

## New Epsom Pantry offers more than food to the struggling....

14 July 2022



A Pantry has been officially opened by the Mayor Clive Woodbridge last month. It has been launched in Epsom as another way of helping people struggling with the cost-of-living crisis, to try to reduce dependency on foodbanks.

The shop in South Street stocks a wide range of food, including fresh fruit and vegetables, frozen and chilled produce as well as tinned and packaged items.

Members pay £5 a visit and can choose items that value around £30, so they can save money on their grocery shopping bills.

Epsom Pantry has been set up with support from Epsom and Ewell Borough Council. The Pantry is part of the Good Company charity, which runs numerous projects in Surrey including five foodbanks and the East Surrey Poverty Truth Commission.



Jonathan Lees - director The Good Company

Jonathan Lees, Managing Director of Good Company said: "This year Epsom and Ewell Foodbank is marking 10 years of existence. That is not acceptable. We cannot accept dependency on foodbanks, which are only meant to be a temporary measure."

As well as helping with the cost-of-living crisis, Epsom Pantry will offer other community services such as cooking on a budget, debt management and housing and job advice.

Epsom Pantry Manager Bex Loomes said: "Since the Pantry opened its doors, it has been filled with a sense of community and togetherness. The cost-of-living crisis means more and more households are struggling to make ends meet. We know that the Pantry offers vital financial savings, and we hope that access to healthier foods and the development of skills and confidence through volunteering will allow us to tackle isolation in our community."

If you'd like to know more about Epsom Pantry please visit [www.goodcompany.org.uk](http://www.goodcompany.org.uk)

[CLICK HERE FOR LATEST REQUESTS FROM THE FOODBANK](#)

## Grayling stood up by developers....

14 July 2022



The Developers promoting the development of the site of Kingswood House School bizarrely failed to show up at their own public consultation on Thursday night (7th July). The event which had been organized by Steve Curwen of Stonegate Homes Ltd on behalf of the freeholders of the site (the Aczel brothers) was scheduled to take place at The Cricketers Inn on Stamford Green between 5pm and 7pm on Thursday 7th July.

Had Mr Curwen or the Aczels attended, they would have been greeted by between 70 and 80 local residents who despite having been given barely 72 hours notice of the event by the developers, turned up in force to show their support for the School and their objection to the development proposals.



Cllr Bernie Muir (Con) (centre and top photo) and residents not impressed by developers' no show.

It was standing room only in the small room which the developers had organized for the meeting and in their absence and that of the freeholders, it was left to the School to thank residents for showing up and for indicating their strong opposition to the plans. Headmaster Duncan Murphy noted the valuable role the School plays, providing education for 250 boys and girls, very many of whom are SEND pupils (Special Education Needs and Disabilities).

Chris Grayling MP also attended and voiced his strong support for the School and objection to the plans and was supported by councilors Bernie Muir and Steve Bridger. Bernie Muir encouraged all attendees to sign a register noting their attendance.



**Steve Bridger** (Councillor for Stamford Ward) told Epsom and Ewell Times "I support and will continue to support Kingswood House in every aspect against this planning application, being a local school providing first class education. It is a great asset to the Borough and the students that attend."

Sited in West Hill Epsom for over 100 years Kingswood House is a renowned special educational needs and disability (SEND) school and is facing the termination of its lease as developers seek to build a housing estate on the land. The valuable role the School plays has been recognized by Council's recently awarding the School the status of an: "Asset of Community Value". This is a rare accolade, unusual for a school and reflects the high value of the school to the local community. Also, the school has been shortlisted by Independent School Parent magazine for an award in this year's annual Contribution to Social Mobility category. See Epsom and Ewell Times exclusive breaking the story.

## Community Asset to be stripped?

14 July 2022





Epsom's **Kingswood House School** faces closure as developers move in.

