Epsom Common Association: A History of Conservation and Biodiversity

Founded in 1974 by local residents deeply concerned about the state of Epsom Common and the looming threats to its existence, the **Epsom Common Association** has since been a stalwart defender of this natural haven. The roots of their mission trace back to the 1930s when borough and county planners contemplated the construction of an Epsom bypass, with a road cutting across the Common at the forefront of their plans.

By the 1960s and 70s, these proposals began to take concrete shape, much to the dismay of the community. In response, determined local individuals rallied to form the Epsom Common Association, a pivotal moment in the ongoing debate that would rage on throughout the following decades.

One of their early triumphs was the restoration of the Great Pond, a landmark achievement completed in 1979. Yet, their work encompassed a broader range of objectives:

- 1. Preserving the Common: The Association was committed to safeguarding the Common from any potential housing or construction projects, road developments, or encroachments.
- 2. Enhancing Amenity Value: Their mission extended to preserving and enhancing the Common's amenity value for all users.
- 3. Conservation of Biodiversity: Recognizing the Common's unique status as a Site of Special Scientific Interest (SSSI), they sought to maintain and enhance a diverse range of habitats for various wildlife species.
- 4. Nature Reserve Status: Their efforts also aimed at maintaining the Local Nature Reserve status and advocating for National Nature Reserve status.
- 5. Contributing to Conservation: The Association played a vital role in conservation work through their volunteer team, ECoVols. These volunteers were engaged in various tasks, including scrub clearance, charcoal burning, tree planting, and bracken reduction.

To keep their members informed, the Association produces three newsletters each year, covering recent activities, wildlife observations, news, and potential threats. They also maintain an active online presence through their website and a Facebook page. See www.epsomcommon.org.uk

The Association's governance is facilitated by a Committee, elected annually during the AGM. This Committee includes representatives from **Epsom & Ewell Borough Council** and the **Lower Mole Partnership**, ensuring collaboration and effective management.

Membership of the Association is just £3.00 per household, and an additional £2.00 for postal members, making it accessible to a wide range of residents.

Epsom Common, though no longer a pristine wilderness untouched by human influence, has been integral to the local community for centuries. From its historical use for grazing animals and gathering firewood to wartime cultivation, the Common has a rich heritage intertwined with human activity.

To guide its future as a public nature reserve and promote biodiversity, the Epsom & Ewell Borough Council unveiled a Hundred Year Management Plan (2016-2116), approved by **Natural England**. The Association wholeheartedly endorsed this long-term approach and commitment to biodiversity conservation.



In their bid to create a mosaic of habitats and maintain a balance between grassland and woodland, the Association undertakes various management activities. These include the removal of young secondary woodland to restore lost grassland and heath, as well as the reintroduction of summer cattle grazing.

A success story of their strategy lies in the thriving butterfly population on the Common. It now hosts a range of butterfly species, from woodland dwellers like the Purple Emperor and White Admiral to grassland species like the Meadow Brown and Marbled White.

The diverse habitats have not only benefited butterflies but also thousands of other flora and fauna, including plants, fungi, insects, amphibians, reptiles, birds, and mammals.

The Association ensures active engagement with its members through events such as two annual evening meetings featuring guest speakers on topics related to the Common's heritage and natural history.

Additionally, they organize natural history walks led by experienced naturalists, covering topics like butterflies, wildflowers, bush crickets, birds, fungi, and bats. These walks provided valuable insights into the richness of the Common's ecosystem.

The Association's commitment to conservation extends to the welfare of cattle on the Common, with members responsible for daily health and security checks.

Another intriguing facet of their work is charcoal production, a monthly endeavor from February to November. The charcoal is made from felled trees on Epsom and Ashtead Commons.

Finally, conservation task days, carried out from January to May and September to November, involve both hand tools and some power machinery. These efforts are conducted in close coordination with the Epsom & Ewell Borough Council and Natural England.

As the Association looks ahead, their plans include the removal of young trees to enhance wetland meadows, continued scrub and young tree removal to improve habitat for heathers and flowering plants, and hand-pulled bracken during the summer months to

encourage grasses, meadow flowers, and heathers.

