

Independent Surrey SEND school slammed

13 September 2023



A “culture of discrimination and inequality” goes unaddressed at a school for children with additional needs, where pupils “fear reprisals” from some senior staff if they report concerns, according to Ofsted inspectors.

An inspection into the independent school was requested “as promptly as possible” by the Department for Education, following complaints from parents.

Inspectors described a “negative culture” across staff, pupils and parents at the school, pupils subject to “racial and homophobic slurs and sexualised language and behaviours” and leaders not showing the “capacity to lead and improve the school”.

Their findings rated **Wemms Education Centre**, in Long Ditton, inadequate overall and in the areas of behaviour and attitudes, personal development and leadership and management, in a report published on Tuesday (September 12).

The quality of education at the school and its sixth form provision were both rated “good”, and inspectors said teachers were clear about what they wanted pupils to learn and how, with curriculum leaders having “expert subject knowledge”.

But inspectors said leaders’ understanding of safeguarding was “weak”, without a shared understanding of what constituted a “serious concern”. Their report said: “Consequently, referrals to other agencies have been too slow, meaning that pupils are placed at risk of harm. Furthermore, senior leaders are not clear about who the most vulnerable pupils in school are.”

Speaking after the report was published Wemms chief executive, **Duncan Murphy**, told the LDRS the report did “not mirror other external reviews of life at Wemms” but accepted that growth has not come without its challenges. He said: “It is no secret that the school challenged some areas of the report; now that it has been published, it is important that we focus on what matters the most – being a school that reflects, learns and ensures that every child has the best possible experience under our tutelage.

“In order to achieve this, we have put together a comprehensive action plan outlining active steps we are taking to amplify our strengths and target areas of improvement. Trustees have added additional capacity to the leadership team, and it is also our aim to diversify and professionalise governance so that there is greater rigour and accountability throughout.”

According to inspectors, “strong work” done at the school was “sullied by a culture of discrimination and inequality that goes unaddressed”.

Pupils at the school are those who have been “unable to cope in mainstream education” and typically have social, emotional and mental health needs with almost all having an education, health and care plan in place.

Inspectors said: “Too many pupils do not feel happy or safe at school. They are fearful of the bullying behaviour of other pupils, which goes unaddressed. During inspection, pupils, staff and parents spoke of the negative impact on pupils of racial and homophobic slurs, inappropriate sexualised language and behaviours. Pupils trust only some adults in school to help them. Many pupils fear a lack of empathy, even reprisals, from certain leaders should they report a concern.”

The Ofsted report said pupils believed they were treated “inconsistently and unfairly” and as such “a culture of intimidation, mistrust and fear abounds”.

Six action points were set out by inspectors for the school, with fees of £50,000 per year, to improve.

Inspectors described relationships within and between all groups of staff as “severely flawed” and said the school was a “deeply fractured community”. They said there was a “a widespread lack of trust and confidence” in the school’s leadership and that parents too were “deeply divided” in their views of the school, particularly its leadership.

According to the Wemms website, the school was “proud to declare itself a ‘marmite’ school... you will love us or hate us”. It said: “Our school is for individuals and mavericks who yearn for a bespoke education, which allows them to learn in their own way and at their own pace.”

With parents able to write to the inspectors as part of the process, the Ofsted report said positive and negative opinions were equally received, and a smaller number wrote with neutral views.

Three quarters of parents who completed Ofsted’s online survey said they would recommend the school, but common themes were raised regarding “unsupportive behaviour towards pupils and parents, particularly regarding the management of concerns”.

Less than a quarter of staff who completed a survey said that the school was well led and managed, and only one third believed they were treated fairly and with respect.

But inspectors said around two thirds remained happy to work at the school and believed leaders were considerate of their workload.

Inspectors said: “A negative culture pervades the school and permeates across staff, pupil and parent groups. Some staff, parents and pupils are wary of leaders and feel unable to air their views or concerns. “Leaders should take urgent action to ensure that members of the school community are able to express their views without fear of reprisals. Leaders should work to establish a positive, shared school ethos.” As well as this, there were concerns that leaders’ responses to pupils’ breaking the rules were “inconsistent and unfair” and that sanctions were not applied consistently.

The report said: “Inspectors heard repeatedly from staff, pupils and parents that pupils are not kept safe from bullying and abuse, including the use of racial and homophobic slurs and sexualised language and behaviours.”

