

Local Talent Shines Bright

30 June 2023



On the evening of June 27th, 2023, **The Epsom Playhouse** opened its doors to **The Epsom and Ewell Showcase**, brought together by the **Epsom Rotary Club**. This evening had it all, proving that our community is bursting with extraordinary talent and bringing everyone together to fundraise for local charities.

The evening began with a young Epsom saxophonist whose melodic tunes transported the audience to another realm. She was followed by **Kasumi Brooker**, whose soprano voice soared through the auditorium gracefully. Then came **Ambition School of Dance**, showcasing their remarkable choreography and flawless execution. **Cam Brown** lightened the mood with his humorous songs, and the **Bharathakalalayam South Indian Dance Troupe** transported the audience to the vibrant and rich world of Indian classical dance and legend. **Leatherhead Link**'s inspirational and emotional performance closed the first half with the audience in complete harmony with the choir. In the second half, **Protégè**m brought us the 70s vibes and danced to Abba's hits, the **Girlguiding Epsom** sang campfire favourites, and the **Epsom Silver Band's Brass Quintet** perfectly played well-known versions of classic songs.

The presence of the **Mayor of Epsom and Ewell** Cllr Robert Geleit and the Mayoress added a touch of prestige to the event. Their support and appreciation for local talent underscored the importance of nurturing and celebrating our community's creative spirit.

None of this would have been possible without the support of generous sponsors: Honey & Bamboo, a zero-waste shop from Ewell Village, Alexandra Park's Park View Cafe, Rotary South D1145, a kind anonymous donor and the fantastic people at the Playhouse who helped with everything.

Epsom Rotary is active in the community with a wonderful allotment project delivering food to **The Pantry** in South Street and working in conjunction with the **Epsom and Ewell Royal British Legion** to look after our veterans, amongst many other activities. If you would like to join Rotary or become a Friend of Rotary and volunteer to help your community as well, then don't hesitate to fill out the form:

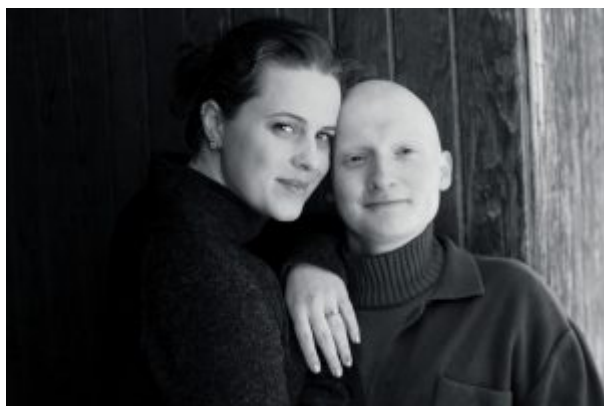
<https://www.rotary-ribi.org/clubs/membershipenquiry.php?ClubID=874>

You can find out more about Rotary here: <https://www.rotary-ribi.org/clubs/homepage.php?ClubID=874>

Reporter **Romana Sustar** is a multilingual freelance journalist, University Language Tutor, marketer and owner of Epsom Digital Ltd., a local digital marketing agency.

Running ahead of Crohn's disease

30 June 2023



"I didn't think I would ever be able to run 10k" said **Epsom man** and Crohn's disease sufferer **Harry Reed**. But he will now compete in the London race on 9 July to raise awareness of disease.

Last year, after a long battle with Crohn's Disease, 24-year-old Harry Reed weighed just 48kg. Today he is training for the ASICS London 10k and is in his best health of recent years. "I'm super excited," says Harry who is due to compete on July 9.

"My knee's been playing up recently, so I've had to take it easy over the last couple of weeks...but apart from that...I have a feeling it's going to go very well." Before [developing Crohn's] I was an athlete," says Harry who grew up in Epsom. "I was a county sprinter and I actually qualified for the county races."