In sum, the Epsom Common Association stands as a shining example of community-led conservation efforts, dedicated to preserving the beauty, biodiversity, and heritage of the Epsom Common for generations to come.

You can get involved in the upcoming activities:

Sunday 15th & Monday 16th October at the Great Pond:

Removal of young trees along part of the eastern margin to open up a small wet land meadow for benefit of wild flowers and water fowl.

Sunday 19th & Monday 20th November at Bramble Heath:

Removal of scrub and young trees to maintain the open area and improve habitat for heathers and flowering plants.

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Epsom Common Bird Walk Poem

Uncommon commitment to the Common

Local action to tackle global climate crisis

According to the **Eco-Friends of Epsom** we are in an era marked by the increasingly pressing issue of climate change. The urgency of understanding its scientific underpinnings and potential solutions cannot be overstated.

Join The Eco-Friends of Epsom for a discussion with **John Mackintosh**, local expert in environmental matters, who serves as the Environment Manager at Mole Valley District Council and an Environmental Consultant at GreenGoals.

On Wednesday 27th September at 7.30 in the **Methodist Church, Ashley Road, Epsom** a meeting open to the public will take place. The event is not just about delivering information—it's about fostering a deeper understanding. Attendees will have the opportunity to engage with John, probing him with questions to better grasp the challenges and solutions.

Neil Dallen, who is a local RA councillor and active in Eco-Friends said: "Climate change knows no boundaries, and its impact is being felt across the globe. Unusual weather patterns have led to a surge in natural disasters, including floods, extreme temperatures, and debilitating droughts. While the causal link between specific events and climate change can be debated, the stark reality is that thousands of lives have already been lost, and countless more have seen their homes and possessions reduced to rubble.

"The evolving landscape of our planet demands immediate attention. While some may harbour doubts about whether it's too late to reverse the course, one thing is unequivocal: doing nothing is not an option. Our actions, or lack thereof, will profoundly influence the lives of future generations."

"The question that looms large is, "What is the right course of action?" This quandary is not one that any individual or nation can resolve in isolation. Climate change is an international predicament, and governments worldwide must come together to find viable solutions.

"You might be wondering, "Can I, as an individual, truly make a difference?" The answer is a resounding yes. Change begins at the grassroots level, and each of us can play a part in mitigating the impacts of climate change. By coming together as a community and sharing knowledge, we can embark on a journey towards a sustainable future."

Mr Dallen added: "Join us for an enlightening evening with Eco-friends in Epsom, where we'll explore answers to these pressing questions and more. Together, we can take the first steps towards a better-informed, more sustainable future for our planet and generations to come."

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Epsom and Ewell's Technology College 70 years young

The **North East Surrey College Of Technology** (NESCOT), situated in **Epsom and Ewel**l, Surrey, England, traces its roots back to the 1950s when it was known as Ewell Technical College. As NESCOT marks its 70th anniversary in 2023, it's worth delving into its intriguing history.

Originally christened as Ewell County Technical College, the institution welcomed its first cohort of students in September 1953, with an official inauguration following in March of the subsequent year. The college's establishment was notable not only for its academic pursuits but also for its geographical footprint, occupying what was purportedly the largest arable field in all of England. The construction of this educational institution came at a price tag of £250,000.



Ewell Technical College

Ewell County Technical College earned distinction as an early advocate of "liberal education." During the mid-1960s, students at the college devoted their Wednesday afternoons to an eclectic array of supplementary courses, ranging from sailing to folk dancing. Additionally, it made strides in student welfare, being among the pioneering technical colleges to appoint a dedicated staff member for this purpose. Today, this commitment to student well-being is upheld through various support services, encompassing Advice and Guidance, Student Finance, counseling, healthcare, childcare, security personnel, and specialized assistance for students with a history of being in care.

In its inaugural academic year, Ewell County Technical College enrolled 789 students, organized into three departments: Building, Science, and General Education. By the mid-1970s, this institution had burgeoned to accommodate a student body of 4,000. Tuition fees for students above the age of 19 ranged from £72 to £120 per academic year, while those under 18 were entitled to claim travel expenses amounting to 15p per return journey.

