



Are you listening?

6 December 2022



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 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.

Will Epsom's Foodbank ever end?

6 December 2022



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 our 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
<https://goodcompany.org.uk/end-poverty-surrey/>

Courtesy Epsom and Ewell Foodbank.

Epsom's Wells Plan has a hole in it

6 December 2022



Re-opening of an Epsom community centre hits a 'surveyor-sized' funding hole. After its surprise closure in 2015, residents served by **The Wells Centre**, Epsom, began a pitched battle to save the community centre from demolition and

redevelopment. In spring of 2022, after a seven-year tussle with Epsom and Ewell Borough Council (EEBC), the residents finally tasted victory as EEBC's Strategy & Resources committee voted unanimously to grant the residents - now formed into a registered charity, the **Epsom Wells Community Association (EWCA)** - a long term lease of the Wells Centre building and land. But now, seven months on, the work to re-open the centre faces a funding challenge.

More than a lick of paint

The centre has remained shuttered for much of the intervening time, and lack of use has not been kind to the building's infrastructure and surrounding land. To refurbish the centre to its former glory (or better, as EWCA hope) serious funding grants are being sought from the likes of Surrey County Council and The National Lottery. To access the six-figure funding to fully realise the site's potential and EWCA's ambitions, the funds require detailed surveyor and architectural plans. These plans don't come cheap, and thousands of pounds are still needed to allow EWCA to get the experts needed.

"It's a bitter irony that we need funding to get the funding to re-open" says **Vanessa Marchant**, EWCA's Chairperson. "Once we're open, the centre will start generating its own income, so the funding becomes less essential. But, to repair the building and put in place all we want to have - such as a welcoming cafe in the heart of Epsom Common - we need grants. And to get the grants, we need a surveyor and architect. And to get them, we need generous donations or a pro-bono offer of help. Re-opening is so tantalisingly close, but just out of reach unless we get help."

How you can help

As a charity, EWCA will always welcome donations of all sizes, but for the survey and plans large donations will be needed. Of even more value, would be the donation of time and expertise by local surveyors and architects. Any companies or individuals keen to help with this, should reach out to EWCA directly at contactewca@gmail.com.

History and unique location The Wells Community Centre is situated on The Wells Estate, a unique residential area within Epsom Common. Surrounded on all sides by woodland, the dwellings are only served by a corner shop and a single access road.

In the heart of the estate is the Wells Centre, a community building serving residents of Stamford Ward and beyond since 1997. A community hall had been on the site since WW2. The centre is just a stone's throw from the historic Epsom Well; site of the world-famous Epsom Salts and birthplace of the town.

A place for everyone

EWCA's ambitions are to run the centre for the community, by the community. A place where everyone in the Epsom & Ewell area (and beyond) can find something that will interest them, whether that's evening classes, a creche, hall space, or just dropping in for a cuppa after a long dog walk or cycle ride around one of the borough's most picturesque locations.

To find out more about EWCA's plans for the centre and story so far, at the EWCA website, on Facebook "Save The Wells Centre Epsom" or Twitter <https://twitter.com/SaveWells>

Local refugee cash appeal

6 December 2022



Epsom Refugee Network: **WE URGENTLY NEED HELP FOR UKRAINIAN FAMILIES** - Please can you take 3 minutes to watch this video to spread the word and help us find more sponsors and properties for Ukrainian refugee families.

FINANCIAL SUPPORT :

We are very fortunate to have secured funding for some paid positions within the charity and this will make a huge difference to the support we can offer and our large team of volunteers will work alongside these paid staff. We do, however, urgently need funds for our day to day costs to support the following:

- Teaching materials and books for students.
- School accessories and equipment for newly arrived children
- Volunteer expenses like petrol and travel costs.
- Out of school activities for children to help them build confidence and make friends
- Organising social events

If you can help please can we ask you to donate any amount, large or small, via this link - or contact us for bank details if you would like to make a direct payment or set up a direct monthly debit.

VOLUNTEER NEEDS :

We are lucky to have many volunteers who give their time and talents to support others. However, with the ever increasing numbers of refugees arriving in our area, we urgently need more volunteer support. Please click on this link to see our latest list of urgent volunteer needs.

