yvette's professional career was with the Probation Service culminating as Chief Officer of the service in Gloucestershire and then Surrey. With retirement her voluntary career has included Chair of Faith in Action Merton Homelessness Project and then of Refugees at Home before joining CAEE. In these roles Yvette led the organisations to achieve success, changing

dysfunctional groups into high functioning teams and enabling the charities to thrive. She gained good knowledge of governance from experience as an Honorary Secretary. She understands disadvantage and brings her passion to tackle it as incoming Chair designate.

Hardik is an experienced consultant with Duetsche Bank and has a track record in delivering transformation projects across different industries in government and commercial organisations. Prior to consulting, he was a systems engineer within the UK Ministry of Defence. Hardik holds an MBA from University of Warwick and a MEng in Aerospace Engineering from Queen Mary University of London.

Fiona has 35 years' experience in the transport industry including 13 years with her current employer, Network Rail, holding a number of director and senior leadership roles. Fiona spent several years as a self-employed consultant, working on a range of transformation, business improvement and commercial bidding assignments.

Andrew started his career in brand marketing for a number of blue-chip organisations, following which he took a break from the corporate world to qualify as a teacher. Andrew then worked for an educational charity before taking on the role of Membership and Marketing Director for a leading membership body in the social care sector.

Those who have departed are Alison Cribbs, vice-chair, who had been a trustee since 2015, Ian Davison who joined the board in October 2016 and chaired the HR committee, Bernie Watson who joined the board in 2018, and Alexis Marz and Hony Premial who both joined in 2017 and sat on the Finance and HR committees respectively.

Citizens Advice is made up of the national charity Citizens Advice; the network of independent local Citizens Advice charities across England and Wales; the Citizens Advice consumer service; and the Witness Service.

Citizens Advice Epsom & Ewell (CAEE) is a small, local charity offering free advice and information for all who live, work and study in the borough of Epsom & Ewell. All advice is free, confidential, impartial and independent.

Each year CAEE helps around 3,000 clients with issues such as benefits, housing, debt, fuel poverty, family issues and much more. Our outcomes are extremely positive not only for the clients we serve, but also for the wider community. During 2020/21 we secured income in excess of £1.2m for our clients. Our added value to society totalled £1.06m in fiscal benefits by reducing health service demand and maintaining employment and housing. The wider economic and social benefit of our work during 2020/21 totalled almost £8m.

As a small charity we are responsible for raising our funds. It costs, on average, £60 for each client that we help. To make a donation please visit www.cae.org.uk/donate/ Just £5 per month could enable us to help another client this year.

To get advice please use our freephone adviceline 0808 278 7963 or visit our website where you can get advice by emails and also find details of our drop in service.

Council's memorial benches to Co-Vid victims

4 October 2022



Epsom & Ewell Borough Council is installing 14 memorial benches across the Borough to commemorate all the lives lost in the Covid-19 pandemic.

Metal benches have been placed at Alexandra Recreations Ground, Long Grove Park, Nonsuch Park, Shadbolt Park, Stoneleigh Broadway and The Grove in Ewell Village.

More metal benches are in the process of being installed at Auriol Park, Ewell Court Park, Mounthill Gardens and The Wells Centre.

Wooden benches will also be placed at Epsom Common, Grandstand Road, Horton Country Park and Hogsmill by the stepping stones at a later date. Flowers will also be planted around the benches where appropriate.

Funding for the benches was provided via the Community Infrastructure Levy (CIL).

Councillor Hannah Dalton, who put forward the CIL bid, said, "The past two years have been extremely hard for everyone in the borough, but more so for those who have lost loved ones. These benches are our permanent memorial to all those affected by the pandemic.

"I hope they will bring comfort to grieving families, ensuring that their loved one will always have a place in and be remembered by our community."

Councillor John Beckett, Chair of Environment and Safe Communities Committee, added, “While these benches memorialise the pandemic, they also represent a time for reflection within the Borough. I can’t think of a more fitting tribute to those we have lost, than to have something to remind us and generations to come.”

Strengthening Epsom’s Seniors

4 October 2022



Epsom Strength and Balance is celebrating five years of helping seniors in the local community stay stronger and keep upright longer. **Karen Willson** changed career to one in the fitness industry after medically retiring from working at City Hall. She trained thanks to **Instructability**, which trains disabled people and helped her get a job at a local leisure centre in 2014. Enjoying helping people improve their health, she later trained as a personal trainer and Otago instructor. This allowed her to start Epsom Strength and Balance [ESB] in September 2017. Gradually classes increased in size and more classes were required. Now, after the pandemic, she is rebuilding her business and reconnecting with people in our community. She just loves to see people ‘stay strong and keep upright longer’.