In 1973, a devastating fire swept through the newly-constructed extension, causing extensive damage estimated at £100,000. The fire, which originated in a science laboratory, left the exact cause shrouded in mystery.

The transformation into NESCOT occurred in 1975 when Ewell County Technical College underwent a name change. Subsequently, in 1988, the college acquired the former Epsom High School. Notably, NESCOT's theatre bears the name of Adrian Mann, who served as the college's inaugural chairman of governors. Mann's dedication to NESCOT extended even after his retirement as chairman in 1963, as he continued to serve as a governor for another decade before being conferred the title of Governor Emeritus.

Throughout its history, NESCOT has been a host to a diverse range of artists and events. Notable musical acts such as Queen, Genesis, Black Sabbath, Deep Purple, Led Zeppelin, and Ralph McTell graced the college's premises. In 1977, Shepperton Studios chose NESCOT as a filming location for scenes in "The Revenge of the Pink Panther."

Among the illustrious alumni of NESCOT is the renowned naturalist David Bellamy, who both studied at and later worked as a laboratory technician at the college. Bellamy credited his teachers at NESCOT with kindling his passion for biology. Additionally, Frank Hampson, the celebrated cartoonist behind the Dan Dare comic strips and a recipient of the "best postwar comic illustrator in the world" title in 1975, served as a technician at the college. Dr. Guy Vine, father to the famous Vine brothers, Jeremy and Tim, imparted knowledge in civil and structural engineering at NESCOT.

Over the years, NESCOT has offered a diverse array of courses, reflecting its commitment to comprehensive education. These courses have spanned a wide spectrum, from Advanced Domestic Cookery and Air Conditioning Design to Bacteriology, Biblical and Religious Studies, Certificate in Home Economics, Flower Arrangement, Drug Toxicity, Law, Nursing, and Guest House Management. Additionally, NESCOT has provided classes and refresher courses in Shorthand and Typing.

Notable alumni from NESCOT include Anthoni Salim, a prominent businessman, investor, and money manager; Professor Peter Saville, distinguished psychologist; Joe Wicks, the renowned fitness coach; and Jane Wilson-Howarth, an accomplished author.

As NESCOT enters its seventh decade, its storied history stands as a testament to its commitment to education, innovation, and the cultivation of talent across a diverse range of fields.

Image: Courtesy NESCOT

All welcome in Epsom's parish church

St Martin's is the Parish Church of **Epsom**. It is rather hidden from the bustle of the town between Church Road and Church Street where the main entrance is opposite the **Olde King's Head**. Paths lead from Church Road and Grove Road through the churchyard. It well repays the effort of finding it, an oasis of peace just minutes away from the town centre.

The present building is not the one mentioned in the Doomsday Book, but its north west tower is the oldest building standing in Epsom. It is not easy to appreciate that, as it was disguised after the rebuilding with cladding to match the rest of the new church. The mediaeval church was demolished in 1824 as being too small as well as needing major repair. The only other remnant of it is the 14th century font.

Enlargement was necessary again in 1907 and an intended complete replacement was begun at the east end. It stopped there due to lack of funds! The place were the two parts join still shows the original intention. Inside the two parts are married well and now we have a large airy building, light because of the clear windows in the body of the church where the acoustics are well suited to its musical tradition. It is the venue for performances of many choirs as well as our own. In the rebuilt East end are some marvellous stained glass windows as well as the 1892 window by F.E.Oldaker a former pupil at Epsom College. Once the east window it is now behind the minstrel's gallery. In the east end and in the nave are monuments as fine as any in Westminster and by the same sculptors. There is a fine organ by Norman and Beard in 1909 which has since been rebuilt by Corbett and Balby, an Epsom firm, in 1966-67, and Principal Pipe Organs of York in 1998.

Overall St Martin's is a traditional English Parish church and the pattern of worship is recognisably Church of England. The Prayer Book services of Morning and Evening Prayer are sung once every month and the Holy Communion services on other Sundays are also enriched by our choir who often sing in cathedrals in the south-east when their choirs are away. There is time for fellowship around the coffee bar at the west end of the church after services. We strive to be welcoming and inclusive and are one of the few churches which has passed a resolution calling on the Church of England to amend its law so as to allow same sex weddings to happen in church.

