

Surrey Independent Living Charity

4 July 2022



Surrey Independent Living Council is evolving! Following on from an independent external review the trustees agreed to change the name of the organisation to **Surrey Independent Living Charity**. (SILC) They believe that the change in name from Surrey Independent Living Council to Surrey Independent Living Charity better reflects the charitable objectives of the organization and avoids confusion with Surrey County Council.

SILC is a User Led Organisation that has been active in Surrey for almost 25 years and was formed as Surrey Independent Living Council in 1998 by a group of disabled people. SILC's primary purpose was to provide support to disabled people who wanted to use local authority funded Direct Payments to employ Personal Assistants to provide the care and support they needed.

Between 1999 and 2017 SILC continued to provide support services in Surrey and their growth reflected the increasing number of people using Direct Payment in Surrey. During that time, the charity expanded to provide one off Direct Payments to Carers and Personal Health Budget support to individuals funded by the NHS.

Chief Executive, Richard Davy, said to Epsom and Ewell Times: "The change in our name to Surrey Independent Living Charity honours the history of the charity and the work that has been undertaken over the last 25 years, whilst looking ahead to the future and focusing on our charitable objectives and our vision, mission and values."



SILC believes that everyone can live independently with the right support. At the heart of everything they do is the social model of disability and the concept of full human rights. They believe that these give a basis for treating everyone with respect, understanding and fairness. They also believe that disabled adults, children, older people and carers can learn from and support each other.

Surrey Independent Living Charity (SILC) will continue to provide its existing range of services, details of which can be found on www.surreyilc.org.uk.

In addition to this, the charity intends to put a greater focus on its role as a champion and facilitator of independent living for people in Surrey who require support to live in the community. SILC will also be further developing peer and volunteer led information, advice and support for residents who need it.

Chief Executive, Richard Davy, "We at SILC are very proud to have been supporting people in Surrey to live independently for almost 25 years. We're on a mission to extend the awareness of the support we can provide to families and individuals living with disabilities as well as older people with care needs, and to raise additional funding to widen the range of services we can offer to the people of Surrey".

To find out more about SILC and how you can support them or access their services, please visit the SILC website www.surreyilc.org.uk.

Mental Health services in Epsom and Ewell

4 July 2022



Freya Lawrence writes: The amount of sufferers with mental illness has increased immensely in recent years. With a global pandemic, increased living expenses and varying demographic changes, it is certainly easy to understand how and why. The resources available for those suffering are also on the rise. Disorders such as anxiety and depression can interfere with everyday life, with physical health and overall emotional wellbeing evidently being affected directly by mental illness. With 1 in 4 individuals in the UK suffering from a mental health problem each year, it is vital to us that the resources available in the local area are more accessible.

Starting the conversation about mental health within the borough is also important to us because of the stigma surrounding mental health disorders. Stigma has the potential to make mental health issues worse - causing delay or prevention of treatment for some sufferers.

Social attitudes have always played an important role in the diagnoses and treatment of mental illnesses. The list of reasons for the stigmatisation is long and somewhat endless.

The mental health history of Epsom is worth noting due to the psychiatric institutions that once lived in the Horton area of the town, which in itself has created stigma.

With the globalisation of media, ideas about certain groups of individuals can be easily accessed.

It is evident that the media portray links between mental illness with dangerous and/or criminal behaviour- a huge misconception. There is a genuine lack of awareness and education when it comes to these illnesses, and I would advise many to check out the list of disorders and their symptoms via the following link <https://www.mind.org.uk/information-support/types-of-mental-health-problems/>

Trying to find resources for mental health recovery or crises can not only be daunting, but time consuming and arduous- in the matter of finding the correct resources. Accordingly, **The Epsom and Ewell Times** felt it necessary to provide some information regarding the mental health resources that exist within the area that can hopefully benefit those suffering, and/or those seeking help for those around them. Our objective is to lay out an inclusive, easily accessible list. Below is a compiled list of several of the available services within the borough. It is worth noting the following list is not comprehensive. The aim is to provide an avenue for those suffering and looking for help.

Love Me Love My Mind -

Love Me Love My Mind is a small registered grassroots charity based in Epsom. The charities aim is to promote better understanding of mental health, and to provide support to individuals suffering.

Love Me Love My Mind have drop in services every Monday from 16:00pm-19:00pm at St Barnabas church, situated on Temple road. The drop in service is a brilliant idea for those isolated by their mental health issues - with refreshments, activities and a home cooked meal provided. For more information visit <https://www.lovemelovemymind.org.uk>

Horizon

Horizon is a mental health, specialist and learning disabilities community service hub, which opened in July 2021. Horizon is currently working from the following address : 28 Upper High Street, Epsom, Surrey, KT17 4QJ

Teams specialising in the following have moved into the hub:

- Early Intervention in Psychosis (EIIP)
- Mind Matters
- Community Mental Health Recovery Service (CMHRS) - Epsom
- Community Mental Health team for Older People (CMHTOP) - Mid Surrey
- i-access: East
- Perinatal Mental Health Service: South West
- ASD and ADHD Service: Surrey

Mary Frances Trust -

Since 1994, the Mary Frances Trust have specialised in mental health support for Surrey residents. The non profit organisation is located at 23 The Crescent, Leatherhead. The services provided by Mary Frances trust are extensive, from one-to-one support and crisis support to wellbeing courses and physical activities.

"Anyone over the age of 16 living in the Mole Valley, Epsom & Ewell, Banstead, Elmbridge areas of Surrey and experiencing any form of mental or emotional health issues can access our services."

The website has more information in regard to their services -

<https://www.maryfrancestrust.org.uk>

Safe Haven: Epsom

The safe haven, located at 44 Waterloo road, KT19 8EX, is a drop in service for those experiencing a mental health crisis and those who are looking for general mental health support. For the former, the centre is open from 18:00pm-23:00pm 365 days a year. Those looking for the latter can drop in between 18:00pm-19:00pm daily. There is also a virtual safe haven offering crisis support that can be accessed between 18:00pm-23:00pm via this link - <https://nhs.vc/sabp/safe-haven-Epsom> "We offer a supportive environment for any adult in crisis during a time of need and when there may be no-one else around to provide it."

The services provided by the Epsom Safe Haven are self referral. The safe haven will be moving to the brickfield centre in May 2022 - at Brickfield Centre, Portland Place, Epsom, KT17 1DL.

For more information in regard to the Epsom safe haven visit:
<https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>

Alcoholics anonymous (AA) intergroup:

For those struggling with alcohol addiction, there are several AA sessions throughout the week in and around Epsom and Ewell. Below are many of the sessions offered - it is worth noting that many of the below sessions work at a first come, first served basis, and the duration of the sessions vary from 1 hour - 1 and 1/2 hours.