After losing much of his strength due to illness Harry's race preparation now incorporates muscle training to help with his endurance. "All the strength that you'd normally build up in like your joints, I lost it. So, I'm currently doing a lot of work to kind of build up the strength in my ligaments, tendons and around my knees and ankles."

Crohn's Disease is a chronic condition which causes parts of the gut to become swollen and inflamed resulting in symptoms including pain, diarrhoea, weight loss and extreme tiredness.

Harry developed Crohn's in 2015 when, after a calf muscle injury, he contracted glandular fever later leading to the onset of his disease. The route to a diagnosis was not straight forward and Harry spent his GCSEs through to A levels in and out of hospitals. "They just couldn't figure it out because my blood tests weren't coming back with anything specific that was wrong," Harry says.

Harry was finally diagnosed in 2017, 2 years after his symptoms began. But, that year, during an initial surgery to treat the Crohn's, Harry developed life threatening infections of the blood and stomach lining known as sepsis and peritonitis. He was transferred from Epsom to St Helier's hospital for emergency surgery.

"I wasn't expected to live. So that was a bit of a miracle in itself...I had to basically say goodbye to my parents, my family at that time because we all knew that it wasn't good."

The complications did not end there. In 2019, Harry developed hair loss known as alopecia. He also experienced two rounds of failed drug treatments which led to a severe return of symptoms in 2022.

"My diet sort of got narrower and narrower about things that were okay for me to eat...by the end of September [2022], I had not been able to eat for a couple of weeks. I ended up going into hospital through A&E due to the backlog of patients with COVID."

Harry was given intravenous nutrition before undergoing further surgery to remove the problem part of his bowel. Thankfully the operation was a success, and it was in 2022 that Harry was able to rediscover his love for running.

"When I first started.... it went terribly. But it felt great when I got back, to actually feel like I accomplished something or at least to have that sort of exercise endorphin release. Mentally the fog had been lifted for just a moment which was really great."

“As I was able to eat more, my body was able to take in more calories, my strength grew. By November of 2022 I was given the kind of all clear by my surgeon... It’s been a blessing to be able to do it for myself and prove to myself that I can do it. I didn’t think I would ever be able to run 10k so to be able to feel confident about doing a good job is so exciting.”

Harry will run to raise awareness of the disease, which affects over 1 in 123 people in the UK*.

“It’s an invisible illness – you’ll never know if someone’s got Crohn’s,” says Harry. “I think the tough thing... is realising the severity and the kind of the intensity that people suffer when it comes to the flare ups. It’s something that is really hard to put into perspective. I think also the lack of energy that you have...it’s like you have to work 10 times as hard. And most of the time your output is 10 times less. I think once you can be educated, you can then have empathy towards people and some more understanding”.

Harry currently works as a creative director for a publishing house start-up based in Epsom, where he lives with his fiancé. His upcoming race will be the start of many, with plans to run the Bacchus Wine 10k at Denbies Wine Estate in September.

You can find out more about Harry’s upcoming race at

<https://limelightsports.club/event/asics-london-10k-2023>.

*Crohn’s Disease or Ulcerative Colitis – stats from Crohn’s and Colitis UK

Epsom family Opened to a two degree challenge

30 June 2023



Joanna McLenaghan walked quite literally in her Epsom father’s footsteps when she followed dad Ian across the stage to collect identical degrees recently at a ceremony staged by **The Open University**.

The pair signed up for an OU MSc in Maths in the same year and there followed six years of “total rivalry” to see who could get the best marks for assignments.

It’s the third degree for Joanna, 36, who is now a data scientist managing a team of people at Gousto, the recipe box company.

She earned a first-class degree in physics at Oxford followed by a doctorate in the same subject from the University of St Andrews. But her latest achievement was hard won by burning the midnight oil whilst working full time.

