



# The Hidden Link Between Metabolic Syndrome and Joint Pain

Many people have heard of *metabolic syndrome* as a risk factor for heart disease, stroke, and diabetes — but it's now becoming clear that it also takes a serious toll on our bones, joints, and muscles.

Metabolic syndrome is a cluster of conditions, including obesity, high blood pressure, raised blood sugar, high triglycerides, and low levels of “good” cholesterol (HDL). Affecting nearly one in three adults in the UK, it's driven largely by sedentary lifestyles and poor diet.

But beyond its impact on the heart, metabolic syndrome causes long-term inflammation in the body, which in turn affects musculoskeletal health in several key ways:

- **Joint Pain & Arthritis:** Chronic inflammation from visceral fat can damage cartilage and accelerate the development of osteoarthritis, particularly in the knees and hips.
- **Tendon Problems:** Conditions like Achilles tendinopathy and shoulder pain are more common in people with metabolic syndrome. High blood sugar can stiffen tendons, making them prone to injury.
- **Bone Health:** There's a strong link between metabolic syndrome and reduced bone density. Inflammation and insulin resistance disrupt normal bone repair, increasing the risk of fractures and osteoporosis.

The condition also interferes with the body's ability to heal and maintain tissues, meaning injuries can linger and become chronic.

The good news? Physiotherapy and regular exercise play a crucial role in managing the effects of metabolic syndrome on the musculoskeletal system. By improving mobility, reducing inflammation, and supporting healthy weight loss, targeted movement and rehab strategies can make a real difference.

So if you're living with joint or tendon pain and also have risk factors for metabolic syndrome, it might be time to take a more holistic view — and seek advice from a physiotherapist or your GP.

## The Role of Physiotherapy and Exercise

Despite its challenges, metabolic syndrome's effects on musculoskeletal health can be mitigated through physiotherapy and exercise.

### 1. Exercise as an Anti-Inflammatory Intervention

Regular exercise reduces chronic inflammation by promoting anti-inflammatory cytokines such as IL-10 while lowering pro-inflammatory markers. A study in *Diabetes Care* (2014) showed that aerobic exercise significantly reduced CRP and TNF- $\alpha$  levels in individuals with metabolic syndrome.

Weight loss through exercise reduces visceral fat, a major source of pro-inflammatory cytokines, easing joint pain and improving musculoskeletal function.

### 2. Physiotherapy for Joint Pain and Tendinopathies

Physiotherapy plays a key role in managing musculoskeletal conditions related to metabolic syndrome. Personalized exercise programs focusing on strength, flexibility, and joint stability help manage OA and prevent further joint damage.

For tendinopathies, physiotherapists recommend strengthening exercises, which promote tendon healing and reduce pain. A *British Journal of Sports Medicine* (2017) study found that eccentric exercises significantly improved function and reduced pain in Achilles tendinitis, even in individuals with metabolic syndrome.

Additionally, physiotherapists provide guidance on body mechanics and joint protection strategies, reducing strain on joints and tendons during daily activities.



### 3. Bone Health and Resistance Training

Resistance training is essential for bone health in individuals with metabolic syndrome. Weight-bearing exercises, such as strength training and resistance bands, stimulate bone formation and help maintain density. A *Journal of Bone and Mineral Research* (2018) study found that resistance training improved BMD in postmenopausal women with metabolic syndrome, reducing osteoporosis and fracture risk.

Balance and coordination exercises can also be incorporated to prevent falls, particularly for individuals with weakened bones.

## Conclusion: Addressing Metabolic Syndrome for Better Musculoskeletal Health

Metabolic syndrome significantly increases the risk of osteoarthritis, tendinopathies, and osteoporosis due to chronic inflammation and tissue dysregulation. However, these negative effects can be mitigated through physiotherapy and regular exercise.

By reducing inflammation, improving metabolic health, and promoting tissue repair, exercise and physiotherapy enhance musculoskeletal function and overall well-being. Individuals with metabolic syndrome can benefit from tailored exercise programs and physiotherapy interventions to manage joint pain, prevent injuries, and maintain strong bones and healthy tissues.