Monday at 20:00pm - St Joseph's Catholic Church, St Margaret's Drive, KT18 7JQ

Friday at 13:00pm - St Martin's Church Hall, Church St, KT17 4PX

Friday at 18:30pm - All Saints Church meeting room, KT19 9QZ

Saturday at 20:00pm - St Martin's Church, Church St, KT17 4PX

Saturday at 10:00am - Epsom Methodist Church, 11-13 Ashley Rd, KT18 5AQ

Mindworks Surrey -

Mindworks is a Surrey based service specialising in children and young peoples emotional wellbeing and mental health. The services offered by Mindworks are extensive, delivered by many

alliance partners. Alongside this, Mindworks support and work alongside various organisations and groups who work with children and young people. The Mindworks website is not only accessible for a parent or carer, but also children and young adults.

<https://www.mindworks-surrey.org>

In a different way The Friends of Horton Cemetery are de-stigmatizing mental illness through their project revealing the lives of 9000 patients buried between 1899 and 1955 in the abandoned Cemetery in Epsom. See www.hortoncemetery.org

Author: **Freya Lawrence**

Blooming Ewell

4 July 2022

Created by Samantha Brooks @vividcolour



Ewell Village has entered Britain in Bloom - a national competition which seeks to use flowers and greenery to transform communities. Judges will visit the village on the morning of Tuesday 5th July 2022.

This competition entry is part of a broader effort to rejuvenate the village. Making Ewell high street and surrounding areas more attractive through flowers and planting is just one thing that the community, businesses, groups, organisations and community leaders have been working on to improve our local area.



For Ewell Village in Bloom, volunteers have been working on:

- revitalising the memorial garden outside Sainsbury's
- getting The Grove cleared up and grass re-seeded
- cleaning up the High Street and Bourne Hall park - with monthly volunteers meeting at 10am on the 4th Sunday of every month
- planting in Bourne Hall park
- getting ready for a yarn bomb attack of crochet flowers in the village for judging day!

Everyone in the Ewell are can take part! The big idea is that if everyone did something small to take a bare area of their property frontage to make it more beautiful, then collectively we can make a big difference. This may be as simple as putting a pot on your doorstep, adding a hanging basket or putting a summer wreath on your front door.



Once one person in the road does it, other people copy, and the momentum starts to build. They would love people to send their before and after photos to Ewellvillage@outlook.com. The Mayor of Epsom and Ewell Cllr Clive Woodridge will judge the best road overall.

For more information, please contact **Alison Price** at Ewellvillage@outlook.com.

How Epsom and Ewell Times improves the community....

4 July 2022



Some key findings of the Public Interest News Foundation include:

- Most independent news publishers cover a broad range of news topics within a tightly defined local place. The smaller the area covered, the smaller the revenue.
- The staff at independent publishers are not yet representative of the UK population, with women and ethnic minorities underrepresented. More than half of publishers say they're making efforts to serve diverse audiences.
- Independent publishers make a big difference to the communities they serve - and to democracy. Publishers say they increase civic engagement, increase public debate and inspire more people to be involved in public life, among other things.
- Publishers face significant challenges around revenue, staffing, costs and the social media giants.

Amid rising demand for high quality local news, publishers have high hopes for the future. They see opportunities to build trust with communities that feel far from economic or political power.

Click [HERE](#) to read the FULL REPORT

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Epsom Rotary in Motion

4 July 2022



Epsom Rotary will be holding a stall at the Epsom Marketplace on Saturday, 02 July 2022 and welcome anyone to come and visit to learn more about Epsom Rotary and ways that they could get involved.

Each year The Rotary Club of Epsom is involved in a range of local community events. The club organises the annual Epsom and Ewell Borough Family Fun Day with the Rotary Club of Ewell. There are gardening sessions at Old Moat Garden Centre and they have created and now maintain the Community Allotment together with Ewell Rotary. The club also runs the local Young Musician, Young Photographer, Young Chef and French Speaking competitions annually. They helped marshal the Cancer Research UK Race for Life event at Epsom Downs Racecourse this year and of course, there are the annual Christmas collections around Epsom.



Supporting community events

The club has a varied social calendar with recent events including sporting event and nights out at local restaurants, as well as the regular meetings. Being part of a large, international organisation they also have the opportunity to compete against other local Rotary clubs in the district sports competitions.



Allot a lot more allotments say Rotarians as they tend this one.

This year they are fundraising for local charities and charity events have included The Epsom and Ewell Showcase and quiz nights and of course much more.

They always welcome new members to increase their good community work.

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

<https://www.facebook.com/epsomrotaryclub/>

<https://twitter.com/epsomrotary>

Who let the dogs big day out?

4 July 2022



Cuddington Residents Association did. That's who. On June 18th Saturday's "**BIG DAY OUT**" in Shadbolt Park, Worcester Park in the north-east end of the Borough of Epsom and Ewell, a thriving community came out in their hundreds, with their dogs, to enjoy a wide range of "external activities". Duck dogs, sorry shepherd dogs, duckflocked ducks, while Cllr Eber Kington "dogpacked" (?) the dogs in the many classes show. Dance groups of all ages danced in the performance area. The people enjoyed a wide range of charity, community and craft stalls from the local Ahmadiyya Muslim Community, Surrey Stands With Ukraine, honey makers ("apiarists" to you and me) and many more. Watch out for the Big Day Out next year. All photos courtesy of Richard Johnson who promotes Worcester Park via his Facebook

Help for Heroes

4 July 2022



'EVERY LITTLE HELPS' AS ARMED FORCES CHARITY COLLECTS AT TESCO STORES COUNTY-WIDE

Armed Forces charity Help for Heroes has supported more than 250 veterans and their families in Surrey since its inception in 2007, and, with demand for its services increasing, it is, once more, appealing to the Great British Public for support.

With more than 90 per cent of its income coming from the public via donations and fundraising, its upcoming Tesco national collection weekend is crucial to maintain its essential support services.

Overall, the Charity has supported more than 26,500 veterans with physical or psychological injuries or illness as a result of their military service.

Trevor Fudger, Help for Heroes' Supporter Experience Manager, explained: "We're always immensely grateful to Tesco for allowing us to collect vital funds at its stores across the country, but especially so this year, given the effects of the pandemic since 2020.

"Covid and its consequences - such as the lockdowns which caused added psychological issues for some of our veterans and the cancellation of our fundraising activities - created something of a perfect storm: increased demand on our support services and less capital with which to fund them.

