



# Epsom and Ewell FC's narrow defeat

**Tooting & Mitcham 2 - 1 Epsom and Ewell FC. Saturday 29th November. Imperial Fields, Morden. Combined Counties Premier South League**

The Salts slipped to a narrow 2-1 defeat at high-flying Tooting & Mitcham Utd on Saturday afternoon despite playing most of the football that was played. The referee showed 7 yellow cards to the two sides on the pitch (5 to The Salts), as well as a couple of yellows to the management teams and a red card to one of Tooting & Mitcham's assistants. We did wonder if the game would be played due to torrential rain in the Epsom area, but if it did rain in Tooting, the ground played very well. The number of yellows does provide a suggestion of the type of game played out.

We kept the same starting team from last week's abandoned game v Badshot Lea, with only Ethan Charles-Brazier replacing Ryley Merrett on the bench. The game started well for Epsom & Ewell as we went on the attack from the kick-off and Ali Fofahan was on the receiving end of a bad tackle from T&M No. 6 Jordy Ndozid, who found himself in the book in the 1st minute. Unfortunately, nothing came from the free-kick. Fofahan was causing problems on our right and a great ball in found three players at the back post but Aiwone could only head the ball high and wide from close in. Shortly after, T&M No. 10 Simeone played a ball back to his keeper without really looking, but fortunately for him it was just ahead of Robinson, who was just a little too far out to get to it before the keeper cleared.

On 15 minutes a long ball from T&M found its way into the Salts' box and it was allowed to bounce. Unfortunately, it bounced up and hit Nazareth on the hand and even though it was by his side and not in an unnatural position, the referee pointed to the spot, aided by the shouts of the large crowd of T&M fans behind our goal. T&M No. 9 Shay Brennan made no mistake. Tooting & Mitcham 1-0 Epsom & Ewell.

We were still in the game causing lots of problems on our right. Luis Oliveira went on a mazy run and was clipped just inside the box. Deciding to stay on his feet he chased the ball but was unable to cross it. Should he have gone down? I would say if he had, the referee would have pointed to the spot, but it was still a foul that made him lose control, so really it should have been awarded either way. A few minutes later Oliveira went on another run, the T&M defenders this time not wanting to touch him, but he was unable to get any power in the cross and it went back to McKimm in the goal.

There was very little action for the rest of the half, and just when we thought we would be heading into half-time a goal down, Brennan found his winger Oldham on their right. He quickly moved towards the byline where there didn't seem much danger, but for some reason all three defenders were drawn to the ball and he was able to send a nice ball to the far post where Tariq Mahmoud was unmarked and he slid the ball past Salts keeper Nabbad. We definitely didn't deserve that but on the other side we didn't force the T&M keeper to make a save either.

HT Tooting & Mitcham 2-0 Epsom & Ewell

Two minutes into the second half we nearly gave T&M a third when Nabbad came off his line to clear a long ball but missed it. The T&M forward had to take the ball wide to get it under control. This allowed Aiwone to get back and make a great saving tackle to prevent the ball hitting an empty net. Most of the rest of the game was played with balls over the top or missed passes as both teams tried to take hold of the game. As I said, we were playing the better football but seemed to go for the long pass rather than short, easy balls. Players seemed to want to run with the ball rather than making a quick pass, by which time the recipient was closed down and we invariably had to go back.

Adam Green came off the bench when Tom Collins received a nasty kick on his ankle in the box, and again we believed the ref should have pointed to the spot, but nothing was given. Green, though playing alongside Shane Dunne, started to give The Salts some impetus and control and we looked dangerous. In the 67th minute we got our reward. With some good play on the right, the ball was switched across to Robinson, whose first shot was blocked and the ball fell out to Green, whose shot was also blocked. This time it came back to Robinson who made no mistake. Tooting & Mitcham 2-1 Epsom & Ewell.

On the 72nd minute we made two substitutions with Obasanjo Akinniranye and Karl Bailey replacing Brendan Murphy-McVey and Callum O'Keefe respectively. Oba was straight into the game, making another good run on our right and getting to the goal line but Herring was unable to put it away, and it seemed he was possibly fouled, but the referee was not giving again and unfortunately a lot of anger from the benches made him come over and book Max Johnson, not for the first time this season.

