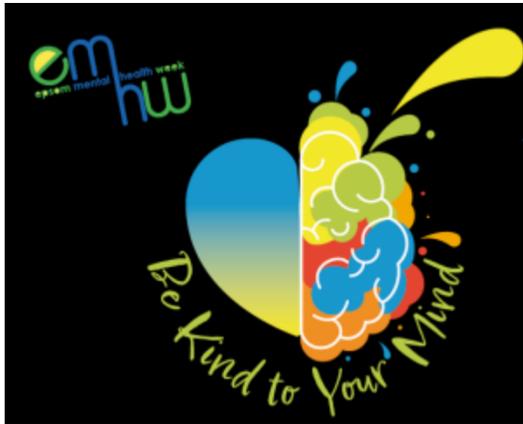


Epsom's Love Me Love My Mind week of healing

30 September 2024



This year's theme is 'Be Kind to your Mind'

- Be active - For your mental and emotional health, and wellbeing
- Be Mindful - Practise mindfulness, live in the present moment and look for the positives.
- Be Kind - Connect with others, be kind to yourself.
- Give to others - Perform random acts of kindness, volunteer and give to your local community.
- Keep Learning - Invest in your interests and hobbies.
- Talk kindly to yourself: Think about how you speak to your loved ones and use that voice on yourself.
- Practise gratitude, reflect daily, write a journal.
- Focus on self-care and be responsible for your wellbeing.

PROGRAMME OF EVENTS AND ACTIVITIES - BE KIND TO YOUR MIND

Saturday 5th October

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB:

Come along and meet the Friends of Horton Cemetery on Saturday 5th and 12th October and pick a ceramic flower to plant in your garden. Last year we painted over 1000 flowers to Remember Epsom's Forgotten Residents buried at Horton Cemetery, and we want to give the flowers back to the local community. Any donations that we receive for the flowers will support our future research into the lives of the 9000 patients buried at the cemetery.

11am - 2pm Kids Art Club at Epsom Social, 1 Derby Square, Epsom KT19 8AG:

Join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

1pm Bodhi Eden, Epsom Yoga Studio - 29 Waterloo Road, Epsom KT19 8EX:

FREE taster sessions

Hatha Yoga Taster | 30mins | 13:00pm

Sound Bath Taster | 20mins | 13:40pm

please book via <https://www.bodhieden.com/be-kind-tasters>

Sunday 6th October

10.00am We Power On - Men's Social Walk and Talk, meet outside the Rubbing House pub, on Epsom Downs (every Sunday unless otherwise advertised) at 9.50am for a 10am start.

10.15am Church service at St Barnabas Church, Temple Road, Epsom, KT19 8HA - Being Kind to Your Mind

2 - 4pm Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

Monday 7th October

10am - 1pm Drop-in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

3 - 7pm Monday Drop-in at St Barnabas Church, Temple Road, Epsom, KT19 8HA

3.30pm Guided Mindfulness and Relaxation practice with This Little Yogini at St Barnabas Church, Temple Road, Epsom, KT19 8HA

4pm Be Kind to your Mind - Debbie Brewin, Consultant Therapist, Supervisor & Trainer at Mind-Growth Mastery at St Barnabas Church, Temple Road, Epsom, KT19 8HA

Tuesday 8th October

10am - 1pm Drop-in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

2 - 4pm Talking Table at The Old Moat Garden Centre, Horton Lane, Epsom, KT19 8PQ

Come and join the team at The Old Moat Garden Centre for a cup of tea and piece of cake and find out what our Wellbeing Service has to offer, receive a free tour, or just come for a chat. We would love to meet you!

6 - 7.30pm Come and join The Include Choir Epsom at St Joseph's Church, St Margaret's Drive, Epsom, KT18 7JQ. The Include Choir provides social, musical and volunteering opportunities (for anyone age 16+), it also teaches inclusive Makaton signing and provides 'joy and uplift' which means you are 'guaranteed to leave with a smile'.

Wednesday 9th October

9:45 - 11:45 Home-Start Epsom, Ewell and Banstead, Ewell Family Centre, Riverview Road, West Ewell, KT19 0JP. Dealing with Difficult Emotions workshop - this workshop is designed to help parents who may be struggling to manage or deal with their children's emotions, providing emotional support and practical suggestions to make parenting just a little more manageable.

10am - 1pm Open day at the Forget-me-not Allotment at Appley House Care Home, Longmead Road, Epsom, KT19 9RX. Love Me Love Me Mind volunteers have been visiting the allotment weekly since early 2024 helping the staff and residents of the care home to use the space, planting flowers and vegetables, and making future plans for a sensory space.

5 - 7pm Open evening at CYP Haven Epsom. Visit our Focus youth centre, 9 Depot Road, Epsom, KT17 4RJ and meet the staff at the CYP Haven in Epsom. We will be serving Tea/Coffee and biscuits and look around, we then showcase our youth services at 5.30pm, followed by a Q&A with staff and find out how we support children's mental health within the community. The CYP Haven is an open access wellbeing drop-in for young people aged 10-18 years. Working closely with local schools and CAHMS/Surrey CC services. Check out our website: cyphaven.net

7 - 8.30pm Grow & Glow - Epsom Methodist Church, Ashley Road, Epsom, KT18 5AQ. A woman's only mental health support group. A place to grow, glow and connect with others No booking required to attend, just come as you are.

Thursday 10th October - World Mental Health Day

9.15am-10.15am Yoga for Wellbeing - The Horton Arts Centre, Haven Way, Epsom KT19 8NP (Doors open 9am) Start the day with a session of gentle yoga. Yoga teacher Louise Tozer will incorporate breathing techniques, sound and gentle movements into her class to improve self-awareness, flexibility and relaxation. This is an all-inclusive class, suitable for all levels. Wear comfortable clothing and bring layers. • Bring your own mat or use a towel or blanket if you don't have a yoga mat. • Bring water

This session is normally £12 but for World Mental Health Day, the session will be freely open to all. Donations are welcome.

10am - 3pm Drop in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB. Come and get a FREE hug, a high five or a handshake! Join LMLMM and Age Concern Epsom & Ewell for a Delicious CAKE sale, and an opportunity to chat to two local charities.

5 - 6pm Join the Sunnybank drama group for a workshop about being kind, St Barnabas Church, Temple Road, Epsom, KT19 8HA

6pm - 7pm Let's Talk Epsom Peer Support group at St Barnabas Church, Temple Road, Epsom, KT19 8HA

7 - 8pm Live Music performed by Steve Dyke, a trustee of LMLMM at St Barnabas Church, Temple Road, Epsom, KT19 8HA. Join us for an evening of stories and songs, written and performed by Steve. Some funny, some poignant, some with themes from local history and a couple of singalong classics for everyone to join in. Refreshments are available, free entry with the option to donate on your way out if you feel you've been entertained. It promises to be a great evening, and we'd love to see you there.

Friday 11th October

10am - 12noon Advice Cafe at St Barnabas Church, Temple Road, Epsom, KT19 8HA - providing a space for our partners and groups to provide support, advice and care in a warm and welcoming environment. Action for Carers Surrey, Christians Against Poverty, Citizens Advice Epsom & Ewell, Epsom Foodbank, Epsom Primary Care Network, Love Me Love My Mind, Mary Frances Trust

10am - 12noon - Action for Carers Surrey - Find out more about Action For Carers and how we support unpaid carers throughout Surrey. You'll also be able to meet one of our specialist mental health carer support advisers, whose role is to support unpaid carers who are looking after someone with poor mental health or substance issues.

