EPSOM & EWELL TIMES
For the community, by the community. A not-for-profit service

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EXCLUSIVE INTERVIEW: Meet Epsom & Ewell's new Mayor, Clive Woodbridge.

24 May 2022



On a rainy, downcast day, Epsom & Ewell Times' Tom Luckham has had the pleasure of sitting down with Clive, Epsom and Ewell's new Mayor.

Epsom might not be too familiar with its new Mayor yet. Clive Woodbridge is a former Journalist who is now Epsom and Ewell's First Citizen. He's dedicated to raising awareness for multiple charities and good causes. He loves a curry and he has a dog named after England legend Geoff Hurst.

Clive took office on Tuesday after the official Mayor-Making ceremony on Monday evening, replacing previous Mayor Peter O'Donovon.

Mayor of Epsom & Ewell being an annual position, Clive will serve in this role for a year.

After a short(ish) discussion about our shared love of West Ham United, we got into the questions that I had prepared.

Tom: The main thing I wanted to discuss was charities, I see that you are championing seven charities in your first Mayoral year, could you expand upon why you chose those particular charities?

Clive*: They're all charities that mean something to me and Mary (The Mayoress) and our family. While Epsom and Ewell is an affluent area there are people who are struggling and I think Epsom & Ewell Foodbank are doing tremendous work. They're working with the Council to set up Epsom & Ewell Pantry. The Foodbank celebrates its 10th anniversary this year, so I thought it was an excellent time to make people aware of what they've done, and the new things that they're doing.*

Shine Cancer Support, sadly, my son passed away at the end of March after a battle with cancer, my wife and I sat down and thought that we'd like to support a cancer charity. I wanted to choose a small charity, and Shine focuses on people in their 20s, 30s, and 40s who have received a diagnosis. They're small, so if I can give them something it'll mean something to them.

Onto JDRF, that's a diabetes research charity, both my son's fiancee and my best friend from university have type 1 diabetes, so I've seen how it can be an inconvenient illness at best and a life-threatening one at worst. JDRF does a lot of good research for type 1, there are others that focus on both but I wanted to raise awareness for JDRF.

Cardiac Risk in the Young: My children went to Glyn school and we lived just around the corner. It is a charity that the School supported since some Glyn students went to sports camp and unfortunately died due to heart issues. The statistics show that many young people die from this, but if awareness is raised and they're all scanned and have those medical checks, we can potentially save lives.

Epsom Sports Club: I'm interested in sports, they do a fantastic job, they support people of all ages, they do a wide range of sports for people of all ages, the Council has always been a supporter of the Surrey Youth Games. They're trying to raise funds for a Pavillion at the moment, I'd like to raise awareness of that fundraising effort.

Racing Welfare: Well, we're a racing town and I'm an Epsom and Walton Downs conservator myself. It seems a very glitzy business but some people involved have quite hard lives, so Racing Welfare does a lot of pastoral care and financial support for those people.

Last but not least, Bliss: My wife was a midwife. She has seen the good work that Bliss does. A few parents started it up. This charity provides support for parents whose children are born very ill and have to go into intensive care.

As you can probably tell, there's no particular theme that runs through these charities, it would be nice to make money for them, but that's not my primary aim, it's about awareness so that at the end of the year, hopefully, I can give them a platform and more people can be aware of them.

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

Clive: *That's a good question, Epsom and Ewell is a wonderful place, we've got fantastic people who give up their time to help people, we've got fantastic companies who are innovating and creating new things, we're a wonderful place physically in terms of the Downs and Epsom Common, so I just want to put the spotlight on what's good about Epsom and Ewell and let those things speak for themselves. Also the diversity of our community. On Sunday there's the Hindu chariots event in Stoneleigh. I've never been to it, but I'm looking forward to going. They raise funds for charity. I think it's about celebrating our diversity. Really, it's about meeting as many people as I can, saying well done to them for their efforts and perhaps sprinkling a bit of magic mayoral dust on them.*

Tom: On the other side, what do you think could be improved about the Borough?

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Clive: *I think one of the things the Council is quite keen on is volunteering because Councils and the government can't fix everything. Increasingly we rely on the goodwill and efforts of people who might go out and pick up litter or look after people and provide that sort of support. I don't think there are any specific things wrong, but perhaps there are some things that our society needs that I can help promote.*

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

Clive: *That's a good question, I'm looking forward to being the First Citizen. Epsom and Ewell is a place I love. I'm not someone who is naturally in the spotlight. In my political career, I've tried to stay out of it. I suppose that's something I'm not looking forward to but will have to get used to "laughs". I am very much looking forward to taking part in the Platinum Jubilee celebrations. The Queen has done a fantastic job, she's a role model for anyone in public service, and I know Epsom and Ewell will make her proud. The Derby is one of her official events, so I really do hope she does come. Really, I'm just looking forward to meeting people and taking the time out of my working life to do these things. One of the things about being Mayor is that it's not an easy thing, it's a voluntary role. I'm very lucky, as we're entering more normal times post COVID-19,*

Tom: I read that you're a head judge at the British Curry Awards, what was the best curry you've ever had and who made it?

