Surrey sleep specialists supported

The **University of Surrey** has been awarded £1.7 million to further research into the sleep and circadian rhythms of people living with dementia.

Disturbed sleep is a common symptom for people living with dementia, but it is not known how and to what extent sleep disturbance exacerbates the disease.

Led by **Professor Derk-Jan Dijk**, the team at Surrey will expand their innovative programme of research that is using new technologies to non-invasively monitor and improve the sleep of dementia sufferers. The research is conducted in close collaboration with **Imperial College London** and the **Surrey and Borders Partnership Trust**, as part of the UK Dementia Research Institute (UK DRI).

Professor Derk-Jan Dijk, Director of Surrey Sleep Research Centre (SSRC), said:

"People living with dementia often have issues with sleep and, often, their memory is seemingly worse after a bad night. Good quality sleep is integral to our cognitive health, and now we need to test whether improving the sleep of those living with dementia will slow down the progression of the condition and preserve an individual's memory for longer. To assist with this, we have the opportunity to use new technologies to both monitor and potentially improve the sleep of dementia sufferers over an extended period, in a way that is non-intrusive and supportive to people living with dementia and their carers.

"This award is invaluable in helping us to continue our work and I am grateful to the UK DRI, the Medical Research Council, Alzheimer's Research UK and Alzheimer's Society for making this possible."

To learn more and ultimately improve the sleep of those living with dementia, researchers are applying digital health technologies that can sense movements and physiological signals of individuals whilst they sleep. This combined with mathematical modelling, machine learning, video analysis of sleep behaviour and molecular biomarker approaches, will yield a comprehensive understanding of the relationship between sleep, circadian rhythms, symptoms and disease progression in people living with dementia.

Professor Dijk added:

"A major advantage of the novel digital technologies we're working with, many of which are contactless, is that they pose very little burden on the participant and can be used to monitor sleep and circadian rhythms in the home environment for weeks, months and years."

The Surrey team will also continue to test new interventions to improve sleep. Interventions to be tested include changing brain oscillations through delivery of precisely targeted auditory stimulation during REM sleep (a sleep stage thought to be particular important for brain function) or improving the light environment to boost circadian rhythms.

Professor Paul Townsend, Pro-Vice-Chancellor and Executive Dean of the Faculty of Health and Medical Sciences at the University of Surrey, said:

"Congratulations to Professor Dijk and the team of researchers from across the University in securing this fantastic award. This is testament to their hard work and dedication in this field.

"This year marks 20 years of the Surrey Sleep Research Centre which continues to go from strength to strength and cements our position as a global leader of sleep research."

Fiona Carragher, Director of Research and Influencing at Alzheimer's Society and a Surrey alumni, said:

"As a founding partner and funder of the UK DRI, we are very proud of what the Institute has achieved since its launch in 2017. We congratulate everyone involved in placing it on the map as a global leader in dementia research and for the great impact it has had so far. This has included critical research into developing new diagnostic tools to ensure people living with dementia receive an early and accurate diagnosis, potentially giving them access to one of the disease-modifying treatments we hope to see emerging from the clinical trials pipeline in the coming years."

Surrey University Press Office

A different kind of cutting in Surrey's NHS?

Robots will be performing more operations, including general surgery and gynaecology at a Surrey NHS hospital trust seeking to introduce "significant savings", a board meeting heard.

The **Surrey and Sussex NHS trust** held its much delayed annual general meeting on Thursday, March 30, where attendees heard from its chairperson, chief executive, and head of finance.

The afternoon meeting, which board members suggested may have led to its lower than usual attendance, was broken into three sections: a review of the year, a run through of its financial health, and questions from the floor.

Chairperson Richard Shaw led off proceedings explaining the AGM should have taken place in autumn last year but was delayed because of the late filing of its 2021/22 audited accounts.

Chief executive **Angela Stevenson** told the meeting that the 2021/22 year was heavily influenced by the "significant impact" of covid with "very tired" staff "having to work under pressure". This created a backlog the trust was only beginning to get back under control.

She said: "Staff were working with a disease that we didn't know how to treat. We had high staff absences due to covid or due to family members having covid. Since then we've really got to grips with the backlog. We started to work through but at the start of 2022 these numbers were at their peak."