MUSIC EVENT :

There is another Ukrainian Music Evening organised by Epsom Music on **Saturday 12th November** at the Epsom

Methodist Church, 11 Ashley Road, KT18 5AQ where you can hear outstanding Ukrainian musicians giving the third in this series of concerts (see details here). The evening starts at 6pm with a social get together before the concert begins at 7pm. Everybody is welcome and entry is free – and we would encourage people to bring some food to share.

Thank you all for your continued support.

Jo and Nina

Epsom & Ewell Refugee Network

Trading favours for Epsom's Foodbank

6 December 2022



Surrey Trading Standards with Buckingham have donated 1,760 items and over £550 for the **Epsom & Ewell Foodbank**. The items donated include food, household cleaning supplies, personal care items and cash. The donations are in celebration of Buckinghamshire and Surrey Trading Standards reaching the milestone of 150 **Primary Authority Partnerships**, making it the largest regulatory provider of Primary Authority services.

Image: Jonathan Lees of Epsom and Ewell Foodbank

Primary Authority is a means for businesses to receive assured and tailored advice in meeting various regulations through a single point of contact. This is invaluable for start-up businesses to get it right from the outset and enables all businesses to invest with confidence in products, practices, and procedures.

The landmark achievement comes off the back of Buckinghamshire and Surrey Trading Standards also winning the **"Service Excellence Award"** at the BEIS Regulatory Awards 2022.

Michele Manson, Business Team Manager at Buckinghamshire & Surrey Trading Standards said: "We're delighted that we and our partners have been able to collate so many donations for Epsom & Ewell foodbanks. The work they do is so vital and it's great that we have been able to aid them like this. We were determined to celebrate our recent achievements in a meaningful way that supported our local communities, and this has been the perfect way to do that."

Jonathan Lees, Managing Director and Founder of Epsom and Ewell Foodbank said: "It's great that Bucks & Surrey trading standards have worked with their business partners to make this donation, cooperation like this helps us to continue to provide vital emergency support to people in the local community."

James Lowman, Chief Executive Association of Convenience Stores said: "Entering our partnership with Bucks & Surrey Trading Standards was one of the best decisions we have made, and it has continued to deliver every year. The quality of support from the team, has been consistently professional, pragmatic, and engaged. This has helped us to tackle new and existing compliance challenges with confidence."

Business partners who have helped contribute donations include:

- Green Motion Car and Van Rental
- Delphic HSE Ltd.
- Natural Instinct Limited
- Coca Cola Europacific Partners
- Global Manuka UK
- E Scooter Professional LTD
- Solution EU Limited
- Bahlsen LLP
- Sports Supplement Ltd
- Creative Nature

For more information on Primary Authority Partnerships, please visit:
<https://www.gov.uk/government/publications/primary-authority-overview>

For more information on Epsom & Ewell foodbank please visit: <https://epsomewell.foodbank.org.uk/>

Surrey County Council News

Concerned with driving for ages

6 December 2022



Age Concern Epsom and Ewell are fortunate to have many volunteers that give up their time to help provide various services to support members of the older community in the borough of Epsom and Ewell. One of these services is its well used transport service which takes clients to medical appointments across the borough and further field. To provide this service, they have a wonderful small team of volunteers who carry out around 1000 trips a year.

Stuart Kendrick (L) and **Alan Carlson** (R) and Mayor Clive Woodbridge celebrate long-service

Two of these drivers, **Alan Carlson** and **Stuart Kendrick** have each been driving for us for over ten years, and this month they will both have reached an amazing milestone of completing 2000 drives.

Alan, a retired special needs teacher, and previous mayor of Epsom and Ewell in 2001/2002, has lived in the borough most of his life. He started driving for Age Concern Epsom and Ewell in 2012, he'd not long retired and wanted to do something useful with his time and his large car! He appreciates that the transport service can help take away the anxiety that some clients feel and aims to provide calm reassurance when driving our clients to their appointments. He really enjoys meeting people and hearing their interesting stories and he's been able to build up good relationships with many of them.