Clive: *Le Raj organises the British Curry Awards. They're my favourite outside-of-London curry house anyway, I've always really enjoyed their Chicken Biryani, so I'd probably say that. The other curry restaurant I like going to is the Cinnamon Club in London. It's very interesting, it's in the old parliamentary library that was converted, the food is fantastic and the ambience is brilliant, you're sitting there in this old library eating a curry.*

Tom: If you were just named West Ham's manager, who is the first player you would sign?

Clive: *Oh that's very difficult, anyone I want? I'll tell you what, this might be controversial, but I loved seeing Dimitri Payet play when he was there, he's doing so well at Marseille at the moment, look at his assists! If I could get him back for one year, we need a player like him. The Brentford centre-forward Ivan Toney is very impressive, he'd certainly be somewhere up there. But do you know what, if Gareth Bale, at his best, was available and willing to play for West Ham then I think I would take him? If not, I'd try and find a good young player from the lower leagues. I mean, my son's dog is called Paulo (Paulo Di Canio), my late dog was called Bobby (Moore) and I now have a Geoffrey (Hurst), so if I live long enough there'll have to be a Martin down the line.*

Platinum Jubilee: Hats 'Fit for a Queen' created to raise funds for brain tumour research

24 May 2022



Image: Local Models showcasing a selection of the hats in question. The models included Lisa Connell and Anne McEntee(fifth and sixth from left) who represented Brain Tumour Research.

Some of the UK's leading milliners have created a one-off collection of hats inspired by the seven decades of The Queen's reign to be auctioned in aid of Brain Tumour Research, it has been announced today.

The collection of 15, which is entitled "Hats Fit For A Queen" and includes pieces by Royal milliners Stephen Jones OBE and Rachel Trevor-Morgan, is being auctioned online until midnight on Sunday 12th June.

The hats will be displayed in the Queen's Stand at Epsom Downs Racecourse for both days of The Cazoo Derby on Friday 3rd & Saturday 4th June.

This year's Derby takes place across the central weekend of Platinum Jubilee Celebrations when Her Majesty The Queen is set to attend Derby Day for the 73rd time, her first since 2019.

The project forms part of Go Epsom's wider Jubilee festivities across the Borough of Epsom and Ewell, which celebrate the Queen's lasting association with hats and their continued importance as a quintessential piece of race day style.

More information about the initiative can be found here which is a new collaboration between Go Epsom, The British Hat Guild, Brain Tumour Research and Epsom Downs Racecourse and will be promoted via the hashtag #HatsFitForAQueen.

Karen Pengelly, Bid Manager for Go Epsom said: *"We chose hats as a theme because it ticks every box: hats and style are synonymous with horseracing, Her Majesty is the world's most famous hat wearer and Epsom is home to the University of Creative Arts and some of the brightest young designers. Hats are fun, stylish, visual and colourful, perfectly matching the excitement and ambience of Epsom over the first weekend in June*. In addition *to this great initiative, our local schools and charities are busy designing and embellishing their own headpieces and we look forward to seeing all of*

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the hats being proudly shown off over the Jubilee weekend!"

Carol Robertson, National Events Manager of Brain Tumour Research comments: *"We are proud and delighted to be involved in this project, and it was wonderful to see Lisa Connell model one of the hats at Epsom a few weeks ago. The British Hat Guild's generous contribution of these regal hats for the Derby will raise crucial awareness and fund vital research that can improve the lives of those living with brain tumours across the country".*

Speaking on behalf of The British Hat Guild, **Edwina Ibbotson** said: *"It has been a pleasure to have been involved in this wonderful project which has created 15 'Hats Fit for a Queen. Each hat has been expertly crafted in celebration of one of the seven decades Her Majesty has been on the throne and it is inspiring to know that the funds raised will support this vital charity. We hope to raise as much money as possible for such a worthy cause".*

Simon Durrant, General Manager at Epsom Downs Racecourse said**: "***This year's Cazoo Derby at Epsom Downs is set to be a spectacular celebration across the Platinum Jubilee weekend, and we cannot wait to welcome Her Majesty and tens of thousands of racegoers back after the last two years. We're delighted to be working closely with Go Epsom, The British Hat Guild and Brain Tumour Research in what we hope will be a lasting collaboration. We want to play our part by utilising the profile of this year's event to celebrate the very best in raceday style across The Queen's reign and raise important funds, and I would urge everyone to donate to the auction if they are able to."*

READ MORE: Platinum Jubilee: Flypast to go over Epsom

Teenager from Epsom to spend 18 years in prison after stabbing acquaintance in the chest

24 May 2022



A man who tried to murder his acquaintance and was only scared off from continuing his attack after passers-by stopped to help his victim, has been sentenced to time behind bars.

