

Surrey Uni Study: long Covid patients proving their illness is real challenges

28 March 2025



People living with Long Covid often feel dismissed, disbelieved and unsupported by their healthcare providers, according to a new study from the University of Surrey.

The study, which was published in the *Journal of Health Psychology*, looked at how patients with Long Covid experience their illness. The study found that many patients feel they have to prove their illness is physical to be taken seriously and, as a result, often reject psychological support, fearing it implies their symptoms are “all in the mind”.

Professor Jane Ogden, co-author of the study from the University of Surrey, said:

“We found that the problem isn’t people with Long Covid refusing help – it’s about the deep need for people to be believed. When a patient feels dismissed, offering psychological support instead of medical care can be misconstrued as insulting.”

According to the Office for National Statistics, there are 1.9 million people who live with Long Covid in the UK. Long Covid symptoms include fatigue, difficulty concentrating, muscle aches and shortness of breath, which persist for many weeks, sometimes months, after the initial Covid-19 infection.

Surrey’s study involved in-depth interviews with 14 people in the UK between the ages of 27 to 63 who had experienced Long Covid symptoms for more than four weeks. The group included 12 women and 2 men.

Saara Petker, clinical psychologist, co-author of the study and former PhD student at the University of Surrey, said:

“We found that our participants are living a life of constant uncertainty, struggling to find treatment. People told us that they didn’t feel listened to, some said they’d lost trust in doctors, their social circles and even their own bodies because of the whole experience.

“Medical advice is crucial – but psychological support must be offered with care. If it’s seen as replacing medical help, it can feel dismissive.”

Image: License details Creator: Jose Luis Navarro. Copyright: CC BY-SA 4.0

Epsom based Toyota raises £1/2m for MND

28 March 2025



Toyota has raised more than £500,000 to support people living with and affected by motor neurone disease (MND). It has also extended its partnership with MND Association for a further two years, into 2027.

Toyota joined forces with MND Association in 2021. The charity was chosen by the company’s staff in memory of a much-loved colleague, Rachel Rollason, who suffered from MND, a terminal neurological condition that affects up to 5,000 people in the UK at any one time.

Since then, colleagues from Toyota (GB), Toyota Financial Services, Toyota Insurance Services and KINTO UK, have pushed themselves to the limits in a variety of fund-raising activities including taking part in marathons, a cycling challenge from Portsmouth to Newcastle, a Tough Mudder and a 100km walk along the River Thames which raised more than £120,000 in just two days.

Tanya Curry, MND Association’s Chief Executive, said: “We are delighted that Toyota has chosen to extend its partnership with us. We are so grateful for everything they have done to support our work over the past four years, whether that’s by

volunteering, training to take part in an event, or fundraising. Thanks to Toyota, we have been able to provide support grants for life-changing wheelchair adaptations, while pushing forward with ground-breaking research into potential new treatments for this terrible disease. Over the next two years, the strong partnership between our organisations will continue to grow and allow us to accelerate progress in the fight against MND.”

Scott Thompson, Toyota (GB) President and Managing Director, said: “I’d like to thank our staff for their efforts in helping us reach our fundraising target of £500,000. We already have plans for further fundraising, for example next month four senior team members: Jason Milton, Rob McKendrick, Carla Henson and Dariusz Mikolajczak, will take part in the London Marathon.”

For more information, or to donate, visit <https://donate.giveasyoulive.com/campaign/toyota-london-marathon>

For more information about MND Association please visit www.mndassociation.org

Toyota GB

Image: From L to R: Charlotte Taylor, Senior Corporate Partnerships Executive, MND Association, Pete Collins, Senior Corporate Partnerships Development Executive, MND Association, Kish Laungani, Specialist Sustainability Programmes, Toyota GB, Isla Thomson, Assistant, CSR, Sustainability and ESG, Toyota GB and Rosemary Parkin, Assistant Press and PR, Toyota GB

Epsom Charity Celebrates Project Milestone with a BBC Radio Takeover

28 March 2025



The Sunnybank Trust is celebrating a major milestone - five years of **Sunny Sessions**, its inclusive radio show dedicated to amplifying the voices of the learning disability community.