"We are hoping that the wonderful British public, which is always so supportive of its veterans, will once again dig deep to help fill our collection buckets at Tesco stores across the country. And we'd like to thank them in advance for any support they can give."

Volunteers and supporters of the charity will be out in force at Tesco stores in Surrey on Armed Forces Day weekend (25/26 June). Veterans supported by the Charity will also make appearances at some stores and will be able to chat to shoppers about how Help for Heroes has helped - and continues to help - veterans from our Armed Forces.

Help for Heroes believes those who serve our country deserve support when they're wounded. Every day, men and women have to leave their career in the Armed Forces as a result of physical or psychological wounds. The Charity helps them, and their families, to recover and get on with their lives.

n If you are not visiting a Tesco store this weekend but would still like to donate to Help for Heroes to enable the Charity to continue its much-needed work, please visit helpforheroes.org.uk/donate-online - it takes just 60 seconds and a warm heart.

For further information on Help for Heroes, or to get support, visit helpforheroes.org.uk.

Social media: Facebook | Twitter | Instagram

Borough celebrates being a Twin for 25 years

4 July 2022



Over the Platinum Jubilee Bank Holiday weekend, Epsom and Ewell entertained a large group of visitors from its French twin town, Chantilly. Guests included Chantilly's Deputy Mayor and members of the Chantilly Comité de Jumelage (Twinning Committee). The occasion celebrated 25 years of the official signing of a Twinning Charter in 1995, the visit having been postponed for two years due to the pandemic.

Chantilly is a commune in Northern France. Surrounded by Chantilly Forest, the town of 10,863 inhabitants (2017) lies about 24 miles northeast of Paris and with six neighbouring communes forms an urban area of 37,209 inhabitants (2017 census).

The Château de Chantilly was home to the Princes of Condé, cousins of the Kings of France, from the 17th to the 19th centuries. It now houses the Musée Condé. Chantilly is also known for its horse racing track, Chantilly Racecourse, where prestigious races are held for the Prix du Jockey Club and Prix de Diane. Chantilly and the surrounding communities are home to the largest racehorse-training community in France. Chantilly is also home to the Living Museum of the Horse, with stables built by the Princes of Condé.

Over the years, many such visits have taken place, links between schools, clubs, choirs and individuals have been established, and friendships made. This weekend some of the original contacts from the Chantilly and the Epsom Model Railway Clubs were reunited. There were also new introductions, with two members of Chantilly's Karate Shotokan club joining the Chief Coach and members of Mo-Ichido Martial Arts Club for an impressive training session, and high school teachers meeting to discuss involvement in an international project in Chantilly. Meanwhile, the rest of the party were taken on a guided tour to Ermyn Lodge breeder and trainer's yard, and the historic stables at the Durdans. There were some more official, commemorative moments, when The Mayor of Epsom and Ewell, Councillor Clive Woodbridge, and the Mayoress, Mrs Mary Woodbridge, joined for the planting of a European Oak tree in Rosebery Park, and a visit to Epsom marketplace to show off the recently placed Derby Hall of Fame roundels which feature notable Derby winners, including 1965 winner Sea Bird from Chantilly. Time out was allowed, of course, for lunch at a local pub and essential shopping in the Ashley Centre.



No celebration would be complete without speeches, delivered in English and French by both parties, and the exchange of gifts, with Epsom and Ewell presenting Chantilly with a display case of limited edition Jubilee coins, and an individual commemorative £5 coin for each visitor. The Mayor of Epsom and Ewell was delighted to receive a very handsome model of a horse's head, mounted and engraved on interlinked horseshoes. This will be on display in the Town Hall in due course.

The Epsom and Ewell Town Twinning Association

The Epsom and Ewell Town Twinning Association is always delighted to hear from organisations looking for their equivalent in Chantilly, as well as individuals offering language skills or seeking a way to improve their French. The Association has a regular programme of local events in the Borough, both social and educational, allowing the chance to practise speaking French. There is a very popular annual French Public Speaking Competition for Schools, run jointly with Epsom Rotary, and regular Soirées Françaises for members. Of course there are also fundraisers like quizzes and the appreciation of French food and wine from time to time. Advice on visiting Chantilly, where to stay and what to see, is available too.

Established in 1994, Epsom and Ewell Town Twinning Association is a non-profit association, funded by members' subscriptions and fundraising, and run by a group of volunteers to fulfil the obligations of the formal twinning agreement signed by the Mayors of Chantilly and Epsom and Ewell the following year. It is not supported financially by the Borough.

For more information on The Epsom and Ewell Town Twinning Association:

Or to register interest in joining, please see our website www.epsomtwinning.com or

email contact@epsomtwinning.com .

Wells Centre's Appeal

4 July 2022



Epsom and Ewell Times reported 25th April 2022 on the new lease of life promised for the Wells Estate, Epsom community centre. The charity Epsom Wells Community Association hope to fund repairs from grants but to cover legal and other initial costs they need to raise money from the public.

EWCA and are working hard to re-open the centre after being awarded a 125-year lease by the Epsom and Ewell Borough Council to operate it. The centre, and its wooden predecessor, have welcomed all ages - from toddlers and pre-school children to pensioners - for over 70 years.

There is a shortage of social centres in Epsom. The Longmead Sefton Road centre is frequently over-subscribed so, the Wells centre has been sorely missed.



The Wells Centre and top Wells Estate c. Alan Becken

Vanessa Marchant of EWCA said to our reporter: "Leaflets are being delivered to homes asking for donations - no matter how big or small. After fighting doggedly for five years EWCA wrote an extensive business plan to convince the Council to back us. Just like buying a house, there are legal hoops we have to jump through before we get the keys. We need financial help to deal with the legal, accounting and insurance costs for the purchase."

In addition, volunteers who have specific skills to donate, or who want to be part of the "big plans" to re-open, should contact: contactewca@gmail.com

For more details and to join the mailing list visit epsomwellscommunityassociation.org

Epsom aid hero returns from Ukraine

4 July 2022



In an exclusive for Epsom and Ewell Times, we report on Paul Matthews' (of Lewins Road Epsom) recent experience taking aid provided by Epsom based Surrey Stands With Ukraine [SSWU] to the bombed and neglected Ukrainian Black Sea city of Odessa.

What is it really like to be take humanitarian aid to Ukraine?

Many people have responded to the terrible situation of the war following the invasion by Russia, but what really happens to all that money and donations that are made in the UK?

Paul Matthews returned last week after travelling in a borrowed van packed with generators and medical supplies destined for Odessa on the Black Sea coast.