On the morning of 23 September back in 2021, Vadim Scintei, 19, stabbed his victim in the chest after a minor verbal argument on Blenheim Road, Epsom. After the victim staggered away covered in his own blood, Scintei followed and circled him on his bike until members of the public, including a doctor, stopped to help. He was then spooked and fled the scene.

Scintei, of Malden Road, Kingston-upon-Thames, appeared at Guildford Crown Court on Thursday 19 May, where despite initially claiming he had been set up, he pleaded guilty to attempted murder and possession of a bladed article, and was sentenced to 18 years in prison.

The sentencing on Thursday, 19 May, concludes a comprehensive investigation by Surrey Police's Criminal Investigation Department.

Detective Sergeant Betchley, who lead the investigation said,

"This was a violent and unprovoked attack that the victim was extremely lucky to survive. Thanks to the quick thinking and bravery of members of the public, the victim was able to make a full recovery but understandably has been left traumatised by this attack.

"The investigation team worked quickly to ascertain what had happened and only a few days after the incident on 25 September, Vadim Scintei was charged with attempted murder and possession of a bladed article. Scintei will now spend a long time behind bars where he belongs."

Epsom & Ewell Foodbank – Items they're short of this week

24 May 2022

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Image: Epsom & Ewell Foodbank

Epsom & Ewell Foodbank is a vital public service for the borough, providing assistance to people and families who are in need of help. With the current cost of living crisis, Epsom is being hit as hard as the rest of the country, and our foodbanks are unfortunately more vital than ever. Many local residents take the time to donate items to Epsom & Ewell Foodbank, not just food, but toiletries and baby-related items.

According to Epsom & Ewell Foodbank, there has been an increase in demand this month, and they fed more than 550 people in April. The foodbank has released a list of things that they're either running low on or have run out of on their website. If you find yourself with any of these items that you can spare, please make your way to one of their donation points, which are listed at the bottom of this article.

They have completely run out of:

Powdered milk
Washing-up liquid
Sweets and treats for children (freddo, buttons, mini cookies, hairdo etc.)
Chocolate treats for adults
Instant mash
Honey
Peanut butter

Long-life sponge puddings

Pump soap

Washing powder, pods & tablets (bio & non-bio)

They urgently need:

Packet soup
Tinned fish
Tinned fruit
Coffee Sugar (500g) Meat pies
Powdered milk
Long-life sponge puddings
Biscuits
Tinned vegetables
Squash
Long-life UHT milk (semi-skimmed and full fat only)
Long-life fruit juice

Spaghetti in sauce

Pasta sauce

Shaving foam
Deodorant – all kinds
Shampoo & conditioner Adult toothbrushes

They are fully stocked with:

Pulses, pasta, rice and beans.

Their donation points are located at:

Leeds Building Society, 13 High Street, Epsom, Surrey, KT19 8DA

Epsom Methodist Church, Ashley Road, Epsom, Surrey KT18 5AQ

Budgens, 65 The Broadway Stoneleigh, Epsom KT17 2HP

Sainsbury's, Kiln Lane, Epsom, KT17 1EQ

Sainsbury's parking garage, Leatherhead

Tesco, Oxshott Road, Leatherhead, KT22 0EF

Asda – Burgh Heath

The donation drop-off times are: Monday to Friday 9 am – 2 pm. They are closed on Bank Holidays.

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The Foodbank's contact details are:

Email – foodbank@generation.org.uk

Phone – 0208 786 8221

READ MORE: Is this Epsom Couple getting their heating for free?

Cllr Gulland: Insulate & Generate – two key aspects to include in the Local Plan for Epsom & Ewell

24 May 2022



Joining us for the other side of the coin regarding our articles on heating and insulation, Councillor David Gulland (College Ward – Liberal Democrat) goes over some topics regarding the Local Plan for Epsom & Ewell

Two of the many crises facing our residents are the dramatically increased costs of energy, which disproportionately hits those less well off, and the continued climate emergency. A third, more local, one is the slow evolution of the required Local Plan that sets out the long-term strategy and requirements for new homes in the Borough.

Why is the Local Plan important?

This document forms the basis for assessing building applications and without it, the Council has limited ability to challenge inappropriate development. A Local Plan also sets out how the local authority intends to meet, or why it cannot meet, the centrally set target for new houses. The Local Plan recently published by Mole Valley demonstrates how these centrally set targets can be robustly challenged, with the Plan now out for consultation proposing 353 new homes each year rather than the government's target of 456. Our local Council recently approved a new timetable for producing our Local Plan, which means a full draft will not be ready for public consultation until September 2023 (although some initial consultation is expected to start in October this year). It will be interesting to see whether the ruling RA Party will accept the government's basic target for Epsom & Ewell of 579 homes each year, or will provide a robust explanation of why the target is inappropriate and unachievable.