Founded during the lockdown by CEO **Dorothy Watson** and Futures Manager **Claire Dawson**, the show began with the goal of keeping the community connected during a difficult and isolating time. *Sunny Sessions* aimed to provide comfort, connection, and positivity through buzzing music, exercise segments, and relevant news updates.

Dorothy Watson, CEO of The Sunnybank Trust, said:

“We are proud to be celebrating five years of Sunny Sessions. What started as a way to connect people has become a vibrant platform run by and for the learning disability community. Congratulations to Jon Andrews, our dedicated producer, and many thanks to Surrey Hills Community Radio for hosting our show.”

To mark this milestone, The Sunnybank Trust is pleased to announce that the **BBC Breakfast Show** will host the anniversary celebration on **28 March 2025**, between **7 - 9 am** on **BBC Radio Surrey & Sussex**.

As part of the celebration, the show will feature an interview between **Emma Blackmore**, a Sunnybank reporter based in Bristol, and the consultants from **Understand Us**, a consultancy founded by The Sunnybank Trust in 2019.

Understand Us is a learning disability-led consultancy based in Epsom, offering services such as training, workshops, and audits to help businesses become more accessible to people with learning disabilities. For more information, visit understandus.co.uk.

During the interview, the consultants will share insights into their roles, discuss how businesses can benefit from Understand Us, and reflect on their favourite projects.

James Cannon, BBC Producer, said:

“We are incredibly proud of the journey Sunny Sessions has taken over the past five years. This anniversary and the feature on BBC Breakfast provide an opportunity to share the voices and stories of the individuals who have been part of the show’s success. Our mission has always been to amplify these voices and promote inclusion, and we are excited to take this next step in reaching an even wider audience.”

Today, *Sunny Sessions* is presented by **Jon Andrews**, who brings his passion and energy to the show as it continues to grow. The programme has expanded to cover a wide variety of topics, providing a platform for people to share their stories, engage in meaningful discussions, and raise awareness about issues that matter to them.

Jon Andrews said:

“I’m incredibly proud of what we have achieved with the radio show and excited to see where the next five years will take us.”

The Sunnybank Trust

Photo: **Jon Andrews from The Sunnybank Trust**, and **James Fieldus, a Sunnybank Reporter**. Photo by The Sunnybank Trust.

Woking Council private school loan scandal

28 March 2025



A private school loaned millions of pounds at favourable rates by bankrupt Woking Borough Council has still to pay its overdue debts – with the local authority saying it is “taking appropriate legal advice” to get its money back. Greenfield School in Old Woking was lent £13.3 million by the now-bust borough, with the previous administration saying the money would help free up capacity within state schools.

Last year, £2.4 million of that was due to be paid back, but the school said it was short of cash and instead offered the council a town centre building it owned in exchange, worth considerably less than that. The council, which is in the process of offloading assets to pay off its own multibillion-pound debt, told the school in November last year that it did not have the capacity to take on any additional buildings.

Four months on, the two parties appear to remain apart on terms, with questions now being asked at Woking Borough Council’s March 20 executive meeting over whether the school will be able to “regularise” its position. Councillor Dale Roberts, lead member for finance, said: “We made it clear that the strong preference of this council was that the school simply met their existing commitments. They are also aware that they are required to provide independent and professional advice on the viability of their plans to repay. Our needs must be front and centre to provide assurance that the school will be able to honour any revised terms and of course that means not just the repayment in November last year but for the whole of the arrangement.”

Cllr Roberts described the loans as “inappropriate” and that the “former administration had no business entering into any such arrangement”. He said: “I’d prefer not to comment on the legalities but I can say with some confidence that it was ultra reckless. The (previous administration) may or may not have acted beyond their legal powers but they certainly sprinted with blind ambition past the boundaries of good judgement.”