Luke Schembri, Advanced Physiotherapy Practitioner

<http://www.genuinephysio.com/>

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Warm wishes,



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# Surrey Arts Gala went live in Guildford

Surrey Arts held its latest Gala concert on Saturday, 15 March, at G Live in Guildford, showcasing the incredible talent of over 300 young musicians from 15 different ensembles. The event featured a diverse array of performances, including original compositions and well-known pieces, highlighting the inclusive spirit of Surrey Arts. The event included Surrey Arts inclusive orchestra UP! alongside its newest ensemble, World in Music, a diverse group which aims to introduce young people to unfamiliar cultures through both western and non-western musical traditions.

**Sarah Lee, Head of Service for Surrey Arts said:** *"The Gala is a fantastic event which showcases the talent of our young people from many of our bands, orchestras and choirs. The concert allows young musicians to collaborate with others they would not normally have the chance to play with and gives an opportunity to play in a professional theatre."*

**At the event, Councillor Denise Turner Stewart, Deputy Leader and Cabinet Member for Customer and Communities, said:** *"It is lovely to be here tonight at the Surrey Arts Gala 2025. I'm really impressed with how hard the children are working. They are really enjoying themselves this evening and the audience are having a great time. It's actually really moving to see the effort they are putting into their performances, so I would like to say a big thank you to all the staff and everyone who has organised this tonight."*

The groups performed to a delighted audience with one parent commenting *"Thank you to all the members of Surrey Arts staff for putting on such an epic concert! We thoroughly enjoyed it, and it was a pleasure to see the wide range of ensembles run by Surrey Arts, many of which I'd never come across before."*

Performances from the Gala will soon be available to view on the **Surrey Arts YouTube channel**.

Surrey Arts' ensembles perform at locations across Surrey throughout the year. Visit the **Surrey Arts Ensembles webpage** to find out more.

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# Anyone for free Summer tennis in Epsom and Ewell?

Epsom & Ewell Borough Council will provide free morning tennis sessions in all council-owned tennis courts across the borough this summer, between 22 July and 29 August 2025. The decision, made by the Environment Committee last week, follows a similar initiative which took place last year. In addition to the summer program, starting April 1 residents can enjoy free Sunday morning sessions at Gibraltar and Poole Road Recreation Grounds. The council already offers two hours of free, bookable tennis sessions at courts every weekend throughout the year.

Epsom & Ewell moved to a pay-to-play model for tennis last year. The scheme aims to ensure that council tennis courts are well-maintained as well as providing funding for future improvements. Maintenance carried out so far includes clearing and treating all courts for moss; improved signage; new court-side benches at Poole Road and Auriol Park; and installing windbreakers at Court Recreation Ground, Gibraltar Recreation Ground and Poole Road. New laser line marking at Alexandra Park will take place later this year.

Councillor Liz Frost, Chair of the Environment Committee, commented: "We were really pleased with how well received the free tennis sessions were last summer and we're very happy to be able to offer them again. They provide a great opportunity to give a tennis a try for free – whether you are a complete beginner, haven't played for a few years, or just want to get some extra practise in.

"I hope residents will take advantage of the various free sessions on offer now and this summer. Booking details are available on the council's website."

Court sessions are available to book online 24 hours a day on the ClubSpark website, and paid coaching sessions are also available to book at Court Recreation Ground, Alexandra Park and Auriol Park: [Find & book a tennis court near you | LTA](#).

Free summer tennis sessions are available up to midday (12 noon) from 22 July 2025 to 29 August 2025.



To take advantage of the free tennis offer, individuals must first register with ClubSpark and then use the platform to book their free sessions.

In addition to the free morning sessions available in the summer, free sessions are available year-round at the following times:

- Alexandra Park
  - Saturday: 9am-10am
  - Saturday: 10am-11am, this session is run by a coach or volunteer
- Auriol Park
  - Saturday: 9am-10am
  - Saturday: 10am-11am, this session is run by a coach or volunteer
- Court Recreation Ground
  - Saturday: 10am – 11am
  - Sunday: 10am-11am, this session is run by a coach or volunteer
- Gibraltar Recreation Ground
  - Saturday: 9am – 11am
  - Sunday: 9am – 11am
- Poole Road
  - Saturday: 9am – 11am
  - Sunday: 9am – 11am

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## Surrey County new land management framework

Surrey County Council has launched a new Land Management Framework, setting out best practice guidelines for managing its own land as well as striving to inspire other landowners and stakeholders to adopt and deliver similar approaches. The new framework aims to ensure Surrey's countryside is managed in a way that maximises its ecological, educational, social and economic value for the benefit of generations to come.