The win-win of setting high energy efficiency standards.

Well-insulated homes can save £671 a year in heating costs – even before the recent price increases. In the winter of 2018-19, 17,000 lives were lost due to cold housing conditions, the highest since 1976. A greater quantity than the cumulative deaths from breast and brain cancers in the same period. The UK has the second-worst cold weather mortality rate of 30 European countries, and when balanced for wealth, ranks amongst the worst in the world. However current national standards for energy efficiency are not good enough, and the government has recently canned the scheme to help households with the costs of insulation. The Local Plan for Epsom & Ewell should therefore impose higher requirements than the minimum, following the lead of Mole Valley.

Tackling the climate emergency – one home at a time.

Energy usage in our homes accounts for 14% of UK emissions. To tackle the climate emergency, we know that we must urgently reduce our carbon footprint. The phrase 'activism starts at home' could not be truer. It shouldn't cost the earth to live in a healthy, comfortable dwelling. So as well as concentrating on insulation, the expectation should be that our Local Plan should require all new builds to do as much as possible to generate their own source of power and heating, through PV panels and air or ground-source heat pumps. Indeed, could our Borough show some innovative thinking and propose ideas such as solar panel structures over the surface car parks at Upper High Street, and micro-wind turbines on all buildings?

If this topic interested you, please read an Epsom resident's experience with insulation and heating by clicking here.

Image Unsplash

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Is this Epsom Couple getting their heating for free?

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Image: Unsplash

As part of our duo of articles regarding insulation and heating, Epsom & Ewell Times met Peter and his wife Elsa. Peter is a brave local resident who took the plunge with an air-heat pump system. The unit set him back a staggering £11,000 to heat a home of 8 rooms.

Why did you do it?

"I'm a bit geeky and regard myself as an "early adopter" of new technologies. The price of these pumps will go down in time. It strikes me as a no-brainer when for every kilowatt of energy you pay for you can get as much as four kilowatts of heat for free."

How do you defy Julius Robert Mayer's law on the conservation of energy?

"Read it in full: *"The law of conservation of energy states that energy can neither be created nor destroyed – only converted from one form of energy to another. This means that a system always has the same amount of energy unless it's added from the elsewhere". It's that last bit that gives the free energy. You know the back of a fridge gives off heat when a liquid inside evaporates. Basically, the air-heat pump uses a liquid with a very low boiling point, about -5 degrees. A fan, you pay to power, blows air from the outside onto a mesh of tubes containing the liquid and the condensing of the evaporated liquid enables the release of heat."*

"I had to replace my gas boiler anyway that would have set me back about £5000 and when I invested in the air-heat-pump the Government's Domestic Renewable Heat Incentive scheme was open and I am eligible for payments of about £5000 over seven years."

The scheme opened in 2014 and closed to new applicants on 31st March this year.

"It does work", he enthuses. But, an investment in a system that really works is not for faint hearts. There are many suppliers who may send salespersons to persuade you that their company's system is a workable solution. *"The best thing to do is to get as many quotes and free surveys as possible. Ideally, pay for a fully independent expert report from a consultant who is not tied in any way to a supplier. There is a lot of maths involved in determining the right solution, if any, that will work for your house. The older your house the greater the challenge. In my case to make it work I had to invest thousands in insulating my 120-year-old house. Cladding on the outside, improvements to double-glazing, cavity wall filling and also I converted to under-floor heating."*

When do you think you will break even?

"I don't see myself doing that, as things are now, but with the massive increases in energy prices recently and further increases on the horizon, it is quite possible I will make savings in the long run. And if you live in a new build with high insulation standards you have a head start".

Elsa interjects to say she needs to switch on an extra electric heater when Peter is not looking. That is why Epsom & Ewell Times are respecting this couple's request for anonymity.

If this topic interested you, please read its twin article, a piece by Epsom LibDem Councillor David Gulland on insulation…

Share your thoughts with other readers on the pros and cons of ground-source and air heat pumps to replace your gas boilers. Contact us via Twitter @EpsomandET or via email at admin@epsomandewelltimes.com

READ MORE: Joe Wicks documentary: Epsom-born Fitness star shares his emotional family struggles

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Steve Cauthen joins ITV Racing for Cazoo Jubilee Derby

24 May 2022

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Image: Edward Whitaker (racingpost.com/photos)

Legendary American Jockey Steve Cauthen has announced he will join ITV Racing to cover the Platinum Jubilee Derby in Epsom. Cauthen, born in Kentucky to a horse-trainer father, began his racing career in the USA before moving to the UK, where restrictions on Jockey weight are more relaxed.