Stuart, a retired minicab driver, originally from South London started driving for Age Concern Epsom and Ewell following his retirement because his wife suggested he might like to go and do something useful! He really enjoys meeting our clients and gets a sense of fulfilment knowing that he is doing something that they really appreciate. His wife now often accompanies Stuart on his drives, and they all love the chats that they have on the way to appointments.

Age Concern is extremely grateful to all their volunteers but would especially like to thank Stuart and Alan for completing 2000 drives for Age Concern Epsom and Ewell and on 24th October held an informal lunch party for them with invited guests.

If you would like more details about the Age Concern Epsom and Ewell Transport Service, please contact Transport Desk, Monday - Friday 9.00am - 12.30pm on 01372 732 456.

Alternatively, if you would like to like to volunteer for Age Concern Epsom and Ewell, please contact Jane Hodgson, Volunteer Coordinator Monday - Wednesday 9.00am - 3.00pm on 01372 732 458 for an informal chat.

More cash for Ukraine refugee hosts

6 December 2022



Epsom Refugee Network welcomes the promised increase in cash to those local residents who take into their homes individuals and families who have had to flee Ukraine. It is hoped the extra money will attract more hosts in an increasingly difficult situation. **Jo Sherring**, leader of the Epsom Refugee Network, told Epsom and Ewell Times: "As we launch an appeal for new sponsors in the area, we welcome the news of the increased thank you payments which we hope may encourage more families to consider offering a place of safety to a family fleeing Ukraine. We are also desperate to find sponsors for families who are already in the UK and are having to move on from their first sponsor and find a new host family. If you are thinking of hosting and have questions please, please get in touch". www.epsomrefugeenetwork.org

Surrey County Council and local district and borough councils who are managing the "**Homes for Ukraine**" scheme locally have agreed an additional thank you payment, to be paid monthly to host families from end of November 2022 to March 2023. This is acknowledging that the financial circumstances faced by host families in Surrey, who welcomed Ukrainians into their homes, will have changed from the time they agreed to host Ukrainian families to our current economic situation in the UK.

Currently, host families are paid £350 a month for being sponsors, this payment will be increased by £250 to £600 a month from end of November 2022. This is to compensate for the rise in energy, food and fuel bills in this cost-of-living crisis. This applies to existing hosts who are already in receipt of thank you payments, and new hosts who complete all the

checks satisfactorily going forward. This funding comes from DLUHC (**Department for Levelling Up, Housing and Communities**) via the County Council to the district and borough councils to pay the sponsors directly once they have passed all the relevant housing, DBS (**Disclosure and Barring Service**) and safeguarding checks.

Surrey County Council leader **Cllr Tim Oliver** said “We are forever grateful for the unerring warm welcome and support that communities, charities, and district and boroughs continue to offer our Ukrainian guests here in Surrey. But in particular to those sponsor families who have opened their homes up to welcome Ukrainian families to live alongside them and their families. As if this sacrifice were not enough, we now need to ensure that they are not being penalised financially and can continue to offer support as sponsors in this current economic climate. Unfortunately, the conflict in Ukraine continues and so there is still a need for host families. SCC has taken the decision to increase the thank you payments after fears many people wouldn’t be able to afford to extend their current six-month agreements as winter approaches and the cost-of-living bites.”

Additional reporting from Surrey County Council news.

Good King Wenceslas comes to Epsom and Ewell

6 December 2022



Citizens Advice Epsom & Ewell has teamed up with the **Rotary Clubs of Epsom and Ewell** to bring **Project Wenceslas** to the Borough for the sixth year running. Project Wenceslas enables those who receive, but do not need, the **Government’s Winter Fuel Payment** to donate it to either Rotary Club of Epsom or Rotary Club of Ewell. This money will be distributed to people in critical need of assistance with energy bills, much needed during the **Cost of Living crisis**. All monies donated are redistributed 100% without any deductions for costs or expenses.

If you would like to know more about donating your Winter Fuel Payment, please contact Epsom Rotary via their website or Ewell Rotary via their website 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 the CAB website : www.caee.org.uk

National Polio Day marked in Epsom

6 December 2022



Gina Miller supported **Epsom Rotary’s** fight against rising cases of Polio. Today is **National Polio Day** and on Saturday local Rotarians were raising awareness in Epsom’s Market Square. They raised £300 from the Borough’s generous public and that will be matched by the **Bill and Melinda Gates Foundation**.

