## **Epsom students put Xmas style in Centre**

Fashion Imaging & Styling students studying at **Epsom's University for the Creative Arts** (UCA) have created a festive window display for the town's Ashley shopping Centre.

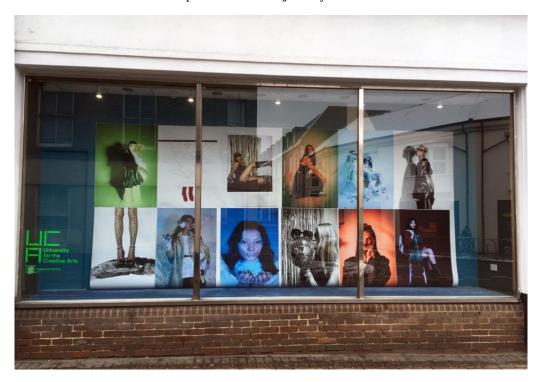
The local students created work that interpreted the festive season through cutting-edge fashion styling and eye-catching photography.

Their work was inspired by colour themes, seasonal climate, festive paraphernalia, and clothing – from wearing a wrapping paper design, referencing traditional tartans, or joining the ski elite.

"Collaborating with local shops and retail allows us to play an active part in the Epsom community. It will give residents the chance to view and share in the creative journey of our young creatives," said Martin Sparkes, a senior lecturer at UCA Epsom.

**The Ashley Centre's Manager added:** "The Ashley centre is the heart of the town of Epsom for retail, and it is important that we work closely with the community. So, we are delighted to be able to collaborate with these talented students by giving them the opportunity to showcase their talent, as well as learn more about the retail industry from the shopping centre."

The window installation will be up until the end of January 2023.



# Top snow dog gallery heats up

Dog ownership in Epsom and Ewell saw a big rise during the pandemic, especially among young families. Poodle mixtures being evidently the most popular varieties purchased. And sometimes for £1000 or more. The Epsom and Ewell Times invites you to submit photos of your dog of any type in any of the open spaces we and our canine friends enjoy in the Borough. Please send in new photos taken outdoors during the Christmas period.

Image: Harvey, a two and a half year old male Goldenpoodle photographed by Claire Beim in Nonsuch Park on 13th December.

Send your photo with your name (let us know if you want anonymity or not), name, type, age and sex of dog and where and when the photo was taken.



Email to

admin@epsomandewelltimes.com

Related story:

Dogs in Frost and Snow

We will publish a gallery in the early New Year.

Thank you

## Xmas balloon race and a hamper for charity

**Epsom Rotary** are raising funds for many local good causes this Christmas. Take part in a virtual balloon race or guess the value of a hamper donated by **Honey and Bamboo** of Ewell.

#### **Ballooning venture:**

At a loss as to what to buy someone for Christmas? Buy them a balloon in our Christmas Day Balloon race. These are just like helium balloons and the aim is to see which balloon travels furthest in the week following Christmas. There is a prize for the winner!!

You can choose how much helium is put in the balloon and how thick the rubber of the balloon should be. You can choose the shape of your balloon and you can decorate it appropriately. You can also name the balloon eg Grandad Ron.

The difference is that the balloons do not exist in the real world. A computer simulates the flight of all the balloons, updating where they would have got to every 15 mins.

No ruining the environment and causing mayhem with birds and fish. You can log in at any time to see where you have ended up. Real weather data is collected for the simulation so, at Christmas, you may have strong winds and cold to contend with. You are racing against the other balloons in the Rotary Christmas race and a fun thing for your family is to phone round every day to see where the balloons have got to, plot the positions on a map and share it with the family members.

Its great fun and so cheap. Each balloon costs £3 and £2 of that goes to our charity account. Fun and doing good at the same time!!!

You can buy a set of codes to give to others and they can log in using the code - your gift to them.

THEY MUST LOG ON THEMSELVES BEFORE CHRISTMAS DAY TO SET UP THEIR BALLOON READY FOR THE RACE WHICH STARTS ON CHRISTMAS DAY

### **Click HERE to buy your balloons**



### **Hamper Competition**

Honey and Bamboo Ltd, in Ewell offers a Christmas Hamper as a fundraiser. Entries are charged £5.00 per entry to guess the total value of the hamper. The winner would be the nearest guess below the actual value of the Hamper.