They added that there were no established strategies to address these behaviours and that behaviour and anti-bullying policies were not effectively implemented.

The school’s nurse left the organisation during the course of the inspection in May as a result of her concerns, put in writing to the school in March 2023, relating to safeguarding, medication, staff training and a lack of autonomy to practise as a school nurse.

Staff, pupils and parents also raised concerns about the school’s response to pupils’ medical needs.

What does the school do well?

Inspectors said the pupils’ experiences at the school varied widely, and that the move from a site in Leatherhead to Long Ditton in 2022 had “proved popular”.

They said the pupils generally behaved well in lessons, whether working individually or in twos with a teacher and that there was “high academic ambition” across the school.

The report added: “Pupils achieve strongly across a range of subjects, frequently beyond their own and their family’s expectations. Older pupils learn to drive, helping them to be prepared for their futures. However, these successes are not mirrored in other aspects of school life.”

The LDRS understands some parents do not support the inspector’s findings and are looking into lodging a formal complaint about the Ofsted report. One parent said the school had been a “life changer” for their family.

How the school responded

Duncan Murphy, chief executive of Wemms Education Centre, said the school had a “proud history of supporting children with complex and challenging needs” and two positive previous inspections were the reason for moving to the bigger site.

He said the report did not mirror other external reviews of the school, but added that the school “wholly accept and understand that growth has not come without its challenges”.

With the school having challenged aspects of the report, he also pointed to pupils who “achieve strongly” and that many parents would be happy to recommend the

school to others.

Mr Murphy said: “However, there have rightly been questions of consistency which we will seek to address with pace and purpose as we build for the future.”

The school would focus on being one that would reflect, learn and ensure that every child at Wemms had “the best possible experience”, he added.

With an action plan outlining steps being taken, as well as changes to governance for “greater rigour and accountability throughout”, Mr Murphy also said concerns regarding discrimination and inequality were being tackled.

He added: “We firmly believe that our community can once more be united behind a shared vision of excellence for those pupils who need a school like ours the most. It is a source of great regret to us that the essence of this aim has been misplaced since the move to a new site last year, but now is an opportunity to drive improvement and ensure a long and successful future for our school and its community.”

Healthy future for Epsom’s restored White House

13 September 2023



The **White House**, located at 16 Waterloo Road, **Epsom**, nestled between Blacks Burgers and Nandos, is a Grade II listed building that dates back to the early 1700s. Recently, it has undergone a beautiful restoration in preparation for an exciting new phase in its rich history.



The new owner has successfully preserved the building’s charm and character, while modernizing its internal features to create comfortable and contemporary treatment and therapy spaces. The White House is transformed into a Health and Wellness Centre, where professionals with various skills can utilize rooms once occupied by two historically significant individuals, as confirmed by the plaque on the building’s front, visible from the pathway.

Around 1800, Prince George and Mrs. Fitzherbert resided in the same building now known as The White House. However, the question arises: What became of Princess Caroline, the woman Prince George married just five years earlier, and why is her name absent from the plaque?

While King George III led a scandal-free life, the same cannot be said for his son, Prince George, who lived an extravagant lifestyle characterized by heavy drinking and entertaining mistresses. Burdened by mounting debts, Prince George sought financial assistance from his father, who agreed to help him under the condition that Prince George marry his cousin, Princess Caroline of Brunswick.



Although Prince George had previously secretly married the twice-widowed Maria Anne Fitzherbert, this marriage was invalid because King George III had not consented to it. On April 8, 1795, Prince George married Princess Caroline at the Chapel Royal, St. James's Palace. However, the couple proved incompatible despite Caroline giving birth to Princess Charlotte, George's only legitimate child, just nine months after their wedding ceremony.

Upon their first meeting, Prince George called for a glass of brandy, while Princess Caroline commented on how much thinner and more handsome George appeared in the portrait she had seen of him. Prince George found his wife unattractive and "unhygienic" and could not bear to have intimate relations with her (he ensured he was drunk on the night of their wedding). Princess Caroline, on the other hand, was beloved by the public, who generally despised her husband, "the Prince of Pleasure," due to his continuous overindulgence and accumulating debts.