Paul in blue shirt with Ukrainian volunteers

Most aid is handed over at the western border between Poland and Ukraine, but for the 21st supported vehicle to travel for SSWU the plan was to try to take the aid to where it was most needed.

Paul left with with co-driver Alan Avis of The Greenway Epsom and volunteer coordinator of Surrey Stands With Ukraine, for the two days to Krakow and stopping off at a major hub for refugees from Ukraine. This was aid on an industrial scale with a large number of women and children quietly waiting their turn to collect a carrier bag of food and an opportunity to find a pair of shoes for a child or jacket. A phone call with the hosts in Odessa leads to urgent additional supplies filling the van and then the roof rack. The site is open each day, and each family can visit only once a week. Another completely different group will be here tomorrow. What we also learn is that what are the needs in Poland are different to those in the south and east of the country close to the war, and that transport is a key problem, but only one of many.

Poland was the last place to get fuel. Russia destroyed the only refinery in Ukraine, and then targeted the storage facilities, so if you go into Ukraine you need to take all your fuel needs. That meant next stop was finding fuel cans to buy and fill, so with a mixture of 10, 7 and 5 litres cans the day ends with a full tank of 90 litres, and another 192 litres in the back. Time to say goodbye to Alan who flies back from Krakow, and on to the border for Paul.

The plan was for a Ukrainian national to meet and co-drive at the border, and immediately that plan went wrong as he couldn't get to the border control. With helpful Polish and Ukrainian officials, and a Red Cross sign stuck on the windscreen to enable Paul to drive past miles of waiting traffic he was through in a couple of hours. Then eight hours of driving to Uman before the nighttime curfew started. Uman was the base for two nights with a daytime 3-hour dash to Odessa to drop the aid and leave, but that was just another plan that was not to happen.

On arrival the Odessa lawyers Bar Association gave a warm greeting mixed with a need to get down to the business of offloading and learning about the situation, along with the background wail of an air raid siren...something Paul would soon get used to. And that is when everything changed again. Fuel in Ukraine is difficult to find, and the further away from Poland the situation worsens. Now the group of volunteers who before the war spend their days in court were now feeding and caring for IDPs (Internally Displaced People), who had been forced from their homes or were damaged and now uninhabitable.

Without a working vehicle or fuel to put in it the aid would not be very helpful. So plans changed and Paul was to spend the next week in Odessa and towns to the east. His accommodation was a hotel, but not the one he was booked into on the seaside since missiles had recently destroyed one nearby. So with a change of accommodation, and the trying on of a bullet proof vest and a, "sorry, you can't keep that it's needed for someone else", it was off to find out more of the situation in Odessa.

Over the next week Paul spent time either making aid drops to towns and villages or meeting with other humanitarian aid groups and local volunteers. But there was a troubling question. Where is the international and European aid? Well, not much really. Once past Lviv in the west the presence of organisations from outside Ukraine seem to disappear. In Paul's time since going south and east he never found another UK or even west European number plate. Only one organisation he met had any external funding, from a charity in Germany.

Local NGO's (Non-Government Organisations) have sprung up in response to the war in Ukraine. Paul met only Ukrainians who in their previous life were teachers, builders, shop workers or IT engineers, who now were splitting litre bottles of vegetable oil between three families who had arrived from the east. I did eventually bump into an Australian who had arrived last week and was busy helping, and one German TV crew filming a well known shopping centre that had recently been destroyed (and no sign of any military there). For 500 metres all the blocks of flats had shattered windows and frames and were now also deserted and uninhabitable. Two missiles destroyed a shopping centre and made a couple of hundred people homeless. The destruction was in the centre of Odessa, but also in the east and west. Some looked targeted with cruise missiles, and others random. Paul visited a block of flats near the sea hit by a shell from the Russian navy. Just one shell, but as the husband went out to buy food his wife, her mother, and their 3 year old child stayed in, and three generations of a family killed together. Now the block stands empty as the shock wave also badly damaged the block, and even killed a man who was sitting in his van 50 metres in front of the block. Random, and deadly. The situation was best described when asking "if it's safe?" by the answer "No where is 100% safe."



Everywhere Paul went he was met with gratitude and appreciation and often someone wanting to offer a coffee or share whatever little they had. He found himself realising that everyone he met was deeply affected by the war. Either people were also receiving aid, or volunteering to help give aid, and often both. People who helped were scrupulous beyond his expectations at managing the aid received, and this usually was given by other Ukrainians. Whilst some dealt with IDPs others prepared and cooked food and gave it free from soup kitchens sometimes on the street or gave it to volunteers working all hours to help others. Nothing was wasted, and every piece of aid was recorded, listed, and only given after registration and proof that you were a refugee in your own country. No one got angry. No one took more than

they could be given. Everything was in short supply and people also had to be turned away. Some NGO's will only help families with three or more children such is the scale of problem. Others try to help pensioners who can no longer get their medication and try to find donors and pharmacies locally who will donate the drugs.

People have lost jobs. Businesses have closed. Odessa is a vibrant lively summer beach resort. Odessans love their Black Sea and promenade and still go to the beach (especially as it costs nothing). Taking the kids to play in the sand is one of the few possibilities to help the kids forget the war for a few hours, but even that has issues. The main beaches where a sea borne invasion is possible are off limits now with minefields. Even where there are no mines (if the beach is too small), then no one is allowed in the water as it's heavily mined by both Ukraine and Russia. Mines just under the water regularly end up on the beach. In the meantime a few beach bars open behind the red and white tape to mark the minefield, and children play in the sand in the few feet left before the tape. That is life in Odessa, and then there is the air raid sirens, and occasionally the missiles.

If it is difficult in Odessa it's worse outside in the smaller towns and villages.

Arriving in Mykoliv, to more air raid sirens, but this time with the almost mechanical sound of thunder. It's incoming artillery. Landing far enough away that no one runs for the shelters. Those that can wear their body armour. There is an App for everything, and now one that tells you where is being hit, it's called Liveuamap. A must have for every smart phone here. However, phone and internet signal is not everywhere and in the area you need it most such as the "Grey" zone. Appropriately coloured on the Apps map is not clearly under Russian or Ukranian control. The next stop for the van was to mothers with babies and the elderly in villages that had not seen any aid and with all the men under 60 having left to fight as we were close to the front line. On arrival the village mayor had organised the waiting mothers and elderly, or it required a visit to take the aid to them.