Jo, as she is also known, says her OU degree was definitely a factor in her gaining her latest job at Gousto as she says employers know the “level of effort and commitment that you have to put in, particularly doing something over six years on top of a job. Whilst I already had the undergraduate degree and a PhD, I think as an employer, when you’re looking through hundreds of applications having something like this on a CV really helps you to shine,” she said.

Ian McLenaghan, 66, from **Epsom** in Surrey, is full of praise for his daughter: “I’m incredibly proud of her achievements. We might have started out on the same pathway but she’s much more of a people person, who’s capable of doing things like management. “That’s something I avoided like the plague when I was working. I just wanted to go away in a cupboard somewhere and work on my own solving technical problems.”

Yet Ian is something of an academic himself. He *also* has an Oxford degree in physics, and in the same subject holds a doctorate from Imperial College as well as an MS from the California Institute of Technology. He began his MSc while semi-retired to “keep Alzheimer’s at bay” but also admitted “I guess we like studying”.

Jo says she clearly remembers Ian encouraging her and supporting her studies through childhood: “I always remember, before I went to high school, that my dad and I had these study sessions where he cut out these different molecules and then we’d attach them together with paper clips. And he was always buying me things like magnet sets, so he definitely encouraged me from a young age.” She says once he bought her a book on Java programming!

For Jo, her dad is an inspiration: “He’s had a lifelong love of learning that he’s been willing to pass on. He taught himself coding and computer programming and it’s that curiosity that has guided him his whole life.” She added: “I think a lot of people think you just learn when you’re a child; a teenager and then you when you go to university and then that’s it!”

The Open University (OU) is the largest academic institution in the UK and a world leader in flexible distance learning. Since it began in 1969, the OU has taught more than 2.3 million students worldwide and currently has over 208,000 students. Seventy-one per cent of directly registered students are in full-time or part-time employment, and 76 FTSE 100 companies have sponsored staff to take OU courses.

Philippa Green reporting.

Meet Epsom & Ewell’s new Mayor, Robert Geleit.

30 June 2023



Epsom and Ewell Times welcomes the new Mayor. Labour Councillor for Court Ward, **Robert Geleit**.

EET: The main thing I wanted to discuss was charities, I see that you are championing three charities in your Mayoral year, could you expand upon why you chose

those particular charities?

Robert Geleit: I chose to champion these three charities because I want to help make sure each one of them receives sufficient funds to be able to carry on what they are doing so they can continue positively impacting our community.

Age Concern Epsom and Ewell was an easy choice because of the essential services they offer our pensioners: practical support, help in accessing services and opportunities to increase quality of life.

Citizens Advice Epsom and Ewell have faithfully continued to offer desperately needed advice services in the Borough. I have seen personally the impact it has had in Court Ward as volunteers advise people how to access benefits they qualify for, how to best seek employment, how to deal with money and credit issues, their consumer rights, immigration issues and how best to tackle relational issues with neighbours or family (or anyone else). Often people don't know where to start when it comes to tackling these things and CAEE is a wonderful resource.

Last, how could I not support **Love Me Love My Mind**? They are a small local charity offering support to those in our community with mental health difficulties, including providing information, offering depression support groups and a drop-in group that offers a weekly meal and all sorts of social and educational opportunities. I have suffered with mental health problems myself, so mental health support is near and dear to my heart.

EET: Next question I wanted to ask was what are your priorities for your year in office?

Robert Geleit: I so enjoyed my year as Deputy Mayor and I'm enjoying being Mayor even more. I want to work hard serving the borough and have fun! I intend to be promoting the ward I represent as Councillor, Court Ward, since it has a lot to offer. And I really want to offer young people in Epsom something to do that builds and grows positive community. Watch this space!

EET: What do you think could be improved about the Borough?

Robert Geleit: Youth provision. When I was growing up on the Longmead Estate in the eighties there were all number of offerings for us. I remember the Ace Disco in particular. Now there is so little offered for our youth. This needs to change. There must be more we can do.

EET: What are you most looking forward to in your new role?