Gina Miller with Peggy Rowell of Epsom Rotary in Epsom Market Square

With the news reporting Poliovirus has raised its ugly head, here in the UK, it is a reminder how important the Rotary International PolioPlus campaign is. Not since 1984 has there been a case of polio in the UK, which was declared polio free in 2003. Although, no cases have been detected or confirmed and the risk of someone catching polio in the UK is low,

it has come as major blow to Rotary, that it has been identified, here, in the UK. The emphasis is being placed on trying to make sure that all children and unvaccinated adults have been fully immunised against the disease. This is because the poliovirus is opportunistic and will exploit gaps in population immunity.

The **Rotary PolioPlus campaign** was launched in 1985, becoming a founding member of the **Global Polio Eradication Initiative** in 1988. In this time, Rotary members, working with communities around the world, have contributed more than 2.1 billion US dollars and countless volunteer hours for the fight to end polio. Now polio is considered eliminated in most first world countries with Afghanistan and Pakistan being the only countries in the world where the infection is classed as an endemic.

The fight has to continue and as Rotarians we can play a key role in raising funds and awareness to achieve a polio-free world and ensure we protect the gains Rotary has worked so hard to achieve.

Polio Outbreaks 2022

Poliovirus (Poliomyelitis) has been confirmed in non-endemic countries in Africa, Asia, Europe, India, the United Kingdom, and New York in 2022. In recent years, polio-endemic countries of Afghanistan and Pakistan have reported polio outbreaks, according to the Global Polio Eradication Initiative (GPEI).

And on September 26, 2022, the U.S. CDC issued a global Alert - Level 2, Practice Enhanced Precautions, regarding polio outbreaks and poliovirus detections in various countries.

On September 13, 2022, the WHO added the USA to a list of about thirty countries where circulating vaccine-derived poliovirus (cVDPV) has been identified in 2022. This action is related to genetic sequences in July 2022 from a polio (Acute flaccid myelitis) patient in Rockland County, NY, and wastewater specimens collected in various New York counties, linked to poliovirus samples collected in Israel, and London, indicating multi-country, community transmission.

Our own correspondent

Insurers against poverty?

6 December 2022



Citizens Advice Epsom & Ewell (CAEE) has launched a crowdfunding scheme with the **Aviva Community Fund** to raise money to deliver critical Cost of Living advice to local people. Aviva has selected CAEE to be part of the Aviva Community Fund where Aviva employees can allocate £25 (donated by Aviva) to their chosen charity project on the scheme. The crowdfunding scheme is not limited to Aviva employees - the public are encouraged to donate towards community fund projects. In addition, Aviva has pledged to match donations (one per donor) up to the value of £250 to help tackle the Cost of Living crisis.

Lisa Davis, CEO, CAEE said: "The Cost of Living crisis is affecting all of us with rising prices and concerns about the future. But for some, the crisis is truly devastating. People coming to us are understandably very worried about paying their bills, heating their homes and looking after their families. Demand for our services is predicted to grow this winter so this campaign is crucial to help us support the local community during this difficult time."

CAEE is an independent charity and needs to raise funds to keep its services running for the benefit of the community of Epsom & Ewell. It gives free advice and information about many different issues including debt, benefits, housing and employment advice. This can include crisis support such as vouchers for the local food bank and funds to help with fuel payments. CAEE can check that people are claiming all the benefits and other money that they are entitled to and help with budgeting skills whether they are in debt or worried about managing their money effectively.