Another place to get too was through a Grey zone corridor to Bashtanka where an Odessa NGO was supporting a church turned into a forward IDP hub. All known as "hubs", this one was known as the bunker. Paul was shown why. The basement had a large room with bare walls, and here, for three weeks, 120 women, children, babies, and elderly lived. Water was usually carried in buckets. Sanitary situation was bad, and there was not enough room for most people to lie down.

Above them the Russians arrived, and fighting did take place with locals with rifles and burning tyres to try to stop their "liberation". The area stretching from Donbas and the border with Russia to Odessa is all Russian speaking. Many who can now try to remember to speak only Ukrainian in this dual language country.

The people remained in the bunker of the church praying not to be discovered as the Russians used a tank to hit the village's main shops in a tiny central area. Where its not burnt out machine gun holes and shrapnel pepper the buildings around and again, glass is everywhere from broken windows and shattered homes, houses, and businesses. Paul was told most people left before the Russians arrived, and then Basktank had many come from other attacked villages further east. The charity and church run high risk trips in minibuses to collect those wanting to leave from behind Russian lines passing through Ukranian and Russian checkpoints (though the latter usually require a "present"). The church building is quiet now as vehicles had just taken the last group to Odessa and now the kitchen starts preparing food again. Mattresses on floors are packed close together, are tidied and clean sheets put on ready for the next group. In a side room there is a pop-up pharmacy, the only one in the area after the Russians looted and destroyed the local hospital as they retreated a few weeks ago.

Paul and his Ukrainian guide/minder/bodyguard are offered some vegetable soup and coffee before leaving to return to Odessa with an empty van and leave these many locals to their fate. Not long after Paul sees on the App that Basktenka was shelled. The journey back passes lovely countryside, and they stop briefly in Mykolaiv as Andre (name changed) wants to show the city centre and where he used to enjoy summer days and evenings on the Parisian styled boulevards with cobbled streets and boarded up businesses. Around the corner they are stopped from entering and put away phones...this is where a Russian missile hit the high-rise municipal town hall killing 34 office workers and punching a huge hole through the centre of the building. Paul recognises it from the TV pictures back home. At checkpoints they are usually met with a friendly chat, mainly due to being the only UK registered number plate vehicle they have seen.

Paul started his return to Epsom after a week in Odessa and areas east. A near empty van is added to with donations given by his hosts keen for me to bring gifts for SSWU and a jar of Arcasia honey. It is a long way from home now and Paul is alone. The checkpoints thin out between Odessa and Kiev, but you need to be alert. One time Paul saw a small rise in the road and slowed, and found it was the edge of a crater caused by an airstrike on a fortified structure...a bus stop.

Paul's most memorable meeting was not planned. It happened in a tiny village outside Odessa on one of the aid drops. A young woman wanted to talk and she spoke English. Aged 20 and studying culture at university in Kherson was under attack. She left with student friends and fled to Odessa terrified before it fell to the Russians. Her parents were further east and caught behind the Russian lines and unable to leave. Why was she in this tiny village? Odessa was then attacked from the sea and an invasion expected and her friend asked her to come to stay with her family. Her life is disrupted and twice she has become homeless in two months. It is quiet, cut off, but it feels safe. Throughout she struggles to talk between tears, but wants her story told. She fears for her parents most of all. Every few days a phone call or internet works long enough to talk to them. They ask if she remembers a neighbour who is an elderly man with a small field next the family home. Yes, of course she answers. He was shot tending his vegetables by a Russian sniper. And another woman was walking on the street they live on with her shopping. Shot as well. Others are mentioned. She can not talk anymore.

On the way back from Mykolaiv, Odesa, Kiev, Urpin and everywhere else Paul is thanked for coming and for the aid brought from Surrey. Somehow it doesn't seem enough.

The aid to Odessa was made possible by donations to [Surrey Stands With Ukraine](#)

Donations of money are needed most, to be directed to give immediate humanitarian aid to the oblast (region) of Odessa and it's villages. Support for this can be made to [Surrey Stands With Ukraine](#)

Long term support, in partnership with the UN and others using helicopters is planned, and this can be supported with donations to humanitaid.com

Paul is taking an ambulance to deliver further aid to be used in the Odessa Oblast. Donations for this can be made to Just Giving, Medical Life Lines Ukraine with the reference "Odesa".

Derby Hall of Fame unveiled in Epsom Market Place

4 July 2022



Today, Epsom's very own racing Hall of Fame was unveiled by Mayor Clive Woodbridge alongside representatives from The Jockey Club.

Starting off the Queens' Platinum Jubilee celebrations and the Derby weekend in Epsom and Ewell, the unique Derby Hall of Fame was officially launched on Wednesday 1 June in front of an appreciative crowd enjoying the activity and attractions of the refurbished Epsom Market Place.

The Hall of Fame comprises a series of commemorative roundels, celebrating notable and record-breaking Derby winners: jockeys, horses, and trainers. The roundels are installed into the floor on Epsom Market Place, following the line of trees, beginning at the Evocation of Speed statue, and working in date order towards the Clock Tower.

This Hall of Fame is a unique landmark that recognises the borough's long-standing connection with the Derby, one of the most famous flat races in the world and celebrates Epsom and Ewell's rich culture and heritage.

READ MORE: Nationals report Queen to miss Epsom Derby

Commemorated here are some of the most famous and recognisable names in horse racing history - including Alex Greaves, the first female jockey to compete in the Derby; Geoff Lewis, the first Epsom-based winner, as well as the legendary jockey, the late Lester Piggott who features in two plaques - as youngest winner of the Derby and as the winning rider on Nijinsky, plus many more.