Karen Willson

The ESB community has improved their strength and balance by doing activities in fun weekly group classes. This has improved their posture and mobility, which reduces their risk of tripping and falling. They learn how to safely get up off the floor and how to recover their balance so they do not fall. This allows us to safely do the things we enjoy.

We are all getting older each day and we can improve our quality of life during our later life. These weekly classes have helped reduce the severity and number of trips into hospital following a fall. ESB classes are now delivered at home via zoom and as group classes in Ashted and Epsom.

Is it time you reduced your risk of falling by improving your posture and mobility?

Some people prefer to move to music. **Sit and Stay Fit** is a class of gentle movement to music from the 60s and 70s and this can be done sitting down. You’ll be surprised how beneficial it is for the whole body.

Join Karen:

Ashtead St George's Christian Centre Mondays at 1:45 or

Epsom Methodist Church Wednesdays at 11:30 & 13:30.

Email Epsomstrengthandbalance@gmail.com or call Karen on (07771 647132)

Sit and Stay Fit Tuesdays at Epsom Methodist Church 14:00

email Sitandstayfit@gmail.com or call Karen on (07771 647132)

Visit: EpsomStrengthandBalance.com

Surrey Art for Ukraine

4 October 2022



ShedArt Gallery will be painting for **Epsom** based **Surrey Stands With Ukraine** during **Mole Valley Arts Alive** in October. There will be paintings of sunflowers and other subjects in different media and sizes. All proceeds from the sale of these paintings will go towards a bus pass for a local Ukrainian family and the rest will go directly to the charity.

In addition to the Ukraine-themed paintings, there will be over 100 other works on display including from two new artists who have recently joined the Gallery. These events are always a lot of fun for everyone and it's a chance to meet the local artists and see how they work.

One artist has welcomed a Ukrainian family into her home and the gallery has become aware of how difficult it is for them to live in a different country and not able to speak English and hence not able to work. They decided to help by dedicating wall space in their gallery to Ukraine. Some of the artists have chosen sunflowers as their theme. Some will donate a piece of their existing work to this cause.

In addition to the Ukraine-themed paintings, there will be over 100 other works on display including from two new artists who have recently joined the Gallery. These events are always a lot of fun for everyone and it's a chance to meet the local artists and see how they work.

ShedArt Gallery is located in Harlow House Barn, Dukes Road, Newdigate RH5 5BX Telephone: 07851 71395
(Do not use Post Code on SatNav. Enter from Rusper Road end - no entry from Partridge Lane)

There is free parking and toilets, with complementary tea and coffee available. Please note that there is a small flight of stairs to access the studio.

Admission is FREE.

www.shedartgallery.com shedart@shedartgallery facebook.com/Shedartgallery Instagram.com/Shedartgallery

Epsom Beavers away in Surrey woods

4 October 2022



Beavers and adults from **8th/14th Epsom (Air Scouts)** and **3rd Epsom (St Martins)** joined over 400 Beavers and leaders from other Surrey Scout groups. **Beavers Go Wild** is an overnight camp which is held at Bentley Copse Activity Centre, south of Guildford, which is owned by Surrey Scouts.

During last weekend over 50 activities were on offer including Zip Line, Go Karts, climbing, caving, bouncy castles, making large bubbles, giant games, target slingshot paintballing, assault course and many more. In addition, young Beavers got to learn about Rail Safety by Network Rail who brought their train set, which is part of giving Scouting "skillsforlife".



Denise Iverson, Assistant County Commissioner (Beaver Scouts), said: "Fun and Friends, it was great seeing all the children and leaders meeting new and old friends".

Beaver Scouts are 6-8 years old, the next section on from Squirrels which are 4-6 years old.

Barnaby a Beaver Scout aged 6.5 **from Epsom & Ewell**, said: "I liked the campfire because it was nice and toasty."

Evelyn a Beaver Scout aged 6 from Farnham, said: "I liked the Zip Line as it feels like you are flying when you are doing it." **Matthew** a Beaver Scout aged 7 from Pyford, said: "I liked doing all the activities with my friends."

