



IoT Launch: Nescot Welcomes Industry Leaders

29 February 2024



The Sussex and Surrey Institute of Technology (IoT) at **North East Surrey College of Technology** (Nescot) in **Ewell** welcomed over 60 guests at its opening event on Wednesday 28 February. Visitors had the opportunity to explore the state-of-the-art facilities, participate in hands-on activities and discover the wide range of resources and training opportunities available at the newly opened IoT.

The IoT at Nescot is the first new space to open as part of the Sussex and Surrey IoT and specialises in digital technologies with courses and apprenticeships from software development, cyber security, AI (Artificial Intelligence) and networking to cloud computing, data handling, 'internet of things' and IT support.

Visitors included partners and employers from varied industry sectors who were able to find out the many ways in which they can support the future of skills development in the IT sector. Anchor employers including NatWest, Roche Diagnostics, Southern Water, Pearson and Gatwick Airport pledged their ongoing support to work with the Sussex and Surrey IoT in various ways, from recruiting apprentices and upskilling existing staff to working with curriculum experts to help shape study programmes and providing mentoring.

Nescot staff and students also had the chance to explore the newly opened IoT. Computing staff, and students on our computing courses were on hand to showcase the specialist technology facilities and share their excitement with visitors about the courses available.

Julie Kapsalis, Principal and CEO at Nescot said, "We were delighted to welcome our first guests to the IoT at Nescot which was buzzing with activity the whole day. It's been wonderful to showcase our specialist digital technology facilities, resources and training. We are looking forward to working with businesses and partners to address current skills gaps and prepare for future skills needs."

Demonstrating some of the technology, Joseph, a student on our Level 3 Computing course said, "The focus on specialist digital technologies is a great opportunity to enhance my knowledge. Nescot is the perfect choice for the Institute of Technology with great access and networking opportunities."

Another student, Jeremy added, "I'm really excited about the Institute of Technology which is a great addition to Nescot. The technology and devices being installed here are amazing!"

Peter Goodenough, Computing tutor at Nescot, said, "With the Institute of Technology we can offer progress. Computers are in every walk of life and every industry. The IoT at Nescot is offering courses to enhance future skills and aid long term sustainability. You can choose from a wide range of courses on offer, from learning how to design, create and program smart devices, industrial and home robotics to making you mindful of your digital footprint."

For more information on the IoT at Nescot please visit their website

Sussex and Surrey IoT

The Sussex and Surrey IoT includes Nescot, Chichester College Group (CCG) and the Universities of Sussex and Brighton. The IoT will enhance higher level skills training, with a new state-of-the-art hub and specialist satellites for delivery at locations across the region. The investment will create new cutting-edge facilities for higher level technical training with a focus on digital, sustainable technologies, engineering and construction.

Find out more about the Sussex and Surrey IoT here

Image: A guest trying some of the VR (Virtual Reality) kit in the VR room at the IoT. Credit NESCOT

Money advice and more for free in Epsom and Ewell

29 February 2024



A report published in October of 2023 by the UK mental health charity Mind found 2.7m people had considered suicide due to financial pressures and over the last couple years NHS England has seen a rise in inpatient and outpatient referrals connected with the cost of living crisis.

Also in the month of October a service was created in response to this problem for the people who live and work in Epsom and Ewell by the Leatherhead-based charity the Mary Frances Trust, which recently celebrated 30 years since its founding and supports around 2,300 Surrey residents every month.

Set up from scratch in partnership with Citizens Advice Epsom and Ewell after a meeting between Mary Frances Trust CEO Patrick Wolter and the CEO of the Guildford based charity Catalyst who run the same service in neighbouring Surrey Heath, the two charities resolved it would be beneficial to create a mental health service that addressed people's experiences with financial difficulty.

"We thought it would be... easier for people who are facing difficulties in both areas to have a service that caters for both sides" said Connie Ridout Communications Lead for the Mary Frances Trust.

Ridout says the two CEOs were struck by how many people already receiving support were discussing problems caused by the cost of living crisis and the issue was considered to be one of the biggest issues facing service users affecting how people meet mortgage payments, homelessness, rent, and council tax.

With backing from the National Community Fund for a three project, the service aims to increase financial resilience, improve overall mental and/or emotional wellbeing, reduce stress and anxiety by having users engage in one on one appointments with a caseworker to help people manage the impact of the cost of living on their wellbeing.