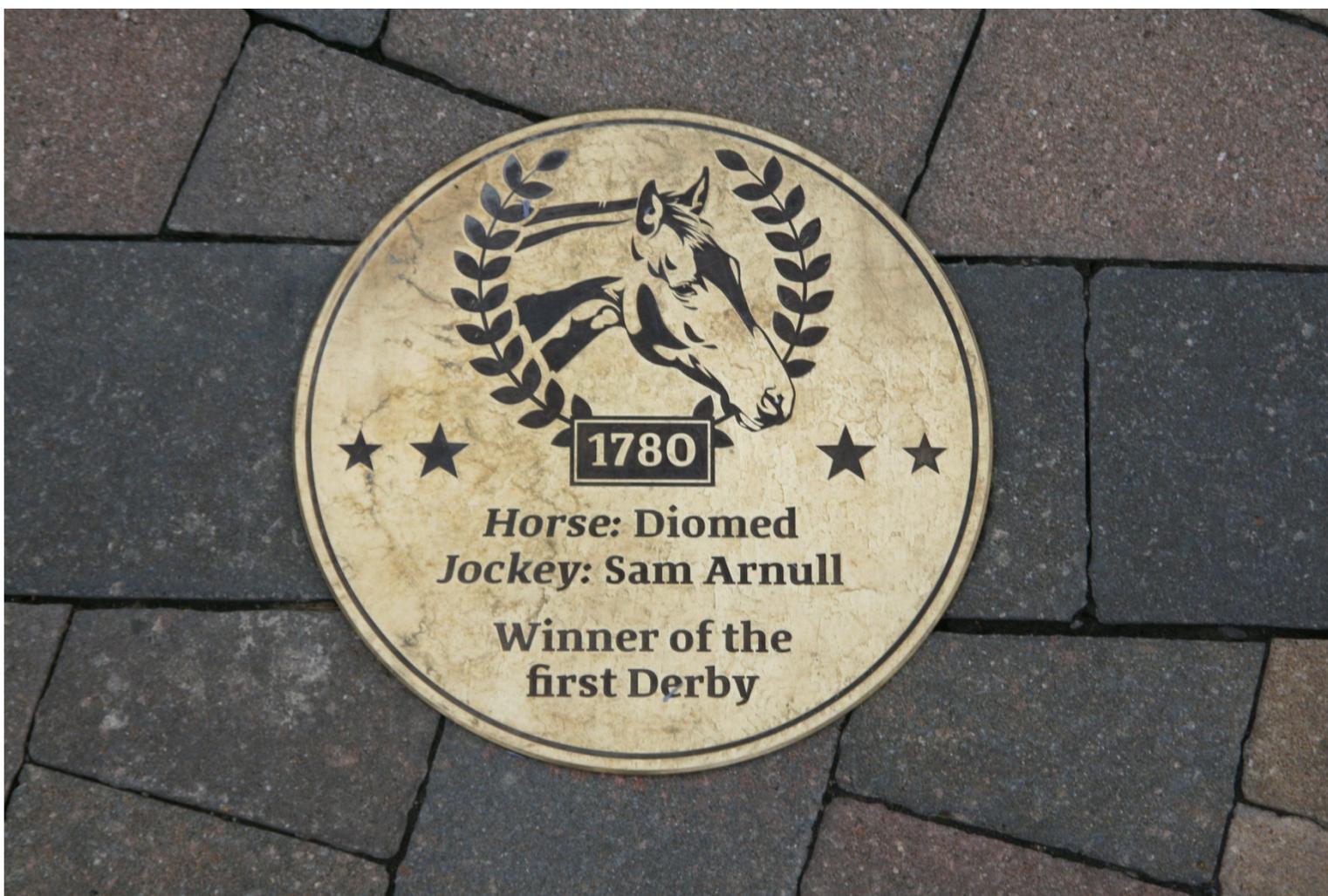
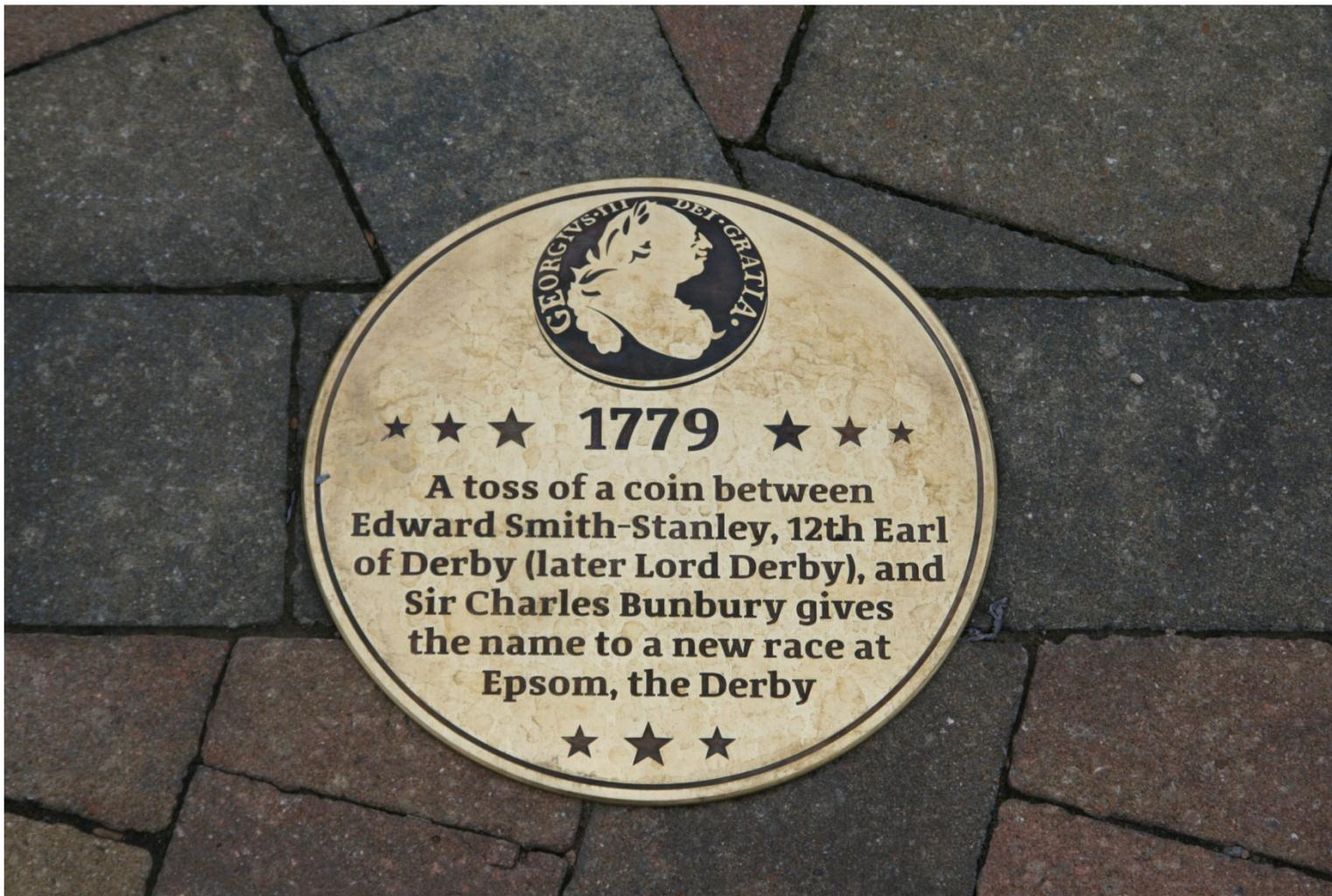
The roundels have been produced by Richard Wolfströme, an award-winning creative with over 34 years' experience, who specialises in holistic wayfinding and cultural placemaking that explores and develops unique design solutions for places, buildings, parks, and landscapes.