Details of what the hamper contains are:

Bottle of Surrey Honey, Christmas pudding. Bottle of Red wine, Bottle of White wine, Roast potato spice mix, Ferrer Roche Chocolate, Bottle of Honey and Ginger, Mature cheddar Cheese, Spice mix for turkey stuffing, Gravy mix, Box of Ceylon tea, Box of mince pies x 2, Caramelised Onion Chutney, Two packets of Afiya wax melts, Bottle of dried tomato, Olive and Garlic in Virgin Olive Oil, Wax wrap, Box of Christmas Crackers, 250 grams of mix fruit and nuts, Christmas stocking filled with sweets.

Send your £5 (or more!) to Epsom Rotary Trust Fund and mark it Hamper

Account Number 17256844 Sort Code 60-08-01

Click here to Entry Form

Examples of local good causes supported in recent years by The Epsom Rotary Charity Trust Fund include:

Kids Out & Carers/Activity Holiday, Surrey Youth Games, Nescot Award, Young Musician, Rosebery School, Blenheim School, Youth Speaks, Young Photographer, French Speaking Competition, Young Champion, Employment Fair etc.

## 2030 vision for the elderly in Surrey

Surrey County Council sets out its vision for the care and living of the older generation by 2030. In 2021/2022 Adult Social Care in Surrey spent £506 million to support older people. This money helped over 5,600 older people and their unpaid carers. Money was also spent with voluntary organisations that support people in their community too. Adult Social Care also ensures services for information, advice and guidance are available to help people understand their care options and to make good care-related decisions.

The county of Surrey has a population which is getting older with people living longer than in other parts of the country. These changes mean that many more people are likely to be living alone, without support from their family. By 2030, the number of people aged 75+ predicted to be living alone will have increased by 27%. National reporting states that the number of unpaid carers 65 years old and over will increase by 17% from 2016 to 2025.

Dementia is most common amongst older people and in Surrey it is estimated that between 2020 and 2030 the overall number of people with dementia could increase by 28%, from 17,700 to 22,672.

In building the 2030 strategy SCC stated "We spoke to over 750 people living in Surrey. We worked with many diverse groups of Surrey residents of all ages including unpaid carers, care providers, partners, and colleagues. This took seven months and included workshops and surveys. We wanted to know what works well, what does not work well, what could be improved and what is important to our residents."

The plan sets out all the ways SCC, working with its partners in the NHS, care sector and districts and boroughs, will support people to live and age well in Surrey over the next decade. At the heart of the plan is a commitment to improving opportunities and care choices in local communities so that older people can be as active and independent as they wish.

The council engaged with residents and their families, as well as staff and partners, to draw up the strategy – and is now seeking input to help shape how it's put into practice.

The plan is centred around three priorities. They are:

- Prevention supporting people to lead healthy and independent lives in their local communities for as long as possible
- Living independently enabling people to live in their own homes with care and support tailored to their strengths, including through planned new extra care housing
- Care homes making sure that Surrey can offer the right mix of high quality care homes for those who need them

Further details can be found in the summary version of the plan at surreycc.gov.uk/livingwellinlaterlife.

Working with partners, including the NHS in Surrey Heartlands and Frimley, as well as care providers and voluntary organisations across the county, the council has already achieved some key milestones in its plan.

These include

• signing a new contract for home care services so that people receive even better care in their own homes

- enhancing its reablement service for people needing short-term care, such as after a hospital stay, through linking with specialist care workers
- carrying out in-depth planning to help SCC and its partners meet the growing need for care home places catering for complex and challenging needs

The council's keen to continue to gather residents' and partners' input as it works towards meeting the commitments in the plan. There will be opportunities to take part in workshops and surveys.

Anyone who has an interest in shaping services for older people can sign up via the web page or by calling 0300 200 1005, SMS (for the deaf or hard of hearing) 07527 182 861, text relay 18001 0300 200 1005 or BSL video relay.