Finley a Beaver Scout aged 6.5 from Haslemere, said: "I liked the cave maze because there was lots of different ways out and campfire because there was lots of singing." **Jayden** a Beaver Scout aged 7 from Sunbury, said: "I liked the cave maze because I like the dark." **Rory** a Beaver Scout aged 7 from Farnham, said: "I liked the rock climbing as it was fun and challenging." **Vivian** a Beaver Scout aged 7 from Farnham, said: "I liked the arts and crafts and I made some rope."

All genders, races and backgrounds are welcome at Scouts. Every week, it gives almost half a million people aged 4-25 the skills they need for school, college, university, the job interview, the important speech, the tricky challenge and the big dreams: the skills they need for life.

Scouts helps members gain these skills by encouraging them to ask the big questions and listen with wide open minds. It helps them to take a deep breath and speak up, think on their feet, ignore the butterflies and go for it. With Scouts, young people don't give up - they get back up and try again, often with the support of the friends they've made there.

Scout volunteers contribute more than 50 million hours of voluntary work each year to their local communities.

Painting the Town Purple against Polio

4 October 2022



The **Rotary Club of Epsom** will mark historic progress toward a polio-free world while urging the community to help end the paralyzing disease. On Saturday 22nd October 2022 Epsom Rotary members are taking action for **World Polio Day** (24th) to raise awareness, funds, and support to end polio, a vaccine-preventable disease that still threatens children in

parts of the world today.

There will be a stand in the **Epsom Market Place**, by the Clocktower, with members of the Epsom Rotary Club providing information on polio and the work being done to eradicate it. The Epsom Clock tower will be lit-up purple. The colour purple stems from a symbolic purple dot painted on the fingers of children to show they have been vaccinated.



When Rotary and its partners launched the **Global Polio Eradication Initiative** in 1988, there were 350,000 cases of polio in 125 countries every year. We've made great progress against the disease since then. Today, polio cases have been reduced by 99.9 percent, and just two countries continue to report cases of wild poliovirus: Afghanistan and Pakistan. And we remain committed to the end.

With polio nearly eradicated, Rotary and its partners must sustain this progress and continue to reach every child with the polio vaccine. Without full funding and political commitment, this paralyzing disease could return to polio-free countries, putting children everywhere at risk. Rotary has committed to raising US\$50 million each year to support global polio eradication efforts. The Bill and Melinda Gates Foundation has pledged to match that 2-to-1, for a total yearly contribution of \$150 million.

Past Epsom Rotary Club President, **Veronica Smith**, is organizing the event and hopes that members of the local community will come and visit the stand and give support to this very worthy cause.

Rotary has contributed more than \$2.2 billion to ending polio since 1985.

About Rotary

Rotary is a global network of 1.2 million neighbours, friends, leaders, and problem-solvers who unite and take action to create lasting change in communities around the globe. For more than 115 years, Rotary's people of action have used their passion, energy, and intelligence to improve lives through service. From promoting literacy and peace to providing clean water and improving health care, Rotary members are always working to better the world. Visit endpolio.org to learn more about Rotary and the fight to eradicate polio.

Ukrainian refugees made welcome by King's rep.

4 October 2022



Vice Lord Lieutenant of Surrey Sir Stephen Lamport came to Epsom Saturday 24th September. Addressing an audience in Epsom Methodist Church he condemned the aggression of Russian President Putin. He welcomed to Surrey those refugees from Ukraine who have come. He applauded the work of local charities, including Surrey Stands With Ukraine.

His speech was followed by 90 minutes of classical music performed by Ukrainian musicians. Sergei Sinkovski and Yevheniia Semydilko played Bartok duets on violins and Vivaldi. Kateryna Bolkunevych sang Casta Diva from Bellini's

opera Norma and Song to the Moon by Dvorak. Her powerful voice filling the vaulted Worship Hall. She was accompanied by pianist Bogdana Ravliuk who played Ukrainian composer Lysenko's elegy.

Epsom poet Audrey Ardern-Jones, who's Ukrainian mother fled Kiev in WWII to escape the Nazi occupation read three poems including a haiku. Translated and read in Ukrainian by the evening's co-presenter Darina Dvorinchenko.

Young star of Surrey's Yehudi Menuhin School of Music, Vadym Perog, born in Odessa, played a Mozart sonata for violin accompanied on the piano by Svitlana Kosenko.