Saturday 12th October

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB

Come along and meet the Friends of Horton Cemetery on Saturday 5th and 12th October and pick a ceramic flower to plant in your garden. Last year we painted over 1000 flowers to Remember Epsom's Forgotten Residents buried at Horton Cemetery, and we want to give the flowers back to the local community. Any donations that we receive for the flowers will support our future research into the lives of the 9000 patients buried at the cemetery.

11am - 2pm Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG - Join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

11am - 7pm Epsom Picturehouse, Epsom Square KT19 8AG. Join us for a Wellbeing Fun Day, in collaboration with Surrey Community Lounges, End Stigma Surrey, Epsom Library and hosted by Epsom Picturehouse - we'd love for you to be there! Come along for a day of community, connection, and fun!

Whether you're in the mood for a friendly chat over tea, want to play some games, or need a quiet space to relax, there's something for everyone. This special day will focus on celebrating wellness, sparking conversations around mental health, and showing you where to find support within the borough.

1pm Bodhi Eden, Epsom Yoga Studio - 29 Waterloo Road, Epsom KT19 8EX

FREE taster sessions

Yin Taster | 30mins | 13:00pm

Meditation Taster | 20mins | 13:40pm

Please book via <https://www.bodhieden.com/be-kind-tasters>

Sunday 13th October.



10am We Power On - Men's Social Walk and Talk, meet outside the Rubbing House pub, on Epsom Downs (every Sunday unless otherwise advertised) at 9.50am for a 10am start.

2 - 4pm join us for Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG

Epsom pensioners gather less winter fuel pay this St Stephens

30 September 2024



Thousands of pensioners across Epsom, Ewell, Ashted, and Leatherhead are facing the loss of vital winter fuel payments following cuts by the UK government, sparking fears that many will struggle to keep warm this winter.

Helen Maguire, the Liberal Democrat MP for Epsom and Ewell, has urged the government to reconsider its decision, warning that vulnerable pensioners could be left choosing between "heating and eating" during the colder months. Maguire opposed the cuts when they were voted on in the House of Commons on 10th September, but the measures were passed despite her concerns.

The cuts primarily affect pensioners over the age of 80 who are not in receipt of pension credit. Previously, these pensioners were automatically entitled to an additional £300 to help cover their energy bills in the winter. Now, many will lose this support unless they qualify for other benefits.

Data released earlier this week shows that in Epsom and surrounding areas, 5,788 pensioners aged over 80 who do not receive pension credit are at risk of losing their Winter Fuel Payment. In total, 18,261 pensioners in Epsom and Ewell could be affected by the government's decision.

Last winter, over £3.3 million in support was distributed to pensioners in the constituency, with £1,525,800 going to those aged over 80. These figures are expected to fall significantly this year due to the cuts.

"Thousands of pensioners here in Epsom and Ewell are desperately worried about how they will make it through this winter," said Ms Maguire. "These latest figures are deeply concerning. It is not too late for this government to change course, reverse their plans, and protect vulnerable pensioners here in Epsom."

In response, Chancellor **Rachel Reeves** has defended the government's decision, framing it as part of a broader strategy to stabilise public finances. "We are facing challenging economic times, and difficult choices must be made to ensure the sustainability of our public services," Reeves said in a recent statement. "However, we remain committed to supporting those most in need, and we have maintained targeted assistance for the poorest households."

Reeves also pointed to ongoing support measures, including the Energy Price Guarantee, which she says will help alleviate pressure on households most at risk. "We recognise the importance of protecting our pensioners, and our policies are designed to ensure that no one is left behind. But we must also take steps to manage public expenditure responsibly."

Despite this, charities and local advocacy groups have voiced concerns about the potential impact on older residents. Many fear an increase in demand for services such as food banks and emergency heating grants as pensioners struggle to afford rising energy bills without the additional winter fuel support.

As winter approaches, the situation remains uncertain, with many pensioners hoping for a reversal of the cuts or further government action to protect those most affected.

Image: Richard Peter Creative Commons Attribution-Share Alike 3.0 German

Surrey's one stop shop to save energy

30 September 2024



Surrey residents can now receive support to upgrade their homes with energy saving ‘retrofit’ measures including insulation, heat pumps and solar panels through an innovative Home Energy Improvement ‘One-Stop Shop’ pilot scheme.

Surrey County Council (SCC) is working in partnership with Furbnow, specialists in home energy improvements, to help people make the transition to a lower energy and better performing home.

The service is for households that are looking to invest in their home’s energy performance but need help to get their home energy project planned, designed and installed. Eligible Surrey residents can access 60% off the cost to plan, design and manage their home energy project.

Marisa Heath, Surrey County Council Cabinet Member for Environment said: *“I am delighted that we are working with Furbnow on such an innovative and important pilot to support our residents to install energy saving measures.*

“We know that cost plays a huge part in residents being able to self-fund improvements to their homes, but this could be a way for everyone to reduce their bills for the long-term.

“As well as saving money, and making your home more resilient and future proofed, residential energy use accounts for over 30% of Surrey’s emissions so improving the energy performance of as many of our homes as we can makes a huge difference in achieving our goal of being Net Zero Carbon by 2050.”

All Surrey residents can receive support from Furbnow’s team via their website, and the first 245 homes can access a subsidised whole house assessment and Home Energy Plan, if they live in one of the 300,000 Surrey homes that have poor energy performance.

Becky Lane, CEO of Furbnow, added: *“We’re thrilled to partner with Surrey County Council on this groundbreaking initiative. The Home Energy Improvement One-Stop Shop is designed to simplify the often-complex process of home energy upgrades. By providing expert guidance, quality assurance, and streamlined service from planning to installing, we’re empowering Surrey residents to make their homes more energy-efficient, comfortable, and valuable.*

“This not only benefits individual homeowners through reduced energy bills and improved living conditions but also contributes significantly to Surrey’s carbon reduction goals. We’re excited to see the positive impact this pilot will have on the community and the environment.”

All Surrey residents can receive support from Furbnow’s team via their website, and the first 245 homes can access a subsidised whole house assessment and Home Energy Plan, if they live in one of the 300,000 Surrey homes that have poor energy performance.

A Home Energy Plan, after the in-person survey, outlines recommended energy efficiency improvements for a home, detailing, the benefits, estimated costs, impacts, and suggested installation order. This can reduce their energy consumption and their bills, and improve the respiratory health of their household, and perhaps even increase the value of their homes. Furbnow also manage the design and installation of any energy efficiency improvements to your home to take the hassle out of your project.

It’s free to register and there is no obligation to go ahead with a Home Energy Plan or the installation of measures.

For more information about the One Stop Shop scheme, visit www.furbnow.com/surrey.

Epsom’s Master plan to walk and cycle

30 September 2024



On 24 September, Epsom & Ewell Borough Council’s Licensing and Planning Policy Committee approved the Epsom Town Centre Masterplan. The Masterplan sets out clear and comprehensive guidelines for the development of Epsom Town Centre. The Committee also endorsed the Epsom & Ewell Local Cycling and Walking Infrastructure Plan that aims to increase walking, wheeling and cycling across the borough. Together, the plans feed into the vision of the borough and

form part of the evidence base for the borough's Draft Local Plan.