Please visit the CAEE crowdfunding page for more information and to donate: <https://www.avivacommunityfund.co.uk/p/citizens-advice-epsom-ewell-cost-of-living-advice-services>

Or visit the CAEE website www.cae.org.uk

About Citizens Advice Epsom & Ewell CAEE is a small, local charity offering free advice and information for all who live, work and study in the borough of Epsom & Ewell. All advice is free, confidential, impartial and independent. As a small charity we are responsible for raising our funds. It costs, on average, £60 for each client that we help. To make a donation

please visit www.caee.org.uk/donate/

Just £5 per month could enable us to help another client this year. If you need advice, please contact our friendly team at Citizens Advice Epsom & Ewell on 0808 278 7963 (Mon-Fri, 10am - 4pm) or see our website: www.caee.org.uk

Epsom Pantry breathing life into the community

6 December 2022



Epsom Pantry is a member-led community hub and food shop opened by **Good Company** (Surrey). Opened to create a network of support and a much-needed source of affordable grocery shopping within our community. The Pantry is a means of strengthening people's financial and emotional resilience while also helping to reduce the dependency on food banks. The cost-of-living crisis means more and more households are struggling to make ends meet. The Pantry offers vital financial savings, access to healthy nutritious food and the opportunity to be part of a growing community of support during a time when it is most needed.

Image: *Volunteers Faye and David in the Pantry*

Since officially opening back in July they now have 170 members, supporting a total of 299 adults and 258 children. The Pantry membership has grown very quickly, far exceeding its aim of reaching 100 members in a year!

Bex Loomes, Epsom Pantry Manager said "With growing numbers comes a great sense of community. As soon as the shop opens there is a buzz and a lovely atmosphere. We have seen long lost friends reunited, shoppers sharing new recipe ideas, and people sitting down to chat with new friends, in a space they feel is their own. If you are in Epsom Monday to Friday, do pop in and say hello. We are open for limited hours but there is often someone in the shop ready to show you around."

Epsom Pantry works through a membership system. Anyone can apply online to become a part of Epsom Pantry or be directly referred to the Pantry by Epsom & Ewell Foodbank. The Pantry offers an alternative food-aid that is available to anyone we see at our food banks centres. They also help people before they are in that crisis situation.



Maggie and Harris showing off the allotment fruit and veg

For £5 members get to choose 10 items from the shelves. Each week this includes meat, dairy, fridge, and freezer items, as well as all the store cupboard basics and toiletries. Fruit, vegetables, eggs, and bread are all given out for free! Our members are taking home over £30 worth of food shopping for just £5, meaning they are saving an average of £1,000 a year on shopping bills.



All smiles in the Pantry with Jane, Sarah and Faye

When not open for shopping, they are running community activities. So far these have included free children's cooking classes with Jayne from Grow, Cook, Enjoy; energy advice consultations and top ups with Dave from Surrey Community Action; and adult low-cost, low-energy cooking classes with Chef Renu.

Newest staff team member **Jane** (Pantry Co-ordinator) will be heading up these community activities going forward, engaging with local agencies, and involving the wider Epsom community in what Epsom Pantry do here.

Epsom Pantry
24 South Street
Epsom
KT18 7PF

Epsom's Mental Health Week

6 December 2022



Epsom and Ewell based charities **Love Me Love My Mind** and **The Friends of Horton Cemetery** joined forces with Surrey County Council Youth Workers and others this week. In Epsom Market Square on Saturday 8th October local residents and visitors took part in the "**Out of Sight, Out of Mind**" Project. This **Historic England** supported project raises awareness of the **Horton Cemetery** in Epsom. There are buried 9000 patients of Epsom's five now closed psychiatric hospitals. The largest asylum cemetery in Europe.

Borough and County Councillor **Bernie Muir** joined in the Market Square painting of memorial flowers.



Cllr Bernie Muir paints a flower

The painting continued during a day of reflection and celebration on **World Mental Health Day** 10th October at **St Barnabas Church** in Temple Road, Epsom. Activities included a walk to Horton Cemetery beside Hook Road and a song and dance performance by students from Epsom's **Laine Theatre Arts School**.



Mayor Clive Woodbridge paints a flower

Mayor **Clive Woodbridge** joined the event and painted a flower. 900 ceramic flowers are being individually painted by young and old throughout the Borough over the year. Workshops will be held to discuss the significance of the Cemetery and the lives of those who ended up in this paupers' graveyard. The aim is to plant the flowers near the Cemetery on Mental Health Day 2023. The site was sold by the NHS to a property speculator in 1983 and has been neglected ever since.

Can we be sustainable?

6 December 2022



Sustainable Epsom and Ewell is an independent, apolitical and entirely volunteer led environmental group aiming to raise environmental ambitions in the Borough. Sustainable Epsom and Ewell was founded in late 2019.