Robert Geleit: I'm really looking forward to Armistice day. Last year I had the privilege of laying a wreath at St Martins and found it really moving. This year, to have the opportunity as Mayor to lay a wreath at St Mary's in Ewell is going to be a once in a lifetime opportunity.

EET: If you were just named Fulham's manager, who is the first player you would sign?

Robert Geleit: I really don't follow sport. But, like my father who was a lifelong Fulham supporter, I do go to Craven Cottage on the odd occasion. If I had to sign a player I think I'd sign up my mate Dodgy to play in goal for Chelsea just before they played Fulham - then he could be Fulham's secret weapon as he let in loads of goals!

EET: What hobbies of yours might suffer during your busy Mayoral year?

Robert Geleit: So much of my spare time has been spent on being a good Councillor (or Mayor!) that I don't have much time for hobbies. However, in the past I tended to flip between working on hardware and software projects. Sometimes I still manage to find the time for the odd bit of soldering. My main passion is working with old fashioned valves to create sublime sound systems - I could actually make a living out of it but I'm saving that for if I ever lose my seat ☹

EET: Thank you very much Mr Mayor. We hope you enjoy your year in office.

Related Reports:

Epsom and Ewell's 7th Labour Mayor?

Meet Epsom & Ewell's new Mayor, Clive Woodbridge. (2022-2023)

Image: Robert Geleit at the Epsom Derby Races June 2023.

Epsom and Ewell's refugee talent

30 June 2023



Celebrating World Refugee Week (19th - 25th June) Epsom and Ewell Refugee Network has been celebrating the talents and success of refugees the charity has supported.

Nataliia Zadorizhna is a concert pianist who started playing the piano at the age of 4. She graduated from the Glier Kyiv Academy of Music and also has a PhD in Linguistics. She arrived here in May to flee the war in Ukraine.

Natalia has been appointed as a peripatetic piano teacher for Surrey Arts and also gives private piano lessons. She has formed a Ukrainian choir in Epsom and is a top-class musician who has played in several concerts in and around Epsom.



Ksenia Bugrimova is an award-winning film producer and creative director who has made many films and tv programs in Ukraine. Since arriving in the UK, she founded Talented U - <https://talented-u.com/en> - a Ukrainian-British Association of screen industry professionals. Here is an example of her much acclaimed work <https://youtu.be/ayVgCK-3f00>

Samira is a 17-year-old Afghan girl who came to the UK in summer of 2021 and moved to Epsom in May 2022. She is a gifted artist and doing a dressmaking course at college. EERN provided her with a sewing machine and one of our volunteers helped her learn how to use it (as she had never used an electric machine before). Within 2 weeks she had made 4 traditional Afghan dresses and she hopes to become a professional tailor.

Samira has been working very hard at her English, supported by EERN, and was very pleased to pass her driving theory test first time!



Helin Konyar was studying singing at Kiev Municipal Academy of Circus and Variety Arts when, at the age of 20, she had to leave Kyiv last May. When she arrived here, she auditioned for the famous Laine Theatre Art College in Epsom and was awarded a 3-year scholarship. This week she appeared in her first show at Epsom Playhouse.

Yuliia Komyshan is a professional bandura player from Poltava, Ukraine (a bandura is a Ukrainian plucked-string folk-instrument). She has degrees from Poltava Professional College of Arts and from Glinka Dnipropetrovsk Academy of Music and a PhD in Educational and Pedagogical Sciences.

Yuliia came to the UK when the war started in Ukraine. She dreams of introducing people all over the world to the interesting and rich Ukrainian culture and traditions. She loves giving people the opportunity to listen to the bandura and to connect with Ukrainian musical culture, both traditional and modern. She performs at concerts whenever she can.



Yuliia says that she is very grateful to the government, sponsors, volunteers and new friends for the support which she has received here. For more information about the work of Epsom and Ewell Refugee Network visit their website. <https://epsomrefugeenetwork.org>

Related reports:

Flight of refugees: history repeating?