Epsom Town Centre Masterplan

The Masterplan sets out a vision to make Epsom Town Centre a place that attracts, connects and inspires people, with a strong sense of community, commerce and creativity. Climate change is the cornerstone of the Masterplan with a comprehensive approach to transport, low carbon development, green infrastructure and health. The Masterplan also identifies site locations where regeneration and improvements could take place, subject to planning permission being granted.

The Masterplan was subject to two rounds of public consultation, with over 2,000 individuals or organisations responding to the consultations, highlighting interests, attachments and aspirations.

Epsom & Ewell Local Cycling and Walking Infrastructure Plan

The Plan aims to provide a safe, attractive and convenient infrastructure to encourage residents, visitors and workers to walk, wheel and cycle. Plans include expanding the existing network and improving connectivity to key destinations within the borough.

The Epsom and Ewell LCWIP is part of Surrey's broader LCWIP programme to develop LCWIPs county-wide. Following endorsement of the LCWIP, Surrey County Council can formally adopt the document.

Cllr **Peter O'Donovan**, (RA Ewell Court) Chair of the Licensing and Planning Policy Committee said: "The Town Centre Masterplan and Local Cycling and Walking Infrastructure Plan provide Epsom & Ewell with a fantastic opportunity to bring wide ranging benefits to our community.

Our lifestyles and working patterns have changed dramatically over the last few years, especially since COVID-19, and I'm proud that these plans allow us to strategically improve areas for residents to enjoy, and help us to provide solutions for broader issues that we, as a borough, face including housing and climate change, which is at the heart of the Masterplan and supports the transition towards zero-carbon transport throughout the borough. The Masterplan will also help in the process of assessing planning applications."

He added: "I would like to thank all the residents who took part in the public consultations and feeding into our vision for the borough. We want our community and visitors to be proud of Epsom & Ewell and through these plans, we are in a position to deliver!"

About the Epsom Town Centre Masterplan

The Town Centre Masterplan forms part of the evidence base for the Draft Local Plan and will be taken into consideration for decision-making, however it will not be a statutory planning document. Local Plan FAQs | Epsom and Ewell Borough Council (epsom-ewell.gov.uk)

The Town Centre Master Plan was approved at the Licensing and Planning Policy Committee on 24 September 2024. The responses received to the consultation have been published on our consultation portal and a summary of the responses received is attached as Appendix 3. *Epsom Town Centre Masterplan information starts from p.169 -*

[democracy.epsom-ewell.gov.uk/documents/g1657/Public reports pack 24th-Sep-2024 19.30 Licensing and Planning Policy Committee.pdf?T=10](http://democracy.epsom-ewell.gov.uk/documents/g1657/Public%20reports%20pack%2024th-Sep-2024%2019.30%20Licensing%20and%20Planning%20Policy%20Committee.pdf?T=10)

Epsom & Ewell Local Cycling and Walking Infrastructure Plan

The Epsom & Ewell LCWIP was approved at the Licensing and Planning Policy Committee on 24 September 2024. *E&ELCWIP information starts from p.421 -* [democracy.epsom-ewell.gov.uk/documents/g1657/Public reports pack 24th-Sep-2024 19.30 Licensing and Planning Policy Committee.pdf?T=10](http://democracy.epsom-ewell.gov.uk/documents/g1657/Public%20reports%20pack%2024th-Sep-2024%2019.30%20Licensing%20and%20Planning%20Policy%20Committee.pdf?T=10)

In 2017 the Government produced a Cycling and Walking Investment Strategy (CWIS) outlining its ambition to make cycling and walking a natural choice for shorter journeys or as part of longer journeys by 2040. *Second cycling and walking investment strategy - July 2022 - GOV.UK* (www.gov.uk)

The Epsom and Ewell LCWIP is part of Surrey's broader LCWIP programme to develop LCWIPs county-wide. These have been considered during development of the Epsom & Ewell LCWIP for greater connectivity across political boundaries.

Plans to improve walking and cycling - Surrey County Council (surreycc.gov.uk)

Image: Google street view Epsom

Epsom's local life savers

30 September 2024



A Covid survivor who was so poorly her children were warned she wouldn't survive the night and the mum of a young boy who bravely battled leukaemia have thrown their support behind an inaugural event that celebrates incredible NHS staff.

Jan Ehtash, from Carshalton, spent 12 weeks in Epsom and St Helier hospitals after falling seriously ill with Covid - receiving care from a dedicated team of nurses, doctors, and other health professionals.

Sutton schoolboy Jackson Hall, meanwhile, was treated at St George's Hospital for leukaemia, where paediatric teams went "the extra mile" to support the now-seven-year-old and his family.

Both Jan and Jackson have finished treatment, and they and their families are calling on others to cast their nominations for the very first staff awards at St George's, Epsom and St Helier University Hospitals and Health Group.

"They are amazing, just wonderful people," said Jan, 60. "All of the nurses, the doctors, the cleaners, they are just so, so caring.

"When I went into hospital, all I took with me was a handbag with a set of pyjamas, a toothbrush, and a pair of underwear. I had no idea I would be there that long, but quickly started to deteriorate and was told I would have to go into intensive care. I just remember turning to the doctor and saying, 'I don't want to die'.

"It's thanks to the staff at Epsom and St Helier that I am here today, and I cannot thank them enough for saving my life and for being there when my family and I needed them the most."

Sam Hall, Jackson's mum, added: "All the staff were incredible throughout Jackson's treatment and they really went the extra mile - from giving me a hug when I had to choose between staying at hospital or going home with my daughter, to making me a cup of tea. The care they provided was fantastic, but it was these small things, too, that made a difference.

"Jackson is doing amazingly, settling back into school and becoming an amazing big brother to three-month-old Louie. He makes us so proud.

"Sometimes as a patient or a family member it's hard to know exactly how to show your gratitude to the incredible people who have been there in your time of need. But one way you can say thank you is by nominating a team or member of staff for this award."

The Outstanding CARE Award is dedicated to staff and teams who have been nominated by a member of the public, while colleagues will put forward their nominations in several other categories. All 17,000 members of staff working for the hospitals Group - from frontline clinicians, to essential support teams - are eligible for nomination.

Jacqueline Totterdell, Group Chief Executive, said: "Our biggest-ever awards event will recognise the incredible teams and individuals who go above and beyond for patients like Jan and Jackson.

"Hearing stories about the amazing efforts our staff go to is one of my greatest joys, and every single day they make me proud. I'm already looking forward to reading all the nominations and celebrating everyone who is shortlisted."

The awards take place on Tuesday 10 December at the Oval cricket ground, and will be generously supported by the hospital charities and local businesses. To make your nomination, visit www.stgeorges.nhs.uk/about/gesh-care-awards or www.epsom-sthelier.nhs.uk/gesh-care-awards by Tuesday 22 October.

NHS Press

Image: Jan in ITU with family

Dorking refurb: "it's behind you"!

30 September 2024



Dorking's "sleeping beauty" will wake up in time for the busy panto season - it has been confirmed.

Dorking Halls closed in June 2024 for refurbishment work that could cost up to £11 million - with the initial focus on replacing the 1930s plaster ceiling in its grand hall as well as much needed mechanical and electrical work.

Mole Valley District Council this week confirmed work was on schedule and Dorking's flagship theatre is on track to welcome the public through its doors from Monday, December 9.

Councillor Nick Wright, cabinet member for leisure and tourism said: "The pantomime is Sleeping Beauty and I like to think of Dorking Halls as a sleeping beauty that will wake up on December 9."

