

# Celebrating 50 Years of Epsom and Ewell Talking Newspaper

10 January 2025

Dear Editor,

I am writing on behalf of Epsom and Ewell Talking Newspaper (EETN) to share some wonderful news following our 50th Anniversary celebration this past November.

Helen Maguire, our local Liberal Democrat MP for Epsom and Ewell, has kindly recognised EETN's invaluable contribution to the community in her recent newsletter. She congratulated us on this significant milestone and commended the tireless efforts of our volunteers who ensure visually impaired residents in Epsom and Ewell remain connected through vital access to news and local information.

Moreover, we are proud to announce that Helen Maguire has submitted an Early Day Motion (EDM) in Parliament in honour of our 50 years of service. This EDM reads as follows:

*"That this House congratulates Epsom and Ewell Talking Newspaper on its remarkable achievement of 50 years of service; recognises the charity's outstanding commitment to supporting visually impaired residents in Epsom and Ewell by providing vital access to news and local information; commends the volunteers whose dedication, effort, and time have made this invaluable service possible; acknowledges the critical role such services play in fostering inclusion and community connection; and wishes the charity continued success in its future endeavours supporting those in need."*

For those unfamiliar, Early Day Motions are a way for MPs to bring attention to specific causes or achievements. While few are debated, they often attract public interest and media coverage.

We are deeply grateful to Helen Maguire for her continued support and advocacy for EETN, and we look forward to many more years of serving our local community.

Yours faithfully,

Judy Sarssam

Chairman

Epsom & Ewell Talking Newspaper

## Surrey History Centre throws light on Epsom's hospitals

10 January 2025



Epsom Surrey had more mental hospitals than most English counties and, at Surrey History Centre, we are justly proud of the quantity and quality of surviving records we hold. These range from the early private asylums of the late eighteenth century through to the county asylums of the nineteenth and twentieth centuries.

Many of these records were rescued by our archivists when the institutions were closed down in the 1990s, and they include the records of some of the 'Epsom Cluster' of hospitals. In 1896 the newly created London County Council, faced with the need to provide for huge numbers of the mentally ill, purchased the Horton Manor estate at Epsom and built five large hospitals. The Manor opened in 1899; Horton in 1902; Ewell Epileptic Colony, later St Ebba's, in 1904; Long Grove in 1907; and West Park in 1924.

Among the extensive archive of The Manor hospital at Surrey History Centre is a wonderful collection of glass plate negatives of individual male and female patients dating back to 1899. The patients were photographed on admission to the hospital and many who recovered after treatment were often photographed again on discharge, showing a marked improvement in their demeanour.

These glass plates had been languishing in our strong rooms so, earlier this year, we started creating digital positive copies of some of the plates that are over one hundred years old. Once digitised, the images were identified by matching them to the photographic prints in the Manor Hospital patient case books. Sadly a few of the case books had not survived, so a number of images remained unidentified, but more of this later. Thanks to our volunteer, Brenda, we have now successfully digitised over 500 images which can be viewed by researchers in our searchroom. The names of the patients whose photographs have been identified are also available on our online catalogue.

This digitisation project was actually prompted by the work of the Epsom based **Friends of Horton Cemetery**. Their Out of Sight, Out of Mind project explores and commemorates the lives of some of the 9,000 Epsom Cluster patients buried in unmarked graves in the disused cemetery. More information about this fascinating project can be found on the Horton Cemetery website.

This has truly been a collaborative undertaking. Also working in partnership with Surrey History Centre and the Friends of Horton Cemetery is multimedia artist and medic, Dr Eric Fong. His work spans film, photography, sculpture, and installation, often exploring themes of the body, identity, and vulnerability. His moving and haunting Cyanotype Apparitions exhibition, using some of the Manor Hospital patient glass slides, won the London Independent Film Awards' Best Experimental Short October 2024 award.

And here's a fitting postscript: last month saw the recovery of one of the long-lost Manor Hospital patient case books, filling an important gap in the hospital's record collection at Surrey History Centre. Discovered in an attic, this remarkable volume, spanning May 1900 to July 1901, records the medical histories of 250 women, complete with their personal details and poignant photographic portraits. And importantly, it has allowed us to identify some more of the unnamed glass plate images.

For more news from Surrey History Centre - read more here.