Ukrainian refugees made welcome by King’s rep.

Cllr Alex Coley: Refugees in Epsom and Ewell

Local talent showing up for charity

30 June 2023



EPSOM ROTARY CLUB will again be hosting the **EPSOM & EWELL SHOWCASE** at **Epsom Playhouse** at 19.00 hr on Tuesday 27 June 2023. Tickets at £25 each support an amazing variety of local talent and in turn local charities and local good causes in and around Epsom. The acts consist of:

Cam Brown is a well know local guitarist and singer. He enjoys performing songs by Jake Thackray and often performs in local pubs and halls.

Rhea is the winner of the local Young Musician award and will play “Against All the Odds) Phil Collins and Albright on her saxophone.

Kasumi Brooker, a soprano who sings with Epsom Choral Society will sing Puccini, Mozart, Gershwin, Bernstein, Lloyd Webber and Loewe.

Relive the experience **Girlguiding Epsom** will bring the Camp-fire to the stage with music!

Protégèm Dance School will perform contemporary dance on stage.

Brass Quintet Come and see a great performance by the Brass Quintet of the Epsom and **Ewell Silver Band**.

Bharathakalalayam Dance Southern India brings us lots of great Dancing and these dances are based on the Hindu religion -Radha Krishnan, Dandia and Thillana.

Ambition School of Dance Ballet, Modern, Disco/tap dancing brought to the stage by these young performers. They wowed us last year so come and see them this year.

Leatherhead Link Who of us could ever forget the emotional, joyful and committed performance by Leatherhead Link last year. They have come back to repeat the performance and we are looking forward to a stunning evening.

Tickets available [HERE](#).

2700 cubs and brownies came to Epsom

30 June 2023



Cub Scouts and Brownies from **Epsom & Ewell districts** joined over 2700 Cub Scouts, Brownies and leaders from across Surrey for a day of fun and adventure at an activity day called SCRAM at **Hook Arena, Epsom** on Saturday 17th June 2023.

Cub Scouts and Brownies were able to try many new and large activities that cannot be organised in groups or districts as well as being able to mix with Cubs and Brownies from other districts.

Over 200 activities were on offer including pedal karts, high ropes, bungee trampolines, Assault course Wire, bungee running and zorbing as well as smaller activities like making popcorn, Grand Prix table game, firing water rockets and much more. As well as having fun and enjoying the activities on offer, many activities taught them #skills for life.

During the day, a number of local Mayors from around the County visited to see what was on offer as well as **CJ Ledger**, Deputy UK Commissioner (Support) who spoke to the young people during the day as well as seeing what Surrey Scouting had to offer.

Oliver a Cub Scout from Surrey aged 9 said “I liked the inflatable that you had to jump over so you don’t get knocked over, I think it helped that we played a similar game at Cubs which helps with co-ordination skills”

Lauren a Cub Scout from Surrey aged 10 said “I liked the bungee trampoline because it was fun and exciting”.

Max a Cub Scout from Surrey aged 8 said “I liked the zorbing because it was fun and I haven’t done it before”.

Sarah a Brownie from Surrey aged 8 said “I liked the activities and the excitement of the day, there was lots to do”.

Ali Tickett, Organiser of SCRAM for Surrey said “What a day! 2,700 cubs, Brownies and leaders came to Hook Road Arena to celebrate just how brilliant being a Cub Scout and Brownie is! The cubs and Brownies had an incredible range of activities to try including a cave bus, metal detecting, pancake making as well as a high ropes course and many, many more. Some activities were just for fun and other were a real challenge all supporting the fact that Scouting helps young people develop Skills For Life.”

