



Baroque to Modern concert by Epsom Chamber Choir

1 April 2025



Epsom & Ewell is fortunate to have many excellent music and drama groups to join, learn and perform with, and for audiences to enjoy old favourites or explore something unfamiliar and perhaps a bit challenging.

This lovely concert by Epsom Chamber Choir gave us contrasting styles from the 17th, 18th, 20th and 21st centuries, all with a meditative quality. Good programme notes were helpful.

In the fantastic acoustic of St. Martin's Church one was immersed in the spacious depths of the sounds; the intensity produced several spine-tingling moments for me.

The choir opened with *I was glad when they said unto me* - not the familiar setting used at King Charles' coronation in 2023 (which is by Parry) but one written by Henry Purcell for the coronation of James II in 1685. It sets off in a joyful dance. The top part floated over the others in a plea for peace and it drew to an exultant finish in a wish for *world without end*.

Purcell's style is perhaps less familiar to us today than Bach's, so it was great to hear three more pieces which showed his skill in dramatic and plaintive composition, and the choir's skill in their performance. My notes on *Thou knowest, Lord, the secrets of our hearts* and *Hear my prayer, O Lord say sublime and understated intense anguish* - sounds which produced more delightful shivers up the spine.

Then to compare them with Bach across four pieces - in these there were stately dance rhythms and delicacy as befitting some of the words. *Fürchte dich nicht* (Do not fear, I am near you), probably written for a funeral (it's a pity we don't know who commissioned the work), seemed to demonstrate all the complexities which Bach could write in a short piece. I hadn't heard this before, but it did not sound an easy sing!

In Arvo Pärt's *The Deer's Cry*, written in 2008, the dynamics, sonority and breath were beautifully controlled in some very exposed writing, then the very long lines of John Tavener's *Funeral Icos* were effortlessly phrased.

Three short modern pieces followed - John Tavener's *A Hymn to the Mother of God*, James Macmillan's *A Child's Prayer* (dedicated to the 16 children and their teacher who were killed at Dunblane in March 1996), and Eric Whitacre's *Lux Aurumque (Light and Gold*, which was introduced as representing light falling through stained glass) - they were full of space, profound, resonant and uplifting.

In the baroque pieces the choir of just over 30 singers had a light accompaniment on chamber organ and cello. Poppy Walshaw, the cellist, also played three movements from the Bach cello suites. This was more music to get lost inside, the two dances leading us into a celebration of life in the joyous *Der Geist hilft unser Schwachheit auf (The spirit comes to help our weakness)* to conclude a most enjoyable evening.

Upcoming Events

The choir is holding a **Come & Sing! Haydn's The Creation** on **Saturday 10th May, 1.30-5pm**, at **St. Martin's Junior School, Ashley Road KT18 7AD** (**£10, students £5, under 18s free** - includes music hire and light refreshments).

Their next concert, **'The Food of Love'**, is a choral tapestry ranging from 16th-century fun, through *West Side Story*, *I Got Rhythm* and *Summertime*, to Billy Joel - **Saturday 28th June, 7.30pm, St. Martin's Church, Epsom KT17 4PX.**

Anita Littler

Miller hat-trick saves Epsom and Ewell FC

1 April 2025



Spelthorne Sports 1-4 Epsom and Ewell FC. Combined Counties League - Premier Division South. Saturday 29th March.

It's like London buses; you wait eight matches for a win and then along come two at once! The same story could be applied to our little winger Luke Miller, who had scored 36 goals for our club previously, but not a single one since September, and yet his well taken second half hat trick was enough to break a fairly weak Spelthorne resistance as we won at the Sports Club by four goals to one, confirming our mathematical escape from relegation this season.

Maybe unsurprisingly, we stuck with an unchanged starting eleven for our meeting with the club at the foot of the League in the hope that momentum gained in Tuesday's win over Corinthian-Casuals would continue. Going into this contest we knew that a win would guarantee our survival at Step Five for 2025/26, but anything less would leave us looking over our shoulders at the fast improving Balham team.

We got off to a fine start at the Spelthorne Sports Club; a venue we have never lost at in five previous visits, and were ahead as early as the seventh minute after some early pressure led to the ball being passed around on the edge of the Spelthorne Sports penalty area and out of nowhere, Brendan Murphy-McVey struck a shot across home keeper Aaron Etukado with the outside of his left foot. It was a cultured and clinical finish and was also our new man's first goal for the club, having been unfortunate when hitting the post four days previously.