The church is open for exploration and private prayer every morning and on Sunday afternoons. All are welcome at all times.

Free concerts (retiring collection) are sponsored by our Director of Music and we regularly host performances by the Epsom Choral Society, Ashtead Choral Society and Epsom Chamber Choir.

Howard Bluett, Reader at St Martins

Mayor endorses Citizens Advice in Epsom & Ewell

As Citizens Advice Epsom & Ewell (CAEE) publishes its Annual Report 2022/23 today, Epsom & Ewell Mayor Cllr Rob Geleit expressed his support for the charity, having chosen it as one of his charities of the year. He said: "CAEE wants and needs to be here for another 85 years and this year I want to do my part in helping that to happen. I have chosen this charity as I greatly support the work that it does and the outcomes that it achieves for local people."

The Mayor attended CAEE's Annual General Meeting on 19 September where staff, volunteers, funders and local supporters gathered to celebrate the achievements over the last year. In 2022/23, CAEE helped 2,660 people in the borough, addressing 8,256 issues and gained £1,008,032 of income for their clients. Top issues that were addressed are benefits and tax, debt, housing, relationships and family, and charitable support.

CEO Lisa Davis, calls for more volunteers to help boost its face to face and outreach service. Lisa said: "A key unique selling point for us is our face to face and outreach services and our aim this year is to extend this part of our offering. Our focus going forward is the recruitment and retention of a diverse group of volunteers to help that happen."

"Currently, the people of Epsom and Ewell can access CAEE services by phone and email, and drop in to the office in Epsom on a Tuesday or Thursday. Increasing our capacity and extending this to four days a week would greatly help those in the borough who are affected by the rising costs of living, are vulnerable and often have nowhere to turn," said Lisa.

CAEE provides an outreach service, with regular sessions being held at the Epsom Refugee Hub, Methodist Church's Warm Hub last winter and has recently started at the Epsom Pantry for its members.

Sue, who's been volunteering with Citizens Advice in the local community for over 25 years in various roles, says: "I enjoy the comradeship, which because of the nature of the volunteers, creates a better than average office environment. I like the brainstorming nature of giving advice – seeing how one thing affects another. Our work provides a window into part of our community which is hidden to a lot of people living in what appears to be an affluent area."

Volunteering for CAEE is a rewarding experience with many having been helping their community for several years. For those interested in learning more, get in touch with CAEE to talk to a volunteer or read more on the website.

Photo of Yvette Ball (Chair of Trustees of CAEE), Epsom & Ewell Mayor Cllr Rob Geleit, Lisa Davis (CEO of CAEE)

You are invited to commemorate the 9000 souls in Epsom's forgotten cemetery

9000 patients of Epsom's cluster of now closed psychiatric hospitals were buried between 1899 and 1955 in a now abandoned Cemetery. The Friends of Horton Cemetery are writing their life stories and seeking to reclaim the five neglected acres from a property speculator.

The **Horton Cemetery** is located between Horton Lane and Hook Road, **Epsom**.

On **10th October 2023** from 1.00pm The **Mayor Cllr Robert Geleit** (Labour Court Ward) and Mayoress of **Epsom and Ewell** will lead councillors, Aldermen of the Borough and the public in commemorating the lives of the 9000.

Baroness Sheila Hollins, a Patron of the Friends of Horton Cemetery will be in attendance and Alderman Alan Carlson will address the gathering. St Josephs Primary School pupils will sing and others will recite poetry. A "committal prayer" will be spoken on behalf of faith leaders of Epsom and Ewell. The ceremony will end with a Scots Piper leading the gathering to the former Horton Chapel that is now the Horton Arts Centre in Haven Way.

This venue will be host to further performances and speeches and the opening of a **Memorial Garden** in tribute to the 9000.

900 ceramic flowers painted by many people across the Borough over the last year will be planted.

This is the culmination of a year long project of the Friends of Horton Cemetery known as "Out of Sight, Out of Mind", led by the charity's history consultant, **Dr Alana Harris**, local resident and Reader in Modern British Social, Cultural and Gender History at **Kings College**. The Project is supported by **Historic England**.