With the first stage of work set for completion, the council cabinet agreed on Tuesday, September 24, to release the remaining £6.1m needed to complete phase 2, set to take place next summer.

Cllr Margaret Cooksey (Liberal Democrats; Dorking South), said: "It's really exciting that we have a date.

"There is a program and everybody is going to be welcomed back into our favourite venue and it won't be how we have been used to it.

It will take some time to get the hang of it, but it's an exciting prospect."

In addition to the new ceiling, guests will notice enlarged toilet provision, a draft lobby and new fire alarms.

Next year's work will mostly consist of replacing electrical and mechanical installations that are near the end of their useful life.

The meeting heard that new seating, bigger bars and improved accessibility remained a pipe dream for the foreseeable future unless new revenue streams or grants are found.

Instead, the work has been to ensure Dorking Halls continues to meet health and safety standards, with improved visitor comfort and better energy efficiency "while meeting the changing technical requirements for future shows and events".

Cllr Wright added: "Dorking Halls is a tremendously important part of Mole Valley's community life.

"It not only serves as a key cultural and arts hub, but also provides opportunities for residents and visitors to gather and celebrate local, British and International talent.

"This beautiful art-deco building, which has served us for so many years, has reached a point where significant investment is needed to continue its community mission.

"I'm pleased that the proposed budget has been approved by Cabinet, and the important upgrades to the building can continue to move forward."

Shows that had been scheduled to be held at Dorking Halls were shifted to Leatherhead Theatre, the Green Room Theatre and Pippbrook House.

Dorking Halls (image Google)

Season finale tips for Epsom racecourse

30 September 2024



The finale meeting of the Summer Flat season at Epsom Downs arrives on Sunday with a seven-race card to bring the campaign to a close.

Racing gets underway at 1.45pm with a class four nursery contest before the action - and the season - rounds off at 5.15pm with a class four handicap.

*Read below to discover the latest tips and a full meeting preview for Epsom's final card of the year on Sunday courtesy of **Racing TV**.*

The opening contest on Sunday's card sees a small field of five head to the start for the class four jersey contest (1.45). The Paul and Oliver Cole-trained White Chapel Road could be the play in the opener, getting off the mark in a Brighton maiden 27 days ago in fine style and he should be right up there again if showing the same form. Previous course and distance winner Pietro can fill the second spot and rates the chief threat.

Race two on the card (2.20) is another five runner contest, this time in a class two conditions stakes over the extended mile around Epsom. Anniversary holds an entry in the Group 1 Futurity Stakes at Doncaster next month and this could be an ideal prep run for the Ralph Beckett runner, off the mark on debut at Newmarket six weeks ago so is the clear horse to beat here.

Sene runners aged between three and four years old will tackle race three on the card (2.55) over the one mile and two furlong trip. Rickshaw made a promising start for trainer Harry Charlton when landed a third in a Pontefract maiden ten days ago and should be in with a big shout here stepping up in trip. Of his rivals, Sir Lowry's Pass rates the main danger, a winner of a Goodwood novice earlier this month despite missing the break that day.

Mark Of Gold looks to be the one to beat in the fourth race on the card (3.30), returning to the Flat having been pulled up in a handicap hurdle at Sandown in April for trainer Gary Moore and back on a handy looking mark as well, will take all the beating. Stablemate Miller Spirit can run him closer, a three-time winner in 2024 and produced a career-best when winning at this track just 17 days ago.

Nine runners will tackle the one mile and two furlong class three handicap at 4.05 with preference heading the way of Andrew Balding's handicapping newcomer Winston's Tipple, who got off the mark in a six runner novice at Lingfield last time out and has the eye-catching jockey booking of Oisin Murphy to boot. Qitaal looked better than ever when scoring under the now retired Franny Norton at Chester on his last run and can take the second spot here as he has to defy a 9lb rise in the weights.

The penultimate on the card is up next at 4.40 and Arkhalia Flynn is taken to get back to winning ways having only been narrowly denied in his hat trick bid last time out at Haydock for trainer Jack Channon.

Finally, the card and the season at Epsom comes to a close with an 11-runner handicap in class four over the seven furlong trip (5.15). Preference in the finale goes to Hodler, who has a good record at this track including a win over course and distance 17 days ago for which he is penalised 6lb in the weights but given how impressive his last run was, looks the type to be able to shoulder the rise with ease.

Epsom selections - Sunday

1.45 - White Chapel Road

2.20 - Anniversary

2.55 - Rickshaw

3.30 - Mark Of Gold

4.05 - Winston's Tipple

4.40 - Arkhalia Flynn

5.15 - Hodler

Horses racing Image: Credit Paul. CC BY 2.0

Epsom man pounds Epsom streets for charity

30 September 2024



Local man and charity CEO, **Lucas Mee**, ran 125km in under 24 hours this weekend, joined in part by local MP **Helen Maguire**, to help raise funds and awareness for children on the streets in Uganda. Starting at 3pm on Saturday 21 st September 2024, Lucas pounded the local pavements of Epsom and ran on a treadmill through the night. Lucas completed the 125km in 23 hours and 27 minutes.

On the morning of Sunday 22 nd September he met Epsom and Ewell's MP **Helen Maguire** and her running group, the Epsom and Ewell Harriers Athletic Club in Horton Country Park, to cross the 100km mark and share with them the reasons for his run.

Lucas is fundraising for S.A.L.V.E. International - the charity he is CEO of - which supports young people and their families in Jinja, Eastern Uganda, to leave the streets and have brighter futures through education, business empowerment and permaculture.

This epic run is part of a month-long fundraising campaign to help raise £10,000 for young people who live and work on the streets. Thanks to Lucas' fundraising efforts this total has now been beaten.

Lucas says, "Every day, children in Uganda leave their homes and families in search of a better life. They can travel vast distances to reach major cities, hoping for new opportunities, but often end up

at the mercy of the street, where life is constantly dangerous.

“S.A.L.V.E. International works to provide immediate support to street connected children in Jinja, with the aim of helping them to return home and achieve their full potential.

“To raise awareness of the extreme decisions that children on the streets are forced to make, as well as raise vital funds for our work, I have decided to put my fitness to the test and take on this ambitious challenge.

“125km is the equivalent distance between Uganda’s capital, Kampala, and Jinja where we are based. This is a journey that many children make by foot. I know it will be tough, but it’s nothing compared to spending even one night on the street”.

Lucas’ challenge is part of S.A.L.V.E. International’s Step up for S.A.L.V.E. campaign, which invites people across the globe to take on their own fitness challenge in September to help raise funds for children living and working on the streets of Uganda.

Another Epsom pub gets a major face-lift

30 September 2024



Much-loved Church Street pub, The Faraday, has reopened after an exciting six-figure investment, creating six new jobs in the local community.

Located in the town centre, the site was originally an eclectic showroom and was named after the experimental physicist Michael Faraday. Today, The Faraday has become one of the most popular bars in Surrey.

As part of Stonegate Group’s commitment to position every site for success, the investment has been carefully allocated to enhance the pub’s offerings while preserving its unique charm.

All renovations have been carefully crafted to aid the pub’s goal of being a welcoming space for sports teams, social societies and locals looking for an unforgettable night out.

The venue’s attractive new décor has revitalised the space, creating a contemporary setting that’s perfect for bottomless brunch on Saturdays.

The sports experience at the pub has been enhanced with the addition of multiple HD TV screens. Whether it’s Premier League football, rugby, boxing, or Formula 1, The Faraday has it all covered.