The home side were forced into an early substitution due to injury and after Jason Bloor was brought down on the edge of the area, Murphy-McVey's strike forced Etukado into a low save. Bloor sent a strike over the bar from distance and Toby Young headed wide from a deep Miller free kick. It was interesting to see the Spelthorne number ten Glenn Yala stumble in the penalty area and then receive a yellow card for simulation which looked harsh, before a card was issued in the direction of our bench for something that was said. Just before half time Ethan Nelson-Roberts saw his shot take a heavy deflection wide and from the corner Anthony Nazareth headed wide at the far post.

As the players went off at half time there was only really one team in it, but a substitution at the break worked instantly as Oliver Jovanovic came on and with just 20 seconds having elapsed, he tried his luck with the breeze now in his favour and it flew right into the top corner, leaving Sami Nabbad helpless.

A week or two ago this might have caused us to wobble, but the home side rarely challenged and we soon picked up where we had left off in the first half. There



was time to see Craig Dundas trying a cheeky throw in off the back of a retreating opponent in an attempt to get the ball straight back, but he was pulled up for the foul throw! However, it didn't take much time before we restored our lead and it arguably came from an unlikely source. Miller had missed three good opportunities against Casuals on Tuesday and hadn't troubled the scorers for a few months, but this time he was far more clinical and when he ran on to Ethan Brazier's great pass over the top of a static defence, he ran in on goal before cheekily flicking the ball, again with the outside of his foot like Murphy-McVey had, to send the ball beyond Etukado's left hand and into the far corner of the net in the 64th minute.

We then posed a tricky problem for the referee when substitute Kionte Gillfillian-Waul made good ground on the left before colliding with the keeper. It wasn't clear to see who was at fault here, but despite our appeals, the man in black waved away the penalty appeals. Again though, it didn't matter as we made the game safe in the 80th minute. This time Gillfillian-Waul did well down the right flank and his pull back enabled Adam Green to strike a low shot at goal from just outside the area. Etukado got down to make the save, but couldn't hold on and Miller was there at the far post to firstly win the ball off a defender before tucking it in from a narrow angle just a couple of yards out.

Etukado was badly injured in making the save and required treatment for a lower leg injury before being replaced in some pain. This required the home side to throw in an outfield player and as they had used all their substitutes by then, they were also down to ten men as a result. I thought the same was going to happen to our Captain Green in the 89th minute after he needed treatment, as we had also used our subs by then, but he recovered to rejoin the action and Miller wrapped things up in the third minute of injury time with a cheeky lob from an angle, only twelve yards out, that went in off the far post to give him his third hat trick in Epsom colours, and his first one away from home after registering triples against Mile Oak and Billingshurst, both at our temporary home ground of Fetcham Grove in 2021/22.

Spelethorne will now take a season or more out in Division One of the Combined Counties League, having fallen away quite badly this season, while Corinthian-Casuals will surely dispense of their Manager at season's end having just about survived at this level, when they will have been hoping to bounce straight back. What I will say in our favour is that these two wins were pivotal and you can only beat who is in front of you. We'll get a better idea of whether we have really turned the corner on Tuesday against in-form Balham, but either way, assessing the performance is not really important right now; it was all about the points, and as it was at the end of last season we have made it count just when we needed to. The same could also be applied to Miller, who now jumps five places on our Club Hall of Fame list to 42nd after not moving for such a long time. I think he would agree, it was overdue!

Epsom & Ewell: Sami Nabbad, Ethan Brazier, Ethan Nelson-Roberts, Adam Green (c), Toby Young, Anthony Nazareth, Luke Miller, Niall Stillwell, Craig Dundas, Brendan Murphy-McVey, Jason Bloor

Subs: Kionte Gillfillian-Waul for Stillwell (63), Ali Fofahan for Bloor (75), Jack Torbett for Murphy-McVey (83), Stefan Aiwone for Nelson-Roberts (85), Nicolas Bostan for Brazier (85)

Report Source: www.eefconline.co.uk

Surrey Uni leads microbe recycling of lithium batteries

1 April 2025



A microbial electrochemical technology capable of recovering 90-95% of lithium from spent lithium-ion batteries has been developed by scientists at the University of Surrey.