Related reports:

[Epsom Beavers away in Surrey woods](#)

[Dutch scouts go English in Epsom & Ewell](#)

Cub Scouts are for Boys and Girls aged 8 to 10.5
Brownies are for girls aged 7- 9
Brownies are part of Girlguiding UK
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%

Uncommon commitment to the Common

30 June 2023



The **Epsom Common Association** (ECA) has a membership of around five hundred households, and works closely with **Epsom & Ewell Borough Council’s** Countryside Team and the **Lower Mole Partnership** to protect and improve the Common.

On Tuesday evenings, from June until the end of August, ECA will be hand-pulling bracken for a couple of hours to prevent selected areas of heath or grassland from becoming smothered. During the autumn they will hold the three remaining conservation tasks of the year's programme of eight. Each task runs for two days, usually the third Sunday of the month and the following Monday. The programme is agreed with the Countryside Team, guided by the Council's **Hundred Year Management Plan**. The work typically involves removing scrub and small trees to maintain and improve areas of grass and heath or rejuvenate scrub.



Female Silver-washed Fritillary

Sustainable Epsom and Ewell in partnership with St Martin's Church are looking forward to hosting their 3rd Eco Fair on Saturday July 1st between 10:00 and 14:00. The event is free for all to attend and will include activities for children. Hot food and cakes will be available on the day.

Sustainable Epsom and Ewell is delighted to welcome again to our 3rd event the the Epsom Common Association. Further details about the work they do can be found on the website

<https://www.sustainableepsomewell.co.uk>.

Around fifteen cattle will be grazing across three separate pastures, following in the footsteps of their wild and subsequently domesticated ancestors. Every day the cattle must be checked for health, as must the fences and water troughs. Each week the ECA provides four of the daily checks; without this contribution it is unlikely that grazing could continue.

As well as conservation work, each year ECA publish three newsletters, hold two public meetings with guest speakers, and arrange several expert led guided walks. Of this summer's programme, walks for: butterflies (2nd July) and bush crickets (6th August) are still to take place; and residents are very welcome to come along.

Finally, ECA make excellent hardwood charcoal from logs harvested during conservation work. Two years ago, thanks to funding from the Council's Community Infrastructure Levy, they were able to take delivery of a modern charcoal retort, which has greatly reduced the smoke whilst increasing the yield. Their charcoal is available at local retailers, the sales help finance activities.

Last September, funded from a generous legacy in memory of **Dave Berry**, a volunteer on the Common, ECA worked with the Lower Mole Partnership to create a new pond. Despite a dry start, by early spring it was full and should provide a new habitat for invertebrates and amphibians. Some funds remain and ECA are considering overgrown and silted ponds for future restoration.

In February ECA funded the installation of two Kestrel nest boxes high up in Oak trees. At least one now appears to have been occupied. Might this suggest a shortage of natural nest sites, despite the substantial number of large trees? Many organisations, including the Countryside Team and members of the ECA, contribute significant effort to monitoring a wide range of animals and plants on the Common.

Previously unrecorded species including various dragonflies and the Black Hairstreak butterfly (probably introduced but now breeding); the third year of Grey Herons nesting at Great Pond; and continuing good numbers of many species all suggest that in many respects the habitat management is successful.

However losses such as breeding Willow Warblers, declining across the south and east of the UK, demonstrate the limits of individual nature reserves, which have only a tiny impact on climate change and none on damage to other areas of the planet that may be essential for a particular creature's life cycle.

Next year will mark the fiftieth anniversary of the founding of the Association. ECA are considering what celebration might be appropriate, suggestions welcome. If you would like to help the ECA on its next fifty years please do get in touch. It is not all outdoor work, there is also plenty to be done in organisation, publicity and the like.

Details of activities and contacts can found at: <https://epsomcommon.org.uk/>

or

Facebook: www.facebook.com/EpsomCommonAssociation

David King

Top image: Berry Pond - Epsom Common

Related reports:

Flagging Up Epsom Common

Storm Eunice - Can the Epsom Common Ducks handle it?