Like other counties, Surrey's natural environment is under unprecedented pressure from climate change, biodiversity loss, and increasing demands on land use. The new framework provides principles and policies to guide evidence-based decisions, manage risks, and seize opportunities.

The county council owns and manages 10,000 acres of Surrey's countryside and has a duty to manage its own land responsibly and sustainably. By implementing the new Land Management Framework, Surrey County Council will lead by example, inspiring other landowners and stakeholders to adopt sustainable land management practices.

**Marisa Heath, Surrey County Council Cabinet Member for the Environment comments:** *"The council's ambition is to act dynamically to ensure the future sustainability of our land-based assets, both financial and environmental, through embedding nature-based solutions, community action, and new technology into our land management and decision-making."*

*"The county's countryside and water bodies offer numerous benefits, including recreation, wellbeing, livelihoods, food production, wildlife habitats, and community cohesion."*

*"Our land will be more resilient to economic and environmental shocks and climate change, support growing biodiversity, and have strong local community engagement and ownership."*

Surrey's new Land Management Framework is timely as Government has recently launched a national conversation about land



use, encouraging feedback to a consultation that will inform the development of a national Land Use Framework later this year.

Read more about Surrey's framework by visiting our website: **Land Management Framework - principles and policies - Surrey County Council**.

## Epsom break Weybridge Reeds

**Reeds Weybridge 28 Sutton & Epsom RFC 33.** Saturday 22nd March.

The denouement of the campaign is rather lacking in a crescendo this season. This was the penultimate Saturday and it will be followed by yet another tedious blank Saturday. No doubt the boffins would argue that clubs need a rest before the frantic finale.

When these two teams met in December the nation was mopping up after Storm Darragh and everyone was grateful to avoid a postponement. A trio of Sutton tries edged out the visitors in a keenly contested match that ended 17-11. With Sutton lying fifth in the table and Reeds only a place below, expectations were for another even encounter. The crowd was not disappointed as Sutton & Epsom edged a game of fluctuating fortunes by 33-28.

Despite an ominous roll of thunder whilst the teams warmed up, the match was played on a dry afternoon on a very firm surface. The Whiteley Village location has arguably the most significantly advantageous slope in the league. Sutton kicked off with the advantage not only of topography but also the breeze.

The visitors started well, dominating possession in the opposition 22, running through their patterns. After a couple of penalties the pressure told as prop Callum Gibson forced his way over in the third minute for the opening try. Freddy Bunting converted for a 7-0 lead.

Reeds immediately illustrated the attacking potential of their illustrious back division as they ran back a kick and won a penalty. The chance to get on the scoreboard after winning the line out was squandered by a poor pass as the low ball was kicked through and a grateful S&E touched down for a drop out.

Five minutes later that attacking threat bore fruit with a sumptuous score from 40 metres out. Matt Stevenson was put into space by an initial break and finished with élan as he left defenders floundering in his wake. Joshua Clark converted to level the scores at 7-7.

The Black & Whites returned to attack mode aided by a penalty kicked into the corner. Yet again the hosts demonstrated not only superb defensive organisation but also cussed tenacity as Sutton launched wave after wave of attacks. Dan Jones was halted by a high tackle near the line. The result was a penalty and hooker Rhys Day getting ten minutes off for bad behaviour. From the penalty Sutton forced their way over and their leading try scorer Dan Jones got his rewards. Freddy Bunting added the easy extras to restore the lead with a 14-7 advantage near the end of the first quarter.

Everything was in Sutton's favour — the slope, the breeze, and now the numerical advantage. However, they failed to convert pressure and a spirited Reeds continued to look to unleash their backs at every opportunity. The quality of the visitors' play also deteriorated. They were held up over the line, they opted to kick to the corner and kicked it dead and were frustrated.

After the half-hour mark Matt Whitaker replaced Ben Tame as the back row reorganised to accommodate the talismanic Number 8. The malaise spread to the decision-making. A fatal failure of risk assessment saw a clearance from the 22 declined in favour of running the ball. Optimist tackled, penalty gifted and try conceded. The ruthless Reeds attack took the opportunity as prop Kerran Beavis muscled his way over. Despite the conversion failing the hosts only trailed 12-14.