The referee indicated 9 minutes of injury time, and we tried our best, pinning T&M in their own half. Another run from Oba was defended well and in the last minute a great shot from him just went by the post, ending our last chance of an equaliser.

FT Tooting & Mitcham 2-1 Epsom & Ewell.

The T&M assistant who had been sent off returned to the pitch to "tease" our own management team and this set off another



melee in the centre circle as the teams were trying to leave the pitch. Our coach remonstrated with the referee about him getting back on the pitch, which only earned him a very unfair yellow. It's always difficult for the referee when players start play-acting or calling for every tackle to be a yellow or possibly red, but the game certainly lacked any discipline, so it will be interesting to read his report. We stayed in 13th place as the teams around us lost and Tooting move up to 2nd place.

There is a quick turnaround for our next game away at Abbey Rangers on Tuesday evening, KO 7.45pm, and on Saturday we are away to bottom side Guildford City with a 3pm KO. We look forward to seeing you there.

Epsom & Ewell:

Sami Nabbad, Luis Oliveira, Ethan Nelson-Roberts ©, Shane Dunne, Antonios Nazareth, Stefan Aiwone, Callum O'Keeffe, Tom Collins, Tyler Robinson, Brendan Murphy-McVey, Ali Fofahan.

Subs: Green (54), Bailey (71), Herring (71), Akinniranye (71), Brazier (78).

Report and image: Epsom and Ewell FC Media



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## Toyota prevention of future death report

A senior coroner has warned that more drivers could die because a Toyota braking system failed to stop a woman's car before a deadly M25 crash. Lisa Bowen, 48, died instantly when her Toyota Corolla hit the back of a stationary lorry on the hard shoulder at almost 38mph in January 2022 despite her pressing the brake pedal repeatedly. Senior Surrey coroner Richard Travers said the car's anti-lock braking system (ABS) "operated to reduce the braking effect almost entirely" and was "working in accordance with its design", but the design did not account for what happened when her tyre deflated and detached at speed. He said the outcome was "an unintended effect of the system's design which arose because the specific scenario [...] had not been taken into account in the design process." Mr Travers warned this creates "a continuing risk that future deaths could occur unless action is taken".

The senior coroner said he was noting that a large number of Toyota Corollas on UK roads have the same anti-locking braking system as Ms Bowen's car, and other brands may well be affected too. He also criticised the "catastrophic failure" of the lorry's under-run protection bar saying its strength was "grossly insufficient" under current laws. The coroner said he was concerned that the risk of future death will arise without more stringent requirements for how much force such bars must withstand.

He has issued a statutory Prevention of Future Deaths report to Toyota, the Driver and Vehicle Standards Agency and the Department for Transport (DfT), saying: "Action should be taken to prevent future deaths by addressing the concerns set out above." They must reply by 16 January 2026. A DfT spokesperson said: "Every death on our roads is a tragedy, and our thoughts are with Lisa's family and loved ones. We will carefully review the coroner's findings from this tragic case to determine the appropriateness of further amendments to these requirements."

A Toyota spokesperson [Toyota's HQ is in Burgh Heath, Epsom] said the company was "deeply saddened by this tragic accident" and "acknowledges the findings of the coroner", adding it would "carefully review the Senior Coroner's conclusions."

Emily Dalton LDRS

Toyota HQ Epsom Google

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## Surrey to get new recycling centre

Bin lorries rumbling through Wentworth, Virginia Water and Chertsey could become a much more common occurrence after plans for a massive recycling plant on former green belt land just south of the Surrey towns was approved. The Kitsmead Lane site in Longcross will be capable of processing up to 100,000 tonnes of recycling each year - with 164 rubbish vehicle 'movements' every



day. Most would be the bin lorries carrying recycling to and from the plant with the rest articulated lorries transporting the sorted waste off site.

Once built it would take recycling from the north and west of Surrey. Currently this gets shipped out to Kent, with a small amount dealt with in Leatherhead. The new facility will therefore mean fewer long journeys out of the county, but an intensification in lorries around the site. To minimise the impact, Surrey County Council's planning committee has called for a transport plan to be drawn up, but admitted it would be difficult to actually enforce it. Officers told the Wednesday, November 26, meeting: "Understandably, there still have been concerns about the potential for this to add further vehicles through some of the more sensitive locations. To that end we are also recommending, as part of the travel-plan condition, more details on the exact routes that will be used and what measures are in place to minimise movements through sensitive places."