Mark Nuti, Surrey County Council's Cabinet Member for Adults and Health, said: "Our ambition here in Surrey is that no one is left behind – we're committed to helping those who need us most, and improving quality of life for everyone. We want older people to be able to lead independent and active lives for as long as possible in their own homes and communities and, if they need extra support, to receive tailored and dedicated care. Our Living Well in Later Life plan sets out how we will continue to modernise our services and work with our partners over the rest of the decade to enhance the lives of older people in Surrey. If you have an interest in shaping services for older people, please come forward and help us put our plan into practice."

Additional reporting from Surrey County Council news service.

### Council help for cost of living

Epsom & Ewell Borough Council (EEBC) is raising awareness of the range of support available to residents struggling with the cost of living crisis. The Council have created a dedicated page on the EEBC website, which pulls together information on what the Council and other local and national organisations can do to help in one place at www.epsom-ewell.gov.uk/cost-of-living.



Residents will find advice in a wide range of areas, including energy and housing payments, health costs, food, applying for benefits, employment support and local places to go to keep warm. There are also specific areas for families with children and older residents.

The Council will also be sharing information and money-saving tips through social media and other material out in the Borough to reach as many people as possible with the help available.



Councillor **Alex Coley**, (Residents Association- Ruxley Ward) Chair of the **Community and Wellbeing Committee**, "We are aware of the significant effects rising costs in all areas are having on people's everyday lives in the Borough. We want to ensure that those who need help are aware of what support is available and are able to access it."

"This campaign is an opportunity for the residents, charities, the Council and Councillors to work together to help each other through the current crisis. If you are affected by the cost of living crisis, please visit the Council's webpage, look out for and engage with the advice on its social media and across the Borough or contact your ward Councillor to share your concerns. We're all here to help."

Ward councillors' details can be found here – https://democracy.epsom-ewell.gov.uk/mgMemberIndex.aspx

The webpage covers the following:

- What we're doing in Epsom & Ewell
- Applying for benefits and paying your council tax
- Difficulty paying your rent or mortgage
- Employments, skills and training support
- Help for families with children
- Help with food
- Help with health costs
- Help for older residents
- Help with your broadband and phone packages
- Independent advice
- Paying for your gas, electricity and water
- Warm Hubs

Epsom and Ewell Borough Council Communications.

### Tennis at 95 is the norm.

Epsom's own **Norman Healey** celebrates his 95th birthday on December 11th . He is a member of The **Epsom Lawn Tennis Club** where he is admired and respected. His serve is hard to return and some of his forehand shots on the back corner of the court are nearly impossible to retrieve – worst of all is his volley at the net! He is a role model for many of us members in the club – his sense of fun and sportsmanship is inspirational. He is a 'midweek' player and he plays regularly in a Thursday 'boys group' of other members. In the past Norman has been the Chairman of the club having joined the Club in the late 1970's. He was proud to have been the winner of the Men's doubles in the 1980's. The club is extremely honoured to have amongst its members such a celebrated and star quality player.

## Are you listening?

**Epsom & Ewell Talking Newspaper**, established in 1974, give three cheers for long-serving Volunteers! 'In recognition of long service and invaluable contribution to volunteering for the Epsom & Ewell Talking Newspaper and the visually impaired

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community within the Borough of Epsom & Ewell.'

Time flies when you are enjoying what you do in life and it has certainly flown, say many of the wonderful people who have volunteered their services to help produce the Epsom & Ewell Talking Newspaper for a decade or more -some of them for up to an incredible 25 years!

On Thursday 1st December EETN's Chairman **Judy** was delighted to welcome the Mayor of Epsom & Ewell, Councillor **Clive Woodbridge** and the Mayoress, Mrs. Mary Woodbridge, to Bradbury Lodge in the grounds of **Swail House**, for a very special Long Service Award Presentation, organised by Volunteers including News Editors **Tricia** and **Julie** and EETN Office Manager Heather. "We are giving long overdue recognition to the fifteen volunteers who have been committed to this special charity for ten years or more," Judy began. "Two of those wonderful people, Gabrielle and Heather, have been with us for over 21 years and Penny has given 25 years of service."