On January 29, 1820, George ascended to the throne as King of the United Kingdom and Hanover, with Caroline becoming Queen Consort in name. George sought a divorce from Caroline but couldn't obtain one due to the weak evidence against her. This was partly because Caroline was held in high regard by the public, who viewed George's conduct as immoral.

Caroline was barred from attending King George IV's coronation on July 19, 1821, and subsequently fell ill in London. Tragically, she passed away three weeks after the coronation she had not been allowed to attend. Her funeral procession moved slowly through London en route to Brunswick, where she was laid to rest. This allowed George to continue his romantic attachment to Maria Fitzherbert and entertain other mistresses.

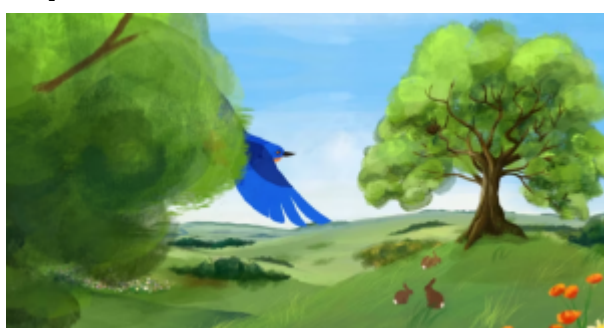


The brass medallion, which I purchased a few years ago at **Oxfam in Epsom High Street**, likely belonged to one of Queen Caroline's supporters before her death. It resembles a miniature portrait, much like the one of Prince George shown above. "Caroline Queen of England" is inscribed around the perimeter of the medallion, featuring a bust of King George IV's lawful wife.

The brass medallion serves as a poignant reminder of how poorly Queen Caroline was treated by her husband, King George IV, and underscores the ongoing need to ensure that women from all cultures and walks of life are shown respect and treated fairly in today's modern society.

Surrey Uni film award in the Cannes

13 September 2023



A thought-provoking animated film made at the **University of Surrey**, which encourages its viewers to ***Remember the Future***, has achieved the accolade of 'Best Environmental Film' at the **Cannes World Film Festival**.

Co-created by the University's Institute for Sustainability to support its vision of a world where everyone can live fulfilling and healthy lives within the limits of the planet, the film seeks to draw in viewers emotionally and win hearts and minds to the need to collaborate and act.

Remember the Future was produced and directed by Jon Weinbren, who is the Programme Director for Surrey's MA in Film, Animation and Digital Arts within the University's Department of Music and Media. The film shows a tree that is ailing because of environmental damage. The tree is saved from destruction by cooperation between an optimistic, visionary child and a songbird, delivering an upbeat, hopeful way forward.

Professor Lorenzo Fioramonti, Founding Director of the University of Surrey's Institute for Sustainability, said:

"A tree is a symbolic and almost permanent thing. We see it through the seasons and ages, with a child dreaming of a future which rubs out the climate emergency. We see the solutions which are within our reach. We hope this film plants the seed and encourages people to work with each other and be connected."

Co-written by Tom Hill and brought to life by a team of artists led by animation director Izzy Barszcz, the film was crafted using digital natural media techniques to create an evocative water-colour feel. It also features an original song composed and performed by Surrey alumna Alice Mills.

Jon Weinbren said:

"We experimented with using some of the latest AI-based image generation and style transfer techniques, but the quality we were achieving wasn't high enough. Instead, our team of animators resorted to 'traditional' digital painting techniques to create the hand-crafted look and feel which, along with a beautifully arresting, specially composed song, helps the film engage on a powerful emotional level."

Nathalie Hinds, Head of Operations and Partnerships at the Institute for Sustainability, said:

"Achieving a sustainable world takes cooperation and inspiration, as well as technology and regulation. At Surrey, we're working on all of these, with the Institute for Sustainability taking an active, leading role. Strategic partners of the Institute, who were lucky to have an exclusive preview of the film, gave feedback how the film not only creates a sense of urgency, but is a true beacon of hope. They hope to use it within their organisations to inspire staff and suppliers."

Remember the Future has been entered for other film festivals and will also screen at the Electric Theatre as part of Guildford's Car Free Day on Sunday 24 September. Find out more about Car Free Day, watch a trailer or see how the film was made on YouTube.

For information about the MA in Film, Animation and Digital Arts, visit the website.