The breakthrough offers a more sustainable and cost-effective alternative to conventional recovery methods and could be expanded to reclaim other valuable battery metals, like cobalt.

Funded by the Biotechnology and Biological Sciences Research Council (BBSRC), the BioElectrochemical LiIthium rEcoVErY (BELIEVE) project set out to tackle one of the biggest challenges in lithium-ion battery recycling - reducing the environmental and economic costs.

Professor Claudio Avignone Rossa, Professor of Systems Microbiology at the University of Surrey and principal investigator on the project, said:

"Lithium-ion batteries power so much of our modern technology, from phones to electric vehicles, but current recycling processes remain energy-intensive, costly and inefficient. Our goal was to develop a bioelectrochemical system (BES) that uses microbial electrochemical technology to extract high-purity lithium from used batteries - which is currently very difficult to do."

Traditional methods recover small amounts of lithium, sometimes as little as 5%, while more advanced techniques achieve higher yields but rely on corrosive chemicals.

Professor Jhuma Sadhukhan, Professor of Engineering and Sustainability at the University of Surrey and co-lead on the project said:

"This project is timely due to stringent legislation for material security, particularly tech-metals like lithium. With this respect, extraction-precipitation, electrosynthesis and crystallisation have been tried to recover lithium from brines; however, the methods have posed specific challenges, including low recovery of lithium compounds."

"Biotechnology-based biorefining is needed to close the LIB loop and thereby improve product grades and recovery rates, process robustness, social justice, economic returns, health, safety, environment and legislation. In this research, we optimised a biological system to recover high purity lithium from industrial black mass, a used lithium-ion battery material after thermal and mechanical processing, separating aluminium and iron."

Dr Siddharth Gadkari, Lecturer in Chemical Engineering at the University of Surrey and co-lead on the project, said:

"By harnessing specially selected microorganisms to transfer electrons and extract lithium, we have developed a cleaner, more sustainable approach that dramatically reduces reliance on harmful chemicals."

"Our next steps will focus on proposals to expand the technology to recover and separate all valuable metals from batteries, including high-value cobalt, nickel and manganese. While challenging, this is a crucial step toward establishing a truly circular battery economy."

Developing a scalable process that efficiently recovers lithium, cobalt and other valuable metals will not only reduce waste but also lessen dependence on environmentally damaging mining practices.

It also closely aligns with EU Green Deal 2020 regulations, which aim for a 65% recycling efficiency for lithium-ion batteries and a 70% material recovery rate for lithium by 2030. Similar regulations are anticipated in the UK, underscoring the significance of the BELIEVE project's contributions to sustainable technology and resource management.

The team now plans to put forward new proposals to explore how they can recover all metals from lithium-ion batteries.



Notice regarding RAWLINSON & HUNTER LIFE & ASSURANCE PENSION FUND

1 April 2025

NOTICE UNDER SECTION 27 TRUSTEE ACT 1925

To members and others claiming a right to benefits under the Rawlinson & Hunter Life & Assurance Pension Fund (the Scheme).

Notice is hereby given pursuant to Section 27 of the Trustee Act 1925 that the Trustees of the Scheme have commenced the process of winding-up the Scheme (commenced wind up on 1 April 2025).

The Trustees wish to trace anyone, including former employees (whether full-time or part-time) of Rawlinson & Hunter LLP ("the Firm") or their spouse or dependant who believe that they have a claim against the Scheme or an entitlement or interest in the Scheme and have not heard from the Trustees recently.

If you think that you have a claim, entitlement or interest in the Scheme please write with full details of your claim, interest or entitlement including your full name, address, National Insurance Number, date of birth, dates of employment with either of the Companies and any relevant papers to:

The Trustees of the Rawlinson & Hunter Life & Assurance Pension Fund

c/o Claire Petzer

Cartwright Benefit Consultants Limited

Marlborough House

Victoria Road South Chelmsford, Essex CM1 1LN

Email: claire.petzer@cartwright.co.uk

All claims must be made by 1 June 2025 so they may be considered by the Trustees before the Scheme is wound up.

After that date, the Trustees will commence the distribution of the Scheme's assets process, as part of the winding-up of the Scheme, to provide benefits for its members and beneficiaries, having regard only to the claims, entitlements and interests of which they have prior notice. The Trustees will not be liable to or in respect of any person whose claim, entitlement or interest have not been notified.