As a group they organise events for local residents, have a website with useful local information and tips for residents, and take action with our Council. They also have a social media presence on Facebook and Instagram.

At Sustainable Epsom and Ewell they feel strongly about our local environment and want to share their resources and extensive local knowledge to get more residents involved and taking action. They have high ambitions for our Borough and believe the Council can and should take a greater lead and bolder actions to address, mitigate and adapt to the Climate and Environmental Crises.



Over the past years they have organised several events including **“Green Friday”** to raise awareness about the excessive consumption culture promoted through Black Friday events, a Cycling themed debate where both Surrey and Local councillors spoke as well as committee members of the **Epsom and Ewell Cycle Action Group**.

However, their biggest events to date have been two **Eco Fairs**, organised in partnership with **St Martin of Tour’s Church** in 2021 and 2022. The aims of the Eco Fair are threefold:

- 1) to highlight and showcase the groups active in our Borough as well as Council teams active in the environment fields,
- 2) to inspire local residents and groups to volunteer, take action and share experiences,
- 3) to highlight the strong proportion of residents keen to take personal action whilst encouraging the Council raise their green ambitions through action.

The 2022 fair included over 14 different groups, including Surrey Wildlife Trust, Epsom and Ewell Tree Advisory Group, the Lower Mole Partnership, Oxfam, the Epsom Repair Cafe, Dr Bike and the Epsom Civic Society as well as local green businesses.



This year in addition to the many residents who attended, the Fair attracted a visit from MP **Chris Grayling** and Epsom and Ewell’s Mayor **Clive Woodbridge**.

In the short-term future, they hope to continue to expand their reach to residents, campaign for real, ambitious and proactive Council measures in the environmental fields and provide opportunities for local groups and residents to meet and engage through events.

www.SustainableEpsomEwell.co.uk

Facebook/Instagram: @SustainableEpsomEwell

Surrey's Fire Service sends 4x4 to Ukraine

6 December 2022



Two **Surrey Fire and Rescue Service (SFRS)** staff members set off to Poland yesterday (Thursday 6 October) to donate another 4x4 Land Rover to the **Ukrainian Fire and Rescue Service**.

This donation is part of the National Fire Chief Council and UK charity FIREAID's convoy 4. Convoy 3, which was delivered in May this year, also saw a donation of two 4x4 Land Rovers by SFRS.

The vehicles, which have been decommissioned by the service, are typically used for off-road/rural firefighting. The service has worked with its Fire Authority, Surrey County Council, to prepare and release the vehicle.

The two staff members who have volunteered, will meet other UK Fire and Rescue Services who are donating items, they'll then handover the vehicles in Poland next week.

Acting Chief Fire Officer, Dan Quin, said: "I am proud to be able to continue our support to the people of Ukraine during this incredibly difficult time. Thank you to all organisations who are supporting these efforts and to Chris, who also donated the equipment during the last convoy, and Lee from our Engineering team, who are supporting the delivery. Chris will be taking us on the journey over on our Instagram channel, so please do follow us so you can witness another historic effort from UK Fire and Rescue Services."

Cabinet Member for Communities and Community Safety (which includes Surrey Fire and Rescue Service), Denise Turner Stewart, said: "Surrey County Council's priority is to ensure no one is left behind and supporting yet another national convoy does just that. I am so pleased that we are able to support this national effort and we would like to sincerely thank all involved." Surrey County Council has a lot of information available on surreycc.gov.uk for communities who'd like to support, as well as guidance for Ukrainians coming to Surrey.

Surrey County Council News

How to help "low-incomes" with your £400

6 December 2022



The **Epsom and Ewell Energy Support Scheme** is a plan to offer those running into difficulties immediate help with their bills, and then advice and financial support to improve energy efficiency or reduce energy consumption in their homes and so reduce bills going forward. This might include buying a more efficient appliance for them or helping with improved insulation. The scheme is supported by local MP **Chris Grayling**

To help support this programme they are asking local households who have less difficulty paying for these higher energy bills to donate their £400 support payments to the fund so that it can be used to help reduce the bills of those who are struggling. If you are able to do this, they would be very grateful, and all other donations are of course also very welcome.