Befriend the aged

13 September 2023



Loneliness is something that people of all ages can feel, but it is older people who perhaps feel this more acutely. Our **Volunteer Befrienders** visit an older person on a regular basis to offer a supportive and reliable relationship to our clients who may be socially isolated to provide companionship and support.

If you have an hour or two a week to spare, it would be great if you could consider becoming a Volunteer Befriender for **Age Concern Epsom and Ewell**. No specific qualifications are required, just good listening skills, reliability, an interest in older people and a sense of humour.

We will ensure you receive the necessary training before you start your befriending journey and will provide ongoing support. If you would like to know more, please contact Jane Hodgson, Volunteer Co-ordinator on jane.hodgson@ageconcernepsom.org.uk or by telephone on 01372 732456.

Epsom Scouts Summer Swiss adventures

13 September 2023



This summer was packed with Scouts travelling on International Expeditions and trips and Surrey Scouts joined in on the fun. Scouts from 3rd Epsom & 8th/14th Epsom joined 700 other young people from across Surrey to have their own summer adventure.

The Scouts attended Surrey's Kix. Challenging themselves to take part activities over a week at Kandersteg International Scout Centre (KISC), Kandersteg, Switzerland.

This year sees the centenary of KISC, where at the beginning on August, saw Dignatories from Switzerland and members of WOSM (World Scout Scout Movement) and members of the Commissioner team from UK Scouting take part in the festivities.

While Surrey Scouts were on site, they met Scouts from Australia, Switzerland, Germany, Spain, Israel, Japan, Netherlands, Portugal and other parts of the UK.

Thirteen coaches set off from Cobham Services (thanks to them for accommodating their departure and return). Apart from the UK contingent visiting south Korea for the World Scout Jamboree, this expedition was the largest contingent of Scouts from the UK visiting overseas this year.

While in Switzerland, Scouts Walked high into the Mountains with our trained (and KISC trained) Mountain walkers, rafted from Thun to Bern (as well as getting to visit Thun & Bern), went high into the trees as part of a High Rope course in Interlaken (as well as getting to visit Interlaken).

All Troops also helped out on site and got to visit the local area. Troops also chose a Troop day, where some Scouts went up the Schithorn (the one in the Bond movie), Jungfrau, Rothorn (via a steam ship and train), visited the Thermal pools in Brigerbad, Tobogganning at Lake Oeschinen, Zip Wire and Trotti bikes in Grindelwald amongst other things.

Ian MacQueen Expedition leader said "KIX 2023 took two years to plan with and aim to give 700 Scouts and leaders the opportunity to try new activities, make new friends and learn skills for life. I think it is safe to say we achieved our aim and more. My thanks to the staff and leaders who made the event a success. We will now start to plan KIX 2026"

Owen a Scout from 1st Nork said "My favourite thing about KIX was the river rafting and being able to invade all the other boats".

Caramay a Scout from 3rd Epsom said "My favourite bit of the week was the trip to the Thermal baths because it gave an opportunity to rest during the active week".

Samuel a Scout from 3rd Epsom said The rafting was the best because the experience was enjoyable and the scenery was amazing."

Scouts are for Boys and Girls aged 10.5 to 14. Pre-pandemic youth membership was 479,000 (2020)

Up until the pandemic, The Scouts enjoyed a sustained period of growth, with total membership rising by nearly 200,000 between 2006 and 2020

2020 to 2021, youth membership fell from 480,083 to 362,752 – a 24.5% decline – and adult membership fell from 155,907 to 141,863. 2021 to 2022 membership growth is 362,668 to 421,852 – an increase of 16%

All genders, races and backgrounds are welcome at Scouts. Every week, it gives almost over a third of a million people aged 6-25 the skills they need for school, college, university, the job interview, the important speech, the tricky challenge and the big dreams: the skills they need for life.

Individuals are 15% less likely to suffer from mood swings and anxiety if you've been a Scout or Guide, according to a Cohort study by the University of Edinburgh and Glasgow, 2016.

Neil Wibberley

Related Reports:

Epsom scouts on Korean jamboree

Dutch scouts go English in Epsom & Ewell

Pot of gold for Rainbow?

13 September 2023



Rainbow Leisure Centre in East Street Epsom has been shortlisted for a prestigious award from trade association UK Active.

The centre – which was renovated recently- boasts a 25m pool, dance studio, large gym and over-60s social room. As a result, it has been nominated for 'Local and Regional Club/Centre of the Year' in recognition of its huge contribution to the local community.