He has enjoyed an extremely successful career, being the only Jockey to have won both the Kentucky Derby (1978) and the Epsom Derby (1985, 1987), he was even named Sport's illustrated Sportperson of the Year in 1978, after becoming the youngest jockey to win the coveted U.S. Triple Crown.

Cauthen will be broadcasting in the UK for the first time ever, he's more than familiar with Epsom and will be surely be warmly welcomed back by the racing community.

Joining Steve Cauthen on the podium will be Ed Chamberlain, triple Derby-winning jockey Johnny Murtagh and former jockey, Jason Weaver. They also be joined by ITV Royal correspondent, Katie Nicholl.

"Having won the Derby on both Slip Anchor and Reference Point, Epsom is a special place for me and to be presenting there for ITV on the Queen's Platinum Jubilee weekend will be extraordinary," said Cauthen.

READ MORE: Epsom Downs Racecourse: Brian Finch appointed New Chair

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Looking back on the Epsom & Ewell Showcase

24 May 2022



Pictured above: Musical artist and former X-Factor UK contestant Souli Roots and her daughter.

Epsom Rotary Club is about community, charity, fun and friendship. They run social events throughout the year and are involved in projects in both the local and international communities. Having been involved in many charitable events across the borough (They donated PPE and a seat to Epsom Hospital in 2020) they're well known in the borough as a powerful charitable and social force.

They also run the Epsom and Ewell Showcase, which took place in April, featuring a number of performers and raising funds for multiple charities. Featuring artists such as Protogem, Souli Roots and the Epsom & Ewell Silver Band, the showcase is a fantastic event meant to raise money for good causes, and celebrate the local artistic talent in a community-driven way.

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Protėgėm, an Epsom dance troupe

Sad you missed it? Fear not, read below a short write-up that the Rotary Club has kindly provided us with…

"Wow! What a great evening. I run a group, can we sign up for next year. Weren't the Mencap group a joy. Can I get a CD?" These were just some of the comments we got after the hugely successful Epsom and Ewell Showcase which Epsom Rotary Club produced last night. (19 April 2022). It was a truly incredible evening which is what you get when you have performers who love to be on stage supporting a cause which they believe in. It's just amazing the drive that is shown as everyone wants to do their best. People went home with a spring in their steps. When you saw some of the young dancers you felt that some stars were born last night. Pictures are of Protėgėm dancers and Souli Roots and her daughter arriving for rehearsals."

Needless to add, all the performers enjoyed their experiences and the Epsom Rotary team achieved a massive sense of pride in being part of the show. The funds were raised for four charities involved, Age Concern, Dyscover, Mid Surrey Mencap and Mary Francis Trust and we were able to raise profits to the tune of approximately £2,400. The lineup was three dance groups – Ambition School of Dance, Bharatha Kalalayam Dance, Protegeim, bands – Badger Set, Epsom & Ewell Silver Band and Low Key Affair, solo artists, Daniel, Cam and Jamie respectively doing sets on vocals and guitar, and keyboard and Leatherhead Link for Mencap and not least duo act Souli Roots and with a tribute to the Queen's Jubilee – the National Anthem where the audience all joyfully waved flags.

The Rotary Club's Press officer Maria Antiss told me *"Our aspiration for the future is to expand membership so that we can achieve more community work and raise funds for good causes both locally and internationally"*

With the Rotary Club's eye's set on expansion, now would be a very good time to get involved with a great local organisation.

READ MORE: Council Committees: Everything you need to know

If you are interested in the work that Epsom Rotary Club does, or interested in helping out in their volunteering events, then please get in contact with them via their website or social media channels.

Epsom Downs Racecourse: Brian Finch appointed New Chair

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Image: Brian Finch | The Jockey Club

On Tuesday (17th May) it was announced that Brian Finch would succeed Julia Budd as the Chair of Epsom Downs Racecourse beginning June 5th. Budd's term will end after the Cazoo Derby Weekend.

A passionate racing fan since his childhood in Zimbabwe, Brian has been involved in racehorse ownership for over 25 years and joined the Epsom Racecourse Committee in 2021. Currently retired, he is also a member of the Racecourse Committee at Sandown Park Racecourse and a Trustee of the National Horseracing Museum.

Brian Finch said: *"I am delighted and hugely honoured to succeed Julia at Epsom Downs, a racecourse that will soon host the 243rd running of the iconic Derby.*

"I very much look forward to working with the Jockey Club team to build on the great work of my immediate and past predecessors ensuring that the Derby and Epsom Downs racecourse continue to remain part of the national social fabric."

Sandy Dudgeon, Senior Steward of The Jockey Club, said: *"I am delighted that Brian has agreed to become Chair of Epsom Downs Racecourse following this year's historic Derby.*

"His experience both inside the racing industry and beyond, coupled with his huge enthusiasm for the sport and Epsom Downs will be a huge asset as our stewardship of this iconic racing venue and its most famous race enters a new and exciting chapter.