Together, they will sit alongside notable artworks such as *The Evocation of Speed* and the new Emily Davison Statue, which capture the richness and historical significance of the borough.

The informative trail was opened by the Epsom & Ewell Borough Council New Mayor, Councillor Clive Woodbridge and included appreciative clapping in memory of the late Lester Piggott. The installation of the Derby Hall of Fame marks the culmination of a significant regeneration project for Epsom and Ewell, funded as part of The Market Place Project by Epsom & Ewell Borough Council and Surrey County Council.

The Hall of Fame will continue to be added to over time, as more significant racing landmarks are reached and will provide a fascinating information trail in the heart of Epsom Market Place.

GALLERY: Each and every roundel

















Epsom & Ewell Health Walks are looking for volunteers

4 July 2022



Epsom & Ewell Health Walks is a small Charity registered with HMRC No. XT 37422. The objective is to provide walks for older people who are unable to walk long distances as they could in their youth. Many women understandably do not like walking alone so one benefit of our walks is that we provide company and security. All our walks start at 10:00 am and either last for 30 minutes or 1 hour. Each walk has a leader and a backmarker.

Our shorter walks are designed for people recovering from health issues and those who feel they would like to meet other people but don't want to walk far. These walks take place on a Monday.

The schedule for June and July is:

- 6 June Epsom Downs
- 13 June Poole Road
- 20 June Priest Hill
- 27 June Epsom Common
- 4 July Nork Park
- 11 July Nonsuch Park
- 18 July Ashtead Common
- 25 July Horton Country Park

Our longer walks take place on Sundays and Wednesdays. The schedule for June and July is:

Sunday

- 12 June Banstead Woods
- 19 June Horton Country Park
- 26 June Epsom Downs
- 3 July Ewell Court 29
- 10 July Chipstead Road
- 17 July Epsom Common
- 24 July Oxshott Heath
- 31 July Nonsuch Park

Wednesday

- 8 June Chipstead Road
- 15 June Bourne Hall
- 22 June Epsom Common
- 29 June Banstead Heath
- 6 July Nonsuch Park
- 13 July Oxshott Heath
- 20 July Headley Heath
- 27 July Ashstead Common

There is no charge to attend any of these walks. But to keep going we are looking for more volunteers to lead and back mark our walks. Full training will be provided for leaders and all volunteers will be given dayglow jackets. Details of how to get to our walks can be found on our website: www.epsomandewellhealthwalks.org.uk. We are holding our Annual General Meeting at Ewell Hall on Wednesday 15 June at 11-30am.

This is opposite St Mary the Virgin Ewell Parish Church. All walkers and those considering volunteering are welcome to attend.

READ MORE: The View from Westminster: Chris Grayling MP on Military aid to Ukraine, Energy levy and the Queen

A String Quartet for the Epsom NHS

4 July 2022



Today (Fri 27th May) in Epsom Square, a String Quartet performed in honour of the NHS workers of Epsom & Ewell who have worked so hard these last few years. As the pandemic froze our country (and the world) to a halt, the brave, dedicated health workers up and down the country worked around the clock to help bind up the wounds that COVID-19 opened.

The event was organised by Epsom Music to raise funds for the Epsom and St Helier Hospitals charity for the welfare of the local NHS staff.

The Salieri Quartet played music by Bach and Mozart, to an excited crowd on a beautiful sunny day in Epsom Town Centre. Passersby stopped to take photos and to listen. Children sat calmly on the laps of their parents and grandparents as the Quartet's music filled the surrounding area with lovely music.

A certificate, featuring an original poem by friend-of-the-paper Audrey Arden-Jones, was read out (by Arden-Jones herself) and presented to nurses from Epsom Hospital preceded by some nice words from Councillor Clive Woodbridge, Mayor of Epsom & Ewell. Chris Grayling MP was in attendance as well and shared some brief words with the crowd, extending his thanks to not only NHS workers but their families too.

Audrey's lovely poem is as follows:

Thank you for your devotion

Thank you for your dedication

Thank you for going beyond the call of duty

Thank you for all that you do to make a difference

Thank you for your patience, your kindness and your talents

Thank you for being there for all of us during the long days, the long nights

Thank you to each one of you for your hard work during the Covid pandemic

We photographed the event, and are delighted to share the photos with you all.



Audrey Arden-Jones reciting her poem



Mayor Clive Woodbridge with the certificate



The certificate presented to Epsom Hospital nurses



Chris Grayling addresses the event



Mayor Clive Woodbridge presenting the certificate to the nurse



The Quartet hard at work



The Quartet hard at work



The Quartet hard at work



The audience, featuring the Mayor and Mayoress



The Quartet hard at work

GALLERY: Epsom wears its Royal pride as the Jubilee approaches

4 July 2022



Epsom is gearing up for a big week. The Queen's Platinum Jubilee approaches fast, and with the crowning jewel of the events taking place at Epsom Racecourse, it's hardly surprising that Epsom is adorned with art, flags and murals commemorating the Queen's long reign.

Epsom's railway bridges are being prepared for Her Majesty with murals painted by local artists. The jubilee-themed artworks are meant to celebrate the Queen's long reign and energise the local people, making sure everyone feels the buzz of the coming celebrations.

Local businesses are feeling the spirit too. When you walk through Epsom Town Centre, Union Jacks and images of the Queen's likeness are everywhere.

We've gone around the town snapping photos of all the amazing decorations that local people and businesses are adorning our town with.



A mural being created under the East Street Bridge



Flags adorning the entrance to the Ashley Centre



Outside seating area at the Assembly Rooms



Flags waving above the main entrance to the Ashley Centre



Huge Union Jacks hanging from the ceiling of the Ashley Centre



The Assembly Rooms feeling the pride



Quest in the Ashley Centre, a lovely decoration

We take our hats off to these businesses and people who have shown their pride in our Queen, and look forward to seeing even more decoration as the Jubilee approaches ever faster.

Have a photo of some nice Jubilee decorations? Have you decorated your house in a Jubilee theme? Let us know on Twitter @EpsomandET or via email admin@epsomandewelltimes.com

Epsom & Ewell Foodbank - Items they're short of this week

4 July 2022



Image: Epsom & Ewell Foodbank

Epsom & Ewell Foodbank is a vital public service for the borough, providing assistance to people and families who are in need of help. With the current cost of living crisis, Epsom is being hit as hard as the rest of the country, and our foodbanks are unfortunately more vital than ever. Many local residents take the time to donate items to Epsom & Ewell Foodbank, not just food, but toiletries and baby-related items.