Rainbow caters to customers of all ages with an innovative programme that includes fourteen classes dedicated to people over 60, plus swimming, gym sessions and classes for the centre's junior members – currently numbering more than 500. The centre is also used by three disability clubs and four special needs schools who participate in tailored activities such as ping pong, dance and Boccia.

Customers are kept involved in the centre's plans with social events and 'Meet the Manager' sessions. Currently, they are accepting almost 30,000 bookings per month.

The centre is run by charitable social enterprise GLL under the 'Better' brand. The organisation's ethos is to reinvest profits to support local communities and Rainbow is an important part of this commitment.

Darren Pope, Rainbow's General Manager, comments, "We couldn't be prouder to have been shortlisted for the best centre/club in the South of England. Making the shortlist would not have been possible without the incredible work from the staff at Rainbow. No matter what the result, I am very proud of my team's achievements this year."

UK Active award winners will be announced at the end of October this year.

Better was founded in 1993 as a charitable social enterprise with seven leisure centres in Greenwich. In 1996 the social enterprise started expanding outside of the London Borough of Greenwich and now runs all kinds of community services and spaces across the UK. Now renamed Better, over 250 public sport and leisure centres and 57 libraries are managed in partnership with more than 30 local councils, public agencies and sporting organisations. Membership to the organisations' centres has increased to over 650,000 with 40 million visitors a year.

"The Gas" and brewery back Cuddington community

13 September 2023



Wandgas Sports and Social Club in Cuddington is very proud to announce their partnership with **Shepherd Neame**. An open day was held on Friday 25th August, with the Kent brewery – the oldest in Britain – showcasing real ales and an impressive selection of wines to the locals.

Epsom and Ewell Borough Councillor **Kim Spickett** said "This is a wonderful facility, offering sporting opportunities to all ages and abilities. It is a social hub for us too – the Jubilee and Coronation Beacon ceremonies for Cuddington took place on the field, organised by Cuddington WI, who hold their monthly meetings at the clubhouse.

Shepherd Neame are already a big name in the cricket world, sponsoring Kent and Surrey County

Leagues, so it is a good fit! Their event has been most enjoyable – we even had a wine expert on hand! Having decent real ale available where you live is wonderful."

Cricket at Wandgas is year round, with net sessions throughout the winter in floodlit nets. Youth cricket takes place every Thursday throughout the summer from mid April. "Cricket For All" for players with special needs starts in April.

The club also hosts adult and youth football sides. A "Football For All" section for players with disabilities train on a Saturday morning – two under 16 and 3 adult teams.

Wandgas also run a community football 'turn up and play' for Under 7's. Two dart teams and a pool team play in local leagues.

Wandgas is unique in having developed a corner of the grounds into an area for a Sensory Garden. They are currently working with teachers and parents from Linden Bridge School and Orchard Hill College.

Chairman **Dennis Jones** said “the idea is to introduce children and adults with special needs to nature and the rhythms of the seasons through gardening”.

Wandgas Sports and Social Club in Cuddington is on Grafton Road, Worcester Park in the Borough of Epsom and Ewell. Across the road **Linden Bridge School** enjoys open access to the ground. The Club will allow any local group reasonable access and fosters a continuing relationship with sports development officers at Epsom & Ewell Borough Council.

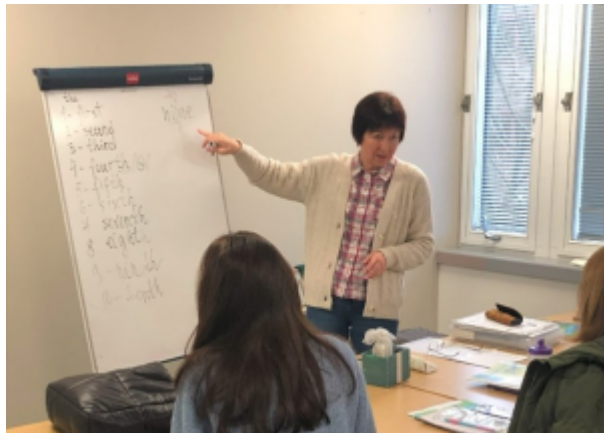
The Club was developed in 1938 to provide sports and social facilities for gas industry employees of SEGAS. Known by the locals as “The Gas”

Wandgas has a determination to retain the site as an open field sports facility for the local community as its key objective.