With a huge 60-inch HD TV, and now a whopping 23 HD TVs throughout the site, every seat has a view of the sporting action.

The Faraday also has multiple dartboards for Epsom locals who want to find their inner Luke Littler.

The pub has a popular beer garden, where guests can enjoy soaking up the last of the autumn sun, with the front garden also providing a relaxing spot for a lovely cold pint of premium world lager.

A popular student hub, the pub is renowned for its student deals, with the best student night in the city, offering alcoholic drinks starting at just £2.35, burgers or pizza and a drink for a generous £8 and soft drinks starting at 65p.

The Epsom pub offers a fantastic range of craft beers, world beers, cider, and cocktails, all at some of the most competitive prices in the area. It’s the perfect place to enjoy a drink in front of one of the many big screens, with 2-for-1 cocktails available all day, every day.

However, those not drinking alcohol will be able to choose from an extensive range of no and low alcohol options, ensuring everyone is accommodated to.

What’s more, furry friends are welcome throughout the pub, with the venue being a popular spot for dog walkers popping in for a pint.

MiXR users can unlock exclusive rewards at The Faraday by downloading the MiXR app and creating an account, including a free drink for signing up. Students can also take advantage of special discounts available exclusively through the app.

Samantha Camara, General Manager of The Faraday, said: “These renovations align with Stonegate Group’s commitment to always improve and innovate, meaning we can give our guests the best possible experience at our beloved pub.

“We want the investment to position our pub as the place to be for students as well as being the premiere venue to watch sport in Epsom with a huge range of big screens and food and drink at competitive prices.

“I’ve been General Manager of The Faraday for six years now and my love for this venue only continues to grow. This renovation marks a new chapter for our team which we cannot wait to start!”

The venue features a jam-packed weekly deals schedule, including 2-for-1 pizzas on Mondays, Student Baskets on Tuesdays, Wing Wednesdays, and Craft & Cocktails on Thursdays. Additionally, there are food and drink deals available throughout the week, along with the popular 2-for-1 cocktail offer.

But that’s not all, the beloved bar always has a reason for guests to visit with karaoke night on Thursday and Friday, and Saturday nights seeing local DJs spinning decks late into the night.

Finishing the week in style, the pub hosts a quiz night on Sundays at 7pm, where locals are invited to test their knowledge amongst the smartest in Epsom to win exciting prizes.

Related reports:

Landmark pub re-assembles Tuesday

Learn to play music in Epsom

30 September 2024



UK charity Music for All is thrilled to announce their annual flagship event Learn to Play is back for 2024 giving everyone in Epsom a chance to take part in ‘the biggest free music making weekend of the year!’

The event will be held in **Guitar, Guitar** – 6 Capitol Square, Epsom on the 11th -13th October and is open to all; regardless of age, experience and background and provides opportunities for participants to experience a free taster music making lesson from a musical instrument!

Learn to Play aims to inspire, encourage and enable both new and lapsed music makers to enjoy the wide range of benefits of music making, as well as connecting and championing local UK music providers through a shared celebration of music making.

Learn to Play arrives at a time where music making opportunities are difficult to access due to current cuts to arts education, resulting in many primary schools failing to meet basic music curriculum needs for young people 1 impacting the future of the UK arts, the creative potential of the next generation and the people who deliver quality arts education in the UK.

Sonali Banerjee, Music for All’s General Manager explains: “The Learn to Play weekend is needed now more than ever and through our regional music making events we aim to inspire as many people as possible in experiencing the unique joys and benefits of music making. The arts enrich our lives, our community and economy, as well as improving our mental health. We welcome all age-groups and particularly encourage youngsters who may not have the opportunity to experience music lessons at school, to come along and try out an instrument of their choice.”

Music for All believes everyone should have equal access to music making and supports disadvantaged individuals, educators and community projects through cash and instrument award rounds throughout each year.

The positive impact of using music to support and enhance mental and physical health throughout people’s lives has long been documented in numerous academic and social research. Learning to play music is a fantastic opportunity to:

- Challenge your mind and strengthen your memory
- Feel pride and a sense of achievement
- Connect with others and make new friends
- Take a break from stresses and worries
- Have fun whilst being creative
- Explore the joy of music-making!

Jamie Cullum, Musician and Music for All ambassador said: “Playing a musical instrument is an amazing thing to have in your life. Sadly, not everyone has the opportunity to have those experiences. I am proud to be a supporter of the Music for

All charity and delighted to be involved in their work in changing lives through music. I encourage everyone to participate in a Learn to Play event near them.”

Joshua Franklin attended a Learn to Play event nearly a decade ago and has experienced the numerous opportunities and benefits since taking part. “At eight years old Joshua decided he wanted to play the Saxophone but was unfortunately turned down from taking lessons at school for being under the age threshold. Joshua was still determined to learn so attended a Learn to Play saxophone lesson at Dawkes Music’s in Maidenhead.

Through this experience, he managed to convince his school that he was ready and able to continue learning. Joshua excelled playing the saxophone, taking his first exam (Grade 3) aged nine, achieving a distinction at Grade 8 three years later, gaining a ABRSM Diploma and taking his music G.C.S.E exam two years early, achieving a Grade A.

Joshua’s love for music has continued through obtaining a Grade A in A-level music. He now plays lead alto in Cardiff University’s big band and attends local jazz jam nights where he frequently plays along with others at local venues.”

The Music for All YouTube channel will also have a series of online tutorials by professional musicians available, including some big names! In previous years these have included Music for All charity supporters and Ambassadors such as Jools Holland, Alison Balsom, Anne Denholm, Rob Rolfe and Dave Tench - these tutorial lessons can be accessed by anyone at any time; subscribe for free here: Music for All UK charity - YouTube.

Those interested in getting involved in Learn to Play ‘24 events and accessing their free music lesson should simply visit the Learn to Play website, select their closest venue using the interactive map and register their interest directly with the venue.

For more information on Music for All visit: www.musicforall.org.uk

The Learn to Play ‘24 event is generously supported by the NAMM Foundation. Other partners include Music Industries Association, Black Lives in Music, Make Music Day UK, Music Mark, Making Music and Take it Away.

To get the latest updates on Music for All and the Learn to Play ‘24 event follow us on our social channels

Epsom Local Plan controversy heats up

30 September 2024



Epsom & Ewell Council’s Tense Debate Over Green Belt Protections and Housing Targets: Key Decisions from the Licensing Planning and Policy Committee Meeting

On Tuesday, 24th September 2024, the LPPC of Epsom & Ewell Borough Council convened to deliberate on a highly contentious matter: changes to the National Planning Policy Framework (NPPF) and their potential impact on the borough’s Green Belt and housing targets. Chaired by Councillor **Peter O’Donovan**, (RA Ewell Court) the meeting attracted public attention, with many residents filling the gallery, reflecting the importance of the issues under discussion. At the heart of the debate was the question of whether the council should uphold strict protections for the borough’s Green Belt or adapt to the government’s increasing pressure to meet housing demands.

Councillor Peter O’Donovan began by welcoming the public to the meeting, acknowledging the deep concerns of residents. He then proceeded with the formalities, including the adoption of the minutes from the previous meeting and a roll call of councillors and officials present. O’Donovan stressed the gravity of the evening’s discussions:

“We have important decisions to make this evening that will shape the future of our borough for years to come. The government’s proposed reforms to the NPPF are significant, and while we recognize the need for housing, we must balance this against our responsibility to protect the Green Belt, which is vital to both the environment and the identity of Epsom & Ewell.”