Judy raised much laughter when she explained that in the early days of EETN, which started in 1974, cassette recordings were made in a corridor outside a kitchen in Epsom's Swail House. One of the long- serving Volunteers, she said, still remembered the smell of cabbage as she was recording. "The recording 'venues' changed several times over the years, but in 1997 our current bespoke studio here at Swail House was opened -and here we are 2341 issues of EETN later," she said.

In a brief resume of how the Talking Newspaper operates, Judy explained that many skill sets were required to deliver a quality service to the Listeners. These, she said, included Sound Recordists, News, Magazine and Supplement Editors, Readers with clear voices, the all-important Backroom Team- and our essential Social Media Manager who spreads the word so effectively about our fantastic service. "Without the whole team of Volunteers, EETN would not exist. Everyone plays an integral role in delivering this Free service to visually impaired people."

Among the invited guests and volunteers were **Robert Lahai**, Swail House Manager, who organised the room for the presentation, **Eamonn McNamee**, Manager for Central Surrey Voluntary Action, who kindly read the citations and **Serena Powis**, from EEBC Community and Voluntary Sector Liaison Officer.

The Mayor, Councillor Clive Woodbridge welcomed hearing the background history of EETN, saying "The fact that the 15 volunteers we have honoured today have amassed a staggering total of over 200 years of volunteering is truly humbling. I am tremendously honoured to be the President of the organisation, continuing a tradition going back to 1991."

After listening to the citations, which gave a brief insight into the role each volunteer had played over the years, the Mayor expressed his thanks, saying 'We are truly blessed to have so many selfless, good people who give up their time freely in the community.'

Photos with the Mayor marked the occasion as certificates were presented, but the wonderful group shot perfectly captured the warmth and sincerity of the team with their Chairman Judy, herself visually impaired, and husband Amer. Amer's vital contribution to EETN was also warmly recognised for the invaluable support he has given Judy in her role as Chairman for the last 11 years.

With formalities successfully completed, Judy then invited all the guests and Volunteers to enjoy some light refreshments while having a catch-up with each other and a jolly get-together.

The Epsom & Ewell Talking Newspaper is a free, regular audio service presenting local news, magazine articles and general features which are recorded and distributed on a memory stick to local residents who are blind, visually impaired or have difficulty reading smaller text.

For more information about this free service visit: https://eetn.org.uk

To contact EETN about becoming a Listener or a Volunteer email admin@eetn.org.uk

Or call: 01372 721519 and leave a message with your name and phone number.

#### Jan Collier

Ed: In accordance with "For the community, by the community", Epsom and Ewell Times shares its content for free with EETN.

## Any more trees please?

The Woodland Trust is urging schools and community groups across the south east of England to get their free tree-pack applications in quickly with just over a month left until the spring delivery closes.

Applications for spring, for delivery in March 2023, are currently open, but only until 11 January.

The last round of the ever-popular free tree-packs scheme was the Woodland Trust's biggest-ever single send-out, with 4,625 organisations across the UK taking advantage of the scheme.

A total of 643 schools and community groups in London, Greater London, Kent, Surrey and Sussex took delivery of their trees from the end of October to 11 November.

#### In the south east of England, 88,155 trees were sent out to 643 organisations:

- 16,380 Trees to 168 organisations in London
- 9.690 trees to 87 organisations in Greater London
- 26,535 trees to 157 organisations Kent
- 14,070 trees to 101 organisations in Surrey
- 21,480 trees to 130 organisations in Sussex

The figures for the south east of England were part of a bumper autumn delivery which saw 740,970 saplings finding homes the length and breadth of the UK, bringing the annual total to a record-breaking 1.3m trees for 2022.

Woodland Trust senior project lead Vicki Baddeley said there is no time like the present to sign up and take advantage of the scheme.

"With Christmas looming and National Tree Week upon us, now really is a good time to get those applications in and ensure you don't miss out," she added.

"We still have lots of trees available but with schools breaking up before you know it, and the hectic holiday period around the corner, it makes sense to get organised nice and early and avoid a last-minute rush in early January.

"Planting trees is such a simple action, but the collective impact can make a huge difference. It's a great way for schoolchildren and community groups to learn about nature and the environment and, at the same time, embrace a "Green Christmas".

"Planting trees has so many benefits, from combatting the effects of climate change, helping support wildlife, to greening up local spaces and boosting well-being.