Any individuals who have already been contacted by the Trustees about the matters above should not respond to this notice as the Trustees already have details of their claims and entitlements.

For and on behalf of the Trustees of the Rawlinson & Hunter Life & Assurance Pension Fund 1 April 2025

RA councillor replaces Independent member as scrutiny row erupts at Epsom Town Hall

1 April 2025



A stormy Audit and Scrutiny Committee meeting at Epsom and Ewell Borough Council on Thursday 27 March has ignited a political row, as Councillor **Robert Leach** (RA Nonsuch) controversially replaced Councillor **Alex Coley** (Independent Ruxley) on the committee. The change, made by the ruling Residents Association group, prompted accusations of "gerrymandering" and "Trumpian politics" from opposition members, particularly Labour Councillor **Chris Ames** (Labour).

The chair of the committee, Cllr **Steven McCormick** (RA Woodcote and Langley), presided over what quickly became a fractious meeting, with procedural disputes dominating its early minutes. The substitution of Cllr Coley – a former Residents Association member who resigned from the group and now sits as part of a two-member independent group – triggered a fierce exchange over the legality and transparency of the move.

"Nonsense on stilts": Labour mounts strong objection

Rising on a point of order almost immediately, Cllr Chris Ames condemned the replacement as illegitimate:

"A member of the committee who was appointed by full council last year... has been excluded from attendance by diktat from the Residents Association... It's a gross example of gerrymandering by the administration, by a Residents Association clique that will sink to any depths to gain revenge on the former member."

Cllr Ames declared that no constitutional rule allowed for such a substitution, emphasising that committee membership was determined by full council, not party whips. He went on to challenge the very presence of Cllr Leach at the meeting, describing it as: "The worst kind of gerrymandering... resorting to Trumpian politics... shocking, absolutely shocking."

Chair defends decision with constitutional reference

Cllr McCormick responded by reading from Appendix 5 of the Council Procedure Rules (CPR 15.4), arguing that: "A member of a committee... may designate as their substitute another councillor... The substitution happened by the leader of the RA group earlier today." He added: "This is not to be debated... If you want to take it up with the monitoring officer, then please do."

Despite Cllr Ames's repeated interventions, the chair refused further discussion, insisting that proper constitutional advice had been followed.

Legal officer backs the administration

Cllr **James Lawrence** (Lib Dem College) attempted to elicit further legal clarity, but the deputy monitoring officer succinctly backed the chair: "I've got nothing further to add to what the monitoring officer has provided today."

That led Cllr Ames to vent: "You have no explanation as to why a member of this committee who was appointed by council has been excluded from this committee." He warned that the substitution would "nullify the whole proceedings"



Despite the protest, the meeting proceeded with Cllr Leach continuing in place.

Epsom and Ewell Times contacted Cllr Coley after the meeting and he said: "I did not request a substitute for either the meeting of S&R [strategy and resources committee] on the 25th March or A&S [Audit and Scrutiny committee] on the 27th March. Neither was I told that I would be substituted. I was however provided with a legal steer by the Council's Monitoring Officer in which it was anticipated that the RA Group Leader might substitute me as the seat was allocated to that political group."

"My reflection is that there seems to be a fear of robust scrutiny happening in committee meetings. Training on committee procedure is almost non-existent, with a lack of confidence and understanding creating a fait accompli when reports are brought to committee. It is my understanding that smaller opposition groups will be blocked from oversight of strategic financial decisions in the near future." He added: "This bodes very poorly for the governance of the Council at such a critical time, with Local Government Reorganisation, a multi-million pound Town Hall move and an expected deficit in the Council's finances in 2026."

The relevant words of the rule are: "A member of a committee may..... designate as their substitute another councillor. The nominating member, Leader / Chair of their Group, or Deputy Leader / Chair of their Group, shall inform the Democratic Services Manager of the substitute in writing prior to the meeting in question."

There appears to be no rule allowing for any person other than the councillor himself or herself to designate a substitute.

Cllr Alex Coley and recently resigned group leader of the Liberal Democrats, Cllr **Julie Morris** (College), have formed a new 2 member Independent Group. The new Group pledges to allow its members freedom to vote and speak at Council independently from any "group position".

Complaints report:

Following the dramatic opening, the committee did manage to turn to the rest of its business, including a review of council complaints between April and December 2024.