According to the papers published by Woking Borough Council, the unsecured loans between 2019 and 2021 helped the school to relocate into another catchment area and enter a different segment of the private education market. Woking Borough Council declared itself effectively bankrupt in 2023 and had to cut services while increasing tax by 10 per cent to help cover its financial meltdown. Greenfield School, which charges up to £17,010 a year, has previously told the council it “may not be in a position” to repay money owed.

Related reports:

No wonder Woking went bankrupt. Scandal of private school loans

Image: Greenfield School Woking (image Google)

Surrey Councils launch Local Government Reorganisation engagement

28 March 2025



Surrey residents can have their say on the future of local government in the county, in a new survey launched

by eight of Surrey’s district and borough councils.

An initial proposal for Local Government Reorganisation, which would see the county divided into two or three unitary councils, was published by district and borough councils last week, and they are now asking for the initial views of residents and local businesses.

Given that the current system of local government has been in place for the last 50 years, this is a once-in-a-generation opportunity to change things for the better. Eight district and borough councils are therefore offering local people the opportunity to give their feedback on plans for the future governance of the county, to influence the next phase of the process.

Most district and borough leaders in Surrey support a move to three unitary authorities. They believe this would strike the best balance between efficiency and maintaining genuine local accountability, as well as maximising opportunities to support economic growth by ensuring that unitary authorities reflect the economic geography of the county. But regardless of any stated preferences, all district and borough leaders are keen that local people should have the opportunity to contribute to the debate.

The new unitary authorities would assume responsibility for the services currently delivered by Surrey County Council and the 11 district and boroughs. This transition would pave the way for the creation of a new strategic authority covering the county.

Councillor Hannah Dalton, Chair of the Epsom & Ewell Borough Council Residents’ Association (Majority Group) and co-chair of the Surrey Leaders Group, said:

“This is a pivotal moment for local government in Surrey. There are a number of compelling advantages to unitary councils - and cost savings is only one of them. We also need to ensure we create new organisations that can manage economic growth more effectively, and which recognise the importance of community, identity, and local democracy.

“Local Government Reorganisation provides us with an important opportunity to secure Surrey’s future prosperity, safeguard high-quality public services and ensure that decisions continue to be made close to the people they impact.

“The voice of our residents is what really matters. We want to hear what you think about the future of your local councils. Please get involved in the survey and give us your views.”

The survey is open for comments until Sunday 20 April.

Related reports:

[Parliament motion to reinstate Surrey County May elections](#)

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Godstone “Sink-hole” residents to return

28 March 2025



After a long wait, good news may finally be coming to some who were forced to evacuate after a massive sinkhole opened up in a Surrey town. Families living on the impacted street in Godstone have been told they may be allowed to return home this weekend.

The huge hole appeared on Godstone High Street on February 17 and was quickly declared a major incident due to its seriousness and complexity. Now scaled down to a ‘significant incident’ investigations are still ongoing as to what the cause is and how to solve it.

“We have some really good news for residents,” said Lloyd Allen, Infrastructure Team Manager for Surrey County Council. “We’re expecting them to return this weekend.”

Wearing a hi-vis jacket and standing in front of part of the enormous hole, Mr Allen said families on Godstone high street can once again sleep in their own beds. He warned that the news is subject to a couple of issues the team is investigating and depends on them getting the all-clear that water quality is up to standard.

Five weeks after the high street was almost swallowed up by the sinkhole, highway officials still do not know what caused the major incident. “The plan for the future is to carry on doing what we are doing,” said Mr Allen with no clear indication of when the saga might end. The infrastructure manager said he and the team, as well as specially hired geo technical engineers are analysing the investigation results and seeing if there is a tunnel network.

In a new video released by the county council, the highways team gave a latest update on Godstone with some crucial insights. Surveys have revealed a lot of anomalies in the area which could be deep sewers, series of tunnels or even potentially soak away from properties. Further investigations are still needed to pin down exactly what they are, the team said.