With the launch of the service Mary Frances CEO Patrick Wolter said: "With CAEE and MFT working so closely together, the client only has one point of contact to help them get the full support they need. We are thrilled to offer this free service to the residents of Epsom and Ewell."

When the service was first being devised it was considered a priority that the service should be as accessible as possible with users having to register only once with either Citizens Advice Epsom and Ewell or Mary Frances Trust and currently the service has no waiting list which the MFT hope to maintain for as long as



possible.

New service users need to live or work in Epsom and Ewell and experience problems with wellbeing as a result of financial difficulty whether that be finances causing stress, depression, anxiety, or a mental illness that is exacerbated by financial difficulty. During an initial assessment users will be assessed for how financial difficulties affect their lives and set goals.

Citizens Advice Epsom and Ewell handled around 8,000 issues last from 2,500 clients with 60% of clients needing advice around money, such as benefits, fuel costs, debt and crisis funding, though there are concerns that the most vulnerable are not being reached.

This points to another issue when it comes to boosting the number of people using the service, as Ridout says, which is about reaching people who may find making this step too overwhelming due to their mental health problems. Even though it may be a difficult step people are not ready for, "We do need to remind people [to reach out] endlessly because of the nature of what they are facing," Ridout says.

Now with around 30 people using the service the project has one caseworker offering one to one support every six weeks to give users financial independence and manage the stress and anxiety associated with personal finances, the MFT aims to broaden its reach.

It is estimated that one in three people in the UK are living with poor mental health and a poll from the Money and Mental Health Policy Institute found 39% of people with mental wellbeing issues stated that financial problems were the main reason their mental health had worsened

The free money advice and wellbeing support service is available to people living and working in Epsom & Ewell. The Financial and Wellbeing Support Service (FWSS) is delivered by Citizens Advice Epsom & Ewell (CAEE) for expert benefits and money advice and mental health charity Mary Frances Trust (MFT) for specialist wellbeing support.

If managing your finances is causing stress and anxiety or mental health challenges are impacting your ability to manage your finances, the three-year project funded by The National Lottery Community Fund will provide a range of free services and resources to help residents to get help during this difficult time.

The aim of the project is to empower the client, and:

- Increase financial resilience and independence
- Improve overall mental and/or emotional wellbeing
- Reduce stress and anxiety
- Increase engagement with local community and reduce social isolation
- Be more informed about how to manage finances and wellbeing going forward.

How to access the service:

If you need support to tackle both financial and emotional/mental wellbeing difficulties;

and

live in or around the Epsom & Ewell Borough and are 18+ years

then please get in touch with either organisation (no need to contact both). No third party referral is required. Case Workers from CAEE and MFT will support you to improve your situation and emotional wellbeing via face-to-face, telephone or online appointments.

Mary Frances Trust:

Email: fwss@maryfrancestrust.org.uk

Telephone / SMS: 07380 567708

Citizens Advice Epsom & Ewell

Email: fwss@caee.org.uk

Tel: 01372 300421

www.caee.org.uk

Two years on - Epsom stilled by Ukrainian voices

29 February 2024



Saturday morning the Epsom community gathered at the Epsom Market Place to mark the solemn occasion of the second anniversary of the start of the war in Ukraine. Organized by the **Epsom & Ewell Refugee Network (EERN)** and **Surrey Stands with Ukraine (SSWU)**, the event aimed to show solidarity and support for the people of Ukraine during these challenging times.

The atmosphere was one of unity and reflection as locals joined together to honour the resilience of the Ukrainian people. The local Ukrainian choir, **Renaissance**, delivered a moving rendition of the Ukrainian National Anthem, followed by a heartfelt prayer for Ukraine, touching the hearts of all those in attendance.

Jo Sherring, founder of the Epsom & Ewell Refugee Network, welcomed the crowd, emphasizing the importance of standing in solidarity with Ukraine during this difficult period. "We are privileged to have met and worked with such wonderful people and we will continue to support them as long as they need our help" she stated.

Roy Deadman, Chair of Surrey Stands With Ukraine thanked all the volunteers who have devoted countless unpaid hours to raising funds, collecting donations and sorting and packing aid for Ukraine.