Members noted the learning from complaints data. Operational Services were responsible for 57% of complaints, mainly about refuse collection, although this was a 19.5% decrease compared to the previous year.

Treasury and transparency

The committee also received the Financial Strategy Advisory Group's report on treasury management. There were no contentious issues here, and the recommendation to note the annual report passed unanimously.

But concerns over transparency re-emerged during discussion of previous minutes, particularly relating to responses to the external audit. Lib Dem Cllr James Lawrence criticised omissions in how verbal statements were recorded:

"If I'm looking at the minutes and I didn't sit at the committee... that doesn't tell me anything that adds to the debate."

He also challenged the failure to record examples he had raised regarding "a failure to be transparent" in council decisions.

Cllr Ames returned to the theme, questioning why statements by officers in a previous meeting were vague or misrepresented. He called for: "An accurate description of what was said last time... because that is quite an important thing."

Director of Corporate Services acknowledged this and promised to amend the minutes for accuracy.

RIPA and policy clarity

In the RIPA (Regulatory and Investigatory Powers Act) annual report the officer was candid:

"This is a report we're obliged to bring to you every year to tell you about any covert surveillance... and we haven't done any."

The Council had nonetheless updated its surveillance policy after external inspection. The chair added that the report would be shared with community safety stakeholders to ensure open oversight.

Cllr Lawrence pointed out that a senior officer's name in the report was "to be confirmed," and officers clarified it was awaiting the arrival of a successor to Mr Sebastian.

Closing with caution

The meeting concluded with a subdued atmosphere after its turbulent beginning. No public questions had been submitted, and most agenda items passed without dissent.

But the confrontation over Cllr Coley's removal - and the unresolved questions about process, transparency, and political fairness - are unlikely to fade quietly.

Commentary

The drama surrounding Cllr Coley's substitution is more than a procedural quibble. It raises fundamental concerns about how power is exercised by the ruling RA group. When committee appointments, made by full council, are seemingly overridden without transparent explanation, the spectre of executive overreach looms.

Cllr McCormick's constitutional cover seemed dubious at best and the tone and timing of the move - coming after Coley's defection from the RA - understandably fuel suspicions of retaliation. The refusal to debate or justify the decision in open session further deepens the sense of opacity.

This episode may yet prompt a broader review of how Epsom and Ewell's committees are constituted, and how scrutiny can be safeguarded from political manipulation.

Until then, the Audit and Scrutiny Committee risks becoming the subject of its own audit.

Image: Audit and Scrutiny Committee - Epsom and Ewell Borough Council YouTube channel.

Epsom & Ewell athletics legend remembered

1 April 2025



Remembering Don Turner: A Legend in Local Athletics

Epsom and Ewell's athletics community is mourning the loss of **Don Turner**, who passed away on Sunday, 9 March. A dedicated member of **Epsom and Ewell Harriers** for an incredible 70 years, Don was not only an accomplished athlete but also a respected official and administrator who left an indelible mark on the sport, both locally and nationally.

Don's career in athletics was nothing short of remarkable. An international-standard distance runner, he completed 65 marathons, but his true talent shone in even longer races. He broke the world record for a six-hour track run in challenging conditions at Stompond Lane, won the grueling Isle of Man TT course race twice, and was part of a Surrey trio who dominated the 1962 Comrades Marathon in South Africa, finishing within the top four.

His dedication to the sport extended far beyond competing. Don was a pillar of athletics officiating, holding key roles within Epsom and Ewell Harriers, Surrey Athletics, the South of England AA, and South of the Thames Cross Country Association. His expertise in timekeeping was widely recognized, and he became a mentor to many officials in the region.

A true pioneer in race technology, Don played a crucial role in introducing photofinish techniques in an era when timing relied on manual stopwatches and wet film processing. He was a key figure in international athletics, including officiating at the prestigious Crystal Palace events and working with Seiko at the Barcelona Olympics test event in 1991.

Perhaps one of his most well-known contributions was his involvement in the founding of the London Marathon in 1981, working alongside Chris Brasher and John Disley to organize the race's finish and timekeeping. Yet, despite these high-profile roles, Don remained dedicated to grassroots athletics. Well into his 80s, he could be found officiating at local youth competitions, including the Ebbisham League at Ewell Track.