Image: Councillor Spickett, Gary, Dennis, Sam, Alison, David and Gary.

Hosts of Ukrainian refugees appreciated

13 September 2023



On the Independence Day of Ukraine – 24th August, **Epsom & Ewell Borough Council** offered a huge thank you to more than 60 hosts who have welcomed Ukrainian people into their homes as part of the Homes for Ukraine scheme, and asks anyone who is interested in finding out more about becoming a sponsor to get in touch.

The council, in partnership with **Epsom & Ewell Refugee Network** (EERN), has facilitated more than 120 placements in the borough as part of the Homes for Ukraine scheme since it began last February.

Galyna, who arrived in the UK from Ukraine in May 2022, said: “When I first arrived in the UK I felt really lost, as I didn’t know anybody or how things worked. I was supported by the Homes from Ukraine team at Epsom & Ewell Borough Council soon after arrival.”

Amanda, one of the borough’s valued hosts, said: “Back in March 2022, we signed up for the Homes for Ukraine scheme and had no idea what we had signed up for, it just seemed like the right thing to do!

“We now have our second set of lovely guests, we know a lot more about the history of Eastern Europe, have negotiated government systems and learnt much about ourselves. We have no regrets and feel very proud to be a part of Homes for Ukraine.”

Councillor **Clive Woodbridge**, Chair of the Community and Wellbeing Committee, said: “I have been overwhelmed by the kindness that people in Epsom & Ewell have shown in welcoming displaced people from Ukraine to our borough.

“Hosts have helped families feel at home in a new place where they may not speak the language, showing them around and helping them feel safe.

“I’d like to say thank you to the many people who have supported efforts to help people in Ukraine, by taking part in the Homes for Ukraine scheme, raising money, or donating money or goods.”

Nicky Marshall, Host Supervisor for EERN, said: “95% of placements work very well. Guest(s) become like members of the family.

“Hosts join the scheme for many different reasons and have fed back that it is enriching and enlightening, giving both parties the chance to learn about a different culture (and sometimes experience a different cuisine!).”

EERN works with Epsom & Ewell Council to support Ukrainians in our borough, providing regular English lessons, helping families navigate school requirements, and aiding people in finding employment, for example putting them in touch with the Epsom & Ewell Employment Hub. EERN also run social events that help Ukrainian guests feel more at home.

Anyone who is interested in finding out about the Homes for Ukraine scheme should email homesforukraine@epsom-ewell.gov.uk.

Anyone in the UK who has not been matched with a Ukrainian person or family can record their interest in the scheme, as long as:

- they can offer a spare room or home for at least 6 months
- if not a British citizen, they have leave to remain in the UK for at least 6 months
- they do not have a criminal record.

“Thank you’ payments: hosts have the option to receive a monthly payment of £350 for up to 12 months, paid in arrears, for as long as they are hosting their guests and the accommodation provided is of a suitable standard. Hosts are eligible for the first monthly payment once the accommodation they are providing has been checked.

Find out more and register interest here: <https://www.gov.uk/register-interest-homes-ukraine>

Epsom & Ewell Refugee Network is a registered charity, part of Good Company (Surrey). They operate under a service level agreement with Epsom & Ewell Borough Council, supporting Ukrainian families in the borough.

Their website is: <https://epsomrefugeenetwork.org/ukraine-support>

Feelings for feline fosterers

13 September 2023



Would you be able to provide a temporary home for a cat in need? **Cats Protection Epsom Ewell** and District branch has been helping local cats since 1988 and is in urgent need of volunteer indoor fosterers.

They are looking for people who can provide temporary foster care in their own homes for cats like Kelly. Kelly was handed over to Cats Protection when her owner could no longer care for her.

Volunteering to foster a cat can be hugely rewarding; all you need is time, a safe space, and a love of cats. As a fosterer, you would be taking care of a cat in need until they find them their “forever” home.

Cats Protection will provide you with full training, to enhance your skills and knowledge and will cover the cost of equipment, food, and vet bills.

Current volunteer fosterer Helen says “I love the company of cats and by fostering I get to help lots of cats. Of course, I get attached to each cat I foster, but I can then help another cat find their new home. There are so many cats which need our help.”