"The desire to plant trees is growing all the time and I fully expect demand to reflect that in the coming weeks, so I would advise any interested groups to apply sooner rather than later.

"The application process to secure your saplings is quite straightforward, just visit https://www.woodlandtrust.org.uk/plant-trees/schools-and-communities/ to get started."

The Trust's tree packs have been generously funded by lead partners: Sainsbury's, Lloyds Bank, OVO Energy, Bank of Scotland and Sofology.

Baddeley added: "As ever, the support and generosity of our funders is invaluable and we simply couldn't do this without them.

"The help each and every one of them provides is hugely appreciated and helps to ensure we can provide and deliver our saplings in such huge numbers."

#### The Woodland Trust's autumn delivery:

- England: 615,720 trees to 3,982 schools and community groups
- Scotland: 77,940 trees to 428 schools and community groups
- Wales: 47,310 trees to 215 schools and community groups

#### **NOTES TO EDITORS:**

For more information please contact the Woodland Trust press office on 01476 602993, Owen Phillips on 07958 066 766, or email media@woodlandtrust.org.uk or owenphillips@woodlandtrust.org.uk

#### The Woodland Trust

The Woodland Trust is the largest woodland conservation charity in the UK with more than 500,000 supporters. It wants to see a UK rich in native woods and trees for people and wildlife.

The Trust has three key aims:

- 1. protect ancient woodland, which is rare, unique and irreplaceable
- 2. restoration of damaged ancient woodland, bringing precious pieces of our natural history back to life
- 3. establish native trees and woods with the aim of creating resilient landscapes for people and wildlife

Established in 1972, the Woodland Trust now has over 1,000 sites in its care covering approximately 29,000 hectares. Access to its woods is free so everyone can benefit from woods and trees.

www.woodlandtrust.org.uk

#### Free trees for schools and communities

The Woodland Trust is giving away hundreds of thousands of trees to schools and communities to make sure everybody in the UK has the chance to plant a tree. To apply, or see terms and conditions, visit: www.woodlandtrust.org.uk/freetrees

#### **National Tree Week**

National Tree Week takes place from 26 November to December 2022. It is the UK's largest annual tree celebration. Each year, the country's conservation sector, volunteer groups and tree-lovers come together to plant thousands of trees to mark the start of the annual tree planting season.

Courtesy: The Woodland Trust

Images: The Woodland Trust | Flickr & People Planting | Flickr

## Will Epsom's Foodbank ever end?

A Gala fundraising dinner was held recently to recognise 10 years of Epsom & Ewell Foodbank, with guests encouraged to sign up to the new 'End Poverty Pledge'. Nearly 200 people attended the Gala dinner to mark a decade since the doors first opened in October 2012, offering emergency food parcels to those in need.

Image: Jonathan Lees speaks at the 10 year Gala in the Queen Elizabeth II Stand Epsom Downs

Now ten years on, the food bank has five centres in Surrey and is incorporated into Good Company (Surrey) charity, which includes Epsom & Ewell Refugee Network, support services as well as Epsom Pantry which opened this year.

Good Company's mission is to create a community free from poverty and the newly launched End Poverty Pledge aims to build a movement of people and organisations committed to doing what they can locally to reduce poverty.

One of the food bank founders – **Jonathan Lees**, said Epsom & Ewell Foodbank was started after he was told of a similar initiative in Kingston and heard of a family struggling to feed themselves in Epsom. It opened with one centre in Epsom and one in Ewell, adding Leatherhead and Tadworth in 2013 and Banstead in 2014.

Jonathan Lees said: "I remember putting the first tins on our first bit of racking in one of our little rooms in the office with founding volunteer Jackie McKee. I think we counted 10 tins of baked beans. Now we have more than 10 crates of baked beans in the store. Never did we think that 10 years down the line we would still be here. We still have the mission to close the food bank and end poverty in our community, but that is not going to happen this year.

"So, while we are still here, we will challenge what is happening and support local people to rebuild their lives and have hope for the future. To recognise the impact of what we have done we held the fundraising event and this saw the launch of the **End Poverty Pledge**, as we believe everyone in our community can do something to improve the lives of those experiencing financial hardship.