According to Epsom & Ewell Foodbank, there has been an increase in demand this month, and they fed more than 550 people in April. The foodbank has released a list of things that they're either running low on or have run out of on their website. If you find yourself with any of these items that you can spare, please make your way to one of their donation points, which are listed at the bottom of this article.

They have completely run out of:

- Powdered milk
- Washing-up liquid
- Sweets and treats for children (freddo, buttons, mini cookies, hairdo etc.)

Chocolate treats for adults
Instant mash
Honey
Peanut butter

Long-life sponge puddings

Pump soap

Washing powder, pods & tablets (bio & non-bio)

They urgently need:

Packet soup
Tinned fish
Tinned fruit
Coffee Sugar (500g) Meat pies
Powdered milk
Long-life sponge puddings
Biscuits
Tinned vegetables
Squash
Long-life UHT milk (semi-skimmed and full fat only)
Long-life fruit juice
Spaghetti in sauce
Pasta sauce
Shaving foam
Deodorant - all kinds
Shampoo & conditioner Adult toothbrushes

They are fully stocked with:

Pulses, pasta, rice and beans.

Their donation points are located at:

Leeds Building Society, 13 High Street, Epsom, Surrey, KT19 8DA

Epsom Methodist Church, Ashley Road, Epsom, Surrey KT18 5AQ

Budgens, 65 The Broadway Stoneleigh, Epsom KT17 2HP

Sainsbury's, Kiln Lane, Epsom, KT17 1EQ

Sainsbury's parking garage, Leatherhead

Tesco, Oxshott Road, Leatherhead, KT22 0EF

Asda - Burgh Heath

The donation drop-off times are: Monday to Friday 9 am - 2 pm. They are closed on Bank Holidays.

The Foodbank's contact details are:

Email - foodbank@generation.org.uk

Phone - 0208 786 8221

READ MORE: Is this Epsom Couple getting their heating for free?

Looking back on the Epsom & Ewell Showcase

4 July 2022



Pictured above: Musical artist and former X-Factor UK contestant Souli Roots and her daughter.

Epsom Rotary Club is about community, charity, fun and friendship. They run social events throughout the year and are involved in projects in both the local and international communities. Having been involved in many charitable events across the borough (They donated PPE and a seat to Epsom Hospital in 2020) they're well known in the borough as a powerful charitable and social force.

They also run the Epsom and Ewell Showcase, which took place in April, featuring a number of performers and raising funds for multiple charities. Featuring artists such as Protogem, Souli Roots and the Epsom & Ewell Silver Band, the showcase is a fantastic event meant to raise money for good causes, and celebrate the local artistic talent in a community-driven way.



Protégem, an Epsom dance troupe

Sad you missed it? Fear not, read below a short write-up that the Rotary Club has kindly provided us with...

"Wow! What a great evening. I run a group, can we sign up for next year. Weren't the Mencap group a joy. Can I get a CD?" These were just some of the comments we got after the hugely successful Epsom and Ewell Showcase which Epsom Rotary Club produced last night. (19 April 2022). It was a truly incredible evening which is what you get when you have performers who love to be on stage supporting a cause which they believe in. It's just amazing the drive that is shown as everyone wants to do their best. People went home with a spring in their steps. When you saw some of the young dancers you felt that some stars were born last night. Pictures are of Protégem dancers and Souli Roots and her daughter arriving for rehearsals."

Needless to add, all the performers enjoyed their experiences and the Epsom Rotary team achieved a massive sense of pride in being part of the show. The funds were raised for four charities involved, Age Concern, Dyscover, Mid Surrey Mencap and Mary Francis Trust and we were able to raise profits to the tune of approximately £2,400. The lineup was three dance groups - Ambition School of Dance, Bharatha Kalalayam Dance, Protegeim, bands - Badger Set, Epsom & Ewell Silver Band and Low Key Affair, solo artists, Daniel, Cam and Jamie respectively doing sets on vocals and guitar,

and keyboard and Leatherhead Link for Mencap and not least duo act Souli Roots and with a tribute to the Queen's Jubilee - the National Anthem where the audience all joyfully waved flags.

The Rotary Club's Press officer Maria Antiss told me "Our aspiration for the future is to expand membership so that we can achieve more community work and raise funds for good causes both locally and internationally"

With the Rotary Club's eye's set on expansion, now would be a very good time to get involved with a great local organisation.

READ MORE: Council Committees: Everything you need to know

If you are interested in the work that Epsom Rotary Club does, or interested in helping out in their volunteering events, then please get in contact with them via their website or social media channels.

Platinum Jubilee: Flypast to go over Epsom

4 July 2022



Image: www.visitlondon.com

The Queen's Platinum Jubilee is just around the corner, and excitement is growing for the many events being held to commemorate it. A classic staple of the Jubilee is the RAF Flypast that will take place this summer (June 2nd) to close off the Queen's Birthday parade.

Spectators will be able to witness the stream of red, white and blue smoke as the RAF makes their flyover Surrey, going over Guildford, Reigate, Woking and, of course, Epsom.

READ MORE: Platinum Jubilee: 5 things to do in Epsom!

The timetable for the Platinum Jubilee Flypast shows the approximate timescale of the event and shows you when you will be able to see the event in your area. The jets are expected to be over Surrey between 12.50 pm and 1.30 pm.

Are you planning out looking our for the RAF on June 2nd? Let us know on Twitter: @EpsomandET, and keep checking epsomandewelltimes.com for more jubilee stories!

READ MORE: Epsom Derby: Queen's horse pulled out of race

Epsom to Ukraine and back in a black-cab

4 July 2022



Richard Gough, 60, an Epsom taxi-rank licence holder, organiser of Black Taxis for Ukraine and owner of Epsom taxi rental service Eclipse Rent-A-Taxi, is driving his magnificent black taxi from Epsom to Ukraine filled with humanitarian supplies provided by Epsom based Surrey Stands With Ukraine and our generous local citizens. The journey starting 14th May will cross several countries and take two days solid driving to complete. Richard will return to England with Ukrainian refugees in his taxi.



This hero taxi-driver has already driven a refugee family of four Ukrainians after holding out for 13 days at Dunkirk to get their visas, aided by the intervention of Epsom and Ewell M.P. Chris Grayling, battling with a slow and bureaucratic system.

Photo features Richard and a team of volunteers from Epsom based Surrey Stands With Ukraine.