Afterwards, the team will plot a series of bore holes on the site that they can carry out to look under the surface. If more tunnels or voids are found, they can put cameras down and do some more testing. “But that work might take several months longer,” Mr Allen said.

Matt Furniss, Cabinet Member for Highways, Transport and Economic Growth at Surrey County Council, said: “Highways Officers have used foam concrete to temporarily fill the hole to stabilise the area and to ensure it doesn’t get any bigger.”

“Specialist surveys are continuing in areas which were previously inaccessible, to determine the underlying cause of the collapse and how best to permanently repair the area so it doesn’t reoccur.”

“Due to the unprecedented nature of this incident, we expect the full-scale repair of the site to take several more months although we expect residents will be able to return to their homes whilst works are carried out, once it is safe to do so. We thank them for their ongoing patience as we deal with this complex incident.”

Related report:

[Surrey sink-hole major incident](#)

Image: Lloyd Allen, Infrastructure Team Manager for Surrey County Council, on Godstone high street. (Credit: Surrey County Council).

Banstead Dog licensing scheme deemed ‘foul’

28 March 2025



Professional dog walkers say they were told “if you don’t like what we’re doing, take your dog somewhere else” at a public meeting about a new licensing scheme being introduced for several Surrey beauty spots.

Dog walkers have claimed the land managers are using the new licensing project as a ‘pay or go away scheme’ which they say it is more expensive than neighbouring schemes and has been “appallingly” managed.

New rules could see professional dog walkers pay £360 to use a Surrey beauty spot, Banstead Common, from April 1. Banstead Common Conservators (BCC) said the main reason for setting up the scheme was to ensure the safety of everyone who uses the Commons and to control commercial business on the land.

“There’s disdain for the profession and that’s been made very clear,” said Emma, a self-employed dog walker. She previously spoke to Local Democracy Reporting Service (LDRS) of the BCC staff being “heavy handed”. Now, Emma said the BCC are “bullying people into submission” with the new licensing rules.

Calling the land managers “prejudiced”, the professional dog walkers said the BCC have presented “no evidence” that they are a danger to the public or conservation compared to any other person who walks over the heath.

“They are refusing to supply the legal standing for the scheme,” said Emma, “I just don’t know what else to do.” Dog walkers have said they welcome the licensing scheme in principle but accused the BCC’s proposition as ‘unworkable’, more expensive than others and without engagement or input from dog walkers.

Rather than just a side-hustle, professional dog-walking is a job or business that people pay their mortgage with. Jen, a dog walker for nearly 10 years said: “The chairman and another committee member were dismissive and incredibly rude when concerned dog walkers asked legitimate questions about the licensing scheme at a January meeting.”

For months the professional dog walkers have complained they have been “left in the dark” and there has been “no dialogue” with the managers implementing a scheme which could significantly change their working conditions. “Their attitude has spurred so much misery and alienation,” an anonymous local dog walker said.

The chairman of the BCC accused professional dog walkers of “lying” in their complaints and “being insulting” against the

BCC at a public meeting earlier this year. Another member advised dog walkers if they were not willing to pay for the license they should “go back to where they came from”.

A BCC spokesperson said: “All of our engagement with any user of Banstead Commons is done with respect and in accordance with our statutory duties.” The BCC have said they have responded to all enquiries they have received “in a professional and timely manner” and have hosted three informal meetings about the licensing scheme with positive feedback.

The land managers have said they are using their powers under paragraph 18 of the Metropolitan Commons Banstead (Supplemental) Act 1893 act to restrict commercial activity. Despite repeated requests from LDRS and interested groups, the conservators chose not to specifically highlight which part of the act they are referring to.

The BCC said the scheme was a response to the increase in the number of dogs being walked commercially on the Commons in recent years and the pressure it puts on the land, wildlife and visitors. As land managers, the conservators said, they need to ensure businesses are insured and identifiable when they are operating on our sites.