Sited in **West Hill Epsom** for over 100 years this renowned special educational needs and disability (SEND) school is facing the termination of its lease as developers seek to build a housing estate on the land. 250 pupils enjoy first class facilities and green space at the Council's recently recognised "**Asset of Community Value**". This is a rare accolade, unusual for a school and reflects the high value of the school to the local community. Also, the school has been shortlisted by **Independent School Parent magazine** for an award in this year's annual Contribution to Social Mobility category.

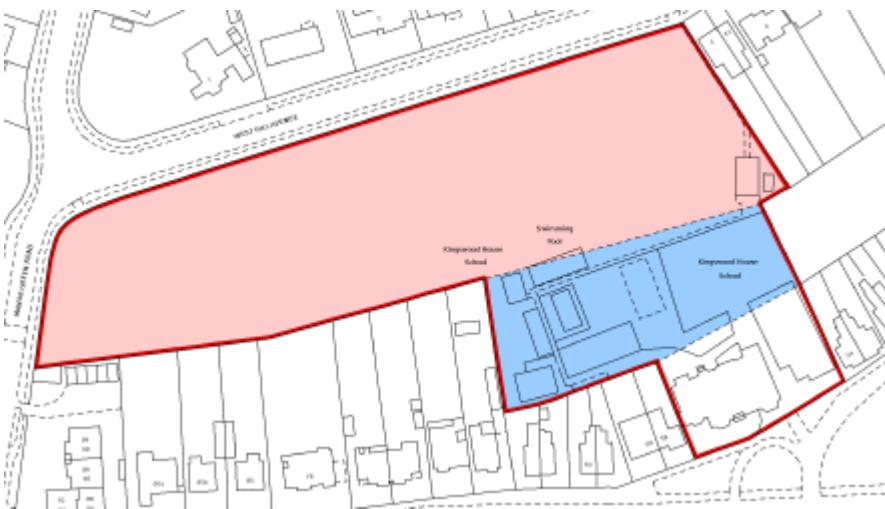
Tomorrow (Thursday 5pm 7<sup>th</sup> July) at The **Cricketers Pub**, Stamford Green Road, Epsom the freehold owners of the land, (James, Richard and David Aczel) are staging a "public consultation".

**Richard Evans**, the Chair of the School's governors said "Our school is already a thriving SEND-focused school for 250 boys and girls and the proposed school is on a small part of the site and will only accommodate a fraction of this number."

Headmaster **Duncan Murphy** said "100% of the site should be kept for a school, and no housing should be allowed. Although the landlords will say otherwise, there are other sites for housing which are far more appropriate." The school are urging local residents to attend the meeting at the Cricketers and make their views known.

The freeholders claim "Epsom is far behind its local housing delivery targets and needs a great deal of housing for local people, with a high demand for family housing. The scheme delivers a specialist school for local children that will be funded by the local education authority. The scheme delivers new local housing with 1, 2, 3 & 4 bed homes. All high quality and with parking (incl electric charging) and grounds to provide a high standard of design. This is a local scheme for local people. The scheme is highly sustainable, re-using buildings where possible and creating highly energy efficient new buildings where required."

Below is the registered land (edged red) leased till March 2023 by the Azels to Kingswood House School Trust and an aerial view of the site. Lastly, the proposed development demonstrating how most if not all the green space available to 250 pupils will be swallowed up by new housing.



Title plan of Kingswood House School's lease (edged red).



Aerial view of Kingswood House School's site.





New development in grey and proposed reduced school site in colour.

## 102 year old Epsom veteran wears his medals again!

14 July 2022



A 102-year-old Surrey war hero who was unable to wear his medals due to the condition of the ribbons can finally pin on his honours again, thanks to a local veterans' project which arranged a repair mission.

George, who served in the British Army during the Second World War and now lives in Epsom, showed the old, frayed ribbons to a trained volunteer who was documenting his life story as part of the Force for Change veterans' project.