Image: glass plate negative of Caroline Appleton and William Smith

Surrey History Centre

Related reports:

Attic find fills gap in Epsom local asylum history

Portraits of pauper patients in Epsom's Horton Cemetery, inspires artist

Petition to reclaim Horton Cemetery from property speculator

# Epsom Teen Selected as Duke of Edinburgh's Award Youth Ambassador

10 January 2025



A young woman from Epsom is amplifying young people's voices after being chosen as a UK Youth Ambassador for The Duke of Edinburgh's Award (DofE).

Kalina Hristova, 17, joins a select group of 35 DofE Award holders aged 16-24 from across the UK. These Youth Ambassadors will advocate for young people by sharing their insights on key issues, speaking at events, meeting decision-makers in Parliament, and contributing to the DofE charity's direction.

Originally from Bulgaria, Kalina has lived in the UK for ten years and credits the DofE with helping her socially. She began her DofE journey at the Silver level when she joined a new school, finding it a great way to meet people outside her classes.

## Kalina said:

*"Starting a new school in Year 10 is quite daunting, so I joined DofE to make new friends and learn new skills. I'm glad I did, as I've met some of my best friends through DofE, and I've been able to dedicate my time to something I want to achieve."*

For her Volunteering section, Kalina coached netball, leading sessions for younger students, running drills, and planning fun games. This not only improved the students' skills but also enhanced Kalina's communication abilities.

For her Physical section, she focused on fitness, tracking her progress through her Apple Watch. An avid sportswoman, she joined a gym to start weightlifting. *"Sometimes I found it a bit intimidating, as it can be a male-dominated environment, but the more I progressed, the easier it became,"* Kalina added.

She also participated in the London Vitality 10K race, raising awareness and funds for the DofE. *"I would never have run a distance like this if not for the DofE. I was not a runner before, but with all the work I put in for my Physical section, I knew I could do it,"* she said.

As part of her Gold Volunteering, Kalina became her school's DofE ambassador, supporting Bronze and Silver participants, organising expeditions, and teaching skills like map reading and food planning.

For her Residential section, Kalina attended a three-week summer programme in Pennsylvania called Leadership in the Business World, which inspired her to consider studying Economics or Finance at university. *"DofE has been so much fun, and it's way more than just an Expedition. I applied to be a Youth Ambassador to apply the skills I've learned through DofE to the real world,"* she explained.

## Empowering Young Leaders

Funded by The Gosling Foundation, the Youth Ambassador programme places young people at the heart of shaping the DofE's work. Ambassadors have met Ministers, spoken at high-profile events, represented the DofE at international forums, and influenced key decisions across the charity.

**Ashley Williams, UK Youth Engagement Manager at The Duke of Edinburgh's Award, said:** *"Kalina is one of many young people who have achieved incredible things through their DofE. As a charity, we're determined to put young people at the heart of everything we do and give them opportunities to make a positive impact on the issues they care about."*

*"It's not an easy time to be a young person, with the after-effects of the pandemic and the cost-of-living crisis. Opportunities like the DofE allow young people to have fun, grow in resilience and self-belief, and develop vital skills they can't always get in the classroom."*

Young people aged 14-24 who participate in the DofE choose activities in four sections: Physical, Skills, Volunteering, and Expedition. Along the way, they gain confidence, discover new talents, and work toward a highly respected award.

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# Epsom and Ewell Talking Newspaper talks about 50 years

10 January 2025



"I feel we are here today to pay homage to those good people who 50 years ago, established this splendid Charity and all those who have contributed ever since. On behalf of all the visually impaired Listeners over the past fifty years, I send a huge thank you to the Founders of Epsom & Ewell Talking Newspaper - EETN - and the multitude of Volunteers who have kept the free service operational for over half a century." With these words, Judy Sarssam the present Chairwoman of EETN, welcomed the Worshipful Mayor of Epsom and Ewell (Charity's President) Councillor Steve Bridger along with forty Volunteers and guests, to celebrate its Golden Anniversary on Thursday 21st November.

'Our Volunteers are the shining stars,' Judy continued, 'because without them there would not be an Epsom & Ewell Talking Newspaper, whose function today is as valid as it was fifty years ago.' Judy, herself visually impaired, went on to explain the importance of keeping visually impaired people feeling part of their community, as those with sight loss can so easily become isolated. Although technology has advanced in leaps and bounds since the early recordings, Judy was keen to emphasize that in a world now dominated by technology, isolation becomes more of an issue for those who are not technically adept.