A member of the choir, **Konstantyn**, a Ukrainian resident of Epsom, stepped forward and gave a poignant speech expressing his gratitude for Britain for its unwavering support to the Ukrainian community. "It is with a profound sense of appreciation that we extend our gratitude to everyone who has supported our country, whether in word or deed," he remarked.

The presence of The Worshipful the Mayor of Epsom & Ewell, Councillor **Rob Geleit**, and the Lady Mayor, added a sense of official recognition to the event, further underscoring the community's commitment to standing with Ukraine.

Although unable to attend in person, **Chris Grayling**, MP for Epsom & Ewell, conveyed his heartfelt message of solidarity to the Ukrainian community. "I am sorry not to be with you this year, but wanted to take this opportunity to extend my hand of friendship to all of our friends in Ukraine, both those of you who are here, and to your families who are back there."

I am very grateful to all of those locally who rose to the occasion, providing homes and other support for those escaping the War, to the teams of volunteers who continue to work with the Ukrainians who are here, and also the team in Surrey Stands For Ukraine who continue to provide direct aid to those back in Ukraine.

I know that this is a sombre occasion, but it is one which is really important as a signal of our determination to stand with Ukraine. That determination will not



waver here in Epsom and Ewell."

The event served as a reminder of the ongoing struggle faced by the people of Ukraine and reaffirmed the commitment of the Epsom community to support them in their quest for peace and stability.

This week SSWU sent its 100th van packed with aid to Ukraine and the day's event raised over £1000. The charity is sending a long-laddered fire engine to Zaporizhzhia. Being near the front line the city's tower blocks can be struck by Russian missiles before the siren warns.



Alan Avis (SSWU), Cllr Neil Dallen (Residents Association), Mhairi Fraser (Conservative PPC), Cllr Bernie Muir (Conservative Borough and County), Lady Mayores, Cllr Robert Geleit (Mayor and Labour Councillor), Helen Maguire (Liberal Democrat PPC), Roy Deadman (SSWU), joined together at the offices of SSWU and EERN in Global House. Offices generously donated by the **Ashley Centre** and generously exempted from business rates by **Epsom and Ewell Borough Council**.

Politicians from all parties suspended differences in supporting the event.

Lionel Blackman director of the charity for SSWU observed: "After the disunity and chaos in Parliament this week over the war in Gaza it was heartening to see local politicians from all sides demonstrate their united support for the humanitarian work being done in the Borough and Surrey for Ukrainians here and at home."

If you wish to hear the Ukrainian Choir Renaissance and other professional Ukrainian musicians come to the social and music evening free of charge (leaving collection at discretion) on Saturday 30th March at the Epsom Methodist Church Ashley Road. Bring and share nibbles appreciated from 6pm and music starts at 7pm. No booking necessary.

Top Image- Ukraine Choir Renaissance with supporters from EERN and SSWU

Lessons in slowing down in Surrey

29 February 2024



St Augustine's Abbey in Chilworth, near Guildford Surrey, will open its doors to the public on May 18, 2024, offering a rare insight into the world of **Benedictine monks**. This public talk aims to provide an objective view of the Benedictine way of life, rooted in centuries-old tradition.

Epsom and Ewell Times seeks to slow down a notch the pace of information in our modern age. We attempt to provide deeper understanding of local news reviving online a tradition lost 20 years ago with the demise of Epsom and Ewells' Herald and Advertiser weekly prints. Benedictine Monks living in the heart of Surrey have kept a slower tradition of existence going for 1500 years!

The Benedictine Order, founded by Saint Benedict of Nursia in the early 6th century, emerged as a cornerstone of Western monasticism. Benedict's Rule, emphasizing prayer, work, and community life, became the guiding principle for monastic living across Europe. Monasteries under the Benedictine rule became centres of learning, agriculture, and spiritual guidance during the Middle Ages. The order played a pivotal role in preserving knowledge and culture during turbulent times. Benedictine monks contributed significantly to medieval society through their dedication to prayer, scholarship, and service. Today, Benedictine monasticism endures globally, fostering spiritual growth and intellectual pursuits.



The May 18th event will kick off with an optional Holy Roman Catholic Mass at 9 am in the Abbey Church, followed by a talk from 10 am to 11:30 am. Attendees will have the opportunity to delve into the daily rituals and routines of Benedictine monks, including chanting in Latin and the discipline of rising at dawn for prayer, practices that have endured for over 1,500 years.