On hearing George's predicament, Tracey Morris, the project lead for Epsom and Ewell, contacted **THE SOLDIERS, SAILORS, AIRMEN AND FAMILIES ASSOCIATION** [SSAFA], the Armed Forces charity. Tracey, a communities and prevention coordinator in the county council's adult social care team, worked with Adrian Munding, SSAFA's divisional secretary, to arrange for the honours to be sent to medal specialists in London.

SSAFA has strong links with the London Medal Company, which was pleased to support George's request. The Taxi Charity for Military Veterans then stepped in to transport the medals to the company's premises in Leicester Square, because of the age of the medals and to ensure their safe delivery and return.

The taxi collected the honours from an event marking the third anniversary of the Epsom and Ewell Veterans Community Hub, where George was showing his medals, still in the cardboard box in which they were delivered to him more than half a century ago. The honours were then conveyed from the hub to the medals company for repair.

Complete with new ribbons and displayed on a rack, the medals were reunited with their owner at the Comrades Club in Epsom, where George was also able to meet and thank Kim Morton, representing SSAFA, Ian Lingham, of the taxi charity, and Tracey.

The local veterans' project brings together former service personnel through friendship groups, events and days out and may involve an opportunity to record their life stories for the archives.

It's a pilot scheme which is initially focused on three areas of Surrey - Epsom and Ewell, Guildford and Surrey Heath. Places are available in all three locations. Former service personnel, whether younger or older, are encouraged to get involved.

The county council is working with armed forces charities and local museums and organisations to deliver the project, which is funded by the Armed Forces Covenant Fund Trust, under its Force for Change programme.

Sinead Mooney, Surrey County Council's Cabinet Member for Adults and Health, said: "Thanks to everyone involved in this heartwarming project and particularly to George for telling his story and highlighting the benefits of the groups and networks for veterans in Surrey. I'd encourage anyone who has served, whether younger or older, to find out more about the opportunities in the county."

Helyn Clack, chairman of Surrey County Council and the Surrey Civilian Military Partnership Board, said: "It's particularly fitting during Armed Forces Week to be celebrating the repair and return of the medals that George so richly earned. I'd like to pay tribute to him and indeed all those across Surrey who have served, and are currently serving, for their courage and contribution."

For more information about support for veterans across Surrey, visit Surrey Information Point. You can also download the free Forces Connect mobile app which signposts veterans, armed forces personnel and their loved ones to local support and advice. Search "Forces Connect" in Apple's App Store or the Google Play Store.

The Epsom and Ewell Veterans Community Hub is holding an indoor street party on Sunday 26<sup>th</sup> June to celebrate the Queen's Platinum Jubilee. Any veteran wishing to attend must register in advance (contact tracey.morris@surreycc.gov.uk or call 07790 585352).

## Surrey Independent Living Charity

14 July 2022



Surrey Independent Living Council is evolving! Following on from an independent external review the trustees agreed to change the name of the organisation to **Surrey Independent Living Charity**. (SILC) They believe that the change in name from Surrey Independent Living Council to Surrey Independent Living Charity better reflects the charitable objectives of the organization and avoids confusion with Surrey County Council.

SILC is a User Led Organisation that has been active in Surrey for almost 25 years and was formed as Surrey Independent Living Council in 1998 by a group of disabled people. SILC's primary purpose was to provide support to disabled people who wanted to use local authority funded Direct Payments to employ Personal Assistants to provide the care and support they needed.

Between 1999 and 2017 SILC continued to provide support services in Surrey and their growth reflected the increasing number of people using Direct Payment in Surrey. During that time, the charity expanded to provide one off Direct Payments to Carers and Personal Health Budget support to individuals funded by the NHS.

Chief Executive, Richard Davy, said to Epsom and Ewell Times: "The change in our name to Surrey Independent Living Charity honours the history of the charity and the work that has been undertaken over the last 25 years, whilst looking ahead to the future and focusing on our charitable objectives and our vision, mission and values."