During the celebration, messages of congratulations were read out, including from Mike Wood, President of The Talking News Federation, who acknowledged that 50 years of providing this regular, interesting and friendly service, recording more than 2390 editions, showed commitment by Volunteers and Listeners alike. Lionel Blackman, Director of Epsom & Ewell Times, said he was proud to be associated with EETN and was inspired by the dedication of its Volunteers. Councillor Clive Woodbridge, Chair of the Community and Wellbeing Committee for Epsom & Ewell said when he visited EETN as Mayor and presented long service awards

to 15 Volunteers, he was impressed by the passion and hard work that goes into creating each edition.

Many of the Volunteers have been with the EETN for more than 10 years. Penny Dearing and Gwyneth Smith have been associated with EETN almost from its inception. Gwyneth joined as a Reader and her distinctive voice was well loved and remains melodic though Gwyneth is past her 90th birthday. She moved to Wales when COVID struck to join her family. A talented poet, she had planned to come to the celebration and read her 50th Anniversary poem. Sadly she was snow-bound in Wales, but emailed her wonderful poem which was read by MC of the day, James Dubois.

Following the messages from the many well-wishers, Penny Dearing, a former News Editor, Trustee/Committee member and Reader, told us her pleasure at working with those early pioneers. The EETN travelled from being recorded in Volunteers' homes to a room in the Age Concern offices to a corridor at Swail House and eventually into a designated Studio at Swail House, which was the first site in the UK, designed specifically for visually impaired residents. During Covid full circle was reached as once more the EETN was temporarily recorded and produced in Volunteers' homes until it was possible to return to the Studio once more.

A montage of Volunteers past and present caught everyone's eye, as they enjoyed the delicious anniversary cake which the Mayor Councillor Steve Bridger ceremonially cut after making a generous speech in praise of the free EETN service. The celebration provided a wonderful opportunity for Volunteers to share their pleasure in continuing to offer access to local news, entertainment and information for the visually impaired people of Epsom and Ewell. Judy closed the event praising once more the special, hard-working team of 2024.

### EETN Golden Jubilee - Poem by Gwyneth Smith

For over thirty years it was my privilege and pleasure  
To be one of the READERS and the memories I treasure.  
When Covid lockdown was announced my son rushed down to Surrey  
To take me back with him to Wales to save us all from worry.

Continuing injections for my macular condition  
I've now become a LISTENER and welcome each edition.  
When it arrives in yellow pouch, protected from the weather,  
I'm grateful to the Post Office, and how much more to Heather.

Epsom born I did not leave until my ninetieth year  
So Epsom news and local views I'm very pleased to hear.  
The MAGAZINE has always been the choice of those who EDIT  
The wide variety produced is greatly to their credit.

It gives the READERS much more scope for their interpretation  
Verse old and new and humour too can be a revelation.  
So well done all who have a share in making each RECORDING  
I hope you find the jobs you do are suitably rewarding.

With SECRETARY, TREASURER and Judy in the CHAIR,  
We're led by a COMMITTEE and we thank them for their care.  
So happy Golden Birthday TALKING NEWSPAPER we say.  
Let's give three cheers for fifty years and longer may you stay!

*Gwyneth Smith, 2024*

Photography by Steven McCormick.

## Let's think about Spring!

10 January 2025



Residents of Cuddington ward held a community bulb plant on the 9th of November, thanks to fantastic local volunteers. Help from RA Surrey Councillor **Eber Kingston** via an allocation from Your Fund Surrey, plus a generous crocus donation from Wandgas Sports and Social Club, enabled Councillor **Kim Spickett** (RA Cuddington) to obtain enough spring bulbs for three streets. "We have been planting bulbs in various locations in the ward for the last three years. The aim is to have spring colour and happy bees in every street, so we tackle a new area each Autumn. It is great exercise and a wonderful way to meet your neighbours".

The streetscape around Wandgas has been planted with Crocus tommasinianus Whitewell Purple, a good match for the club kit colours.

Kim said "All our pollinating insects are fans of Wandgas cricket and football - now they will have somewhere to enjoy half-time refreshments".

In the surrounding streets, Kim, volunteer residents of all ages, RA Surrey and EEBC Councillor **Steven McCormick** plus the Wandgas team planted "Tenby" daffodils and early snowdrops.