Spanning 1,350 acres, the land – owned by Reigate and Banstead Borough Council – includes Banstead Heath, Banstead Downs, Park Downs and Burgh Heath. Although the BCC claim the £360 annual license fee offers a good deal for users at just less than £1 a day, professional dog walkers argue it is extortionate compared to other Surrey and London boroughs which are council-run.

Similar schemes are also being trialled elsewhere in Surrey. Nonsuch Park in Epsom, is running a pilot commercial dog licensing fee of £200 a year with a limit of six dogs walking at any one time. The licence will be managed by Epsom and Ewell Borough Council as well as the London Borough of Sutton Council. Charging £164.50 to use open spaces across the whole district, Tandridge District Council also runs a licensing scheme.

Although some dog walkers may call the response “overblown”, the BCC said it has clear legal responsibilities to “protect the integrity of Banstead Commons and visitor safety”. The group added it has also catered its response in line with a prevention of future deaths report for Natasha Johnston, a professional dog walker who tragically was mauled to death by eight dogs she was walking in Caterham in 2023.

“Unknown people shouldn’t approach unknown dogs,” said Jen. She said the part of the scheme she was most concerned about was BCC staff being able to walk up to her and the dogs and check collars which could put the dogs and herself at risk. “It goes completely against my GDPR policy,” Jen said.

As it stands, if a dog walker’s license is revoked there is no process of appeal and no refund. “They are judge, jury and executioner,” Jen said. She lamented that neither Reigate and Banstead Borough Council, the landowners, nor the Department for Environmental Food and Rural Affairs want to get involved and the BCC are “unaccountable”.

“What’s different between dog walkers and members of the public walking dogs?” the anonymous dog walker challenged, explaining everyone uses the land and has to pick up dog poo. Speaking to the LDRS, the dog walkers said they take out local community dogs that live in the area and provide a needed service.

A BCC spokesperson said: “Banstead Commons Conservators are looking forward to working together with licensed dog walkers operating on our Commons. We have set up clear reporting procedures with licensed businesses which as well as a direct staff member to report concerns, includes hosting an annual review meeting open to all licensed businesses and an invitation for two representatives to join our Banstead Commons Consultative Group.

“Banstead Commons are wonderful open spaces enjoyed by many residents and visitors from further afield. Under our Act commercial activity is controlled in order to protect the integrity of the Commons and the welfare of its users. With the increasing volume of professional dog walkers, including displacement from other areas that have already implemented restrictions, it has become necessary to take the responsible step of licensing this activity. This scheme will help regulate the numbers of dogs being walked commercially on our sites and ensure that companies are operating safely and treating Banstead Commons, its users and wildlife with respect and consideration.

“Unless there is an incident to manage, Banstead Commons Conservators will not be interfering with licensed dog walking companies when they are operating safely and adhering to the licence scheme [...] Banstead Commons Conservators are always compliant in their operations.”

Related reports:

A dog’s dinner of a licensing scheme?

Should Nonsuch Park go to the dogs?

Image: Four dogs in Banstead wood, ahead of the licensing scheme to be introduced. (Credit: Dog walker Emma)

Surrey leads lateral thinking about vertical farming

28 March 2025



Can vertical farming be the key to improving and safeguarding the United Kingdom's food system? This is the central question behind a new research project led by the University that has been awarded £1.4 million by UK Research and Innovation (UKRI).

The Vertical Farming to Improve UK Food System Resilience (VF-UKFSR) project will investigate how vertical farming can improve the country's supply of nutritious leafy greens, essential for a healthy diet.

Vertical farming is a method of growing crops in stacked layers, often indoors, using controlled environments. Unlike traditional farming, it doesn't rely on soil or natural sunlight. It uses soilless techniques and artificial lighting to create optimal conditions for plant growth. This allows crops to be grown year-round, regardless of weather conditions and makes more efficient use of space and resources.