The event will also explore the relevance of St. Benedict's Rule, written in 530 AD, and its application in modern society. Attendees will gain insights into the motivations driving individuals to embrace the monastic life, characterized by simplicity, contemplation, and service.

In collaboration with the Guildford and District Knights of St Columba, the event aims to be informative for individuals of all ages and backgrounds, regardless of faith. Admission to the talk is by donation, with funds collected to support the monks in their spiritual endeavors.

To secure attendance, interested individuals need to RSVP by emailing richardatob@gmail.com. This event provides a unique opportunity to gain a deeper understanding of Benedictine spirituality within the tranquil setting of St Augustine's Abbey.

St Augustine's Abbey is located at Sample Oak Lane, Chilworth, Guildford, Surrey GU4 8QR.

For more information, visit <http://www.chilworthbenedictines.com>

Bags of Confidence in Epsom for cancer survivors

29 February 2024



Epsom-based cancer support charity **Look Good Feel Better** is partnering with Epsom **Café Moka** in the Ashley Centre for a pop-up sale of preloved bags on Thursday 29th February 2024 from 11am until 2pm. Funds raised will go towards supporting people facing cancer to build back their self-confidence and improve their overall well-being.

Leigh Beth Stroud, Look Good Feel Better's Community Fundraising Manager, explains: "Our first ever 'Bags of Confidence' pop-up sale is open to everyone and will raise much-needed funds for people undergoing treatment for cancer. Pre-loved, quality handbags will be available to buy, so do come along and have a browse on the day."

This year, Look Good Feel Better celebrates its 30th anniversary. The charity embarked on its journey in 1994 to support people living with cancer and has helped over 200,000 people to date regain their confidence and self-esteem. Look Good Feel Better knows how challenging it can be to process a cancer diagnosis and manage the physical and emotional side effects of cancer treatment.

The charity runs workshops face-to-face and classes virtually to support women, men, and young adults through this time. Services are free and open to anyone facing cancer, and the workshops are led by trained volunteers in the beauty industry to provide practical advice about changes to skin, eyebrows, eyelashes, hair, and nails during treatment, and body confidence.

Ann M, who was recently diagnosed with cancer, attended a workshop and said: "I signed up to a number of the charity's workshops, including the hand and nail care; the headwear, wigs, brows and lashes, and the styling for confidence sessions. And I haven't looked back. The biggest thing was that I felt less alone. Cancer can make you feel very isolated, but here I was surrounded by other people, soaking up the good advice and information. It was just what I needed and I would recommend anyone undergoing treatment for cancer should sign up for a workshop."

If you are interested in hosting your own 'Bags of Confidence' event, the charity will provide you with all the support you need, with a colourful fundraising pack with helpful hints and tips available at www.lookgoodfeelbetter.co.uk

Leigh adds: "You might find your favourite designer bag or pick up another hidden gem. 'Bags of Confidence' is a simple and sustainable event where these handbags will go to a new home, while raising funds for the charity. And no bags go to landfill, so it's a win-win situation."

Established 30 years ago, Look Good Feel Better delivers cancer support services in local communities across the UK through a series of face-to-face and online group workshops, along with video tutorials. Its services help people face cancer with confidence, regain their sense of normality, make friends, and most of all look good and feel better. Its vision is to be recognised as one of the UK's leading cancer support charities and the only one dedicated to improving the physical appearance and overall well-being of people living with cancer.

Surrey's hotline for mental health

29 February 2024



Ahead of Helpline Awareness Day (Friday, 23 February), Surrey and Borders Partnership NHS Foundation Trust and Surrey County Council are highlighting a local 24-hour NHS mental health crisis helpline that supports almost 50,000 people each year.

The Mental Health Crisis Helpline, run by Surrey and Borders Partnership, is open 24 hours a day, 365 days a year. Since it started in 2010 it has helped around 600,000 people.

It is staffed by trained professionals who are ready to listen and offer advice, support and signpost to a range of community services.

A mental health crisis is when you feel at breaking point, and you need urgent help. You might be:

- Feeling extremely anxious and having panic attacks or flashbacks



- Feeling suicidal, or self-harming
- Having an episode of hypomania or mania, (feeling very high) or psychosis (maybe hearing voices, or feeling very paranoid)
- Other behaviour that feels out of control and is likely to endanger yourself or others

As well as the Mental Health Crisis Helpline, Surrey and Borders Partnership also provides five Safe Havens across Surrey which provide out-of-hours help and support to adults who are experiencing a mental health crisis or emotional distress.