Epsom Common Bird Walk Poem

Sustaining Epsom and Ewell's trees

30 June 2023



The **Epsom and Ewell Tree Advisory Board** (EETAB) founded in 1994 is a partnership of environmentally minded volunteers from the local community who work together to safeguard and promote the value of trees in the borough.

EETAB operates via volunteer **TREE CHAMPIONS** who feel that trees matter and who help to care for trees in their road or local park. Their aim is to ensure that

they pass on to future generations a borough that is at least as leafy as the one we have inherited. EETAB is part of the wider Surrey Tree Warden Network.

One of the key roles EETAB has is to monitor Tree Preservation Orders (TPOs) and Conservation Area planning applications. EETAB seeks to ensure that major planning applications include appropriate soft landscaping requirements and tree planting to enhance the townscape. They provide scrutiny to these applications and this role is vital to maintain mature trees and ensure leafiness is maintained within the Borough. Both these activities often require site visits or follow up reviews to ensure any tree work or developments are aligned with the planning application.



Planting of hedge at the Epsom Riding for the Disabled site.

Sustainable Epsom and Ewell in partnership with St Martin's Church are looking forward to hosting their 3rd Eco Fair on Saturday July 1st between 10:00 and 14:00. The event is free for all to attend and will include activities for children. Hot food and cakes will be available on the day.

One of the aims of the Eco fair is to highlight the work of the many fantastic local green groups and businesses active in the Borough and provide an opportunity for our residents to find out about the work they do and how they can support these groups and businesses. Sustainable Epsom and Ewell are therefore delighted to welcome again to our 3rd event the **Epsom and Ewell Tree Advisory Board**

Further details about the work they do can be found on the website
<https://www.sustainableepsomewell.co.uk>.

In addition to this work, EETAB also undertakes many practical tree planting work within the borough working both in establishing tree planting projects in local communities and supporting **Surrey County Council** to get more street trees planted. Some of the ongoing projects include:

Allotment Tree Nursery

EETAB operates a small tree nursery at the Alexandra Road allotment site. They use this site to care for young trees so that there is ready stock for tree planting projects. They have several hundred trees in pots at the nursery. A team of volunteers look after the saplings there and help maintain the plot and we are always in need of extra help with this work.

Planting Projects

Over the past year EETAB has been involved in planting projects at various sites in the borough, the largest of which has been helping to plant a 120m long section of hedge at the **Epsom Riding for the Disabled** site in January, followed by a further 25m section of hedge in March this year. Species planted included hazel, field maple, hawthorn, hornbeam, willow, rowan, ash, dogwood, and dog rose.

Street Trees Planting

When familiar trees are lost (due to age/disease/extreme weather) and not replaced, the appearance of a neighbourhood is altered, so the topic of street trees stirs some strong emotions amongst residents. In the planting season 2021/2022 just 10 new street trees were planted in our borough, a figure far lower than the number of street trees lost. EETAB ran a campaign highlighting the loss of street trees and the increasing numbers of stumps left in our verges to put pressure on Surrey County Council to plant more trees.

As a result of this campaign progress has been made and almost 30 street trees were planted in the borough in the 2022/2023. They worked with Surrey County Council to get 44 planted in the 2023/2024 season. There is still concern in some areas about a continuing decline in numbers of street trees, particularly in the tree lined 1930s estates of the north eastern side of the borough. EETAB appreciate residents' frustration about the reduction in the number of trees. Replacement trees are not being planted in some of these verges as they do not pass the criteria set by Surrey County Council for street tree planting, often due to the narrow width of the verge, or due to the presence of utilities underground.

Tree care and watering

Although there is often much focus on tree planting in the media, the ongoing care and watering of these newly planted trees is equally important. EETAB volunteers regularly check on the newly planted trees in the borough, clearing vegetation around the base of the tree (to reduce competition for water and to prevent strimmer and mower damage), putting down mulch and checking the tree ties and supports. Young trees need watering regularly for the first few years after they are planted with increased frequency during spells of hot dry weather. In the summer months there is a huge need for Tree Champion volunteers to help with watering young street trees. They have a list of trees in need of a champion and would welcome additional help with this.