The Scheme is being run jointly by the **Good Company**, which runs the local food bank, and **Citizens Advice Epsom & Ewell** helped by local Churches. It will offer both advice sessions to help those who are not sure how to improve their energy efficiency as well as assistance paying for improvements.

To make a donation, please visit the donations page at www.justgiving.com/campaign/epsom-ewell-energy-support-scheme

Epsom Advice Bureau Board boost before bad times

6 December 2022



Four new trustees have joined Citizens Advice Epsom & Ewell's (CAEE) Board to guide and lead the charity as it approaches what will undoubtedly be a very difficult winter.

Peter Edwards, chair of the Trustee Board, said: "I'm delighted to welcome four new and very talented trustees who will strengthen the Board at a challenging time for our charity, as we are already seeing rapidly rising demand for our services, inflationary pressures on costs, and fewer resources. With inflation rising steeply, the cost of living is a major concern for us all, and especially for the people we are here to help. Families on the lowest incomes will be hit hardest by spiraling price increases and our frontline advisers are already supporting people who are finding it difficult to get by."

Photo from left to right back row: Andrew Heffernan, George Bell, Ian Davison, Shaun Jones, Patrick O'Driscoll. Front row left to right: Fiona Taylor, Lisa Davis, Yvette Ball, Hardik Trivedi and Peter Edwards.

Joining the Board as new trustees are Yvette Ball, Hardik Trivedi, Fiona Taylor and Andrew Heffernan. Yvette's professional career was with the Probation Service culminating as Chief Officer of the service in Gloucestershire and then Surrey. With retirement her voluntary career has included Chair of Faith in Action Merton Homelessness Project and then of Refugees at Home before joining CAEE. In these roles Yvette led the organisations to achieve success, changing dysfunctional groups into high functioning teams and enabling the charities to thrive. She gained good knowledge of governance from experience as an Honorary Secretary. She understands disadvantage and brings her passion to tackle it as incoming Chair designate.

Hardik is an experienced consultant with Duetsche Bank and has a track record in delivering transformation projects across different industries in government and commercial organisations. Prior to consulting, he was a systems engineer within the UK Ministry of Defence. Hardik holds an MBA from University of Warwick and a MEng in Aerospace Engineering from Queen Mary University of London.

Fiona has 35 years' experience in the transport industry including 13 years with her current employer, Network Rail, holding a number of director and senior leadership roles. Fiona spent several years as a self-employed consultant, working on a range of transformation, business improvement and commercial bidding assignments.

Andrew started his career in brand marketing for a number of blue-chip organisations, following which he took a break from the corporate world to qualify as a teacher. Andrew then worked for an educational charity before taking on the role of Membership and Marketing Director for a leading membership body in the social care sector.

Those who have departed are Alison Cribbs, vice-chair, who had been a trustee since 2015, Ian Davison who joined the board in October 2016 and chaired the HR committee, Bernie Watson who joined the board in 2018, and Alexis Marz and Hony Premial who both joined in 2017 and sat on the Finance and HR committees respectively.

Citizens Advice is made up of the national charity Citizens Advice; the network of independent local Citizens Advice charities across England and Wales; the Citizens Advice consumer service; and the Witness Service.

Citizens Advice Epsom & Ewell (CAEE) is a small, local charity offering free advice and information for all who live, work and study in the borough of Epsom & Ewell. All advice is free, confidential, impartial and independent.

Each year CAEE helps around 3,000 clients with issues such as benefits, housing, debt, fuel poverty, family issues and much more. Our outcomes are extremely positive not only for the clients we serve, but also for the wider community. During 2020/21 we secured income in excess of £1.2m for our clients. Our added value to society totalled £1.06m in fiscal benefits by reducing health service demand and maintaining employment and housing. The wider economic and social benefit of our work during 2020/21 totalled almost £8m.

As a small charity we are responsible for raising our funds. It costs, on average, £60 for each client that we help. To make a donation please visit www.cae.org.uk/donate/ Just £5 per month could enable us to help another client this year.

To get advice please use our freephone advice line 0808 278 7963 or visit our website where you can get advice by emails and also find details of our drop in service.