A two-point advantage with less than ten minutes remaining in the first half was not only insignificant but also well below par for this particular location. Sutton urgency began to look like desperation as another attempt to counter from their 22 ended with poor passing. The situation deteriorated as Captain Bunting was given a yellow for a collision in the centres. Joshua Clark stepped up and knocked over the subsequent penalty for a 15-14 lead.

As the travelling support from Rugby Lane pondered how it had gone so heinously awry they were served up one final unamusing amuse bouche before the break. They were awarded a penalty in front of the posts on the 22. Declining a simple three points to retake the lead when playing with 14 they opted to kick to the corner. Their bearings were faulty as the ball was kicked dead.

The situation could have swiftly turned from trying to terminal as a Reeds counter threatened to score. Small mercies for the visitors as Mr Lipetz-Robic blew his whistle to end the half with Reeds Weybridge 15-14 up.

At the break the hosts held the advantage not only on the scoreboard but also on the pitch with favourable conditions, a man



advantage and a back division that was on song. It was going to be an uphill struggle for Sutton & Epsom in every sense of the phrase. Their defence would have to be at its best and they would have to find a tactical approach to maximise their strengths whilst mitigating the slope.

Thomas Boaden replaced Dan Johnson in the visitors' front row but the hosts turned the screw at the start of the second half. A flurry of penalties was followed by a warning to the Black & Whites as they were forced back in their 22. With a sense of inevitability a penalty was kicked to the corner and the Whiteley Village pack exploited the lineout to usher over lock Cameron Goodwin for their third try of the afternoon. Clark's conversion failed but Reeds led 20-14.

Sutton regained possession at the restart and won a penalty that they advanced deep into the enemy 22. This signalled the moment that veteran Matt Whitaker began to impose his considerable talent on the afternoon's proceedings. Playing his 201st game with all the hunger of his first he scored his 118th try — a typically abrasive carry leaving tacklers hanging off his powerful frame. Freddy Bunting inched Sutton ahead by 21-20.

The Black & Whites had appreciated that the road to glory on this afternoon would be on a path trod by their pack. The trio of Whitaker, Lennie and Gibson were at the forefront of a mighty effort to negate the slope as they carried relentlessly, compiling impressive statistics for yardage gained.

However, the quality back play of the hosts would remain a constant threat. Ten minutes later the partisan crowd were raising their glasses to salute their bonus point score as Reeds regained the lead. Once more it was superb back play with the excellent Will Jones at 15 creating the opening for replacement Nick Brown to score. It was advantage Reeds as they led 25-21.

In this fluctuating fixture the crowd did not have to wait long for another twist. Within five minutes S&E had their bonus point for a fourth try and had taken back the lead. Playing with renewed vigour and belief they demonstrated impressive efficiency as the pack turned pressure into points in the 22 with Rob Hegarty being the beneficiary on this occasion. The conversion drifted wide as the Rugby Lane team led by a solitary point 26-25 as the referee informed the protagonists that they had 15 left to play.

The visitors' chances were dealt a blow at the restart as Thomas Boaden was issued a yellow and Sutton again had to play with 14. The hosts tried desperately to make the advantage count. The Black & White line held, repelling a 5-metre lineout as they kept the ball with their tireless pack.

With five minutes remaining Reeds Weybridge were awarded a penalty. Joshua Clark stepped up and calmly bisected the uprights from 45 metres for a 28-26 lead.

As the match entered time added on the referee intervened once more to flourish a yellow card. A high tackle on Dan Jones meant that the hosts would finish the match a man down.

A minute later S&E had scored. Demonstrating superb control from a lineout, first Matt Whitaker and then Sam Lennie carried towards the line. The ball was spun wide to prop Callum Gibson who was in splendid isolation. He ran home his second try of the afternoon, concluding with a celebratory dive that was less Tom Daley and more of a belly flop. Freddy Bunting added the vital extras for 33-28, meaning Reeds required a try to draw or a goal to win.

Almost inevitably Sutton conceded a penalty at the restart to ensure high anxiety for the conclusion. Penalties followed as the ball advanced to the 22. The hosts declined the kick to the corner and tapped from a central position, no doubt searching for a try that would have a more advantageous position for the conversion.