SILC believes that everyone can live independently with the right support. At the heart of everything they do is the social model of disability and the concept of full human rights. They believe that these give a basis for treating everyone with respect, understanding and fairness. They also believe that disabled adults, children, older people and carers can learn from and support each other.

Surrey Independent Living Charity (SILC) will continue to provide its existing range of services, details of which can be found on [www.surreyilc.org.uk](http://www.surreyilc.org.uk).

In addition to this, the charity intends to put a greater focus on its role as a champion and facilitator of independent living for people in Surrey who require support to live in the community. SILC will also be further developing peer and volunteer led information, advice and support for residents who need it.

Chief Executive, Richard Davy, "We at SILC are very proud to have been supporting people in Surrey to live independently for almost 25 years. We're on a mission to extend the awareness of the support we can provide to families and individuals living with disabilities as well as older people with care needs, and to raise additional funding to widen the range of services we can offer to the people of Surrey".

To find out more about SILC and how you can support them or access their services, please visit the SILC website [www.surreyilc.org.uk](http://www.surreyilc.org.uk).

## Mental Health services in Epsom and Ewell

14 July 2022



**Freya Lawrence** writes: The amount of sufferers with mental illness has increased immensely in recent years. With a global pandemic, increased living expenses and varying demographic changes, it is certainly easy to understand how and why. The resources available for those suffering are also on the rise. Disorders such as anxiety and depression can interfere with everyday life, with physical health and overall emotional wellbeing evidently being affected directly by mental illness. With 1 in 4 individuals in the UK suffering from a mental health problem each year, it is vital to us that the resources available in the local area are more accessible.

Starting the conversation about mental health within the borough is also important to us because

of the stigma surrounding mental health disorders. Stigma has the potential to make mental health issues worse – causing delay or prevention of treatment for some sufferers. Social attitudes have always played an important role in the diagnoses and treatment of mental illnesses. The list of reasons for the stigmatisation is long and somewhat endless.

**The mental health history of Epsom** is worth noting due to the psychiatric institutions that once lived in the Horton area of the town, which in itself has created stigma.

With the globalisation of media, ideas about certain groups of individuals can be easily accessed.

It is evident that the media portray links between mental illness with dangerous and/or criminal behaviour- a huge misconception. There is a genuine lack of awareness and education when it comes to these illnesses, and I would advise many to check out the list of disorders and their symptoms via the following link

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/>

Trying to find resources for mental health recovery or crises can not only be daunting, but time consuming and arduous- in the matter of finding the correct resources. Accordingly, **The Epsom and Ewell Times** felt it necessary to provide some information regarding the mental health resources that exist within the area that can hopefully benefit those suffering, and/or those seeking help for those around them. Our objective is to lay out an inclusive, easily accessible list. Below is a compiled list of several of the available services within the borough. It is worth noting the following list is not comprehensive. The aim is to provide an avenue for those suffering and looking for help.

#### **Love Me Love My Mind -**

Love Me Love My Mind is a small registered grassroots charity based in Epsom. The charities aim is to promote better understanding of mental health, and to provide support to individuals suffering.

Love Me Love My Mind have drop in services every Monday from 16:00pm-19:00pm at St Barnabas church, situated on Temple road. The drop in service is a brilliant idea for those isolated by their mental health issues – with refreshments, activities and a home cooked meal provided.

For more information visit <https://www.lovemelovemymind.org.uk>

#### **Horizon**

Horizon is a mental health, specialist and learning disabilities community service hub, which opened in July 2021. Horizon is currently working from the following address : 28 Upper High Street, Epsom, Surrey, KT17 4QJ

Teams specialising in the following have moved into the hub:

- Early Intervention in Psychosis (EIIP)
- Mind Matters
- Community Mental Health Recovery Service (CMHRS) – Epsom
- Community Mental Health team for Older People (CMHTOP) – Mid Surrey
- i-access: East

- Perinatal Mental Health Service: South West
- ASD and ADHD Service: Surrey

#### **Mary Frances Trust -**

Since 1994, the Mary Frances Trust have specialised in mental health support for Surrey residents. The non profit organisation is located at 23 The Crescent, Leatherhead. The services provided by Mary Frances trust are extensive, from one-to-one support and crisis support to wellbeing courses and physical activities.