Lionel Blackman, founder and director of The Friends of Horton Cemetery, said "All are welcome to this significant event taking place on **World Mental Health Day**. Demonstrating widespread public support for the return of the Horton Cemetery for the public and relatives of the deceased, is essential in correcting an unconscionable decision of the NHS in 1983 to sell the land to a property speculator".

If you intend to attend the event you are requested to complete this simple online RSVP form.

If you are attending you should read the advice of The Friends of Horton Cemetery on the ground conditions and lengths of walks involved. Click HERE.

Related reports:

Friends of Horton Cemetery workshop

Another Horton Cemetery Life Story

Grace Jones - Horton Cemetery Stories

Emily Elizabeth Campbell - Horton Cemetery Stories

Bringing to life the dead in Epsom's forgotten cemetery - Historic England awards local charity.

Council: Horton CPO debate shelved

Ewell Primary school "raaced" with concrete problem

A primary school situated in **Ewell** has been confirmed to harbour hazardous concrete that presents a potential risk of structural failure. **Danetree Primary School** is among the 147 educational facilities across England that have been identified as having reinforced autoclaved aerated concrete (RAAC), a lightweight construction material that was widely used between the 1950s and 1990s but is now regarded as being susceptible to collapse.

A GLF Schools spokesperson for Danetree Primary School told the Epsom and Ewell Times:

"Over the summer the Year 3 block was identified containing RAAC. On Thursday 31 August the Department for Education instructed the Trust to close this building immediately.

"The school then put a plan in place to relocate the Year 3 classes elsewhere within the school, so that the school opened as planned. Parents were advised of this.

"Further surveys have been arranged to clarify longer term plans for the school and we will provide updates to parents as more information is known."

The **Department for Education** has recently released a list that reveals all the educational establishments in England where necessary measures were required to address concerns related to concrete structural integrity. The government document affirms that Danetree Primary School has successfully maintained in-person education for all its students, whether on the school premises or in nearby locations. In response to the concrete structural issues, 19 schools in England had to postpone the commencement of the term, while an additional 24 schools implemented remote learning measures, with four schools making a complete shift to remote learning.

Gillian Keegan, the Education Secretary, expressed her regret over this situation and acknowledged that it was far from the ideal way for parents, teachers, and affected students to begin the new academic term. She reassured the public that the safety of students and staff remains the top priority. She also commended the collective efforts of schools, colleges, local councils, dioceses, and academy trusts in ensuring that the majority of the affected educational settings were able to open their doors to all students at the start of the term. The Education Secretary stated, "I know this is the last way parents, teachers and children affected by this wanted to begin the new term, but it will always be my priority to ensure the safety of pupils and staff."

Image: Danetree Primary School: Google

Local NHS Doctors and Consultants striking

As tensions mount within the UK healthcare sector, doctors across the country are gearing up for strike action. The looming industrial action has sent ripples of concern through the local Epsom healthcare system and the wider public, sparking a heated debate about the grievances motivating these medical professionals to take such measures.

In a week that promises to bring a fresh wave of challenges, hospitals across the UK brace themselves as a new round of strikes is set to commence. On Wednesday, consultants and junior doctors are set to unite in a day of industrial action, marking the first instance of such joint protest. The impact of this combined strike action is expected to weigh heavily on healthcare facilities, with St George's, **Epsom** and St Helier hospitals particularly vulnerable, having recently grappled with the added strain of a heatwave.

Amid this turbulence, healthcare authorities call upon the public to exercise discretion in their use of NHS services. It's emphasized that individuals should continue to seek medical care during emergencies or when they have scheduled appointments.

Dr. **Richard Jennings**, the Group Chief Medical Officer for St George's, **Epsom**, and St Helier University Hospitals and Health Group, acknowledges the upcoming challenges: "While we do everything we can to minimize the impact strikes have on our patients, there is no denying this week will be very challenging for us. There's been little respite this year, with several rounds of industrial action already taking place, not to mention our emergency departments becoming busier with the hotter weather. And with further industrial action planned for this autumn, and winter on the way, we would expect these extreme pressures to continue for some time."