The bulbs will ensure a boost for wildlife and some neighbourhood cheer after a long winter.

MAIN PHOTO, LEFT TO RIGHT: Wandgas Club Secretary Gary, President Chris, Managers Alison and David, Paul. INSET PHOTOS: volunteer Nicky's snap of the volunteers in action and examples of the flowers to expect during Spring 2025

Kim is also chair of Surrey's Wildflowering Project. They have groups all over Surrey, bringing native planting and people together.

## Sir Ed supporting Epsom based Ukraine charities

10 January 2025



Today, Sir Ed Davey MP, leader of the resurgent Liberal Democrat Party, accompanied by Epsom and Ewell MP Helen Maguire, visited the “Ukraine Hub”. Offices generously provided by the owners of the Ashley Centre and where Epsom and Ewell Borough Council has waived all business rates.

The premises are home to the Epsom and Ewell Refugee Network and Surrey Stands With Ukraine.

Sir Ed was introduced to the leaders of the refugee network, Nina Kaye and Jo Sherring, who told him of the hardships faced by refugees fleeing persecution and conflict. He saw English classes in session and shook hands with many refugee students.

The Party leader and new MP were given a tour of the Hub and took part in packing winter survival packs for Ukraine. Costing £50 the smart packs contain a gas cooker, a power bank and a flexible re-chargeable torch. Essential items for civilians effected by the inevitable power outages that will occur this winter throughout Ukraine.

If you wish to donate please visit Surrey Stands With Ukraine and businesses that sponsor full packs will benefit from the charity’s extensive social media coverage.

Sir Ed then helped pack some survival kits and proceeded to help clean walking aids the charity is sending to Ukraine.

The Hub was full of volunteers for both charities who work closely together and a press posse was all around.

Sir Ed undertook a series of interviews with media representatives and fielded questions ranging from the election of Donald Trump to the future for Ukraine.

Image: Sir Ed Davey MP and Helen Maguire MP and Roy Deadman of SSWU in Epsom’s Ukraine HUB

## The Horton Hid Hiring From Regulator

10 January 2025



Controversy surrounded the appointment of the salaried Centre Manager of Epsom and Ewell’s new arts and exhibition venue, The Horton Arts Centre.

Documents obtained by the Epsom and Ewell Times under Freedom of Information Act requests reveal that the Charity Commission found that the trustees of the Horton Chapel Arts and Heritage Society did not seek its prior permission to employ the wife of a trustee.

A recently retired trustee, a trustee or a person connected to a trustee through marriage may not be given paid employment by their charity without prior Charity Commission approval.

The Commission found that Maria Reeves, the wife of founding chairman of the Charity, Ian Reeves, who was herself previously a trustee, was appointed to the manager role without its permission.

In these circumstances the Commission would normally order the trustees to pay the Charity the salary of the employee in question. However, in this case the Commission determined that the appointment had been hidden from the Commission for so long that such an order would be “disproportionate”.

The Commission also determined that the eventual appointment was “made in good faith”, but refused to answer how that finding was compatible with the failure to seek its permission. It has also refused to disclose the justification submitted to it by the trustees for the retrospective Commission approval.

Other documents obtained by the Epsom and Ewell Times show that an earlier recruitment exercise, described by an expert as “exemplary”, was reversed on the intervention of trustees, including the then Chair Ian Reeves and his next door neighbour and trustee, Rupert Salmon.

That process had not short-listed the Chair’s wife Maria Reeves.

One former short-listed candidate who asked not to be named said: “I was of course disappointed that the recruitment process for The Horton Centre Director role was aborted as I had been shortlisted to the second round and was expecting to attend a second interview.

With regards to the Charity Commission’s role – it is disappointing that the Charity Commission’s own guidelines were difficult to enforce in this instance.”

None of the short-listed candidates from the aborted recruitment process were invited to re-apply and it appears that the recruitment process that led to the appointment of Maria Reeves was from a candidate list of one.

Ian Reeves and Rupert Salmon have been requested on a number of occasions to provide their response. Our press regulator confirmed that they had been provided with a reasonable opportunity to do so.

One former trustee stated: “Mr and Mrs Reeves deserved a reward for all the unpaid effort they had put into converting this disused chapel into a beautiful arts centre”.