Sight lines leading out of the plant are also poor, the meeting heard, so the speed limit along Kitsmead Lane would be reduced to 30mph. It's the first new waste recycling plant application approved by Surrey in the last quarter century, due in part to its long-term relationship with Suez. Kitsmead will sort and separate co-mingled recycling collected from residents' household bins and become the county's second recycling plant - with Leatherhead being the other.

In 2026, Surrey County Council and the 11 boroughs and districts will be dissolved and reformed into two huge authorities for the entire region. The new site is expected to take waste from across the two new councils, East and West Surrey, although this has not been formally agreed. The plans were voted through unanimously after hearing the former green belt site was now classified as grey field - and had been designated in the Surrey Waste Plan. Runnymede Borough Council raised concerns over the size of the building and the impact on nearby residents. Its views were echoed in the 21 letters of objection from residents who were worried about the increased traffic, both in volume and scale.

Chris Caulfield LDRS

Former landfill site in Trumps Farm, Kitsmead Lane, Longcross (image Google)

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## A Canterbury tale of woe for Epsom's Rugby team

**Canterbury II 30 Sutton & Epsom RFC 26.** Saturday 29th November.

The Pilgrims had belatedly progressed to Level 6 when their glass ceiling was removed by the RFU. After an inauspicious start to their campaign they had shown improved form whilst, in contrast, the emphatic Sutton start to the season has somewhat stuttered. The outcome of the fixture was never going to be a foregone conclusion that a casual glance at the league table might have implied. By the final whistle the Black & Whites had suffered their third loss on the spin whilst the hosts had returned to winning ways, overturning a 21-point deficit to triumph 30-26.

An accident on the M25 threatened to hamper the visitors' preparations but they negotiated the scenic rural route to arrive at a rain-lashed Merton Lane. Fortunately the weather relented by the time the game kicked off under the floodlights. Canterbury welcomed back Harry Sloan, Alfie Orris and Jesse De Vries after lengthy absences, while for Sutton the vastly experienced Steve Munford replaced the injured Laurence Wise at 9 and Tom Boaden moved from the bench to start in the front row. The Kent club kicked off with an effort lacking in altitude that set the tone for a laboured start. If anything, the hosts looked like the team who had endured the more tortuous journey, though traffic in Canterbury at this time of year is far from ideal. It was a red-letter day for Sutton's wing Kyren Ghumra who was playing his 150th league match. The winger celebrated in perfect style with a try in the third minute. Tom Lennard made the significant break and Ghumra ran a scything line to score under the posts. Freddy Bunting added the extras for a 7-0 lead.

Before ten minutes had been played the Black & Whites had doubled their lead and Ghumra's dream day continued with his second try. The forwards provided clean quick ball and Adam Bibby appreciated the overlap, sending the speedster on his way. Bunting bisected the uprights for 14-0. On the quarter hour Sutton turned over the ball in the 22 and advanced through the pack towards the line. After calmness and control came calamity as they fumbled close to glory. After a first quarter monopolised by an S&E side exploiting the sloping terrain, Canterbury awoke from their slumber and journeyed into the visitors' 22 seeking a response. On the half hour Steve Munford's long clearance had the hosts retreating once more to their 22. Things worsened for the home side when hooker Jake Dengate received a yellow card. Sutton immediately exploited the numerical advantage, executing a set play from their lineout and allowing the prolific hooker Sam Lennie to collect try number 13 in his ninth outing of the campaign. Bunting added his third conversion for a 21-point advantage.

For the visiting supporters it was a delightful reminder of early-season pomp but a knowledgeable local sage informed the Sutton



scribe that even a four-try cushion was unsafe with this slope. The first period entered its last few minutes and Canterbury finally got on the scoreboard. A simple penalty from Owain Collins made it 3-21, visibly injecting hope and confidence into the Pilgrims. The turning point came on the stroke of half time. A powerful catch and drive put the Black & Whites on their heels and replacement Nathan Morris forced his way over. The conversion erred and the referee concluded the half. Canterbury sought the sanctuary of the dressing room whilst Sutton stayed on the pitch to hear the second-half tactics. The hosts trailed 8-21, hoping the 13-point deficit would not prove insurmountable.