If you would like to find out more about the **Epsom and Ewell Tree Advisory Board**, please check their website: www.eetab.org.uk, follow on Facebook @EpsomEwellTreeAdvisoryBoard or email them at epsomandewelltab@gmail.com

Vicki Rees

Top image: EETAB Allotment Tree Nursery at Alexandra Road allotments.

Related reports:

Council Meeting: Does Epsom need more trees?

More trees please for Surrey

Any more trees please?

Pressure on Epsom Hospital at boiling point?

30 June 2023



Visits to emergency departments (EDs) rocketed on Monday, with more people coming through the doors than ever before. More than 1,250 people went to one of St George's, Epsom and St Helier's three EDs – a rise on the previous record of 1,170, and a huge increase on a typical day of about 800 attendances.

It comes just hours before hundreds of junior doctors prepare to strike across the hospitals group – prompting fears of a “double whammy” of pressures.

ED attendances on Monday 12 June were as follows:

- St George's: 580
- Epsom and St Helier: 674
- Kingston: 533
- Croydon: 622

Croydon and Kingston hospitals also experienced very high demand and easily surpassed their previous highest number of attendances.

Kingston Hospital set a new record seeing more than 530 people visiting its emergency department in one day, including 78 ambulances and 455 walk-ins.

Croydon University Hospital saw 622 unwell patients needing to see an emergency care consultant – 16% above the previous busiest summer day on record on 17 June 2021.

Dr **Richard Jennings**, Group Chief Medical Officer at St George's, Epsom and St Helier University Hospitals and Health Group, said: “We have never been busier, and with the upcoming strikes it's going to be a very challenging week.

“We're here, as always, for those who need us. But now more than ever, we need the public's support in those cases where it is not an emergency. NHS 111 online should be your first port of call in these instances, as it can direct you to where you need to go.”

Members of the British Medical Association and Hospital Consultants and Specialists Association will strike for 72 hours from **7am on Wednesday 14 June until 7am on Saturday 17 June.**

This action will impact services at hospitals, and will mean that some appointments, procedures and operations may be postponed to ensure emergency care can be prioritised. Patients will be contacted directly if their appointments are rescheduled, and should continue to come forward for care as normal unless they hear otherwise.

The mercury is expected to remain in the high 20s, and even early 30s, when these strikes start – and will hit hot temperatures once action has finished, too, with the UK Health Security Agency and the Met Office extending their heat-health alert to Monday.

When temperatures rise, more people, especially those in high-risk groups, can suffer from illnesses like heat exhaustion and dehydration, as well as sunburn.

The pollen count has also been very high, and there has been a surge in people visiting EDs with shortness of breath. This might not be anything to worry about, but it is scary and sometimes those who are experiencing it will need medical help. NHS England has this advice for people who are affected.

If you have an underlying respiratory condition, you should contact your GP or asthma nurse as needed – unless it is an emergency, in which case you should call 999 or go to ED immediately.

Everyone should stay safe and well in the hotter weather, and take steps such as: looking out for people who may struggle to keep cool and hydrated, such as elderly relatives or neighbours; keeping windows closed when the room is cooler than outside; and staying hydrated.

You should also stay out of the sun between 11am and 3pm, apply suncream regularly, and wear a hat.

Dr Jennings added: “This weather has undoubtedly contributed to the rise in people – some who are vulnerable and very sick – coming to our emergency departments.

“Help us to prioritise care for those need it the most, and use our services wisely.”

If you need urgent medical help use NHS 111 online first, which can direct you to where you need to go. 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.

To find out more about staying safe during hot weather, visit the NHS's website.

St George's, Epsom and St Helier University Hospitals and Health Group

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