"I must also thank Julia for her dedication, time and wise counsel in her time as Chair. Her guidance in navigating the unprecedented challenges of the last two years has been invaluable and this year's Derby and its place in the Platinum Jubilee Celebrations will be a fitting way to end her term. She does so with my best wishes and the sincerest thanks of all at The Jockey Club."

READ MORE: Joe Wicks documentary: Epsom-born Fitness star shares his emotional family struggles

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Joe Wicks documentary: Epsom-born Fitness star shares his emotional family struggles

24 May 2022



Image credit: (BBC/Mindhouse/Phil Sharp)

In a new documentary titled Joe Wicks: Facing My Childhood, Epsom born and raised Joe Wicks, better known as 'The Body Coach' has shared his story regarding growing up with parents who suffer from mental health issues.

Many people have followed Joe's work for years, he's even been referred to as a 'National Treasure' by many. He truly became a household name during the early stages of the pandemic, releasing 'P.E. with Joe' videos on YouTube to help keep Britain fit and healthy during lockdown.

Born and raised in Epsom, Joe went to Blenheim High School in Ewell and attended college at NESCOT before undertaking a Sports Science degree at the University of Twickenham. After university, he briefly worked as a teaching assistant before becoming a personal trainer. Joe began posting workout and nutrition-based content onto his Instagram page in 2014, eventually amassing over 4 million followers. He has hosted a segment on Channel 4 titled 'Joe Wicks – Body Coach' and released a series of cookbooks that feature workouts and healthy recipes. He has also appeared on multiple talk shows, on top of being given an MBE in 2020.

The Body Coach has now released a documentary on the BBC regarding his childhood and family struggles with mental

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health. The documentary features Joe returning to his childhood home on Curtis Road in Ewell, and going back to visit his old school, Blenheim.

Wicks, whose father was a heroin addict and whose mother suffers from debilitating OCD, opened up about the anxieties and struggles he faced growing up, and how he felt like he was unable to process the strong emotions that his family situation inspired in him.

Speaking to O.K. Magazine, Joe says: *"It's so important. I just think a lot of men struggle with showing emotion and being vulnerable and crying. But if you can unleash that emotion it's a superpower."*

He continues: *"I've cried on TV, radio shows, my podcast. I'm a crier and I love it. I'm not embarrassed. I cry all the time because I'm proud and I get emotional."*

Reflecting on the documentary, Joe added: *"I really don't want it to be a heavy documentary that's really sad and depressing. I want there to be a positive outlook on it.*

The documentary was broadcast on Monday 16th May 2022, and is available to watch on BBC iPlayer now.

READ MORE: Epsom Safe Haven moves to new location

Council Committees: Everything you need to know

24 May 2022



With the Mayor Making ceremony last night at Bourne Hall, Epsom and Ewell officially have a new mayor, along with the new mayor, the policy, standards, advisory and regulatory committees have had new chairs and vice-chairs appointed.

Who chairs what committee? What do these committees do? Read on for all you need to know about the committees and their new chairpeople.

Audit and Scrutiny Committee



Steve Bridger (left) and Nigel Colin (right)

Chair: Steve Bridger

Vice-Chair: Nigel Colin

The Audit and Scrutiny Committee is an audit committee made up of 10 councillors and serves as the council's primary form of internal scrutiny. The committee serves many vital functions, such as monitoring the progress of the Council's corporate plan, reviewing and approving the annual governance statement and exercising scrutiny and review functions.

The committee will now be chaired by Councillor Steve Bridger of Stamford Ward, and Vice-Chaired by Councillor Nigel Colin of College Ward.

Community and Wellbeing Committee

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Alex Coley (left) and Christine Cleveland (right)

Chair: Alex Coley

Vice-Chair: Christine Cleveland

The Community and Wellbeing Committee is a policy committee dedicated to the promotion of sports, leisure, cultural and recreational activities in the borough. The committee is also responsible for the management of The Playhouse, Bourne Hall, Ewell Court House, The Rainbow Centre and Bourne Hall Museum.

The committee's agenda is very broad, covering everything from parks and recreation to housing benefits, making it one of the most important vital committees for the day-to-day running of the council. The committee will now be chaired by Councillor Alex Coley of Ruxley Ward ad vice-chaired by Christine Cleveland of Ewell Ward.

Environment & Safe Communities Committee



John Beckett (left) and Arthur Abdulin (right)

Chair: John Beckett

Vice-Chair: Arthur Abdulin

The Environment & Safe Communities Committee is a policy committee responsible for transportation policy, waste management refuse and collection, as well as community safety and crime prevention. An extremely important committee, it manages many vital aspects of policy for the council.

The committee will now be chaired by Councillor John Beckett of Auriol Ward, and vice-chaired by Councillor Arthur Abdulin of Town Ward.