The second period began with great home purpose and an early penalty that, fortunately for Sutton, struck the upright. For the next Canterbury attack Sutton were indebted to Gareth O'Brien whose try-saving tackle and perfect jackal were of the highest defensive order. Five minutes later the hosts were not to be denied as Owain Collins, the talented young ten, surged to within five metres and then brushed aside a mountainous defender to score. He added the conversion for 15-21.

A minute later the Canterbury comeback was complete as fullback Owen Hewett ran in from distance despite a desperate tackle attempt, his momentum carrying him over under the posts. Collins converted for a narrow home lead with 25 minutes remaining, and soon extended it with a penalty after a strike against the head, making it 25 unanswered points. Sutton's early purple patch had faded and it was now one-way traffic for the Kent club whose forwards, led by Divine, dominated collisions and forced penalties. The slope, gentle at the start of the half, now felt extreme.

Sutton's inspiration came from Adam Bibby who chased a kick and made a thunderous tackle, forcing a penalty. Another infringement followed, placing Sutton deep in the Canterbury 22. The forwards controlled the drive and replacement Jack Howes touched down out wide. The missed conversion left Sutton ahead 26-25 with a bonus point secured. Canterbury had ten minutes to respond. Initially they fluffed their lines with an overthrown 5-metre lineout and then conceded a penalty. But third time proved lucky. A catch and drive moved them into the 22 before the backs swept into action. Collins improvised with a basketball chest pass that opened the field and Hewett raced clear to score in the corner. The conversion failed but the hosts led again, 30-26.

Could Sutton launch one last assault? Tension rose as infringements disrupted play. Canterbury, suddenly unable to control the ball, struggled to run down the clock, but their rapid, abrasive defence contained the visitors to halfway. The game concluded when Bunting's penalty to touch failed to reach the 22 and Canterbury kicked the ball out to seal a 30-26 victory.

After a glorious start it had looked an ideal occasion for Kyren Ghumra to celebrate his 150th league appearance. But in recent rounds Sutton have been unable to maintain their early intensity long enough to subdue opponents. Canterbury rose from their early slumber, combining a robust forward effort with pace in the backs. The longer the game went on the better Collins played. The hosts never panicked despite trailing by three goals and dominated the second half. For the Black & Whites Rob Hegarty and Ben Tame refused to take a backward step but the forwards could not replicate the fluency of the early exchanges. There was, for the second Saturday in a row, the consolation of two bonus points.

Perhaps the Pilgrims' progress was predictable. They struggled through the Slough of Despond, stood atop the Hill of Destiny before entering the Valley of the Shadow of Death, overcame the Giant Despair and were welcomed to the Celestial City of victory. Though Sutton & Epsom supporters were disappointed they could not fault the hospitality of the hosts whose welcoming bar and ideally placed viewing area provided perfect shelter from the elements. There was neither hobgoblin nor foul fiend in sight.

Next Saturday 6th December Sutton & Epsom host league leaders Brighton. The Sussex men have had an exceptional start as they bid to return to Level Five. They have one loss at home to Beckenham and a 100% record on their travels. Despite three losses on the trot Sutton & Epsom remain third in the table. Rugby Lane supporters will hope the visit of the early pacesetters inspires a return to early-season form. Kick-off is at 2pm and all are welcome.

## **Sutton & Epsom**

O'Brien, Fitzgerald, Bibby, Bunting (c), Ghumra, Lennard, Munford, Johnson, Lennie, Boaden, McTaggart, Duey, Rea, Tame, Hegarty. Reps: Howes, Finney, Scott.

## **Canterbury II**

Hewett, Masaka, Fielder, Sloan, Orris, Collins, Valladares, Oliver, Dengate, MacMillan, De Vries, Hunt (c), Divine, Evans. Reps: Bull, Morris, Parker.

John Croysdill



## Surrey MP intervenes in local prison transgender issue

The Member of Parliament for Reigate has called for biologically male inmates to be excluded from the women's estate at HMP Downview in Banstead. **Rebecca Paul MP** argued that the presence of male-born prisoners in a women's jail placed vulnerable female inmates at risk and reflected a wider policy approach that "put inclusion and ideology above safety and reality". She made the remarks during a House of Commons debate on 24 November concerning the management of transgender prisoners at HMP Downview.

