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

5th November 2026

ISSN 2753-2771

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Epsom fair for health and well-being

18 September 2023

On Saturday, September 23rd, the local charity **Age Concern Epsom & Ewell** will be hosting a Health & Wellbeing Fair at **Rosebery Park** in **Epsom**. The event is scheduled to run from 10 am to 3 pm and is open to attendees of all ages.

This community event aims to provide a diverse range of informative talks and demonstrations by local groups, charities, and small businesses, all focused on promoting and encouraging a healthy and well-balanced lifestyle. Visitors can expect insights from health practitioners on topics such as maintaining good posture, enhancing flexibility, foot care, the benefits of deep breathing, and mindfulness, among others.

The Rainbow Leisure Centre will be showcasing their activities suitable for individuals of all ages, while children can engage in rhythmic fun with Drumz Epsom. A fascinating tree trail will also be a part of the day's offerings, providing an opportunity for attendees to learn intriguing facts about the local park's trees. A small entry fee of £3 is required for the tree trail, and participants are encouraged to uncover hidden clues to unveil a special surprise, with all entries receiving a unique prize.

Further details about the tree trail can be found at https://www.jumblebee.co.uk/roseberyparktreetrail.

Throughout the event, there will be informative displays and talks by organizations such as the Epsom & Ewell Countryside Team, Epsom Common Association, Sustainable Epsom, and Ewell, and the Surrey Wildflowering Trust. Attendees can also take advantage of free bike checks, courtesy of Dr. Bike, available from 10 am to 3 pm.

The fair will also feature acclaimed author **Sarah Tucker**, who will deliver talks on the art of storytelling and the benefits of writing. Those interested in reducing waste can bring their own containers to shop with The Floating Refillery, a vendor offering a variety of quality household goods, cereals, and spices. Paper bags will also be available for use.

For those looking to satisfy their taste buds, Bake 88 will be on hand with delicious and healthy light bites, including award-winning bagels. Attendees can even bring a jam jar to create a sourdough starter to take home and nurture.

Age Concern Epsom & Ewell will be sharing information about the services they offer for the older generation within the borough. They will also discuss the various volunteering opportunities available and how both clients and volunteers can benefit from giving a little of their time each week.

The organizers are excited to present this event, which promises a wide array of engaging activities and informative sessions. They hope that attendees will take a leisurely stroll to explore the offerings and show their support for this inaugural event. It is anticipated that attendees will leave with newfound knowledge and perhaps even be inspired to try something new.

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