The evening was crowned by Juliya Komyshan who brought tears from the standing audience with the Ukrainian national anthem. She played and sang other music using the traditional Ukrainian bandura instrument; to the amazement of all.

Bloom awards for Epsom and Ewell

4 October 2022



It has been announced yesterday that Epsom & Ewell have both won silver in the annual South & South East in Bloom competition. **Stoneleigh** was awarded a commendation in this year's competition.

This is the first year that Ewell has taken part in the competition and the second consecutive year that Epsom has won an award. Last year Epsom town centre entered for the first time and won a silver award.

Councillor **John Beckett**, Chair of the Environment and Safe Communities Committee, said "It has been an absolute joy to see the contributions to this year's Epsom & Ewell in Bloom. We're over the moon that both Epsom and Ewell have won silver awards, Epsom for the second year running.

"I extend my sincere thanks to all the residents, volunteer groups, schools and businesses who made this year's Epsom & Ewell in Bloom such a huge success.

Ewell Village saw 'blooming' themed windows in shops along the high street and beautifully knitted floral decorations, created by the Ewell Yarn Bombers, on post boxes.

Ewell Castle School re-used wellies to create fabulous displays and St Mary's Church in Ewell produced stunning floral displays.

Volunteers populated cast iron troughs with flowers creating welcome splashes of colour in Epsom town centre, planted bulbs on street verges, and have been helping to keep displays watered over the summer.

Jubilee themed planting schemes in Rosebery Park, depicting a crown and a colourful feature bed, were planted by U3A volunteers.

Plans are already being formulated for Epsom & Ewell to take part in South & South East in Bloom next year. I would like to take this opportunity to thank everyone who is committed to ensuring our Borough is the best it can be for the local community, for visitors and for wildlife, all year round".

New Surrey home for young with mental health needs

4 October 2022



A £10million mental health unit which will allow young people to be treated nearer to home is under construction in Charlwood. The new facility will have 12 beds for young people aged people between 12 and 18 years old, providing in patient care for those with acute mental health needs.

Funding for the unit has come in the form of around £6m from NHS England as part of a national programme to make

sure specialist services are available for the needs of local populations, and £4m from private company Elysium Healthcare.

The mental health unit will prioritise young people in Surrey and, where possible, across other south east regions. It will be built and managed in a partnership between Elysium Healthcare and Surrey and Borders Partnership NHS Foundation Trust, a provider of mental health, learning disability and drug and alcohol services for people of all ages across Surrey, Hampshire, Croydon and Sussex.

According to the trust's website, when completed the unit will provide, for the first time in more than ten years, inpatient care in Surrey for young people with acute mental health needs, closer to their home and community.

On the site of April Cottage, Farmfield Drive, which was previously owned by Surrey and Borders, the facility will have 12 inpatient beds for young people as well as communal living and outdoor spaces to encourage socialising and independence.

There will also be an on-site school for the young people to continue with their schooling during treatment.

Graham Wareham, chief executive of **Surrey and Borders**, said the trust was pleased to be partnering with Elysium Healthcare to "transform the care experience for young people needing inpatient services in Surrey."

He added: "Young people need to be cared for close to home when they are at their most vulnerable with acute mental health needs. The opening of this new unit will help us provide care and treatment for many young people, so they get the support they need without having to travel far from their families, carers, and friends."

Joy Chamberlain, chief executive officer of **Elysium Healthcare**, said the project would "create a new benchmark for the future". She added: "I am delighted that Elysium and Surrey and Borders Partnership are collaborating on this joint venture. We are bringing together expert knowledge, clinical acumen, innovation, and capital to deliver the best care for the young people of Surrey."

The facility is due to open at the end of 2023.

Epsom Hospital looks to 'terrible' Australian flu season

4 October 2022



Epsom and St Helier hospital staff will be encouraged to get their flu jab after a "terrible" Australian flu season which can be a sign of things to come in the UK.

Among concerns that covid is now "old news" staff will also be encouraged to take their coronavirus booster in a campaign to encourage take-up in front-line staff.

A board meeting of the Epsom and St Helier hospital trust on Friday (September 2) heard that Jacqueline Totterdell, group chief executive of the St George's and Epsom and St Helier hospitals group, had "nearly died" when she was admitted to hospital with flu a couple of years ago.

She said this experience gave her "a real passion" for making sure people took up the jab.

The chief executive added: "We always look towards Australia for what sort of flu season they've had, and they've had a pretty terrible one.