Why become a fosterer?

It is a wonderful and rewarding experience.

It provides the opportunity of having the company of cats in your home, without the responsibility of ownership or expense.

It means that you can take time out e.g., to accommodate planned breaks.

They are looking for people who:

Can provide a safe, secure, indoor environment with sufficient space to allow the cat to eat, sleep and play.

Have the time to feed, groom, play and clean the bedding and equipment.

Own their own home or have permission from the landlord for a pet and are 18 years or older.

Cats Protection Epsom Ewell and District branch is run by a small team of dedicated, cat-loving volunteers, all of whom are passionate about improving the lives of cats and kittens in Epsom, Ewell, and the surrounding area.

They work hard to find loving new homes for local cats in our care, offer support and help with the cost of neutering, provide advice on lost and found cats, as well arranging education / welfare talks within the Epsom and Ewell area.

They also have a charity shop in Banstead High Street.

To find out more about becoming a fosterer you can email volunteering@epsom.cats.org.uk

To find out more about all the work they see <https://www.cats.org.uk/epsom>

Cats Protection’s Epsom Ewell and District branch is part of a national network of 256 volunteer-run branches and 30 centres that together help over 166,000 cats and kittens each year.

Plea ahead of doctors’ strikes round 5

13 September 2023



The number of postponed appointments on strike days has now topped 10,000 at one hospital group – and with a fresh wave of industrial action on the horizon, that figure is set to rise further.

Junior doctors at St George’s, **Epsom and St Helier University Hospitals** and Health Group will join colleagues across the country on strike from **7am on Friday** until **7am on Tuesday**.

It is the fifth time they have done so this year and – coupled with a consultants’ strike last month – has resulted in 10,051 appointments, procedures, and operations being rescheduled to ensure emergency care can be prioritised.

The **British Medical Association** explains the reasons for the strikes: “While workload and waiting lists are at record highs, junior doctors’ pay has been cut by more than a quarter since 2008/9. Junior doctors and their patients need change now.

A crippling cost-of-living crisis, burnout and well below inflation pay rises are driving hard working doctors out of their profession, at a time when we need them more than ever.

In 2022, junior doctors were offered an insulting and well below inflation pay rise of 2%.

No-one can be expected to stay in a high pressured job where your earnings are being eroded year on year. That’s why we are calling on the Government for full pay restoration.”

This makes it all the more important that people who do have an appointment continue to attend, unless they have been asked not to. Patients whose appointments have been rescheduled will be contacted directly.

Dr **Luci Etheridge**, Chief Medical Officer for St George’s University Hospitals NHS Foundation Trust, said: “Our message remains the same as it always has: if you need care, please continue to come forward. That means if you have an appointment and you haven’t heard from us you should still come in, and if it’s life-threatening you should visit an emergency department or call 999.

“But if you have an appointment and you can no longer make it, please let us know so our frontline doctors and nurses can use their time more effectively to treat

other patients and work to reduce our waiting lists.”

The hospital group saw extraordinary demand earlier this summer – including the busiest day ever in its emergency departments and a busier-than-usual June.

NHS 111 online should always be the first port of call when you have a health need that’s not an emergency, as it will direct you to the best place to get help for your symptoms.

Pharmacies, meanwhile, can offer advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, and aches and pains. Some pharmacies will be open at weekends, and you can find your nearest one here: <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

In a life-threatening emergency, you should always call 999 or go to an emergency department.

Dr **Beccy Suckling**, Chief Medical Officer for **Epsom and St Helier** University Hospitals NHS Trust, said: “Earlier this summer it was very busy, and more recently we saw an increase in very unwell people coming to hospital. This, as you would expect, has put a strain on our services.

“We always prioritise our sickest and most seriously ill patients – and that means that those coming to our emergency departments when it is not as urgent will experience longer waits, and may be redirected elsewhere. Please help us when it is not an emergency by using NHS 111 online first.”

If you need mental health support in a crisis, and live in Kingston, Merton, Richmond, Sutton or Wandsworth you can call South West London’s 24/7 Mental Health Crisis Line on 0800 028 8000. There’s more information about this service here: <https://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line>

For adults, young people, and children in Surrey and North East Hampshire, 24-hour support is available by calling: 0800 915 4644. There’s more information here: <https://www.sabp.nhs.uk/our-services>