The debate heard that transgender women are placed at Downview primarily for their own protection and are escorted by guards when mixing with the wider prison population. MPs were also told that, since 2019, there had been no recorded case of a trans inmate assaulting a biologically female prisoner. Evidence was cited that transgender women held in the men's estate themselves experience disproportionately high levels of sexual assault.

Mrs Paul said HMP Downview includes a dedicated E Wing "specifically for biological males who identify as women", used for transgender women who, with or without a Gender Recognition Certificate, cannot be safely housed elsewhere in the female estate. She stated that between five and seven such prisoners had been accommodated in E Wing over the past year. Citing Ministry of Justice data, she said: "In 2024, of the 245 transgender males in prison, 151 — or 62 per cent — were convicted of a sexual offence, far higher than the 17 per cent rate for the overall male prison population. A similar pattern can be seen in 2023."

She concluded that "the male transgender prison population poses a much higher risk to women and girls," and urged the Government to "take action and protect women at HMP Downview and across the female prison estate".

Responding for the Government, The Parliamentary Under-Secretary of State for Justice **Alex Davies-Jones MP** acknowledged that transgender women had specific vulnerabilities, but said the allocation of prisoners required "thought and tact" to ensure fairness and safety. She emphasised that exemptions allowing transgender women into the general women's population are granted only when there is a compelling reason, such as acute self-harm or suicide risk, and only when there is high confidence that the prisoner poses a low risk to others. No such exemptions have been issued recently.

The Minister noted that more than 95 per cent of transgender women are held in men's prisons and that those placed in Downview are mostly housed on the stand-alone 16-bed E Wing unit, separated from biological women and situated within its own secure compound. The unit, introduced in 2019, was created because transgender women in men's prisons face disproportionate levels of bullying, harassment, self-harm and sexual assault.

She told MPs: "There have been zero assaults and zero sexual assaults committed by transgender women in the women's estate since 2019," adding that she hoped the figures demonstrated the Government's attempt to "strike a balance" in the placement of transgender prisoners.

Chris Caulfield LDRS

HMP Downview (image Google)

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## Here's some Spring cheer as Winter approaches Epsom and Ewell

**Nonsuch Park** has been awarded two top honours at the 2025 South & South East in Bloom Awards, taking **Gold** for both *Heritage Park of the Year* and *Large Conservation Area*. The Gold Award is the scheme's highest accolade, reserved for entries judged to have achieved exceptional standards across all assessment categories.

Epsom & Ewell Borough Council said the result reflects a sustained programme of heritage restoration and environmental management, including the refurbishment of garden features such as the greenhouse, continued care of its champion trees, and conservation work across the wider landscape. Judges described Nonsuch Park as "an exceptional example of conservation in action", commending its carefully managed habitats, historic setting and community engagement projects.

Councillor **Anthony Froud** (RA Stoneleigh), Chairman of the Nonsuch Park Joint Management Committee, said: "This is an incredible achievement and a reflection of the dedication of our volunteers and staff. Local volunteers, the Nonsuch Voles, and the Council's Countryside, Property and Estates, and Operational teams work year-round to protect and enhance this unique heritage





landscape for the benefit of wildlife, visitors and future generations. These Gold Awards celebrate their hard work and the deep pride our community takes in Nonsuch Park."

### Governance of Nonsuch Park

Unlike most parks in the borough, Nonsuch Park is not managed solely by Epsom & Ewell Borough Council. It is overseen by the Nonsuch Park Joint Management Committee (JMC), a long-standing partnership between Epsom & Ewell Borough Council and the London Borough of Sutton. The arrangement dates back to the 1930s, when the two authorities jointly acquired the estate to prevent the land from being sold for development.

Under the current structure, the JMC is responsible for strategic decisions concerning the park's maintenance, heritage assets, conservation plans and public access. Day-to-day operations are delivered by Epsom & Ewell Borough Council on behalf of the partnership, with Sutton contributing towards the running costs through an annual financial agreement. Representatives from both councils sit on the committee, ensuring shared oversight of policy, budget and long-term planning.