"That, for me, is a real driver about how we can encourage more of our staff to have the flu jab."

Non-executive director Peter Kane raised a concern that coronavirus may be "yesterday's news" and asked about how staff at the trust would be reminded of the importance of the coronavirus booster and the flu vaccination, which can be given at the same time.

Arlene Wellman, group chief nursing officer, said communications would begin going out to staff and that the best practices would be pulled from both St George's and Epsom and St Helier trusts.

The two trusts formed a hospital group last year with the aim of sharing and working together on services.

According to the NHS, more people are likely to get flu this winter as fewer people will have built up natural immunity to it during the pandemic.

It can be life-threatening for some people, particularly those with certain health conditions.

The chief executive also confirmed the next board meeting in November would be updated on the trusts' winter resilience programme, which is already being planned, and included looking at having the capacity to vaccinate all staff.

The coronavirus booster will be offered to certain groups including residents and staff in care homes and front line health and social care workers.

The meeting also heard about staff at St Helier “doing their absolute best” in a hospital building that was often not fit for purpose, with leaking roofs and lifts that were not big enough to fit hospital beds.

In July it was announced that a planned new hospital in Sutton has been delayed to 2027 at the earliest.

Board papers: <https://www.epsom-sthelier.nhs.uk/board-papers-and-agendas>

Civilised protest to save civilisation?

4 October 2022



Sunday 4th Sept, Epsom & Ewell’s climate action group put on a hard-hitting and thought-provoking street-theatre performance in Epsom centre. Right in the middle of town, on the big crossroads near the clock tower, a colourful backdrop had been erected, depicting landscapes ravaged by drought, forest fires and flooding. Against this backdrop, a dozen actors played out a silent lament, mourning the victims of climate disasters in the global South. The emotional impact of bodies on the ground being covered by shrouds was further amplified by a slow, powerful drumbeat and a bugle playing ‘the last post’...

Not surprisingly, this performance drew strong reactions from the public. Some felt greatly strengthened in their perception that a changing climate is a grave danger to us all, and the cause of worldwide injustice. However, there were also some who disapproved of the graphic nature of the performance and who felt that ordinary people were made to feel bad for things that are really the responsibility of governments and commerce?

As far as the local climate action group (Epsom & Ewell XR) is concerned, all views for-and against are welcomed, as they feel the gravest danger to us all will come from indifference to the issues.

Further actions and street-theatre are being planned.

Epsom & Ewell XR can be contacted at epsomewellxr@gmail.com

Local hospital’s building woes

4 October 2022



Buildings “Absolutely not fit for purpose”, a meeting has heard as staff at **St Helier hospital** are trying to provide care. NHS bosses were told about a labour ward with a leaking roof, an intensive care ward where temperatures reached 35 degrees and lifts that were too small for hospital beds.

There are also corridors “cluttered” with equipment and staff “doing their absolute best in circumstances they should probably shouldn’t be asked to work in”. The board meeting of the NHS trust which runs the site took place on Friday (September 2) after members had done a walk around of the hospital to inspect first-hand.

It followed the announcement that a new planned hospital in Sutton, which would see the **Epsom and St Helier** sites’ services downgraded, will now not be ready until at least 2027. The trust formed a hospital group with St George’s hospital last year, which it was stressed in the meeting was not a merger between the trusts but a way of working together on services.

Jacqueline Totterdell, group chief executive of the St George's and Epsom and St Helier hospitals group, had been on a visit to the St Helier site's gynaecology and maternity wards, including pre- and post-natal and labour wards. The hospital leader said that staff based at the site a pre-fabricated building staff "do pretty well", despite a lift that is 50 years old, regularly breaks down and "is a real risk".

Ms Totterdell added: "When it really rains they have buckets and pads down because it rains and there's not much else we can do with that roof." While she said there were some issues around staffing, and around sick leave, annual leave and maternity leave, those she spoke to said they worked in good teams and generally enjoyed working. She added: "That's just the context that they work in."

Phil Wilbraham, an associate non-executive director on the board, called the hospital's intensive therapy unit (ITU): "The good, the bad and the ugly". He said going from the old unit where the beds were too close together and there was little air conditioning and exchange of air was a "massive contrast" to the new area, completed in 2020. Mr Wilbraham said: "When you go to the new ITU, you see how it should be."