Licensing and Planning Policy Committee



Steve McCormick (left) and Peter O'Donovan (right)

Chair: Steven McCormick

Vice-Chair: Peter O'Donovan

The Licensing and Planning Policy Committee serves to consider and approve Local Plan documents for public consultation (including Development Plan Documents up to the Preferred Options stage and Supplementary Planning

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Documents up to the Consultation stage). The Committee also considers and approves (i) draft Conservation Area Appraisals and Management Plans for public consultation and (ii) the final version of Conservation Area Appraisals and Management Plans, as well as safeguarding the historic environment of Epsom & Ewell.

The committee is now chaired by Councillor Steve McCormick of Woodcote Ward, and vice-chaired by Councillor Peter O'Donovan of Ewell Court Ward.

Planning Committee



Humphrey Reynolds (left) and Phil Neale (right)

Chair: Humphrey Reynolds

Vice-Chair: Phil Neale

The Planning Committee is a regulatory committee in place to deal with regulatory matters required by and flowing from, Town and Country Planning legislation including matters relating to high hedges, and to develop and maintain communication and consultation with the public, local businesses and relevant organisations.

The committee is now chaired by Councillor Humphrey Reynolds of Ewell Ward and vice-chaired by Councillor Phil Neale of Cuddington Ward.

Strategy and Resources Committee



Neil Dallen (left) and Hannah Dalton (right)

Chair: Neil Dallen

Vice-Chair: Hannah Dalton

The Strategy and Resources Committee is a policy committee that is responsible for the Budget and Policy Framework, for submission to the Council, and for implementation and monitoring of treasury management policies. The committee is also responsible for Human Resources management and investment strategy.

The extremely important committee also has jurisdiction over electoral matters, including polling stations and ward boundaries.

The committee is now chaired by Councillor Neil Dallen of Town Ward and vice-chaired by Councillor Hannah Dalton of Stoneleigh Ward.

Standards and Constitution Committee

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Liz Frost (left) and Hannah Dalton (right)

Chair: Liz Frost

Vice-Chair: Hannah Dalton

The Standards and Constitution Committee is a standards committee responsible for assisting and advising the Council in meeting its duty to promote and maintain high standards of conduct by members, to monitor and review the effectiveness of the Code of Conduct for members and To ensure that the general public are informed of the effectiveness of the Council's promotion of high standards of conduct by members and effectiveness of arrangements to deal with breaches of the Code of Conduct for members.

The committee is chaired by Councillor Liz Frost of Woodcote Ward and vice-chaired by Councillor Hannah Dalton of Stoneleigh Ward.

Financial Policy Panel



Chair: Neil Dallen

The Financial Policy Panel serves to advise the Strategy and Resources Committee on all matters relating to budget and policy framework (including the setting of staff pay) and all matters legislation or policy related to local government finance. The committee also serves to scrutinise treasury management, for both strategy and policy.

The panel is chaired by Councillor Neil Dallen of Town Ward.

Health Liaison Panel



Chair: Christine Cleveland

The Health Liasion Panel advise the Community & Welling Committee on preparing, promoting and monitoring the Council's Health Strategy in association with National Health Service bodies, Social Services and the voluntary sector; providing leadership and liaising with NHS bodies, the County Council and other agencies to promote the effective use of all resources and the delivery of best value Health and Social Services to the community.

It is chaired by Councillor Christine Cleveland of Ewell Ward

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Human Resources Panel



Chair: Peter Webb

The Human Resources Panel serves to advise the Strategy and Resources Committee on employment policies and good practice (excluding the setting of staff pay); staff wellbeing.

It is chaired by Councillor Peter Webb of Auriol Ward

Councillor Clive Woodbridge is the Borough's new Mayor

24 May 2022



Picture credit: Nathalia Anzola photography

Councillor Clive Woodbridge was officially recognised as the Mayor of Epsom and Ewell for this year at the Council's annual Mayor Making ceremony at Bourne Hall, Ewell on Monday 16 May.

As Mayor for the year 2022/2023, Clive will have a full diary from day one with a number of civic events planned through the year including visits to residents, community and sports groups, as well as representing the borough's residents at formal Platinum Jubilee activities.

On becoming Mayor, Clive said, "It is a real honour to be chosen by my peers to be Mayor of Epsom and Ewell, a borough that has been my home for more than 40 years. I'm really looking forward to using this time as an opportunity to highlight the many individuals and groups who do so much to make this a very special place, where people care for one another and take great pride in where they live. I hope to visit as many residents and local organisations as possible in my term of office and showcase what a truly wonderful community this is."

Clive has been a councillor representing the residents of Ewell since 2007. Over the past 15 years, he has fulfilled a number of different roles at Epsom & Ewell Borough Council, including being Chair of both the Leisure and Planning committees. Clive has also played a leading role nationally within the Local Government Association (LGA) and is currently Deputy Chair of its Safer and Stronger Communities Board, having recently been Deputy Leader of the LGA Independent Group. During his time as Mayor, he has to remain politically neutral.