The S&E defence stood strong until the hosts knocked on and from the scrum they dispatched the ball into the neighbouring pitch for a hard fought win.

The season concludes on Saturday April 5th as the Black & Whites head to Horn Park where Old Colfeians will no doubt be a much improved outfit to the one that lost 50-7 on the opening day of the season. Whilst Sutton were winning in Whiteley Village the Old Boys had a significant 31-17 win at Gravesend that secured their Level status.

### **Sutton & Epsom:**

Findlay, Nelson, Bibby, Bunting ©, Scott, Lennard, Munford, Johnson, Lennie, Gibson, McTaggart, Glanville, Tame, Jones & Hegarty.

Replacements: Boaden, Whitaker & Rea.

### **Reeds Weybridge:**

Jones, Maitland, Stevenson, Forbes, Bennett, J. Clark, Beavis, R. Day, Agyapong-Ntrah, Goodwin, Finn, Ewington, Wastie & Corner.

Replacements: Howe, McKinley & Brown.





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## Local Epsom LibDem leader leaves her Party

An Epsom councillor who has been a leading Liberal Democrat in the area for over 20 years has defected to become an independent member. After several changes, including upcoming local Government reorganisation, Cllr **Julie Morris** has taken the decision to continue serving College Ward as an Independent councillor.

She has served on Epsom and Ewell Borough Council for almost 20 years, her old party described her as “experienced local champion”. A spokesperson for the party said on social media: “We want to express our gratitude for the years of service Julie has given to the Epsom and Ewell Liberal Democrats.”

Stepping into the well-worn shoes of the former leader, Cllr **James Lawrence** (also of the College Ward) will now take over. Only three Lib Dem councillors will now sit on the council, along with 25 Residents Association members, three Labour, two Conservative and now two Independent.

According to the Lib Dem website, Cllr Morris has led a number of environmental campaigns including: leading the charge against the Aldi food store plans for Epsom in 2015, a local campaign to stop builders developing back gardens, the campaign to preserve part of the Mill Road railway cutting as a wildlife sanctuary, as well as helping the residents of many roads in College ward deal with commuter parking problems.

“The Liberal Democrat group will continue to work closely with Julie for the residents of the college ward,” the spokesperson added.

Cllr Morris declined to make a statement at this time.

Related reports:

Prominent Residents Association Councillor leaves the fold

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## Guidance to consumers impacted by Heathrow Airport incident

**Selina Chadha**, Group Director for Consumers at the UK Civil Aviation Authority, said: “Passengers are advised not to travel to Heathrow at this time and should contact their airlines for the latest flight updates. We appreciate the difficulties that travel disruption causes, and we expect airlines to take all necessary steps to support and assist their passengers during this period of disruption. The Civil Aviation Authority remains in close contact with Heathrow Airport, airlines, and the Government during this time.”

Heathrow Airport is closed today due to a fire at a nearby electrical substation, affecting the supply of power to its terminals. Unfortunately, this means that today’s flights to and from the airport have been cancelled. The knock-on effect may also lead to delays and further cancellations over the weekend.

Flights that had already departed that were due to land at the airport had to be diverted to other airports.

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### Air passenger rights

When flights are delayed and cancelled, we expect airlines to minimise the overall impact on you by keeping you informed and looking after you.

In many cases you will be protected by rights which are set out in UK legislation. The table below provides guidance on whether your flight is covered by UK legislation:



Flight Itinerary	UK or EU Air Carrier	Non-UK / Non-EU Air Carrier
Departing from Heathrow	<input type="checkbox"/> Covered	<input type="checkbox"/> Covered
Arriving to Heathrow	<input type="checkbox"/> Covered	<input type="checkbox"/> Not Covered

Whether these rights apply or not, we encourage airlines to do all they can to minimise the overall impact to their passengers.

## Flight Cancellations

### If your flight from Heathrow Airport has been cancelled

Please do not go to the airport and contact your airline for further advice.

Your airline is required to offer you the choice of a refund or find you an alternative flight (referred to as “re-routing”). Re-routing should be at the earliest opportunity or at a later date at your convenience, subject to availability.