The Joint Management Committee model is one of the reasons Nonsuch Park has been able to maintain its character and heritage significance. It enables coordinated management across borough boundaries while preserving the historic landscape as a single entity. Local volunteer groups, notably the Nonsuch Voles, play an important supporting role, undertaking conservation tasks, habitat improvement, garden restoration and public engagement throughout the year.

With thousands of visitors each week, Nonsuch Park remains one of the region's most valued open spaces. This year's double Gold Award adds to its growing list of recognitions and underlines its importance as both a heritage landscape and a biodiversity-rich green space for the wider community.

Sam Jones – Reporter



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## Surrey Police Commissioner responds to morale report

Surrey's Police and Crime Commissioner has defended a reported drop in police officer morale, pointing to public and media criticism of the force. Only 57 per cent of officers believe they are making a difference, according to a new report, but **PCC Lisa Townsend** said the decline reflects wider tensions between the force and the field. Speaking at a Surrey Police and Crime Panel meeting on November 27, she said: "It doesn't matter what this job you're in, if the profession that you do is being attacked by the public, is being attacked in the news, attacked by colleagues or other people – there is an inevitable correlation in terms of morale." She added that Surrey's proximity to the Met Police, "that features in the news on a regular basis", may also be influencing Surrey officers' perceptions. "Our officers feel that. They see police officers being attacked and it's not surprising they are not completely immune to feeling that themselves," she said.

However, Ms Townsend warned against assuming pressure is spread evenly across the force: "We've got to be careful about treating it as a single... as a uniform [experience] across all police officers or police staff." Backlogs in the justice process, not feeling adequately equipped and workload were also cited as frustrations potentially chipping away at morale. Nearly 66 per cent of officers said they were unable to finish tasks on time, according to council documents. Despite the uncertainty of local government reorganisation and the government's plan to scrap the PCC role in 2028, Ms Townsend stressed that officer numbers remain strong. "We would never have enough police officers to deal with everything every member of the public will want to deal with. It is always going to be an issue. Police officers are always going to be under a certain amount of pressure, as everyone in the public sector."

The Commissioner said work to improve retention and reduce stress is making progress but a tough reality remains: demand continues to feel high and work-life balance remains "the most common reason for leaving the force".

Emily Dalton LDRS



Image: Lisa Townsend, Surrey Police and Crime Commissioner. (Credit: Surrey PCC office)

## Leatherhead ruined recycling road repair

A crumbling, pothole-ridden road that has been the source of countless insurance claims could be given a new lease of life. The North Leatherhead Access Road leading into the Surrey County Council recycling centre off Randalls Road has been slowly destroyed by years of heavy goods vehicles entering and leaving the site. Now, Mole Valley District Council has agreed to spend £60,000 to begin the process of repairing the heavily rutted road. The task is made more complicated as the road is co-owned by Surrey County Council and Thames Water, and it is hoped the initial work, from an overall £300,000 budget, will determine not just what needs to be done, but who pays for it.

Presenting the item to the November meeting of Mole Valley District's cabinet was **Councillor Keira Vyvyan-Robinson**. She said: "Anybody who uses the recycling centre on a regular basis will be very familiar with the problems that road has. Obviously, it is heavily used by very heavy vehicles and over a period of time that heavy use has resulted in a lot of problems with the carriageway, with rutting in the verges and the channel blocks. That has resulted in increased insurance claims and also increased complaints. In February 2024, it was agreed that we would allocate just over £300,000 in order to improve that road. It is a complicated project because Mole Valley District Council owns about half of the road, the majority of the balance of it is the responsibility of Surrey County Council and Thames Water, so it's necessary to liaise with them and reach agreements with them over the work that needs to be carried out. This budget is to start the full design and to get the proper costing, because at the moment it's a provisional figure of about 300,000. The drawdown will enable us to finalise that, submit the planning application and reach the legal agreement with Thames Water and Surrey County Council over how much they will contribute towards the costs. For anybody who uses it, it's quite plain that we can't do nothing, as it's such a detrimental situation at the moment and it will only get worse if we don't."

**Cllr Gerry Sevenoaks**, Independent member for Ashted Park and chair of the council's scrutiny committee, said: "As a user of that road I know it very well. It's dangerous, especially if you are going down there and two refuse carts are coming the other way. I say 'let's get on with it'."