"It is definitely not a celebration but a mark of appreciation of all that has happened, all we do and the invaluable support of so many people in or community who donate food, resources and funds, especially our group of amazing volunteers who are our lifeline and keep it all going."

Good Company (Surrey) is a Registered Charity no. 1197494

Good Company Hub Ruxley Lane Epsom KT18 0JG

Since they opened, the Epsom & Ewell Foodbank have helped feed more than 50,000 people. As the foodbank grew, so came the realisation that emergency food aid was not a long-term answer to poverty so in 2019, the **East Surrey Poverty Truth Commission** was launched to raise awareness of the drivers of poverty and ensure that those affected by poverty are central to decisions about how to tackle it. Phase 2 of the ESPTC will start in 2023.

Jonathan Lees said: "As we look ahead after 10 years, our vision is now focused on tackling the root causes of poverty and the hope of a future without the need for food banks."

For more information and to take the End Poverty Pledge please visit  $\label{lem:https://goodcompany.org.uk/end-poverty-surrey/} https://goodcompany.org.uk/end-poverty-surrey/$ 

Courtesy Epsom and Ewell Foodbank.

### **Cycling for Motor Neurone Disease**

**Greg Culshaw** of **Toyota**'s **Epsom** Head Office (GB), has completed a gruelling 24-hour static bike ride, putting him on course to raise more than £40,000 for the Motor Neurone Disease Association. Greg is the General Manager, Customer, Network and Quality Support.

Greg began his challenge at 10am on Wednesday 17 November and was joined by a number of colleagues, including **Agustin Marti**n, Toyota (GB) President and Managing Director, who completed stints on static bikes alongside him, to give him encouragement. Paralympic cyclist, **Jody Cund**y, and **Mark Chapm**an, Director of Finance of the MND Association, helped cheer him on at the start of his marathon.

Toyota (GB) is halfway through a three-year partnership with the MND Association and has so far raised more than £78,000 for the charity, which focuses on improving access to MND care, funding research and campaigning on behalf of the MND community.

Greg was inspired to take on the challenge in memory of a Toyota colleague, **Rachel Rollason**, who died from motor neurone disease earlier this year. He commented: "Rachel and I spent four years working together in the Customer Services Division and it's fair to say that she made a lasting impression on me. Her boundless energy and devotion to getting things done were inspiring. She operated on 'no limitology' before I had even heard the phrase."

He added: "This has been a brutal challenge, but at the same time I've been focused on completing it for Rachel and the MND Association. The idea started in a conversation with Rachel and in her last text message to me, she told me how proud she was of me for taking it on. She continues to inspire me and in turn, made me proud of her."

To date, Greg has raised nearly £16,000 through his Just Giving page: https://www.justgiving.com/fundraising/Greg24hrBikeRide. This will remain open for donations until the end of November.

Toyota (GB) has pledged to fund-match the total raised by Greg, which means the charity should receive around £40,000 to help it keep up the great work it does on its five key promises:

- 1. To make MND treatable and ultimately find a cure.
- 2. To ensure everyone gets the help they need, when they need it.
- 3. To make every day with MND count.
- 4. To ensure people with MND are heard
- 5. To ensure that nobody with MND faces it alone

Mark Chapman, Director of Finance at the MND Association, commented: "Greg's challenge is particularly poignant because he's doing it in memory of his colleague Rachel. It's brilliant to see so many staff members from Toyota rally behind him to honour her, knowing that every penny raised will make a huge difference to people living with and affected by MND.

Last year we provided £1.4 million of support grants for 2,479 people living with the disease.

The grants provided by the MND Association have helped people living with MND to maintain their independence and improve their quality of life, and we couldn't do this without partnerships with companies like Toyota."

Jody Cundy, eight-time Paralympic Champion (three swimming, five track cycling) commented: "It was a pleasure to join Greg for

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the first hour of his 24hour charity ride for MNDA. It was a tough challenge, but I hope my support and presence helped make it a little easier."

Agustin Martin said: "Watching Greg complete this challenge while we went about our daily business has been humbling for all of us at Toyota. We congratulate him for his for raising such a significant sum for the MND Association, our charity partner, and for helping to honour the memory of our much-loved colleague, Rachel Rollason."