Helen Maguire, MP for Epsom and Ewell and an Epsom and Ewell Harriers runner, paid tribute to Don's immense contribution:

"Don officiated in many a race I've taken part in during my 14 years running for Epsom & Ewell Harriers. Don also helped start the London Marathon alongside Chris Brasher in 1981. He lived in Stoneleigh. His contribution to the sport of running has been enormous and he will not be forgotten. Thanks, Don, for everything you have done for the sport."

A Club with a Rich Heritage

Don Turner's legacy will live on through Epsom and Ewell Harriers, one of the oldest and most successful athletics clubs in Surrey. With a membership of approximately 250 athletes of all ages and abilities, the club competes in a range of track and field, cross country, and road running events at regional, national, and even international levels.

The club's facilities include a six-lane track and provisions for high jump, long jump, pole vault, hammer, discus, and javelin training. It is a strong competitor in the Surrey Cross Country leagues, Area Cross Country Championships, and road running events. Additionally, the club actively supports and encourages coaching and officiating qualifications among its members.

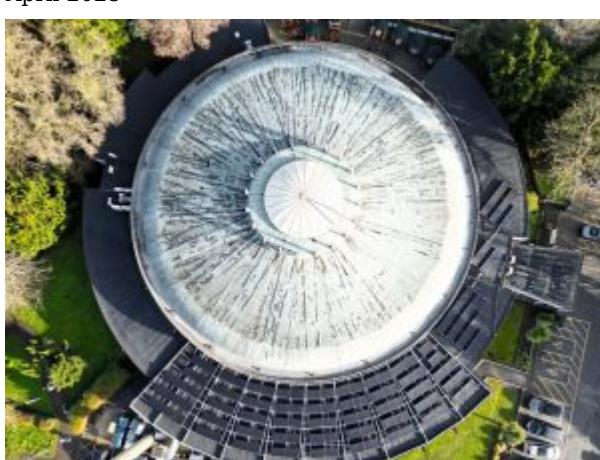
Epsom and Ewell Harriers also play a vital role in the local running community, including their well-established link with Nonsuch parkrun, where they frequently provide volunteer support. As a registered charity (number 1187959), the club continues to promote athletics and nurture future generations of athletes.

Don Turner's passing marks the end of an era for Epsom and Ewell athletics. He will be remembered not just for his achievements and contributions but for his unwavering passion and generosity in supporting the sport at every level. The athletics community will deeply miss him, but his legacy will continue to inspire for years to come.

Image courtesy England Athletics

Surrey company wins award for solar installation at Ewell's Bourne Hall

1 April 2025



Ewell's largest landmark, **Bourne Hall**, is known for its distinctive modernist architecture and striking glass dome, making it a uniquely challenging site for the integration of renewable technology. A new solar installation, commissioned by **Epsom & Ewell Borough Council** to reduce carbon emissions and lower energy costs, has since earned **Titan Eco the Small Scale Project (<£250k) Award** at the **London Energy Efficiency Regional Awards 2025**.

Cllr **Liz Frost** (RA Woodcote and Langley), Chair of the Council's Environment Committee, described it as:

"Part of a series of works that will make this picturesque and historical landmark more sustainable for future generations."

Key outcomes:

- ~45,000 kWh generated annually
- Estimated £15,000 yearly savings
- Over 9 tonnes of CO₂ saved each year

Surrey-based **Titan Eco** delivered the installation in collaboration with **WC Evans & Sons Ltd**, who designed and installed the bespoke steel framework supporting **116 DMEGC all-black bifacial solar panels**. As Titan Eco's preferred supplier, **DMEGC** is known for the consistent quality of its panels and its transparent, responsibly sourced supply chain - aligning with Titan Eco's commitment to ethical procurement.



Sam Tilley, Managing Director of Titan Eco, said:

"Bourne Hall is a great example of how solar can be integrated into a historic site without compromising its character... Knowing the system is in place and making a real difference is particularly meaningful."

Titan Eco has also delivered solar installations at several other notable community sites, including the **Rainbow Leisure Centre, Epsom Playhouse, St Giles & St George's Church**, and **Ashtead Peace Memorial Hall** - demonstrating an ongoing commitment to supporting public and community buildings on their journey to net zero.

Titan Eco

Related report:

Epsom and Ewell's solar powered spaceship

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

1 April 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

1 April 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 adaptions, 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

1 April 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.