Lionel Blackman, a former trustee and chair of the initial 6 strong recruitment committee, that consisted of three independent trustees and three independent external experts, said “I only wish to make a general observation that trustees of charities should comply with the rules. That expectation is somewhat heightened when a charity has been given £3 million of public money.”

## Winter fuel support in Epsom

10 January 2025



Changes to the Winter Fuel Payments means that many people are worried that they may not be able to heat their homes this winter.

For the eighth year running, Citizens Advice Epsom & Ewell (CAEE) has teamed up with the Rotary Clubs of Epsom and Ewell to bring much needed support to those in the borough in need of help with paying fuel bills this winter.

This year, residents in the Epsom & Ewell borough are being asked to donate any amount to Project Wenceslas to help those affected. All funds will help those struggling with electricity and gas bills, as well enable energy efficient appliances to be purchased. CAEE manages the distribution for the benefit for those in fuel poverty, direct to fuel suppliers with no deductions for costs or fees.

Lisa Davis, CEO, Citizens Advice Epsom & Ewell, said:

“With changes to the Winter Fuel Payments this winter, an increased number of people in our community are worrying about heating their homes. Many people relied on the Winter Fuel Payments to help manage their energy usage and budgets. Some people may be eligible for benefits but many may not.

“Project Wenceslas is more important than ever to provide that much needed support and peace of mind for individuals and families across the borough who are struggling. Please get in touch if either you want to donate or you are in need of support.”

To find out more about donating, please contact via the websites [epsomrotary.uk](http://epsomrotary.uk) or [ewellrotary.club](http://ewellrotary.club) and search for Project Wenceslas.

If you are struggling with fuel bills, then contact Citizens Advice Epsom & Ewell on 0808 278 7963 (Mon-Fri, 10am – 4pm) or see our website: [www.caee.org.uk](http://www.caee.org.uk).

## Epsom Pantry has a sister in Banstead

10 January 2025



Sat bang in the middle between M&S and Waitrose on Banstead high street, a new community food store has opened to help people struggling to buy affordable groceries in Surrey.

Surrey’s second pantry officially opened October 7, stocked with donations and surplus food from supermarkets which would otherwise be thrown away. For just £5 a week, members of the pantry can receive £30-35 worth of food and household items.

“We want shopping to be a dignified experience,” said Project Manager Bex. She explained that everyone can access good quality food and members have the choice of what they want to buy, like in any shop.

After a soft launch in mid-September, the pantry already has about 75 members despite no advertising. “There is a really nice buzz when it opens up,” Bex said. “People sometimes shop at the same times to meet people every week, or share recipes if buying the same ingredients.”

Located on Banstead’s high street, Pantry Manager Ashley said it was important for there “not to be any shame associated” with coming to the food store. “Living in Surrey is can be really difficult when you don’t have a disposable income.”

Although Banstead features low on the level of deprivation in Surrey, Ashley explained that there are pockets of hidden food poverty. “Sometimes where there is obvious need, there is obvious help,” Ashley said. Banstead’s pantry aims to address this issue in providing support for people who may be missed in areas more affluent.

Epsom Pantry first opened in July 2022, as the cost-of-living crisis was beginning to pinch. The typically leafy market town has been ranked in the top 10% of least deprived areas in the UK. Now, with around 400 members to the pantry, Epsom is now oversubscribed.

Bex, who used to work at Epsom Pantry, said there was a real community feel. “People used to come in at similar times, rely on each other and check-in how people were doing,” Bex said.

The mission of the Pantry is to bridge the gap between food banks and commercial grocery stores. Some people may not be eligible for crisis support from Food banks but are still struggling to make ends meet in their weekly shop.

Fresh fruit and veg is free, with high value items like Kellogg’s Crunchy Nut and Yorkshire Tea more restricted. Standard cupboard essential like pasta, tinned beans, herbs and biscuits are also on offer.

Customers can sign up to the Pantry and answer a few questions about their financial situation. Then, they will be invited in for an assessment to see if the Pantry is the right support for them or whether they need any other help.

Beyond the food store operations, the pantry is also looking at putting on cooking classes, sewing workshops, energy saving guides to help members save money and develop community.

The initiative is led by a partnership between Raven Housing Trust (RHT), Good Company Surrey, as well as Reigate and Banstead Borough Council. RHT’s housing association and the council can point people in the direction of the service who may be eligible for support.