He also said he'd heard about patients being brought into the unit and put in rooms where it was 35 degrees in August, and said in this environment patients couldn't be expected to recover as quickly as they should. He added: "I would say the staff seemed to be extremely calm, organised and professional. It's the classic of people doing their absolute best in circumstances they should probably shouldn't be asked to work in."

The meeting also heard about "clutter" in corridors and the demands of trying to balance bed space with break rooms for staff and storage at the site. Group chairman **Gillian Norton** highlighted a lot of the "clutter" was actually essential equipment. She said: "The whole discussion just illustrated why we need our new hospital at St Helier. We're trying to provide outstanding care, which we largely do, but in buildings that absolutely are not fit for purpose."

The board also heard from **Derek Macallan**, a non-executive director, about a patient who had been in the hospital for six months and not yet been able to be discharged because he was waiting to get his home situation sorted out. Mr Macallan said as well as patients in the renal department not being able to be discharged because they did not have the necessary social care available on release, he too noticed the poor state of the buildings.

In reply, he heard that when discharging patients the hospital trust could be dealing with up to 17 separate district and borough councils because patients extend out into Hampshire and Berkshire.

On the paediatrics ward, **Andrew Grimshaw**, group chief finance officer, saw that specific beds had to be bought to get in the lift, because the generic hospital beds didn't fit. He said he'd heard from staff that the planned Specialist Emergency Care Hospital in Sutton would solve a lot of those problems and challenges.

Managing director at the trust, **James Blythe**, told a Sutton Council meeting in July the trust was still "waiting for feedback" on the next steps and funding of the project from central government.

Adviser to Pope blesses Epsom Heritage Project

4 October 2022



Baroness Sheila Hollins has joined Freemen of the Borough, the local MP and others in their Patronage of The **Friends of Horton Cemetery**. Baroness Hollins is a leading figure nationally and worldwide in the field of psychiatry. A former President of the Royal College of Psychiatrists and the British Medical Association, she is an adviser to **The Pope** on the protection of minors and is a cross-bench member of the **House of Lords**.

The Charity's 50+ strong research team leader, **Kevin McDonnell**, said "We are truly honoured that the charity's objects have Baroness Hollin's endorsement. Especially as on 6th September we launch our project "**Out of Sight, Out of Mind**", supported by **Historic England** and **Kings College London**. The story of the Cemetery and the Stories of the lives of those buried there are becoming significant locally, nationally and internationally. We have researchers and followers here, across the United Kingdom and overseas. An extraordinary heritage putting Epsom on the world map."

Dr Alana Harris, Director of Kings College's Liberal Arts Department said "The project aims to restore dignity to the 9000 patients buried beside Epsom's Hook Road, in Europe's largest asylum cemetery. Our project seeks to recapture these stories and to create a crowd-sourced memorial, overcoming historical amnesia, neglect, and inaction. We are seeking volunteers (who will be trained, and work in pairs) to lead public engagement 'chat and craft' workshops, which

will discuss the history of the 'Epsom Asylum' cluster and its cemetery."

You can find out more at an information session on Tuesday 6th September 4pm-6pm at St. Barnabas Church, Temple Road, Epsom KT19 8HA and you can contact the Project via www.hortoncemetery.org

Out of Sight, Out of Mind?

Remembering Epsom's Forgotten Residents

Did you know that the largest cluster of psychiatric hospitals in Europe was in Epsom?

And that the unclaimed bodies of over 9000 psychiatric patients who died in these facilities were buried in the local graveyard, Horton Cemetery?

We want to restore dignity to the thousands of people buried in unmarked plots on this wasteland.

Our project, supported by **Historic England**, seeks to recapture these stories and to create a crowd-sourced memorial, overcoming historical amnesia, neglect, and inaction.

We need your help!

We are seeking volunteers (who will be trained, and work in pairs) to lead public engagement 'chat and craft' workshops, which will discuss the history of the 'Epsom Asylum' cluster and its cemetery.

Come and find out more at our information session on

Tuesday 6th September 4pm-6pm

at St. Barnabas Church, Temple Road, Epsom
KT19 8HA

For further information visit
linktr.ee/outofsightepsom or email
alana.harris@kcl.ac.uk



Foodbank feeding thoughts...

4 October 2022



Gillian Nichols of Epsom and Ewell Foodbank writes: What price do you put on mental health? Among the people that visit foodbanks, many have severe mental health issues due to traumatic experiences, poor circumstances, and often unaddressed medical issues they've faced in their lives. At Epsom Foodbank we have a higher motive than simply feeding the people who need us.