The joint strike is scheduled for Wednesday, September 20, with consultants and junior doctors ensuring emergency care remains available. However, elective surgeries and non-emergency appointments will be rescheduled. On Tuesday, September 19, some consultants will also strike while providing Christmas Day cover, and junior doctors will stage a complete walkout on Thursday, September 21, and Friday, September 22.

During this period, the public is urged to use NHS services judiciously to ensure that the most critical cases receive timely attention. It's essential to bear in mind that visiting an emergency department for non-life-threatening issues may not result in quicker service.

Dr. Jennings advises, "We must prioritize our sickest and most seriously ill patients. That means if you attend our emergency departments and it's not life-threatening, you may be redirected to a more appropriate service. You can help us by using NHS 111 online, which is a 24/7 service and can direct you to where you need to go when your healthcare need is less urgent. But when it's an emergency or life-threatening, you should always call 999 or visit an emergency department."

Numerous inpatient and outpatient appointments have already been rescheduled due to this year's strike action, with more disruptions expected this time around. However, those with scheduled appointments are encouraged to attend unless notified otherwise. Alternative options, such as GP surgeries and pharmacies, remain largely unaffected by the strikes and can assist with common ailments like tonsillitis, coughs, colds, and earaches. Minor injuries like sprains and strains can be managed at home, or a pharmacist can provide guidance on the appropriate treatment.

For individuals in need of mental health support during a crisis in Kingston, Merton, Richmond, Sutton, or Wandsworth, the South West London 24/7 Mental Health Crisis Line is available at 0800 028 8000. More information can be found at https://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line. Similarly, in Surrey and North East Hampshire, support is accessible 24/7 for adults, young people, and children by calling 0800 915 4644. Additional information can be found at https://www.sabp.nhs.uk/our-services.

The dates for strike action are as follows:

- Consultants: Christmas Day cover from 7 am on Tuesday, September 19, to 8 am on Thursday, September 21.
- Junior doctors: Christmas Day cover from 7 am on Wednesday, September 20; full walkout from 7 am on Thursday, September 21, to 7 am on Saturday, September 23.
- Both consultants and junior doctors will be striking on Monday, October 2, Tuesday, October 3, and Wednesday,
 October 4, providing Christmas Day cover.

To understand the situation better, The Epsom and Ewell Times has delved into the arguments put forth by UK doctors explaining

their reasons for considering a strike.

- 1. Pay and Working Conditions: One of the primary concerns voiced by doctors is the state of their pay and working conditions. Many doctors argue that their wages have not kept pace with the cost of living, and they face long working hours that often stretch them to the limit. Some argue that these conditions not only affect their own well-being but also put patient safety at risk.
- 2. Staff Shortages: The shortage of medical staff, including doctors and nurses, is another major concern. Doctors are often working in understaffed hospitals and clinics, leading to burnout and suboptimal patient care. They argue that without adequate staffing levels, patient safety is compromised, and they are unable to provide the level of care they would like to deliver.
- 3. Patient Care: Doctors frequently emphasize their commitment to providing high-quality patient care. However, they argue that the current conditions make it increasingly challenging to maintain the level of care patients deserve. Overcrowded emergency rooms, lengthy waiting times, and limited resources all contribute to a deteriorating quality of care.
- 4. Mental Health: The toll on doctors' mental health is a pressing issue. The immense stress and emotional burden of their work can lead to burnout, anxiety, and depression. Doctors argue that addressing these mental health challenges is essential to ensure they can continue to provide effective care to patients.
- 5. NHS Funding: Doctors are also concerned about the overall funding of the National Health Service (NHS). They argue that the NHS needs increased funding to address the aforementioned issues adequately. Insufficient funding, they claim, hampers efforts to improve working conditions and patient care.
- 6. Privatization Concerns: Some doctors express worries about the gradual privatization of healthcare services in the UK. They fear that privatization could lead to a two-tier healthcare system, where those who can afford private care receive better services, leaving the public healthcare system further strained.

The doctors' strike is viewed by many as a last resort, taken only after exhausting negotiations with government officials and healthcare administrators. While the potential strike has raised concerns about the impact on patients, it also serves as a stark reminder of the challenges faced by medical professionals in the UK.