**Cllr Caroline Joseph** (Liberal Democrat, Fetcham) added: "There is a huge strength of feeling locally. It's such a small thing but it makes such a huge difference to people. If we can get this moving it will be a very positive thing to Leatherhead, Fetcham, Bookham, Ashted, everyone locally."

Chris Caulfield LDRS

Image: North Leatherhead Access Road (image Google)

## Nirvana comes to Epsom care home

Sponsored article: **Linden House Care Home in Epsom** is proud to announce a new era under its new owners, Nirvana Care Group. Established in the 1980s, the home has long served the local community, and the new leadership has already made significant investments to further elevate care standards across Surrey.

Phase 1 of a resident-led refurbishment is now complete, shaped by meaningful input from those who live at the home. Linden House has also invested in modern technologies and strengthened service partnerships to enhance safety, comfort, and wellbeing.

The transition has been warmly received by staff, with six former team members returning to support the refreshed vision. The home is also delighted to welcome back former manager Reshma Tupsy, reflecting Linden House's strong sense of community and continuity. With a dedicated multicultural team and an in-house chef, residents enjoy personalised menus tailored to cultural and faith requirements, along with fully customised activity programmes.

Following the renewed leadership, upgraded facilities, and a focus on truly personalised care a small number of vacancies remain for families seeking warm, modern, and compassionate care.

For enquiries or to arrange a visit, contact Reshma on **01372 721 447**



## Epsom celebrity visits his old college

**Joe Wicks** MBE, widely known as The Body Coach, recently visited his former college, Nescot (North East Surrey College of Technology), the place where his journey into fitness and education began. His visit to Nescot was filled with inspiration, energy and memorable moments.

Joe was warmly welcomed by Nescot Principal and CEO, Julie Kapsalis, students and staff to the college. He toured the Nescot Fitness centre where Julie proudly presented him with a commemorative plaque, 'Joe's Gym' in his honour. He also signed copies of his bestselling cookbooks for staff and the college's Learning Resources Centre and was delighted to receive his original college lanyard and a thoughtful gift from the college.

Students from our Sport, Public Services and Foundation Learning courses joined Joe in the sports hall for an unforgettable workout session. Joe led the students in a fun and energetic routine, sharing his passion for fitness and wellbeing.

Sports students, Patrick and Nathan shared their thoughts on meeting Joe. Patrick said, "It's been a huge honour meeting Joe who's done so much for fitness, inspiring young kids at an early age and even raising money for charity. A good day for Nescot too." Nathan added, "It's incredible to meet Joe who's a household name and who's been to the same college as me!"

Joe's visit continued in the college theatre, where he took part in a packed Q&A session hosted by Julie Kapsalis. Staff and students gathered to hear about Joe's incredible journey and his time at Nescot.

Joe Wicks, who completed a National Diploma in Sport at Nescot in 2002, spoke warmly about his time at the college, "Nescot started me on my journey to education. The college helped me to grow and mature, and to be more independent as a learner." Speaking candidly to the students, he encouraged them to persevere, "Always try your hardest and put your heart into what you do. It won't always be easy, but never give up - give it your all."

Nescot Principal and CEO, Julie Kapsalis, said, "It has been a privilege to welcome Joe Wicks, The Body Coach, back to his hold college. His visit was particularly meaningful as his journey began here at Nescot, and we are so proud that his time here laid the foundation for a thriving career in fitness, exercise and nutrition. A huge thank you to Joe for taking the time to inspire our community with his message to stay 'Fitter, Happier and Healthier'. We look forward to welcoming him back again in the future."

At the end of the Q&A session, Julie Kapsalis presented Joe Wicks with a Nescot Honorary Fellowship, the highest accolade that the college can bestow, in recognition of his outstanding contributions to fitness, wellbeing and nutrition education, and his mission to improve the nation's health.

Nescot's NVQ Catering and Hospitality students also presented Joe with a cheque for £300 in support of his charity, The Body Coach Foundation. They fundraised by preparing and selling meals inspired by his recipes. The visit concluded with excited students lining up for a group selfie and reflecting on how Joe's message of resilience and ambition left a lasting impression.

To learn more about Joe Wicks' journey and his time at Nescot, visit our alumni feature on our website

NESCOT