“Anyone over the age of 16 living in the Mole Valley, Epsom & Ewell, Banstead, Elmbridge areas of Surrey and experiencing any form of mental or emotional health issues can access our services.”

The website has more information in regard to their services –

<https://www.maryfrancestrust.org.uk>

#### **Safe Haven: Epsom**

The safe haven, located at 44 Waterloo road, KT19 8EX, is a drop in service for those experiencing a mental health crisis and those who are looking for general mental health support.

For the former, the centre is open from 18:00pm-23:00pm 365 days a year. Those looking for the latter can drop in between 18:00pm-19:00pm daily. There is also a virtual safe haven offering

crisis support that can be accessed between 18:00pm-23:00pm via this link – <https://nhs.uk/sabp/safe-haven-Epsom>

“We offer a supportive environment for any adult in crisis during a time of need and when there may be no-one else around to provide it.”

The services provided by the Epsom Safe Haven are self referral. The safe haven will be moving to the brickfield centre in May 2022 – at Brickfield Centre, Portland Place, Epsom, KT17 1DL.

For more information in regard to the Epsom safe haven visit: <https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>

#### **Alcoholics anonymous (AA) intergroup:**

For those struggling with alcohol addiction, there are several AA sessions throughout the week in and around Epsom and Ewell. Below are many of the sessions offered – it is worth noting that many of the below sessions work at a first come, first served basis, and the duration of the sessions vary from 1 hour – 1 and 1/2 hours.

Monday at 20:00pm – St Joseph’s Catholic Church, St Margaret’s Drive, KT18 7JQ

Friday at 13:00pm – St Martin’s Church Hall, Church St, KT17 4PX

Friday at 18:30pm – All Saints Church meeting room, KT19 9QZ

Saturday at 20:00pm – St Martin’s Church, Church St, KT17 4PX

Saturday at 10:00am – Epsom Methodist Church, 11-13 Ashley Rd, KT18 5AQ

#### **Mindworks Surrey -**

Mindworks is a Surrey based service specialising in children and young peoples emotional wellbeing and mental health. The services offered by Mindworks are extensive, delivered by many

alliance partners. Alongside this, Mindworks support and work alongside various organisations and groups who work with children and young people. The Mindworks website is not only accessible for a parent or carer, but also children and young adults.

<https://www.mindworks-surrey.org>

In a different way The Friends of Horton Cemetery are de-stigmatizing mental illness through their project revealing the lives of 9000 patients buried between 1899 and 1955 in the abandoned Cemetery in Epsom. See [www.hortoncemetery.org](http://www.hortoncemetery.org)