These Safe Havens are in Aldershot, Epsom, Guildford, Redhill and Woking and are open evenings, weekends and bank holidays. Each one is staffed by a mental health practitioner from Surrey and Borders Partnership and two trained Safe Haven workers.

Mark Nuti, Surrey County Council's Cabinet Member for Health said: "We are committed to breaking the silence surrounding mental health and providing a safe, confidential and non-judgmental way for people in Surrey to seek help.

"We believe that mental health support should be available to everyone. No one should have to suffer in silence - the Mental Health Crisis Helpline is here for anyone who needs it.

"There is help out there, whether it's through the Mental Health Crisis Helpline or one of the Safe Havens. Let's break the silence and start the journey towards better mental health together."

Emily Hackett, Mental Health Crisis Line Service Manager said: "If you are experiencing a mental health crisis or emotional distress or if you have concerns regarding someone that you care for, please call us. Our dedicated crisis call handlers are on hand to support you 24 hours a day 7 days a week."

If you or someone you know is struggling with their mental health, don't hesitate to call the Mental Health Crisis Helpline on 0800 915 4644.

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The fellowship of Nescot

29 February 2024



Nescot (North East Surrey College of Technology) Reigate Road, **Ewell**, celebrated student success at the annual Higher Education (HE) Awards graduation ceremony at **Epsom Downs Racecourse** earlier this month (7th February). 110 graduands along with 300 family members and friends came together to mark the culmination of their hard work.

Degrees, diplomas and professional awards were conferred in over 15 subjects ranging from teaching to osteopathy. Colleagues from Nescot partners including University of Greenwich, Kingston University, Open University were on hand to assist **Julie Kapsalis**, Principal and CEO, with conferring the degrees.

Guests of honour for the ceremony included Councillor **Robert Geleit**, Mayor of Epsom & Ewell (Labour Court Ward), a former HND student of Nescot and **Brian Finch**, Chair of Epsom Downs Racecourse who kindly brought along the amazing Derby trophy. Brian who was the guest speaker, congratulated the graduates on their achievement and spoke about key lessons from his career journey in his inspirational speech.

At the ceremony, annual awards for outstanding endeavours and achievements were also presented by our guests of honour to six nominated students from the Nescot Class of 2023. The prizes included awards sponsored by the College and by the **Rotary Clubs of Epsom and Ewell**.

To mark Nescot's 70th anniversary, Principal and CEO, Julie Kapsalis was proud to award the college's first **Honorary Fellowships** at this year's graduation ceremony. "2024 sees Nescot celebrate its 70th anniversary, to recognise this incredible milestone and achievement, the college is introducing a new Honorary Fellowship award, the highest accolade the college can bestow. It recognises exceptional achievement and excellence by individuals associated with the college," said Julie.

The first Honorary Fellowship was awarded to **Dee Mathieson**, Senior Vice President and Managing Director of Elekta. A former student of Nescot, Dee has had an exceptional career in the science and medical sector. Sharing her journey, she said, "I am very grateful to Nescot for helping me on my way to what has been a fantastic and varied career in cancer care."

The second Honorary Fellowship on the day was awarded to Nescot staff member, **Daniel Addo** from our Security Team. Presenting the award, Julie said, "With his kindness and positivity he is a wonderful role model and encourages students to make the most of their opportunities both in the college and life."

The student vote of thanks was given by **Craig Clout**, who graduated with an Integrated Masters in Osteopathic Medicine. Craig spoke about the supportive and collaborative nature of the college community that contributes to everyone's success.

HE degrees and awards were conferred for the following subjects: osteopathy, animal management, sports therapy, counselling, early years, animal management, healthcare play specialist, food premises inspection, business, creative media (moving image), performing arts, computing, public services, sport and exercise science.

Image: Honorary Fellowship award winners, Dee Mathieson Senior Vice President and Managing Director of Elekta (left) and Daniel Addo, Nescot staff member (right), with Principal and CEO of Nescot, Julie Kapsalis (centre).

Coroner catalogues care failures in diabetic death

29 February 2024



Surrey County Council (SCC) has been accused of not taking its responsibilities seriously after an eighteen-year-old tragically died from diabetes.