Dr Zoe M Harris, project lead from the University of Surrey's Centre for Environment and Sustainability, said:

"Our project is keen to explore how vertical farming can provide local, diverse, and culturally appropriate food, given its potential to grow a wide variety of crops. So far, there's been little in-depth analysis of the risks to our country's leafy greens supply nor a thorough examination of the benefits and trade-offs vertical farming could bring to the UK's food system. Thanks to this grant from UKRI, we're excited to change that and create a clear roadmap to unlock this potential on a larger scale."

The research team will work closely with farmers, industry, government and the community to make sure that the outputs of the project focus on real-life and immediate benefits.

The core team is made up of whole-system, environmental and social scientists, UK Urban AgriTech (UKUAT) and five farm partners - Flex Farming, Innovation Agritech Group, Farm Urban, GrowPura, and LettUs Grow.

Dr Lada Timotijevic from the University of Surrey said:

"Our research is all about identifying and understanding the risks to our food system and seeing how vertical farming can help tackle these challenges. We want to create tools that make it easy to see the impact of expanding vertical farming on considerations including food supply, land use, and the environment, so we can make smart decisions for the future.

"We're also focused on understanding the public's perceptions of vertical farming and the social conditions needed for vertical farming to succeed, as well as on working closely with farmers, industry, and policymakers to build a roadmap that supports its growth across the UK."

The project's leadership team consists of:

- University of Surrey: Dr Zoe M Harris, Dr Lada Timotijevic, Dr Lirong Liu, Dr James Suckling, Dr Damiete Emmanuel-Yusuf
- University of Aberdeen: Professor Astley Hastings
- University of Sussex: Dr Alexandra Penn
- UKUAT: Mark Horler

Image: Vertical farm. Credit ifarm.fi Creative Commons Attribution-Share Alike 4.0 International

Will sale of Dorking offices compromise housing plans?

28 March 2025



Dorking's former Aviva building has been put up for sale. The offices in Pixham Lane are being marketed by Savills - with the asking price only available on application. Currently owned by Stonegate Homes, it was set to play a key role in Mole Valley District Council's housing targets, having sat empty for years following the decision of insurance company Aviva to leave the Pixham Lane site in the town at the end of 2016. Failure to meet its targets can have a lasting impact and leave boroughs open to unwanted development.

Owners Stonegate Homes were contacted but did not respond, and calls have been going straight to answer machine. Planning permission was granted for the site - often referred to as the former Aviva Building - for 369 homes in a mixture of flats and townhouses. Savills describes the land as "a substantial former office building". Built in 1957, it was eventually bought by Dorking-based developers Stonegate with a view to converting it into homes, but its future is now shrouded with uncertainty.

Savill's marketing brochure reads: "The site is considered to be an excellent opportunity to acquire one of the most prominent development sites in Dorking to deliver a mix of flats and houses that are in close proximity to Dorking Station. The location enjoys views of the Surrey Hills and is within close proximity of open countryside. The site has potential for some additional planning gain for further additional houses to be delivered, subject to planning and any technical constraints. There is the option to acquire the whole or to purchase phases with offers invited on an unconditional and subject to planning basis."

Senior Mole Valley District councillors have said they are keeping a close eye on the sale and how it will affect housing delivery. Councillor Margaret Cooksey, portfolio holder for planning, said: "We need the homes to be built; they were supposed to be affordable homes on the site plus other community facilities. We need those to happen. We will be watching closely."

Image: Former Aviva site in Pixham Lane, near Dorking (image Google)

The Hidden Link Between Metabolic Syndrome and Joint Pain

28 March 2025



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- α 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/>

Image by Tung Lam from Pixabay

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28 March 2025



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Surrey Arts Gala went live in Guildford

28 March 2025



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.

Anyone for free Summer tennis in Epsom and Ewell?

28 March 2025



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

Surrey County new land management framework

28 March 2025



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

28 March 2025



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.

Local Epsom LibDem leader leaves her Party

28 March 2025



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