Post pandemic, she said, there was a huge increase in patients seeking primary care compounded by the increase in "baseline complexity" as cases were left untreated during the pandemic."

Ms Stevenson praised the trust for **delivering robotic surgery** for the first time and that it would be rolled out further to include general surgery and gynaecology services. They will also be investing in services with a new MRI department on the horizon – including new CT scanners at East Surrey and Crawley hospitals.

The trust also plans to work in partnership with other groups to better manage the health of the population rather than solely focus on its role as an acute hospital.

On finances, the meeting heard how its deficit continues to grow – even not including the covid years. It expects to run at a £26.5m deficit for 2022/23. This will be the first time the trust has run at a deficit since at least 2013/14 as spending pushes towards £400m a year.

Chief finance officer **Paul Simpson** said this could be partly attributed to an increase in staff costs. The hospital expects to take on an extra 130 new nurses. He said: "Now we have to recover the growth in costs that has happened and now we are (looking at) a significant savings plan."

They were, however, quick to say "there should be no reason why we accept any reductions in quality of (care) for patients and that before any cuts were made there would be full impact assessments on cost improvement plans."

Image: Nimur at the English-language Wikipedia CC BY-SA 3.0

Surrey's leader's life pledge for brain tumour research

Surrey County Council's leader said his focus "for the rest of his life" will be fulfilling a promise made to his daughter before she died to fundraise for brain tumour research.

Emily Oliver was 21 when she died, 18 months after being diagnosed with a diffuse midline glioma, and after seeking medical advice "from across the world".

Her father, county council leader Councillor **Tim Oliver**, said the fund the family set up for her 21st birthday was now nearing £150,000 but vowed to continue to raise awareness and money.

He told the LDRS: "We promised Emily that we would do all that we could. We promised her that we would fundraise for what she wanted, specific research into her type of high grade glioblastoma. Hers was a very, very rare form.

"That is our focus and that will be our focus for the rest of our lives, to raise as much as we can and to find a research team that will look at predominantly her type [of brain tumour]."

Cllr Oliver said brain tumours didn't get the level of attention or funding as other types of cancer, because the number of cases was not as high, but said they were the biggest cause of cancer death for under 40s.

He said he and his wife, Debi, hoped to find a specific research project in the near future to give the money to. "It's really important to us that we continue to keep that alive and deliver on that promise to her," he added.

The council leader also has his sights set on creating a Surrey-wide bereavement service and has been having conversations about it with the chief executive at Surrey Heartlands and Surrey hospices.

He said "pulling together" the different organisations that offer support for both before and after death would help people know where to turn.

Cllr Oliver added: "I think that would be a great thing for people to be able to know where to go." He also praised the work of the **Brain Tumour Charity** and the support they give to families on what their journey may look like and understanding what their diagnosis actually meant.

He will take part in the **Princess Alice Hospice**'s "Talk the Walk" event in April which aims to get men, in particular, to talk about bereavement.

Debi said: "The pain of her loss is with us every minute of every day, but Emily was passionate about fundraising to find a cure for brain tumours, and I absolutely know she would be really pleased that what she had started is being continued."

Cllr Oliver also called on the government to deliver on its promise of delivering £40million for research into brain tumours.

An inquiry by the **All-Party Parliamentary Group on Brain Tumours** was launched in 2021, and said that as of January 25 2023, just £15 million had been awarded since June 2018.

For advice and support from the Brain Tumour Charity, you can call its Support and Info Line on 0808 800 0004 or go to the website at: https://www.thebraintumourcharity.org/

Image Tim Oliver credit Surrey Live

Life savers installed across the Borough

Epsom & Ewell Borough Council have worked in partnership with national charity **Community Heartbeat Trust** to install 12 new 24/7 defibrillators across the borough. The project was delivered with funding secured via the Community Infrastructure Levy (CIL).