Following his introduction, **Ian Mawer**, the council’s Planning Policy Manager, provided an overview of the NPPF changes, particularly the impact on housing targets and Green Belt land. He noted that the consultation on these changes was closing later that evening, and the council needed to finalize its draft response.

“We are looking at a proposed increase in our housing needs,” Mawer explained. “Based on changes to the standard method for calculating housing needs, our target could increase from 576 homes per year to 817. This would place significant pressure on both brownfield and Green Belt land, and we must carefully consider the implications of these changes.”

A Call for Fair Tree Protection

One of the first substantive discussions centered on a seemingly smaller but crucial issue: tree protection applications. Councillor **Clive Woodbridge** (RA Ewell Village) argued that the council’s response to the NPPF changes downplayed the importance of adequate funding for tree protection measures.

“We have always struggled with the resources to meet our tree protection needs,” Woodbridge began. “Our current response underplays this issue. I think tree applications, especially those related to trees in conservation areas or subject to Tree Preservation Orders (TPOs), should be subject to a fee process that helps recover our costs. This would ensure we can meet our obligations without burdening the public purse too heavily.”

Woodbridge’s remarks sparked a broader conversation about local authority resources and the need for a sustainable fee structure that would help finance these vital environmental protections. “We must be tougher on this,” he added. “It’s not just about protecting trees—it’s about ensuring we have the resources to do so effectively.”

A Sharp Critique of Housing Targets

As the discussion turned to housing targets, Councillor **Robert Leach** (RA Nonsuch) made an impassioned and controversial statement against further development in the borough, particularly on Green Belt land. Leach took a hardline stance, asserting that the borough had no need for additional housing.

“In my view, the housing need for this borough is zero,” Leach declared, “We don’t need more homes on Brownfield, Green Belt, or any other kind of land. The housing numbers we’ve been given are based on flawed calculations—a case of multiplying one wrong number by another wrong number and somehow thinking we’ve arrived at the right answer. But we all know that number is wrong. Our Green Belt is not negotiable.”

Leach’s speech took an unexpected turn when he criticized both the current Labour government and previous Conservative governments for their handling of migration policies, which he blamed for the housing crisis. “The population of the UK has risen from 45 million to 67 million in my lifetime, and almost all of that is due to migration,” he said. “This housing crisis is a direct result of the government’s failure to control immigration, and now we are being asked to sacrifice our green spaces to accommodate more people.”

Leach’s remarks met with mixed reactions. While some in the public gallery nodded in agreement, other councillors were quick to counter his assertions.

A Call for Balance and Realism

Councillor **Phil Neale** (RA Cuddington) was among those who pushed back against Leach’s extreme stance, advocating for a more balanced approach. Neale acknowledged the challenges posed by increasing housing targets but emphasized the need for the council to take a pragmatic view.

“I understand the passion behind Councillor Leach’s remarks,” Neale said, “but the reality is that we do have a housing crisis in this borough. I have two sons who have had to move out of the area because they simply cannot afford to live here. And we have a growing homeless population that we are struggling to accommodate. To say we have no need for more housing just doesn’t reflect the reality on the ground.”

Neale went on to argue that while the Green Belt must be protected, the council must also find ways to meet its housing obligations. “We need to strike a balance. We can’t just say ‘no’ to everything. If we do, we risk losing control of our local planning decisions altogether.”

Addressing Climate Change and Housing Needs

Councillor **Julie Morris** (Lib Dem College) brought another crucial issue to the fore: the intersection of housing development and climate change. She criticized the NPPF reforms for failing to place sufficient emphasis on sustainable development and renewable energy.

“We’re facing a climate crisis, and yet, when I look at the government’s proposed changes to the NPPF, there is very little focus on sustainability,” Morris lamented. “We should be pushing for stronger commitments to renewable energy and green building standards. Our response should reflect this urgency. I’m disappointed that the government has missed an opportunity to make these reforms about more than just numbers.”

Morris also raised concerns about the type of housing being built, arguing that the borough’s needs were not just about quantity but also quality. “It’s not just about meeting a target of 817 homes per year,” she said. “We need to be building homes that meet the actual needs of our community, particularly affordable housing for young families and the elderly.”

The Question of Local Democracy and Transparency

As the meeting continued, the issue of transparency and local democracy emerged as a critical point of contention. Councillor **Kieran Persand**, (Conservative Horton) a vocal advocate for greater openness in the local plan process, questioned whether the council was doing enough to involve the public and ensure their concerns were heard.

“Residents have been left in the dark for too long,” Persand argued. “We’ve had consultations, but have we really listened? I’m hearing from residents across the borough that they feel shut out of this process. They want more say in what happens to their Green Belt, and they deserve that say. We should be leading the charge for more transparency, not hiding behind bureaucratic processes.”

Councillor Julie Morris echoed Persand’s concerns, adding that the council had missed opportunities to engage the public more effectively. “We’ve had chances to talk about this—whether it’s Green Belt protections or housing targets—but we haven’t taken them,” she said. “We could have held more public meetings, we could have been more open about the challenges we’re facing. Instead, we’ve been too closed off. That needs to change.”

Green Belt Protections: A Divisive Issue

As the meeting drew to a close, the committee faced a critical decision: whether to adopt the council’s draft response to the NPPF consultation, which supported increased housing targets while maintaining a cautious approach to Green Belt development.

Councillor Robert Leach made one last impassioned plea to protect the Green Belt: “I believe the housing need for this borough is zero, and I will say it again. We cannot afford to lose our Green Belt. It’s what makes Epsom & Ewell special, and we should be fighting to protect it, not handing it over for development.”

In contrast, Councillor Phil Neale urged his colleagues to think practically: “None of us want to build on the Green Belt. But if we don’t submit a local plan that meets the government’s requirements, we risk losing control over the process entirely. That’s a real danger. We have to be pragmatic here.”

The Decision: Moving Forward with Caution

In the end, the committee voted to approve the draft response to the NPPF consultation, which included support for increased housing targets but emphasized the importance of protecting high-performing Green Belt land. The decision was met with mixed reactions, with some councillors and members of the public feeling that more could have been done to safeguard the borough’s green spaces.

Councillor Peter O’Donovan closed the meeting by reassuring the public that the council would continue to fight for the best interests of the borough. “We’ve made a decision tonight, but this is not the end of the process,” he said. “There will be further opportunities for public input, and we will continue to work hard to protect what makes Epsom & Ewell such a special place to live.”

As the government’s NPPF consultation comes to a close, the residents of Epsom & Ewell will be watching closely to see how their council balances the need for housing with the imperative to protect their cherished Green Belt land. For now, the battle between development and preservation continues.

26th September Epsom and Ewell Council issued a press release stating its responses to the consultation on the NPPF. You may read it [HERE](#).

The Surrey Campaign for the Protection of Rural England also issued a press release you may read [HERE](#)

Related reports:

[Challenges to Epsom and Ewell Council’s Handling of Local Plan](#)

[Time to press the gas on Epsom’s Local Plan?](#)

[Epsom and Ewell Brace for Government Housing Targets](#)

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Fair Art in Epsom second to none

30 September 2024



Your creative senses will be tingled from the moment you arrive at the second **Art Surrey** contemporary art fair coming to The Duchess Stand, Epsom Downs Racecourse, 4 - 7 October 2024.

