

# Epsom & Ewell Borough Council celebrates its first Young Legends graduates

28 December 2025



Epsom & Ewell Borough Council proudly marked the completion of its first Young Legends programme with a celebration event for participants and their families.

Over the last nine weeks, over 80 children aged 9-11 enjoyed a range of sports and creative activities as part of the council's Health & Wellbeing Strategy, that aims to improve the mental and emotional wellbeing of all residents. The programme supports the strategy by helping children and young people be more active, learn new skills and build connections—key to improving mental and emotional wellbeing.

Children from across the borough took part in Arts & Crafts, Basketball, Girls Rugby, Judo, Musical Theatre and Yoga. The programme was delivered by trusted and skilled coaches from the Body & Brain, Cadgers Basketball Club, Creative Minds, Laines Theatre Arts, Sutton and Epsom Rugby Club, and Westcroft Judo Nork at no cost to the children or their families.

The graduation was a celebration of the programme and included a performance by children who took part in the programme's Musical Theatre sessions, and an arts and crafts activity. The Council's Chief Executive, Jackie King, Councillor Clive Woodbridge and Councillor Bernice Froud joined families and coaches at the event.

Hayley, parent of an Epsom & Ewell Young Legends participant said: "The Young Legends Musical Theatre course gave my son an opportunity to experience performance arts in a way he might not otherwise have had. He discovered a passion for performing and the support and encouragement he received gave him the confidence to overcome any initial fears and showcase an amazing talent we were unaware he had!"

Councillor Clive Woodbridge, Chair of the Community & Wellbeing Committee commented: "Our Epsom & Ewell Young Legends programme has been a fantastic experience! We focused on children aged 9-11 to support their transition to secondary school, which we know can be a particularly challenging time, and we're delighted to have been able to give them the chance to take part in a variety of fun activities—helping to build their confidence as they navigate this key stage.

Parents have shared some wonderful feedback. One discovered their child has a real passion for singing, whilst another said yoga sessions have helped improve their child's emotional wellbeing.

A huge thank you to everyone who made this programme possible: the coaches and practitioners who gave their time, and our dedicated council officers who worked hard to deliver a programme that supports children during this key stage.

We're proud to have supported local children and hope they feel inspired to keep exploring any opportunity that comes their way—long after the programme ends."

## **About Epsom & Ewell Young Legends programme 2025**

More information about the Epsom & Ewell Young Legends programme can be found here: [Epsom & Ewell Young Legends | Epsom and Ewell Borough Council](#)

## **About the EEBC Health and Wellbeing Strategy 2025-2028**

The strategy is designed to support all residents, with particular attention given to children and young people, older adults, individuals whose health is affected by broader social and economic factors and those whose personal circumstances may disproportionately increase their vulnerability to poor health and wellbeing. The strategy also includes specific references to those who are disproportionately impacted by isolation, disability, digital exclusion and people with long-term health conditions. (Public Pack) Agenda Document for Community and Wellbeing Committee, 08/07/2025 19:30

## **About Body & Brain, Epsom**

Body & Brain Epsom Centre offers classes in deep physical, emotional and spiritual healing through meditative movement, deep stretching and shaking exercises. The practice originates from Korea where it has a rich 5,000 year old history of holistic healing and mind-body practices. Devoted to helping individuals better manage and utilize their brains, this beautiful discipline is suitable for people of all ages and levels, and it is the perfect way to increase your physical activity and gain a greater sense of peace. [Body & Brain | EPSOM | Class Schedule](#)

## **About Cadgers Basketball Club**

Cagers Basketball Club is committed to fostering a love for the game and providing competitive basketball for players of all ages and abilities. Their core values include hard work, respect, discipline, and enjoyment. Through teaching correct fundamentals and improving basketball knowledge and skills, we prepare players for the next level, emphasising individual success within a team-oriented framework. Epsom and Ewell Families » Cagers Basketball Club

### **About Creative Minds**

Founded in November 2012, Creative Minds has been delivering accessible and empowering art sessions for over a decade, earning a reputation as a highly trusted and respected service provider across the UK. Their Creative Minds (CM) Artists bring creativity, expression, and human connection to every session they deliver. We work with a wide variety of venues, including care homes, schools, learning disability services, day centres, and many more, ensuring art is accessible to people of all ages and abilities. About Us - Creative Minds - Accessible Art Sessions For Everyone!

### **About Laines Theatre Arts**

Since its inception in 1962, Laine Theatre Arts has been dedicated to the fostering of creative talent. Among their alumni are some of the most highly regarded performers, teachers, choreographers, and director-choreographers in the world. The College's outstanding reputation in the performing arts has been built on its unique identity as a training provider, exceptional employment records, and the company values instilled in its students which are noted, time and again by employers. Those familiar with Laine Theatre Arts agree unanimously that it is a unique environment. Who we are - Laine Theatre Arts

### **About Sutton and Epsom Rugby Club**

Founded in 1881, Sutton & Epsom is one of the oldest active Rugby Clubs in England with a proud and magnificent history. We first played against Saracens as far back as 1883/84, as one of their very early opponents, and in 1901 beat Stade Francais on their home turf.

Today the Club is one of the largest amateur Rugby Clubs in the Country and from its main ground in Rugby Lane, Cheam, remains run by enthusiasts for enthusiasts. They have over 30 teams with 1,200 current and former playing members, plus 1,800 social members. [suttonrugby.co.uk](http://suttonrugby.co.uk)

### **About Westcroft Judo Nork**

Their martial arts store offers an extensive selection of high-quality gear and apparel for practitioners of all levels. With products sourced from reputable brands, they ensure that both beginners and seasoned martial artists find the equipment they need to excel in their training. Westcroft Judo Nork

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