Unfortunately, it may be challenging for airlines to offer re-routing during periods of major disruption, especially when an airport is closed at short notice. This may mean that your airline may not be able to get you to your destination as quickly as any of us would like. Nevertheless, if you still wish to get to your destination, we expect your airline to do all it can to offer you an alternative flight and keep you updated.

If your airline is unable to proactively offer you care, or offer suitable replacement flights, we expect it to promptly reimburse you for the costs you incur making your own arrangements. Make sure you keep receipts and avoid incurring excessive costs.

### If your flight to Heathrow has been cancelled

We realise that being unable to travel home as planned will be concerning for you. We expect your airline to update you and advise you of your rights.

If your flight is covered by UK passenger rights legislation, your airline will be required by law to get you home and look after you while you wait by providing meals, refreshments and hotel accommodation proportionate to the length of time you are delayed.

To get you home, your airline is required to find you an alternative flight (referred to as “re-routing”). Re-routing should be at the earliest opportunity or at a later date at your convenience, subject to availability.

Unfortunately, it may be challenging for airlines to offer re-routing during periods of major disruption, especially when an airport is closed at short notice. This may mean that your airline may not be able to get you home as quickly as any of us would like. Nevertheless, we expect your airline to do all it can to offer you an alternative flight and keep you updated.

If your airline is unable to proactively offer you care, or offer suitable replacement flights, we expect it to promptly reimburse you for the costs you incur making your own arrangements. Make sure you keep receipts and avoid incurring excessive costs.

Different rights apply if your airline is not a UK or EU carrier. Please speak to your airline or check its website for more information about your rights.

## Diverted flights

If your flight was diverted because it could not land at Heathrow and your flight is covered by UK passenger rights legislation, your airline should provide onward transportation (this may be by other means) to get you to Heathrow. It should also look after you and provide you with meals, refreshments and hotel accommodation while you wait, proportionate to the length of your delay.

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Different rights apply if your airline is not a UK or EU carrier. Please speak to your airline or check its website for more information about your rights.





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## If you are travelling on a package holiday

If you booked a package holiday, you may also benefit from additional rights, particularly if this means that your original package cannot be provided.

If flight delays or cancellations lead to your holiday being cancelled, or new arrangements are made that result in a significant change to your holiday, then your travel company must offer an alternative holiday if they can, or a refund for the full price of your package holiday.

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## Flight Delays

### If your flight from Heathrow Airport is delayed

Your airline should look after you and provide you with meals, refreshments and hotel accommodation proportionate to the length of your delay.

### If your flight to Heathrow Airport is delayed

If your flight is covered by UK passenger rights legislation, your airline should look after you and provide you with meals, refreshments and hotel accommodation proportionate to the length of your delay.

Different rights apply if your airline is not a UK or EU carrier. Please speak to your airline or check its website for more information about your rights.

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## Fixed sum compensation

In addition to their obligations to look after passengers, as set out above, airlines are sometimes required to provide fixed sum compensation to passengers in certain circumstances.

Although we recognise the adverse impacts these delays and cancellations will have on passengers, the disruptions directly caused by the closure of Heathrow Airport are likely to be viewed as “extraordinary circumstances”. As a result, you are unlikely to be entitled to fixed sum compensation.

Extraordinary circumstances do not affect your other entitlements to replacement flights and care set out above — these are due regardless of the cause of your delay or cancellation.

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## Notes

The Civil Aviation Authority’s interpretation of extraordinary circumstances is illustrative and for guidance only, rather than determinative of our view in any specific case that may arise. Each case will be context and fact specific. This does not mean that a passenger or group of passengers cannot try and claim compensation, including through the courts, if they disagree with our interpretation.

The protections set out above are based on Assimilated Regulation 261/2004 which collectively apply to all flights departing from the UK, and flights arriving into the UK on UK and EU carriers. Different rights may apply to passengers arriving on flights to the UK operated by non-EU carriers such as flights from the USA on US carriers.

### Civil Aviation Authority News

Heathrow Airport. Mike McBey **CC BY 2.0**



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## Expanding London airports “not an environmental trade off” - Minister claims

Expanding Heathrow and Gatwick is “crucial” for this government after years of people sticking “their heads in the sand” over plans for new runways at south east airports, the Secretary of State for Transport said.

Heidi Alexander made the remarks as she outlined its vision to “modernise” the aviation sector at the annual AirportsUK dinner at a time when passenger levels at the country’s airports had grown by 7 per cent – and signs indicating 2025 would be a record breaking year.