Art Surrey opens on Friday 4th October with a Preview Evening with a complimentary glass of fizz from 5.30pm to 8.30pm and opens over the weekend on Saturday 5 October 11am-5pm and Sunday 6 October 11am-5pm.

This exciting art fair curated by Art Surrey and Ewell based Art Adviser and Gallery, Caiger Art, offers art lovers and collectors the chance to browse and purchase artworks from over 80 of the most exciting contemporary and traditional artists selling today, many of whom are Surrey based artists.

As final preparations get under way, **Carol Caiger**, Director of Art Surrey, is, once again, excited to be bringing this art fair back to Epsom. "We had a very successful art fair at Epsom Downs last year so had no reservations about coming back for a second event. We had great feedback from visitors and one of our favourite comments was, 'It's like a London Art Fair, but right on our doorstep'. Being one of the largest art fairs within the south east of England, this contemporary art fair will be the perfect place to find artwork to start your art collection, or add to your collection if you are already an art enthusiast!"

There will be over 3000 works of art to see, paintings, drawings, prints, digital art, mixed media art, photography, sculpture, glassworks and ceramics. With all artwork ranging from £50 to over £3000, there will be something for everyone.

Weekend facilities include a bar and café / restaurant serving teas, coffee and food throughout Saturday and Sunday, so you can easily spend a whole day there! The venue is also wheelchair accessible.

Have a sneak peek at the limited edition art fair brochure here:

Brochure - Epsom 2024

Tickets are available to buy for the Friday Preview Evening, Saturday and Sunday from <https://artsurrey.co.uk/tickets/>,
For further information about the art fair or art advisory contact carol@artsurrey.co.uk or call 07828513885

Surrey Coroner's bed safety concerns

30 September 2024



A frail, elderly man "cried for help for over an hour" before tragically dying after getting stuck in a gap between his care home bed extension, a Surrey coroner has found.

Paul Batchelor was found dead at The Red House, **Ashted**, on 27 June 2023, after a mattress extension fell through his bed's extension frame.

Assistant Coroner, **Susan Ridge**, raised concerns that Mr Bachelor's "numerous cries for help" were not responded to and there is a "lack of awareness" about bed extensions which could put other lives at risk.

A spokesperson for the care home said the circumstances around Mr Batchelor's death was "deeply distressing" and they "fully accept and respect" the assistant coroner's findings.

Ms Ridge found that despite one carer hearing Mr Batchelor's cries for help, she "did not open the door or go into his room as it was said she was frightened of him". Even as he called out for help for over an hour, between 10:05pm-11:15pm, much of the staff were doing their night-time routine.

Mr Batchelor, who was under respite care, was put into bed around 9pm by care home staff. Later that night he had manoeuvred himself to the foot of the bed and was lying on the mattress extension.

But because there was no deck in place supporting the extension, Mr Batchelor fell through the bed extension frame and became wedged in the gap.

Ms Ridge also addressed her report to the governmental Medicines and Healthcare Products Regulatory Agency (MHRA) regarding a possible "lack of awareness" of the support needed for a mattress extension or bolster on extended beds.

She said: "Without adequate support there is a risk of death in that the mattress extension can fall through the bed frame creating a sufficient gap for a person to become wedged or stuck."

A Red House spokesperson said: "We strive to provide the highest level of personal care and support to all our residents." They added the company had addressed the concerns raised with equipment and staff protocols as a "matter of priority".

The member of staff no longer works for the company, the spokesperson said, stating the care home has "ensured that the wider team understands how best to manage challenging or stressful situations". They added: "We have underlined the importance of seeking support from others to sustain responsive and appropriate care, which is our highest priority."

Dr Danielle Middleton, Deputy Director in Benefit/Risk Evaluation at MHRA, said she is reviewing the report carefully. The government agency has 56 days to respond to the coroner's concerns.

Dr Middleton said the MHRA issued a National Patient Safety Alert, after reports of "adverse incidents" involving bed rails, medical beds, trolleys, bed rails, bed grab handles and lateral turning devices, warning of the risk of entrapment."

The Alert requires staff receive device training suitable to their roles. Organisations are also required to have an up-to-



date medical device management system in place, with regular servicing and maintenance of medical devices in line with the manufacturer's instructions.

She added: "It also requires regular risk assessments for patients using bed rails or handles, including entrapment risks."

The prevention of future deaths report, issued on September 13, has also been sent to the interim chief executive of the Care Quality Commission and chairman of The Red House (Ashtead) Limited.

The Red House Care Home, Ashtead. (Credit: Google Street View)

Late Seaford rally too late to knock Epsom out

30 September 2024



Epsom and Ewell FC 3-2 Seaford Town FC. Combined Counties League - Premier Division South. Saturday 21st September 2024.

Although ultimately irrelevant, two Seaford Town goals in the 86th and 88th minutes would be the memory of this match that most supporters will have taken as they headed home, which was a pity as this was the most dominant performance I had seen from an Epsom and Ewell team since we returned to Step Five in 2023. We won this F.A. Vase contest by three goals to two in the end, although 5-0 wouldn't have been a score line that the visitors could complain about. When considering that they brought a supporters coach to this match, and that we had around a dozen children in the ground as mascots, together with a number of parents, the attendance of 78 on a hot sunny afternoon was an extremely disappointing one for such a prestigious match.

Two changes were made to our starting eleven after Tuesday's defeat to high-flying Knaphill, with Ethan Nelson-Roberts and fit again Fabio Nunes coming in for Luke Taylor and the absent Sean Anderson. Jason Bloor put in a fine appearance from the bench in that match and may have started here, had he not been on holiday! Taylor dropped to the bench where he was alongside a pair of debutants in Niall Stillwell and Anthony Nazareth. Stillwell spent much of last season at Guildford City, where he stood out despite their disappointing season. He is also my boy's P.E. teacher! Nazareth played for us briefly in pre-season but has now joined after spending time at Cobham. Both would make their debuts later in the match.

We went into this match in fairly good form with three wins from our last four matches, but Seaford Town were top of the Southern Combination Division One and were expected to put up a decent fight, even if their main priority is probably a run at promotion. We also carried a strange statistic into this encounter, as we had not scored in the first half of the twelve competitive matches we had played so far, which equalled a record set way back in 1982, starting with our famous F.A. Trophy match at home to Altrincham and concluding with a 2-1 win at St Albans City in our thirteenth match. What we would give to be playing those sort of teams again!

We nearly consigned that stat to the history books as early as the fourth minute as Nunes set up Carl Oblitey for a good strike from close range, but he sent the ball flying into the car park at the Tolworth end. Adam Green then struck a tapped free kick from Nunes wide from twenty yards. The next chance came when Oblitey did well on the right and his delivery was met by a brave low dive from Nelson-Roberts whose header went just wide.

We were completely dominant at this stage and a Green corner was met by a header from Stefan Aiwone that keeper Wester Young did well to keep out before Nunes sent the loose ball wide from only a few yards out. Young is advancing in years now but was part of the strong Molesey line up that used to play us around fifteen years ago before moving to East Sussex and playing for Hailsham Town against us in recent seasons. Young punched away another good delivery from Green before Oblitey finally got the ball past him from Nelson-Roberts' low left wing delivery, only to see the Assistant's flag raised against him.

Nelson-Roberts then hit the crossbar from twenty yards out with a curling strike from out wide and Oblitey then cushioned a header back for Green to strike at goal, but Young parried the ball away to safety. We were half an hour into the match before the visitors even had a half chance when a deep cross had Dan O'Donovan scrambling and he just clawed the ball away just when it looked like it might drop over him, although was relieved to see the incoming striker send the loose ball way over the bar from not that far out.