Author: **Freya Lawrence**

## Blooming Ewell

14 July 2022

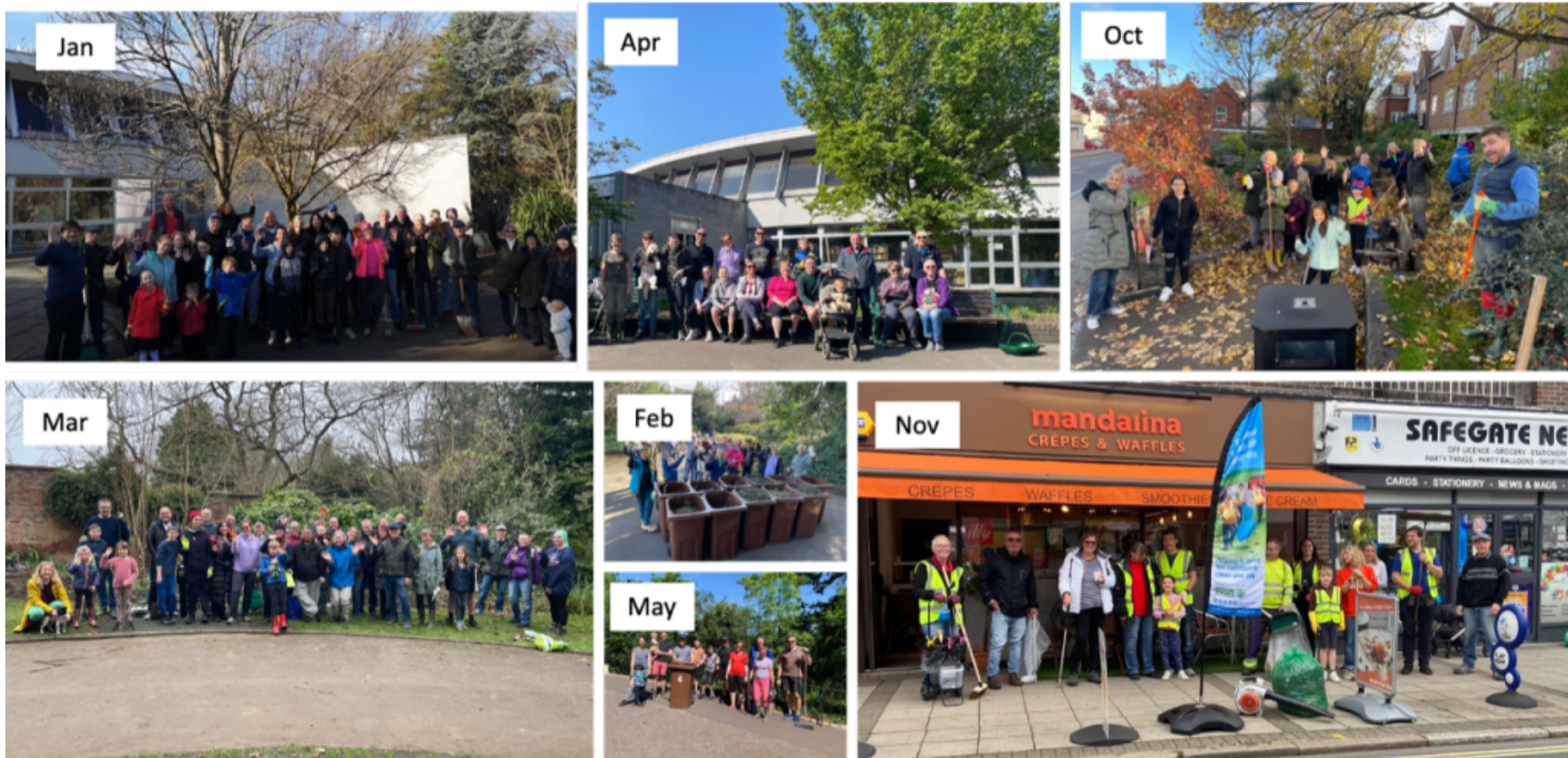


Created by Samantha Brooks @vividcolour



Ewell Village has entered Britain in Bloom – a national competition which seeks to use flowers and greenery to transform communities. Judges will visit the village on the morning of Tuesday 5th July 2022.

This competition entry is part of a broader effort to rejuvenate the village. Making Ewell high street and surrounding areas more attractive through flowers and planting is just one thing that the community, businesses, groups, organisations and community leaders have been working on to improve our local area.



For Ewell Village in Bloom, volunteers have been working on:

- revitalising the memorial garden outside Sainsbury's
- getting The Grove cleared up and grass re-seeded
- cleaning up the High Street and Bourne Hall park - with monthly volunteers meeting at 10am on the 4th Sunday of every month
- planting in Bourne Hall park
- getting ready for a yarn bomb attack of crochet flowers in the village for judging day!