We want to help reduce the need for our Foodbank services through addressing the cause of the problem, not just the problem itself. And we are already doing this very successfully.

Our outstanding counselling service has been sitting alongside the foodbank, working with clients to help them move on from their problems towards independence and work.

It's hard for many of us to understand the plight of the people we help. It is best described in their own words which you can read at the end of this letter.

To have a qualified Counsellor available at our Foodbank is a huge asset which has changed lives. We really want to do more of this. But we need funding in order to do it. And it doesn't take a huge amount. In fact, just £50 per month would make all the difference.

A partnership or donation from your company can enable our Counsellor to keep working with people, building their confidence, and helping them escape from dependence by listening, offering therapy services, and having them know someone is there and looking out for them.

Everyone knows the importance of mental health, and how poor mental health lies at the root of so many social issues. If

you can help support this incredible life-changing service, contact gillianaudreynichols@gmail.com



Reaching recyclables others cannot reach

4 October 2022



Ro Stretton from **Epsom** has signed up to the **Baylis & Harding Free Recycling Programme** offered by recycling experts **TerraCycle**. By sending waste to TerraCycle, Ro also raises money for charities **Univida** and Christ Church Epsom. Ro also collects other items for recycling including Pringles tubes, cheese packaging, biscuit and snack wrappers and bread bags

Epsom resident, Ro Stretton, has signed up as one of the UK's first public collection points for recycling used Baylis & Harding products. The free recycling programme was created by Baylis & Harding in partnership with TerraCycle, the world leaders in recycling "hard-to-recycle" waste.

Ro has set up a publicly accessible drop-off location at her home at 233 The Greenway, Epsom, allowing the whole Epsom community to drop-off items including Baylis & Harding caps, hand and mist pumps, flexible plastic lotion tubes, screw tops and Goodness hand wash refill pouches to be sent to TerraCycle for recycling.

While most Baylis & Harding products can be recycled through traditional methods, unfortunately some products can end up in landfill as local councils simply don't have the infrastructure to recycle these materials. By taking their waste to Ro's location, members of the community can give their Baylis & Harding products a second life.

The collected waste Ro sends in to TerraCycle is recycled by shredding, cleaning and turning into a pellet format which can then be used by manufacturers to create new generic plastic products, reducing the need to extract new resources from the planet.

Ro commented: "Everyone is aware of how important it is to waste less and recycle more, but this can be a challenge when kerbside recycling collections are limited to certain items. TerraCycle's free programmes are great because they allow whole communities to give a second life to the waste that's usually destined for landfill or incineration."

As well as recycling the waste they receive, TerraCycle awards points for each parcel of waste Ro sends in, which can be redeemed as a monetary donation to the causes of their choice - Univida and Christ Church Epsom.

Ro continued: "So far we've raised more than £1,500 for charity by sending this waste to TerraCycle. We donate the funds to Univida, which provides education, support, and food to children in Brazilian Favelas, and Christ Church Epsom which provides support to local people in need. The more we collect, the more we can donate, so I'd encourage everyone in the community to get involved."

As well as collecting Baylis & Harding products, Ro also collects on the Cathedral City Cheese Packaging, pladis (the company behind McVitie's and Jacob's) Biscuits and Snacks, Marigold Gloves, Philips Dental Care and Babybel Free Recycling Programmes, among others, enabling the people of Epsom to recycle waste including cheese packaging, biscuit and snack wrappers, dental care products and packaging and more. For a full list of what Ro can accept, visit <https://www.facebook.com/greenwayterracycle/>.

There are other similar drop off addresses and Epsom and Ewell including one at 72 **Hookfield, Epsom** and **Rymans in**

Epsom High Street. Go to TerraCycle for details and search locations

About TerraCycle

TerraCycle is an international leader in innovative sustainability solutions, creating and operating first-of-their-kind platforms in recycling, recycled materials, and reuse. Across 21 countries, TerraCycle is on a mission to rethink waste and develop practical solutions for today's complex waste challenges. The company engages an expansive multi-stakeholder community across a wide range of accessible programs, from Fortune 500 companies to schools and individuals. An estimated 6.9 million people across the UK have helped us to divert more than 231 million items of packaging waste from landfill while earning over £2,000,000 for schools, charities and non-profit organisations. To learn more about TerraCycle and join them on their journey to move the world from a linear economy to a circular one, please visit www.terracycle.co.uk.