As the situation continues to develop, the nation watches closely, hoping for a resolution that can address the doctors' concerns while safeguarding the healthcare needs of the population. The outcome of this ongoing debate will undoubtedly have significant implications for the future of healthcare in the United Kingdom.

Epsom fair for health and well-being

On Saturday, September 23rd, the local charity **Age Concern Epsom & Ewell** will be hosting a Health & Wellbeing Fair at **Rosebery Park** in **Epsom**. The event is scheduled to run from 10 am to 3 pm and is open to attendees of all ages.

This community event aims to provide a diverse range of informative talks and demonstrations by local groups, charities, and small businesses, all focused on promoting and encouraging a healthy and well-balanced lifestyle. Visitors can expect insights from health practitioners on topics such as maintaining good posture, enhancing flexibility, foot care, the benefits of deep breathing, and mindfulness, among others.

The Rainbow Leisure Centre will be showcasing their activities suitable for individuals of all ages, while children can engage in rhythmic fun with Drumz Epsom. A fascinating tree trail will also be a part of the day's offerings, providing an opportunity for attendees to learn intriguing facts about the local park's trees. A small entry fee of £3 is required for the tree trail, and participants are encouraged to uncover hidden clues to unveil a special surprise, with all entries receiving a unique prize.

Further details about the tree trail can be found at https://www.jumblebee.co.uk/roseberyparktreetrail.

Throughout the event, there will be informative displays and talks by organizations such as the Epsom & Ewell Countryside Team, Epsom Common Association, Sustainable Epsom, and Ewell, and the Surrey Wildflowering Trust. Attendees can also take

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ISSN 2753-2771

advantage of free bike checks, courtesy of Dr. Bike, available from 10 am to 3 pm.

The fair will also feature acclaimed author **Sarah Tucker**, who will deliver talks on the art of storytelling and the benefits of writing. Those interested in reducing waste can bring their own containers to shop with The Floating Refillery, a vendor offering a variety of quality household goods, cereals, and spices. Paper bags will also be available for use.

For those looking to satisfy their taste buds, Bake 88 will be on hand with delicious and healthy light bites, including award-winning bagels. Attendees can even bring a jam jar to create a sourdough starter to take home and nurture.

Age Concern Epsom & Ewell will be sharing information about the services they offer for the older generation within the borough. They will also discuss the various volunteering opportunities available and how both clients and volunteers can benefit from giving a little of their time each week.

The organizers are excited to present this event, which promises a wide array of engaging activities and informative sessions. They hope that attendees will take a leisurely stroll to explore the offerings and show their support for this inaugural event. It is anticipated that attendees will leave with newfound knowledge and perhaps even be inspired to try something new.

Angels sing their hearts out for Ukraine

Epsom Social in the Epsom Square was the heart of Epsom last night as rock band The Angels beat loudly for Ukraine aid. Organised by Epsom based Surrey Stands with Ukraine (SSWU), 9 piece band The Angels rocked a packed Epsom Social with a broad range of great songs. The Angels and Epsom Social donated their time and premises to the latest project of SSWU: a fire engine for Ukraine.

Roy Deadman, who chairs SSWU reminded everyone that the war goes on, the need for aid continues. "No one in the charity receives a penny. We are all volunteers. But what we do is nothing compared with what Ukrainians are doing to protect Europe from Putin."

He went on to praise partners Medical Life Lines Ukraine (MLLU) who have to date sent 36 ambulances and a crane to the wartorn country.

Courtesy of The Ashley Centre SSWU runs its operations from offices in Global House, Ashley Avenue in Epsom. Premises shared with the Epsom Refugee Network (ERN) and used for English classes and advice sessions for refugees in the area.

The public can visit the SSWU kiosk at anytime in the main mall of the Ashley Centre and continue to donate money and necessities.

New volunteers are always welcome to help all these charitable efforts.

SSWU and MLLU are names for volunteer groups working through registered charity Harrop HR Missions Ltd (1117155), a charity founded and directed by Epsom solicitor Lionel Blackman.

ERN operates under the Epsom based registered charity The Good Company (Surrey) 1197493 directed by Jonathan Lees.