Everyone in the Ewell are can take part! The big idea is that if everyone did something small to take a bare area of their property frontage to make it more beautiful, then collectively we can make a big difference. This may be as simple as putting a pot on your doorstep, adding a hanging basket or putting a summer wreath on your front door.



Once one person in the road does it, other people copy, and the momentum starts to build. They would love people to send their before and after photos to [Ewellvillage@outlook.com](mailto:Ewellvillage@outlook.com). The Mayor of Epsom and Ewell Cllr Clive Woodridge will judge the best road overall. For more information, please contact **Alison Price** at [Ewellvillage@outlook.com](mailto:Ewellvillage@outlook.com).



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## How Epsom and Ewell Times improves the community....

14 July 2022



Some key findings of the Public Interest News Foundation include:

- Most independent news publishers cover a broad range of news topics within a tightly defined local place. The smaller the area covered, the smaller the revenue.
- The staff at independent publishers are not yet representative of the UK population, with women and ethnic minorities underrepresented. More than half of publishers say they're making efforts to serve diverse audiences.
- Independent publishers make a big difference to the communities they serve – and to democracy. Publishers say they increase civic engagement, increase public debate and inspire more people to be involved in public life, among other things.
- Publishers face significant challenges around revenue, staffing, costs and the social media giants.

Amid rising demand for high quality local news, publishers have high hopes for the future. They see opportunities to build trust with communities that feel far from economic or political power.

Click [HERE](#) to read the FULL REPORT

Epsom and Ewell Times is your news service. Contributors, subscribers and advertisers, our doors are open. Remember we are not-for-profit. No salaries and no fees are paid.

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## Epsom Rotary in Motion

14 July 2022



Epsom Rotary will be holding a stall at the Epsom Marketplace on Saturday, 02 July 2022 and welcome anyone to come and visit to learn more about Epsom Rotary and ways that they could get involved.

Each year The Rotary Club of Epsom is involved in a range of local community events. The club organises the annual Epsom and Ewell Borough Family Fun Day with the Rotary Club of Ewell. There are gardening sessions at Old Moat Garden Centre and they have created and now maintain the Community Allotment together with Ewell Rotary. The club also runs the local Young Musician, Young Photographer, Young Chef and French Speaking competitions annually. They helped marshal the Cancer Research UK Race for Life event at Epsom Downs Racecourse this year and of course, there are the annual Christmas collections around Epsom.





#### Supporting community events

The club has a varied social calendar with recent events including sporting event and nights out at local restaurants, as well as the regular meetings. Being part of a large, international organisation they also have the opportunity to compete against other local Rotary clubs in the district sports competitions.



Allot a lot more allotments say Rotarians as they tend this one.

This year they are fundraising for local charities and charity events have included The Epsom and Ewell Showcase and quiz nights and of course much more.

They always welcome new members to increase their good community work.

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

<https://www.facebook.com/epsomrotaryclub/>

<https://twitter.com/epsomrotary>



## Who let the dogs big day out?

14 July 2022



Cuddington Residents Association did. That's who. On June 18th Saturday's "**BIG DAY OUT**" in Shadbolt Park, Worcester Park in the north-east end of the Borough of Epsom and Ewell, a thriving community came out in their hundreds, with their dogs, to enjoy a wide range of "external activities". Duck dogs, sorry shepherd dogs, duckflocked ducks, while Cllr Eber Kington "dogpacked" (?) the dogs in the many classes show. Dance groups of all ages danced in the performance area. The people enjoyed a wide range of charity, community and craft stalls from the local Ahmadiyya Muslim Community, Surrey Stands With Ukraine, honey makers ("apiarists" to you and me) and many more. Watch out for the Big Day Out next year. All photos courtesy of Richard Johnson who promotes Worcester Park via his Facebook