She said: “It’s clear this is a trend, not an unusual year. In fact, everything points to a record-breaking 2025 – and it’s easy to see why.

“The world has never been more interconnected. The desire for travel never stronger. Global forecasts show a near doubling of passengers and cargo in the next 20 years. So the demand is there. It’s growing. And if we don’t seize it, we not only risk being outpaced by European competitors, but we will be on the wrong side of public aspirations.”

The Government has already announced its support for a third runway at Heathrow Airport – which has put in £2.3billion to overhaul its infrastructure – and more recently said it was ‘minded to approve’ a second at Gatwick.

She added: “We see airports as a crucial pillar of our plan for change. And it’s why we’ve acted, and acted quickly, across three areas – starting with expansion. It’s no secret that long ignored capacity issues in the south-east, has meant some of our major airports are now bursting at the seams.

“And yet – when it came to expansion – too many people stuck their heads in the sand. It left the industry in a perpetual holding pattern, with decisions circling around Whitehall for years, waiting for a clear signal.”

Expansion at Heathrow would be the first new full-length runway in the country for quarter of a century with the transport secretary saying her job was now to balance “economic benefits of expansion with social and environmental commitments.”

She said this was reflected in her caveated support for Gatwick – with a “clear path for expansion” set out if certain conditions are met.

A final decision on whether to approve Gatwick’s expansion is expected to be made on October 27.

The transport secretary finished: “I will never accept the false trade off that pits growing aviation against protecting our environment. I honestly believe we can, and must, do both. And how we do that is already being answered...

“Firstly, we cannot hope for quieter, cleaner and greener flights if our most critical piece of infrastructure is stuck in the past. We must ramp up work on reducing emissions. Green flight isn’t only essential for the industry, it’s existential.”

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[Heathrow Airport. Credit Heathrow Airports Limited.](#)

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## Drowning in Debt: Epsom MP Demands Thames Water



## Takeover

Thames Water should be put into “special administration” rather than given a £3billion bailout, Epsom and Ewell’s MP said after the utility company won a major court battle to stave off nationalisation.

In February, the embattled water firm won the right to go ahead with the huge loan despite some of Thames Water’s creditors opposing the costly 9.75 per cent interest rate. The decision was then challenged on appeal with the courts this week again finding in favour of Thames Water.

The company, which has overseen record sewage spills amid rising prices for customers – while paying out hundreds of millions of pounds in dividends to shareholders – says the £3billion loan puts them on a “more stable financial foundation”. From April, bills will increase by 31 per cent.

Thames Water CEO Chris Weston said they were pleased with the court’s decision “decisively refused” the appeal and allowed the loan to go through. He said: “We remain focused on putting Thames Water onto a more stable financial foundation as we seek a long-term solution to our financial resilience.

“Today’s news demonstrates further progress. We continue to work closely with our creditors, enabling us to access liquidity to continue to implement our turnaround plan so we can deliver better results for our customers and the environment while seeking to attract new capital into the business.

“As we have previously stated, the Company Plan will not affect customer bills but will provide continued investment in our network to fix pipes, upgrade our sewage treatment works, and maintain high-quality drinking water. We remain of the view that a market led solution is in the best interest of customers, UK taxpayers and the wider economy.”

The decision to reject Charlie Maynard, the Liberal Democrat MP for Whitney’s appeal has not pleased everyone.

**Helen Maguire**, the Lib Dem MP for Epsom and Ewell, described the bail out as “terrible news” for people “who have been paying the price for a company that is not fit for purpose.”

She said: “Thames Water is spending almost a third of my constituents’ bills on servicing their mountain of debt, instead of investing in vital infrastructure and stopping gallons of sewage from being pumped into our rivers.

“It is in the Government’s power to end this now. Thames Water must be put into special administration and we cannot allow failing water bosses to keep throwing good money after bad, while our regulators sit on their hands and customers’ bills go through the roof.”

Thames Water’s cash flow was set to run dry in March before the loan deal was agreed with speculation growing that it could come under government control. The network is also in need of major repair and modernisation expected to cost in the billions.

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Thames Water rebate

Epsom & Ewell households drowning as water bills rise?

Image credit: By NegativeSpace in Travel (logo added).