Jake Baker, an 18-year-old with a learning disability and type 1 diabetes, died at home following Diabetic Ketoacidosis. He required residential care since the age of eight, under the guardianship of the council. An inquest concluded a catalogue of failures by Surrey County Council and other bodies contributed to Jake's



death.

The coroner found Surrey Care Leavers team and Children Services had failed to obtain information about Jake's cognitive ability and his capability of managing his diabetes independently, a Prevention of Future Deaths report published this month reads.

Coroner **Caroline Topping** said: "I am not satisfied that Surrey County Council have undertaken a rigorous review of the circumstances of the death, nor that the risk of future deaths has been averted. The issues surrounding the inadequacy of Jake's pathway plan have not been addressed comprehensively in the last 4 years. Training for personal advisers is not mandatory and is only now being rolled out."

The court was not provided with copies of the training or any protocol to be assured of the adequacy of the training and its implementation.

The coroner said that Jake's death was "avoidable" and was "contributed to by neglect". In September 2018 Jake (then 17) was placed in a full-time residential placement at **Ruskin Mill College**.

At the time of his death, Jake was staying with family for a few days when he became seriously ill from uncontrolled diabetes. Jake's mother and stepfather found him unresponsive. His family previously said "there is nothing that can take away the pain" of losing their son.

The days before his death were the first time he had stayed away from his care facilities for more than two nights in a row, since being placed in the care of Surrey County Council when eight years old, his family's lawyers said.

He was entitled to a personal adviser who had a statutory duty to write a pathway plan for Jake, including consideration of how his health needs were to be met. However, when away from home, no advice was sought from specialist diabetes services to inform the pathway plan and no risk assessment was made for Jake having unsupported contact with his family and managing his diabetes, the coroner's report concludes.

Meetings discussing Jake staying over at his family's house without support were unminuted. The emails which refer to meeting decisions made no reference to any of the dangers inherent in Jake's diabetic condition nor his ability to manage it unsupported. The family were also not given any advice or training on how to keep Jake safe if he became unwell nor any emergency contact numbers.

The coroner added: "The local authority employees held the mistaken belief that if Jake wanted to go home unsupervised once he turned 18 there was nothing they could do to stop him. No capacity assessment was undertaken in relation to Jake's ability to make a decision to go home unsupported. In my opinion there is a risk that future deaths could occur unless action is taken"

Four years on from Jake's death, the coroner found the process of obtaining learning disabilities diagnoses remains opaque and difficult as there is no protocol in relation to this. Vulnerable care leavers are at risk of being denied necessary support due to the confusion and delay teams accessing adult social care assessments.

Jake was assessed not to meet the threshold for SCC Transitions Team because a report containing his original disability diagnosis was lost. Children's Services were unable to obtain an up to date diagnosis. He did not have the support of an adult social work team and this outcome was being challenged when he died.

Overnight from the 28 to the 29 December 2019, Jake developed diabetic ketoacidosis as a result of being hyperglycaemic in the preceding days. He began to vomit and required immediate hospitalisation. On 30 December 2019 the college was notified by his family that he was too ill to travel. The staff who were travelling to collect him were told to return to the college. His family was not told to take him to hospital.

He was last seen alive at 11pm and found dead at 3am on 31 December 2019. If Jake had been admitted to hospital at any time prior to 5pm on the 30 December 2019 he would have been successfully treated."

The family claim that Jake's death was avoidable if he had been admitted to hospital any time before 5pm on December 29. In a statement, the family said: "Losing Jake has been incredibly difficult for our family, especially as he died in our home at what should have been a happy time. We trusted Ruskin Mill Trust with Jake's care, and we have been let down by them in the worst possible way.

"Jake was an enthusiastic and determined young man who always put his mind to things. As a family we did all we could to make sure that Jake was looking after himself and was well taken care of, but those that were put in charge of his care didn't give us the information necessary to ensure Jake's safety"

Clare Curran, SCC Cabinet Member for Children, Families and Lifelong Learning, said: "Our deepest sympathies remain with Jake's family and friends. The services provided to Jake fell short of what he and his family needed to keep him safe, and we are very sorry for our part in that. We have taken a number of actions over the past four years to improve our support for young adults leaving care and we will be responding to the Coroner outlining our action plan to prevent future deaths. While we have already made changes, we know there is still further to go and we will carefully consider the Coroner's concerns as we take our next steps."