Link: <https://www.yourlocalpantry.co.uk/pantry-listings/banstead-pantry-surrey/>

Food bank locations: <https://epsomewell.foodbank.org.uk/locations/>

Image: Project Manager Bex and Pantry Manager Ashley outside Banstead Pantry. (Credit: Emily Dalton/LDRS)

## Epsom's Love Me Love My Mind week of healing

10 January 2025



This year's theme is 'Be Kind to your Mind'

- Be active - For your mental and emotional health, and wellbeing
- Be Mindful - Practise mindfulness, live in the present moment and look for the positives.
- Be Kind - Connect with others, be kind to yourself.
- Give to others - Perform random acts of kindness, volunteer and give to your local community.
- Keep Learning - Invest in your interests and hobbies.
- Talk kindly to yourself: Think about how you speak to your loved ones and use that voice on yourself.
- Practise gratitude, reflect daily, write a journal.

- Focus on self-care and be responsible for your wellbeing.

### PROGRAMME OF EVENTS AND ACTIVITIES - BE KIND TO YOUR MIND

Saturday 5th October

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB:

Come along and meet the Friends of Horton Cemetery on Saturday 5th and 12th October and pick a ceramic flower to plant in your garden. Last year we painted over 1000 flowers to Remember Epsom's Forgotten Residents buried at Horton Cemetery, and we want to give the flowers back to the local community. Any donations that we receive for the flowers will support our future research into the lives of the 9000 patients buried at the cemetery.

11am - 2pm Kids Art Club at Epsom Social, 1 Derby Square, Epsom KT19 8AG:

Join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

1pm Bodhi Eden, Epsom Yoga Studio - 29 Waterloo Road, Epsom KT19 8EX:

FREE taster sessions

Hatha Yoga Taster | 30mins | 13:00pm

Sound Bath Taster | 20mins | 13:40pm

please book via <https://www.bodhieden.com/be-kind-tasters>

Sunday 6th October

10.00am We Power On - Men's Social Walk and Talk, meet outside the Rubbing House pub, on Epsom Downs (every Sunday unless otherwise advertised) at 9.50am for a 10am start.

10.15am Church service at St Barnabas Church, Temple Road, Epsom, KT19 8HA - Being Kind to Your Mind

2 - 4pm Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

Monday 7th October

10am - 1pm Drop-in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

3 - 7pm Monday Drop-in at St Barnabas Church, Temple Road, Epsom, KT19 8HA

3.30pm Guided Mindfulness and Relaxation practice with This Little Yogini at St Barnabas Church, Temple Road, Epsom, KT19 8HA

4pm Be Kind to your Mind - Debbie Brewin, Consultant Therapist, Supervisor & Trainer at Mind-Growth Mastery at St Barnabas Church, Temple Road, Epsom, KT19 8HA

Tuesday 8th October

10am - 1pm Drop-in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

2 - 4pm Talking Table at The Old Moat Garden Centre, Horton Lane, Epsom, KT19 8PQ

Come and join the team at The Old Moat Garden Centre for a cup of tea and piece of cake and find out what our Wellbeing Service has to offer, receive a free tour, or just come for a chat. We would love to meet you!

6 - 7.30pm Come and join The Include Choir Epsom at St Joseph's Church, St Margaret's Drive, Epsom, KT18 7JQ. The Include Choir provides social, musical and volunteering opportunities (for anyone age 16+), it also teaches inclusive Makaton signing and provides 'joy and uplift' which means you are 'guaranteed to leave with a smile'.

Wednesday 9th October

9:45 - 11:45 Home-Start Epsom, Ewell and Banstead, Ewell Family Centre, Riverview Road, West Ewell, KT19 0JP. Dealing with Difficult Emotions workshop - this workshop is designed to help parents who may be struggling to manage or deal with their children's emotions, providing emotional support and practical suggestions to make parenting just a little more manageable.

10am - 1pm Open day at the Forget-me-not Allotment at Appley House Care Home, Longmead Road, Epsom, KT19 9RX. Love Me Love Me Mind volunteers have been visiting the allotment weekly since early 2024 helping the staff and residents of the care home to use the space, planting flowers and vegetables, and making future plans for a sensory space.