Community roles have included being a Governor at two local schools. For a number of years, he has served on the committees of the 2nd Ewell Rainsters scout group and the Ewell Parochial Trust and he is active within the local Town-Twinning Association.

For 40 years Clive has been a freelance technical journalist, specialising in shipping and ports and is a recognised contributor to many different international trade publications.

He has also been a head judge for the British Curry Awards since its inception.

Born in High Wycombe in 1958, Clive attended Wycombe Royal Grammar School, Warwick University and London School of Economics. He moved to Ewell in 1982, married Mary in 1985, and brought up three boys.

Clive is a keen West Ham supporter and season ticket holder, which, he says, has over the years brought him pain and pleasure in fairly equal measure.

During his Mayoral year Clive will aim to raise awareness of, and funds for seven charities, all of which have a connection to causes close to his and Mary's heart. These are:

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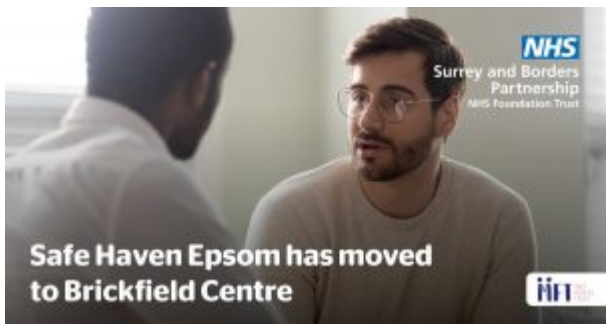
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- Epsom & Ewell Foodbank
- Shine Cancer Support
- Epsom Sports Club
- Cardiac Risk in the Young
- Racing Welfare
- Bliss
- JDRF Diabetes Research

READ MORE: Epsom’s House of Fraser closing date revealed

Epsom Safe Haven moves to new location

24 May 2022



The Epsom Safe Haven from today, 16th May, has been moved and will now be based at Brickfield Centre, Portland Place, KT17 1DL, and will be ready to see people from 6 pm tonight.

> *The Epsom Safe Haven has moved.*
> *From today, 16 May, the Safe Haven will be based at Brickfield Centre, Portland Place, KT17 1DL and ready to see people from 6pm. See the full story https://t.co/I5tEbYfQl2 pic.twitter.com/geDnIWuplr*
> *— Surrey and Borders (@sabpNHS) May 16, 2022*

The Safe Haven program is a series of out-of-hours clinics available for people suffering from a mental health crisis, it operates as a drop-in service. It’s meant to serve as a safe alternative to A&E for people suffering from mental health issues. It has branches all over the country, including Epsom.

The relocation follows a decision by commissioners from Surrey County Council, funders at Surrey Heartlands Integrated Care System, as well as service providers Mary Frances Trust and Surrey and Borders Partnership NHS Foundation Trust (SABP) that the current building is no longer suitable to deliver the service. After an extensive engagement period to gather views from people using the service as well as partner organisations and local stakeholders, it was decided that the best location for the service was at the Brickfield Centre in Epsom.

For more information about Epsom Safe Haven, please visit their website.

Epsom & Ewell F.C. announce Anthony Jupp as new manager

24 May 2022



Epsom & Ewell F.C. have announced that Anthony Jupp will become their new head coach, following the departure of

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Jamie Byatt. Jupp was formally the manager of Horley Town F.C.

Epsom & Ewell finished in 6th place in the Southern Combination League this season, and no doubt be looking to strengthen their squad over the summer.

Anthony will assume this position immeadlety, as Epsom & Ewell F.C. look to take on their pre-season friendlies…

Epsom & Ewell Times would like to congratulate Anthony wholeheartedly, as we all look forward to watching Epsom & Ewell F.C. again next season.

Platinum Jubilee: Flypast to go over Epsom

24 May 2022



Image: www.visitlondon.com

The Queen’s Platinum Jubilee is just around the corner, and excitement is growing for the many events being held to commemorate it. A classic staple of the Jubilee is the RAF Flypast that will take place this summer (June 2nd) to close off the Queen’s Birthday parade.

Spectators will be able to witness the stream of red, white and blue smoke as the RAF makes their flyover Surrey, going over Guildford, Reigate, Woking and, of course, Epsom.

READ MORE: Platinum Jubilee: 5 things to do in Epsom!

The timetable for the Platinum Jubilee Flypast shows the approximate timescale of the event and shows you when you will be able to see the event in your area. The jets are expected to be over Surrey between 12.50 pm and 1.30 pm.

Are you planning out looking our for the RAF on June 2nd? Let us know on Twitter: @EpsomandET, and keep checking epsomandewelltimes.com for more jubilee stories!

READ MORE: Epsom Derby: Queen’s horse pulled out of race

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