Defibrillators are designed to be used by members of the public with no previous experience in the event of someone going into cardiac arrest. They can, and do, save lives. The new defibrillators have been installed in the following locations:

- Market Place, Epsom
- Ebbisham Centre, Epsom Square, Epsom
- Town Hall (Rear entrance)
- Harold Bell Solicitors, 174 Kingston Road, Ewell
- St John's Parish Centre, Station Approach, Stoneleigh
- Auriol Park Café, Salisbury Road, Worcester Park
- The Parade Dental Practice, 177 Kingston Road, Ewell
- Ruxley Chemist, Ruxley Lane, Ewell Court
- Horton Pharmacy, Pelman Way, Epsom
- Horton Country Park, Horton Lane, Epsom
- Londis Convenience Store, Hollymoor Lane, Epsom

■ NISA Convenience Store, Ruxley Lane

Councillor **Barry Nash**, who put forward the CIL bid, said, "After a lot of hard work by all involved, I am so pleased the defibrillator project has now been completed.

"I'd like to thank our partners from the Community Heartbeat Trust who shared their expertise with us, provided and installed all the defibrillators across the borough and will continue to provide a post-rescue counselling service."

Councillor **John Beckett**, Chair of the Environment and Safe Communities Committee, added, "You never know when a medical emergency may occur. Time can be extremely limited and having the right equipment on hand will save lives.

"The installation of these 12 new defibrillators will ensure the borough is prepared and our community is safer."

Image: Evacuationchairs - Own work. CC BY-SA 4.0

We can help your school reunite.

Follow the example of a 50 year reunion for Ewell County Secondary School reported here. Epsom and Ewell Times can help your school reunion by putting the word out in these pages.

Former pupils of **Ewell County Secondary School** gathered at **The Station** pub in **Stoneleigh** on Saturday to reminisce and celebrate fifty years or more since they left and entered the working world.



The poster for the event borrowed from the **Rolling Stones** back catalogue to stress: "This Could Be The Last Time" and over a hundred schoolmates took heed and presented themselves for register. The reunion was aimed at those pupils that left the old schools then situated in Ruxley Lane and Danetree Road between 1971 and 1976. Organised by Ray and Bob Baxter, Tony Jones, Dave Reynolds, Martin Knight, Kevan McIlroy and Kevin Merchant the event was a huge success with only minimal corporal punishment and detentions administered. Friendships that were interrupted by leaving school and moving away in some cases were resumed after fifty years. Bob Baxter commented: "It was wonderful to lean our walking sticks against the wall, kick our

zimmer frames away and boogie to T. Rex, Slade and The Rubettes again." By popular demand another reunion is being planned for 2025.

This is "offensive".

In our letters page today a Ewell resident rightly fulminates against the selfish habit of leaving dog poo bags for others to remove.

"To the person who tied a Dog Poo Bag to the fence between the NESCOT Playing Fields and the College buildings yesterday (Thursday).

You said you would return to collect it later as you didn't want to carry it with you. You will have noticed it was not there on your return as I added it to my Litter picking bag.

Image - c. Bill Kasman - under licence illustrates the wider problem

Had I come along 5 minutes later, when I wouldn't have heard your explanation, how would I have known you would collect it? How would I have known that the other (very similar) bag dropped 2 metres further on was not yours? Or the black bag on a branch in the hedge round the corner? Or another deposited in a popular dropping spot on the edge of the Rugby Grounds?

Would I have been sure that the 4 people who threw glass beer bottles into the hedge, or the cans along the roadside, or the fast food packaging etc would be collected later to be deposited in the bins on the route, or taken home to be put in their own bins? No.

Your bag probably weighed no more than 100 grams. The bag of rubbish I collected weighed about 8 kilos when I'd finished. Approximately 2,000 items (I didn't count beyond 250); Fine potential of £200,000.

You're probably saying "mine's different". NO. It's Litter. It's Offensive; It's an Offence.

Jennifer Brzozowska

Ashtead Choral Society celebrated Surrey's Vaughan Williams.

Andrew Storey conducts the **Ashtead Choral Society** with enthusiasm and vigour, presenting them at their best in this delightful programme, showing off a range of music by Ralph Vaughan Williams in the 150th anniversary year of his birth. A review of the concert held on 25th February in Epsom.

Starting the evening with **Vaughan Williams**' Five Mystical songs, the choir began with a warm and harmonious sound, which remained well balanced and well blended throughout the evening. Accompanied solely by **Stephen Ridge** on the piano, the sound filled the wonderful acoustics of **St Martin's Church in Epsom**. The choir provided excellent support to the baritone soloist, Daniel Tate, who gave an especially commendable performance as a last minute stand-in, and whose tone and clarity propelled the storytelling of RVW's Mystical Songs. The choir especially shone as the focal point in the 3rd song, demonstrating a beautiful understanding of tonality, and picked up the pace for the 5th song – the well-known 'Let all the world' – with an injection of energy to finish off.

The second piece of the evening was The Lark Ascending, played by The Kent Sinfonia with Christian Halstead as lead and violin soloist. As one of Vaughan Williams' most famous pieces, and an award-winning performance behind Halstead, the audience had a lot to look forward to, and it was as outstanding as we could have imagined!

The orchestra crafted a full-bodied sound and yet took no attention away from the exquisite violin solo, which had the audience mesmerised.

The second half began the titular piece of the evening, Vaughan Williams' Sea Symphony. Demonstrating strong

entries all round, the choir and orchestra provided a majestic sound, with especially impressive lone chorus entries standing up to the magnificent sound of the orchestra. We also had our first entry of the soprano soloist **Eleanor Pennell-Briggs**, who gave another sparkling performance. My own conductor often tells me that "Musicians must be actors!", which both soloists and ACS demonstrated beautifully this evening, conveying the power and emotion of the sea.

The symphony continues with some elegant call and response passages, well executed by both choir and orchestra, and it was especially pleasing when the main melody passes around the orchestra sections. The scherzo then starts, feeling energetic and urgent, with the chromatic passages handled with great skill and empathy by the choir. The dynamic contrasts by both parties provide drama, again echoing the feelings of the sea.

The final movement begins cinematic and sweeping, with precision by the chorus when they are left exposed. There is power when the basses sing alone, with a great contrast to the delicate female voices. The orchestra and soloists have a moment to shine on their own, with both soloists again demonstrating exceptional storytelling, before the chorus returns for the start of the finale. The regal fanfare from the horns and the vivid energy from the choir draws to a close to finish up the piece.

Overall both ACS and Kent Sinfonia provided a thoroughly enjoyable evening, showcasing a range of musical talent and shining a spotlight onto Ralph Vaughan Williams.

Lizzie McCaffrey

Public meeting on Local Plan dominated by greenbelters.

Monday 13th March 243 members of the public attended a packed meeting to debate the draft Local Plan issued by Epsom and Ewell Borough Council. 85 more logged in online. Cllr. **Alex Coley** (RA Ruxley Ward) Chair of the Community and Wellbeing Committee opened proceedings with an explanation of the housing needs in the Borough. He was followed by Cllr **Steven McCormick** (RA Woodcote Ward), Chair of the Licensing Planning and Policy Committee (LPP) of the Council that passed the draft Local Plan to go to public consultation. (The consultation at this stage closes on 19th March.) He stated why the Council is bound by housing targets set by The Government. He urged residents to have their say by responding to the consultation. See HOW TO RESPOND on our pages.

Photo: Cllr McCormick addresses public meeting convened by Epsom and Ewell Times. Credit Ellie Ames.

Tim Murphy, a retired chartered town planner and chair of the South-East Council for the Protection of Rural England was on the speaker panel. He lambasted the central Government's creation of the housing targets but did not demur from their binding effect on local authorities. Chair of Epsom Civic Society and environmental and planning law expert Margaret Hollins reminded the audience that the Local Plan is not just about housing. Employment, business and transport are also its concerns. She disagreed with Mr Murphy on the wisdom of a pause to the Local Plan process to see what changes may be made on housing targets and their binding effect. She referred to the Planning Inspectors grant of a housing developer's appeal to build on Langley Vale Farm in part due to the absence of a Local Plan for Epsom and Ewell. Delay in adoption of one will give developers further opportunities.

The debate was open to the floor for comments and questions. The majority of which were clearly resistant to any use of green belt land for housing development. Cllr **Kate Chinn** (Labour Court Ward) appealed for a commitment for more social housing. Cllr **Bernie Muir** (Conservative - Stamford Ward) extolled the virtues of local MP **Chris Grayling's** ideas for housing and other development of the "brown field" sites at Kiln Lane and Longmead.

One upset member of the public asked why there were no proposals for green belt development in Cllr McCormick's own Woodcote Ward. Another pointed out that there was no Councillor present on the occasion of the LPP's vote on the draft Local Plan from the wards of green belt effected areas.

Paul Bartlett from Elmbridge and the London Green Belt Council stated that his Borough Council had removed all green belt housing development from its draft Local Plan after resistance was shown. He also suggested that Epsom's draft's statement that the requirement to build 5400 houses was an exceptional reason to use green belt ran a serious risk of opening the flood-gates of green belt development where the central government's target for the Borough is over 10,000.

Cllr McCormick fielded the majority of the questions and you can read in the next article on Epsom and Ewell Times his personal

and considered responses to many of the frequently asked questions.

The meeting was chaired by local solicitor Lionel Blackman.

An Extraordinary full Council meeting has now been fixed for March 22 to debate a motion to pause the Plan until new government planning guidelines are confirmed in May, following an intervention by Cllr **Eber Kington** and other councillors.

Meanwhile, green belt protectors have mustered over 10,000 signatures to an online petition at change.org. Epsom and Ewell Times cannot verify the residency of the signatories. Below is a screenshot confirming the numbers at the time of going to press. If all petitioners are different Epsom and Ewell electors the numbers reached by the Epsom Green Belt Group compares well to an estimated turnout of about 20,000 electors at the 2019 Epsom and Ewell Borough Council election.

change.or	g s	Start a	petition	My petitions	Browse	Subscription	Q	Log in
Petition details	Comme	nts	Updates					

Keep Epsom and Ewell Green Belt!



Epsom & Ewell Green Belt Group started this petition to EEBC

~	At 15,000 signatures, this petition becomes one of the top signed on Change.org!
9	Ankush Arora signed 56 minutes ago Sanjay Chhabra signed 60 minutes ago
irst n	n this petition
irst n	ame

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Dementia Hub serving Epsom and Ewell

Epsom & Ewell Borough Council have renamed their Dementia Daycare Service the Dementia Hub – and are using the opportunity to remind those living locally about the fantastic service the Hub offers for the community.

The Dementia Hub, situated in Sefton Road in Epsom, offers specialist respite daycare for people living with memory loss and dementia. It offers a safe, friendly environment where clients can enjoy activities, social interaction and develop skills to improve their quality of life. The Dementia Hub is part of the Community & Wellbeing Centre, a support hub which offers social and recreational activities for over 55s. The Community & Wellbeing Centre also provides services including assisted bathing, a community alarm service, foot clinic, meals at home, a shopping service and transport from home.

The Dementia Hub's new name and logo will make it easier for people to find information about the facility online, as well as helping create a stronger identity for the service. Councillor Alex Coley, Chair of the Community and Wellbeing Committee, said: "We're incredibly proud of the work that the Dementia Hub does to help enrich the lives of people living with memory loss and dementia, and the lives of their carers too.



Cllr Coley RA Ruxley Ward Chair Community and Wellbeing Committee

"The specialist team at the Dementia Hub provide a home-from-home environment where people can take part in memory therapies, gentle exercise, art therapy and more – whilst also making friends. "Caring for a loved one with dementia or memory loss can be challenging at times. The Dementia Hub also enables carers to take precious time to rest and recharge – or simply catch up with essential tasks."



People who are interested in finding out more about the Dementia Hub or who'd like to book a free assessment can call 01372 727583 or visit: www.epsom-ewell.gov.uk/dementia-hub

The Dementia Hub is a service offered by Epsom & Ewell Borough Council at the Community & Wellbeing Centre, on Sefton Road in Epsom.

Full and half day sessions are available for people aged 50+ living with memory loss, dementia, confusion due to medical conditions such as a stroke, conditions such as Parkinson's Disease, and more. For more information on services offered by Epsom & Ewell Borough Council, visit: https://epsom-ewell.gov.uk/residents/communities-health-and-wellbeing

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