5 - 7pm Open evening at CYP Haven Epsom. Visit our Focus youth centre, 9 Depot Road, Epsom, KT17 4RJ and meet the staff at the CYP Haven in Epsom. We will be serving Tea/Coffee and biscuits and look around, we then showcase our youth services at 5.30pm, followed by a Q&A with staff and find out how we support children's mental health within the community. The CYP Haven is an open access wellbeing drop-in for young people aged 10-18 years. Working closely with local schools and CAHMS/Surrey CC services. Check out our website: [cyphaven.net](http://cyphaven.net)

7 - 8.30pm Grow & Glow - Epsom Methodist Church, Ashley Road, Epsom, KT18 5AQ. A woman's only mental health support group. A place to grow, glow and connect with others No booking required to attend, just come as you are.

Thursday 10th October - World Mental Health Day

9.15am-10.15am Yoga for Wellbeing – The Horton Arts Centre, Haven Way, Epsom KT19 8NP (Doors open 9am) Start the day with a session of gentle yoga. Yoga teacher Louise Tozer will incorporate breathing techniques, sound and gentle movements into her class to improve self-awareness, flexibility and relaxation. This is an all-inclusive class, suitable for all levels. Wear comfortable clothing and bring layers. • Bring your own mat or use a towel or blanket if you don't have a yoga mat. • Bring water

This session is normally £12 but for World Mental Health Day, the session will be freely open to all. Donations are welcome.

10am – 3pm Drop in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

10am – 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB. Come and get a FREE hug, a high five or a handshake! Join LMLMM and Age Concern Epsom & Ewell for a Delicious CAKE sale, and an opportunity to chat to two local charities.

5 – 6pm Join the Sunnybank drama group for a workshop about being kind, St Barnabas Church, Temple Road, Epsom, KT19 8HA

6pm – 7pm Let's Talk Epsom Peer Support group at St Barnabas Church, Temple Road, Epsom, KT19 8HA

7 – 8pm Live Music performed by Steve Dyke, a trustee of LMLMM at St Barnabas Church, Temple Road, Epsom, KT19 8HA. Join us for an evening of stories and songs, written and performed by Steve. Some

funny, some poignant, some with themes from local history and a couple of singalong classics for everyone to join in. Refreshments are available, free entry with the option to donate on your way out if you feel you've been entertained. It promises to be a great evening, and we'd love to see you there.

Friday 11th October

10am – 12noon Advice Cafe at St Barnabas Church, Temple Road, Epsom, KT19 8HA – providing a space for our partners and groups to provide support, advice and care in a warm and welcoming environment. Action for Carers Surrey, Christians Against Poverty, Citizens Advice Epsom & Ewell, Epsom Foodbank, Epsom Primary Care Network, Love Me Love My Mind, Mary Frances Trust

10am – 12noon – Action for Carers Surrey – Find out more about Action For Carers and how we support unpaid carers throughout Surrey. You'll also be able to meet one of our specialist mental health carer support advisers, whose role is to support unpaid carers who are looking after someone with poor mental health or substance issues.

Saturday 12th October

10am – 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB

Come along and meet the Friends of Horton Cemetery on Saturday 5th and 12th October and pick a ceramic flower to plant in your garden. Last year we painted over 1000 flowers to Remember Epsom's Forgotten Residents buried at Horton Cemetery, and we want to give the flowers back to the local community. Any donations that we receive for the flowers will support our future research into the lives of the 9000 patients buried at the cemetery.

11am – 2pm Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG – Join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

11am – 7pm Epsom Picturehouse, Epsom Square KT19 8AG. Join us for a Wellbeing Fun Day, in collaboration with Surrey Community Lounges, End Stigma Surrey, Epsom Library and hosted by Epsom Picturehouse – we'd love for you to be there! Come along for a day of community, connection, and fun!

Whether you're in the mood for a friendly chat over tea, want to play some games, or need a quiet space to relax, there's something for everyone. This special day will focus on celebrating wellness, sparking conversations around mental health, and showing you where to find support within the borough.

1pm Bodhi Eden, Epsom Yoga Studio – 29 Waterloo Road, Epsom KT19 8EX

FREE taster sessions

Yin Taster | 30mins | 13:00pm

Meditation Taster | 20mins | 13:40pm

Please book via <https://www.bodhieden.com/be-kind-tasters>

Sunday 13th October.

10am We Power On – Men's Social Walk and Talk, meet outside the Rubbing House pub, on Epsom Downs (every Sunday unless otherwise advertised) at 9.50am for a 10am start.

2 – 4pm join us for Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG