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Epsom residents score double-century

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Two residents at Linden House Care Home in Epsom have celebrated their 100th birthdays surrounded by fellow residents, relatives, and the dedicated staff at the Surrey-based home.

Edith Valerie Griffiths, known as Val, and Evelyn Houseman marked their milestones with a small but special get together with friends and family. Val and Evelyn, who have both lived rich and active lives, were delighted to share their landmark birthdays with those closest to them.

Val, who was born in Richmond, Surrey, experienced a childhood of frequent moves due to her father's work. Despite the disruptions, Val developed a passion for sports, excelling in tennis, table tennis, ice skating, and skiing. During World War II, she was evacuated to Berkhamsted but returned to London after a year. Val married at the age of 33, becoming a mother to three boys, and is now also a grandmother of three.

Evelyn, a lifelong resident of Epsom, is renowned for her knitting and love of fashion. Having worked as a seamstress, she takes pride in the knitted jumpers she still wears today. Evelyn has always been passionate about music and dance, and she never misses a chance to be the first on the dance floor when Linden House hosts live entertainment.

Maintaining a healthy diet and drinking very little alcohol has helped Val live a long and happy life. Val's family believes that moderation has been key throughout her life but also acknowledge that good genes have played a significant role in her longevity.

Josephine Gbadamosi, manager of Linden House said: "Celebrating Val and Evelyn's 100th birthdays has been a wonderful experience for everyone at Linden House.

"These incredible women have lived rich, full lives, and their stories continue to inspire us all. It's a privilege to have them as part of our community, and we look forward to creating many more happy memories together."

Linden House, located in Epsom, Surrey, is rated 'Good' by the CQC, with an 'Outstanding' rating for its well-led category. Part of Wren Retirement Living, Linden House is managed by Healthcare Management Solutions, committed to providing high-quality care in a supportive and engaging environment.

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