Published on 14 February 2024, SCC have up to 56 days to formally respond to the coroner's report and outline the service's action plan.

New Family Centre grows out of Nursery

29 February 2024



For nearly 25 years **Epsom Methodist Nursery** has been providing early years childcare in the heart of Epsom – just two minutes from the town centre. Now the Nursery is entering an exciting new chapter in its history. As well as continuing to offer early years education for two to five year-olds the Nursery will become a **Family Centre**.

Following consultation with parents the Family Centre is planning to offer a broad range of activities and support including:

- A bumps and babies group for new parents providing ante-natal and post-natal support.
- Support groups for parents and carers of toddlers and young children.
- Courses and classes covering areas such as potty training, coping with challenging behaviours and family budgeting.
- Support for speech and language development.
- An affordable after-school club.
- A summer lunch club.

Already the Family Centre is running two stay-and-play groups for parents and young children and in April it is offering a free 'Ready Steady Cook on a Budget' course. With the cost of living rising, the FREE four-week course aims to support parents to provide easy, wholesome and healthy meals for the whole family whilst sticking to a budget.

The course will cover menu planning on a budget, planning the weekly shopping list, hands on experiences of creating easy recipes and top tips for saving money and time. The move to becoming a Family Centre has been made possible by a grant award from the Community Foundation for Surrey (CFS). CFS has arranged for the Netherby Trust and the Epsom and Ewell Community Fund to provide £12,450 which will match a contribution from Epsom Methodist Church. This money will help fund both the employment of a Family Centre Manager for the next year alongside the various activities that are planned.

Commenting on the grant award **Cara Golding**, the manager of Epsom Methodist Church Nursery, said:

"We are delighted to have secured this funding from the Community Foundation for Surrey. Our work with families at Epsom Methodist Nursery has shown us how committed parents are to their children and families and how keen they are to pick up ideas that will help them with the everyday and sometimes complex challenges that parenting can bring. Local agencies and public services are under pressure and services have been cut back. So the more we can do to provide practical help to parents and give children the best start in life the better. That is our mission."



For further details on the 'Ready Steady Cooking on a Budget' course see
https://www.instagram.com/emcfamilies?igsh=bnNpYnFzNzhzaHp4&utm_source=qr

Business that connects by insulating

29 February 2024



The **Wickes Community Programme** has donated insulation products to the value of £1000 to help struggling families in the local community. This initiative is run by the Epsom based charity, **Good Company**, which also operates a network of local food banks. Since launching the Epsom & Ewell Energy Support Scheme in October 2022, Good Company has helped more than 300 families and over a thousand people in the local area.

The primary aim of the programme is to offer support to families struggling to pay energy bills by helping them make their homes more energy efficient and offering advice on how to reduce their energy use in other ways.

Tom Sefton, the Poverty Lead at Good Company, said: "The products donated by Wickes included secondary glazing film, various draught excluders and heat reflective radiator foil. These were handed out at group workshops that we have been running in Epsom, Leatherhead, and Tadworth for food bank clients and other local families most affected by the cost-of-living crisis. We wanted to show people that making small changes like this can significantly reduce your energy usage."

Feedback from participants has been extremely positive, including one client who said: "I found the workshop very helpful and really enjoyed talking to the other participants, sharing tips on how to save energy. The takeaway tips are also very informative. Thank you so much for your kindness and for giving me really useful information about the cost of energy and how to reduce usage and keep warm and safe this winter - which, like many people, has been scaring the life out of me."

Tom went on to say: "Other clients have told us they are wearing the hooded blankets we provided to stay warm and are using an air fryer instead of their oven to save energy, as well as fitting draught excluders and radiator foil to heat their homes more efficiently."

Chris Grayling MP Epsom and Ewell said: "Last year we ran an appeal in conjunction with **Citizens Advice Epsom** and Good Company and raised over £40,000 to support our local community. These funds were used to provide short-term help with energy bills and to offer energy-saving advice. We were delighted when Wickes agreed to support us with these products through the Wickes Community Programme. It's at times like these we need to work together with businesses like Wickes to make a difference."

Wickes Store Manager in Epsom, **Ben O'Leary** said: "Supporting our local community is really important to Wickes, especially during the current cost of living crisis. For any families interested in how they too can make their homes more energy efficient there's some great advice on the Wickes website."

The Wickes Community Programme is open to all local community groups and charities seeking help for improvement projects.