Aiwone couldn't get his header on target from a Green corner and Luke Miller was sending in some dangerous deliveries, but it was becoming apparent that we were approaching the half time mark with another blank. Just as I was preparing my half time tweet to the masses, I had to re-write it as Miller's ball in was sliced into the far top corner of his own net by the Seaford Captain Ryan Knight from about eight yards in the 47th minute and there was no time to restart the first half. Technically, we did still set a new club record in terms of 619 minutes without scoring in the first half, even if we didn't quite register that thirteenth consecutive half time duck!

But 1-0 was the least we deserved, and it arguably could have been much more. We had to change things around almost immediately after the restart when Aiwone hurt his knee and had to be replaced by Nazareth in the 48th minute. It didn't stop the flow of traffic though and we extended our lead in the 52nd minute with a superb defence splitting pass from Green that Miller ran onto in the right wing channel. He drew the keeper and struck at goal, only to find a defender had



just extended a foot to block the shot, but it fell kindly for him and with Young committed to blocking the previous effort, our tricky winger had the simple job of sliding the ball at an angle into the empty net from eight yards. Miller has now scored thirty-four goals for our club and is one away from joining the club Hall of Fame which shows the top fifty goal scorers in our history and contains some names that regular supporters will know well, like Jamie Byatt, Kyle Hough, Robbie Burns, Daryl Cooper-Smith and Dale Marvell, not to mention the top man himself Tommy Tuite. It is quite an elite group!

Toby Young had a chance from a corner, but the ball hit his back as he jumped and the ball just looped over the bar, before Green saw his strong shot cleared for a corner. Craig Dundas then sent his header wide from that Miller corner as we continued to boss the game completely.

We had a scare in the 62nd minute when O'Donovan, who was probably a bit bored by his lack of action to this point, started to make a number of incursions outside his penalty area and from one of these, his headed clearance just went up in the air behind him and Young had to react quickly to head the ball clear of our goal under pressure from a visiting striker.

But this was an isolated foray into our half and we scored a third goal in the 65th minute when a deep Green corner was reached at full stretch by Nelson-Roberts at the far post. His shot struck the foot of Young's left hand post, but rebounded kindly across goal, where Nazareth reacted first to poke the ball over the line from a couple of yards out.

Frustration boiled over for the visitors and Lewis Hallett picked up a yellow card for going straight through the back of Oblitey, although our centre-forward then picked up a card of his own just a few minutes later, although it wasn't clear what for, and even Oblitey seemed perplexed by the decision. Nazareth then sent a header wide as we continued to do most of the work.

However, in the 86th minute the visitors received a lifeline when a long ball out of defence was reached by Josh Wright ahead of O'Donovan who had come a long way out of his goal, leaving their man with the simple job of putting the ball into the empty net. Although it might look as though O'Donovan was at fault here, it is important to question why he felt the need to come so far out of his goal so often in this match. It's worth noting that Dundas had by this time left the field and we just didn't seem to be so organised after that point. Two minutes later, a right wing cross was turned in unmarked at the far post by Matt Holland to make the score 3-2.

We still had chances as a couple of substitutes got involved. Taylor sent a header back across Young, only to see the ball drop inches beyond the Seaford crossbar, while Felipe De Lima was booked for an unconvincing fall just outside the penalty area that the referee correctly saw as simulation. In fact, De Lima was probably a little lucky to stay on the field as he clattered into a visiting player in the 96th minute and could easily have picked up a second yellow card. Although the whistle blew as the Seaford player landed, fortunately it was to signify full time!

So it's now four wins in five matches for our boys and we remain in good form ahead of our League Cup First Round tie at home to Hilltop on Tuesday. It's also good to report that discipline was much better, following the issues from last Tuesday and now we have to focus a little better on concentration for the full ninety minutes, or it may cost us next time. Overall though, this was a strong performance against a team that I thought would push us far more than they did and obviously credit goes to our boys for restricting them as well as we did.

Monday's F.A. Vase First Round draw will be released around lunchtime and, as always, we'll have full details available within minutes of the draw being released on Twitter / X at @EEFCOnline and soon after that at the Epsom and Ewell FC Archive website at: www.eefconline.co.uk That match will take place on Saturday 19th October, unless we are drawn at home, in which case it will probably be the Friday evening as our landlords are at home that day in a League match. That means our next Vase match will take place just one week before the fifty year anniversary of our first ever F.A. Vase match in 1974/75, which ended with an appearance at Wembley Stadium in the first ever Final. Wouldn't it be nice to have a Vase run to match that!

Epsom & Ewell: Dan O'Donovan, Ethan Brazier, Kionte Gillfillian-Waul, Adam Green (c), Toby Young, Stefan Aiwone, Luke Miller, Craig Dundas, Carl Oblitey, Fabio Nunes, Ethan Nelson-Roberts

Subs: Anthony Nazareth for Aiwone (48), Felipe De Lima for Nunes (63), Niall Stillwell for Young (76), Luke Taylor for Dundas (83)

Report Source: www.eefconline.co.uk

Sutton & Epsom Denied at the Death in Epic Encounter

30 September 2024



Sutton and Epsom RFC 43 v Old Reigations 48. Saturday 21st September 2024.

It has been a Jekyll & Hyde start to the campaign for Sutton & Epsom. However, the reality dates back to Epictetus and his motto that has been adopted by coaches from around the globe: "Control the Controllables". The one aspect out of your control is the standard of the opposition and Beckenham last Saturday provided a far sterner test than the opening day Old Colfeians. Last season Old Reigatian did the double over S&E in a couple of high scoring contests. They started by winning a fluctuating game at home 35-29 before a first half blitz was the basis of their second success at Rugby Lane by 38-21. New heights were reached on Saturday with a dizzying 12-try spectacular with the tries equally distributed as Old Reigatian hung on in a fabulous finale to win by 48-43 and continue their unbeaten start to the season.

It was a superbly sunny Saturday, firm under foot with a refreshing breeze and all was set fair for entertaining running rugby and these two sides did not disappoint. The visitors dominated the early exchanges including their front row winning a penalty at the first scrum. In customary fashion the front row offender demonstrated his prelapsarian innocence with a look of amazement at having been penalised. With tenacious defence OR were denied. It was frustrating for Sutton that their first possession in the backs culminated in an interception near halfway and Harrison Mitchell running in the opening try that was unconverted for a 5-0 Reigatian lead. After the restart Adam Bibby's reward for his excellent chase and tackle was a twisted ankle and being replaced by Lawrence Elliott for the remaining 70 minutes.

After a dozen minutes S&E were on the scoreboard. Gareth O'Brien initiated the counter before a powerful carry by Jordan Huie and a probing run by Pete Gordon. Then the backs were released and the crowd enjoyed the delicate tracery of O'Brien's weaving run to score under the posts. Freddy Bunting's conversion gave the hosts a slender 7-5 lead. In the next 20 minutes Sutton's hopes were hampered by discipline. Tom Baldwin willingly accepted a trio of penalties and the Black & Whites were reduced to 14 when Jordan Huie connected with an opponent in midair. The yellow card was perhaps not a condign punishment but this law is harsh if not essentially fair. With the visitors leading 14-7 Glanville and Whitaker rallied the hosts who were awarded a penalty of their own and Freddy Bunting reduced the lead to 14-10 to OR. Moments later a further 3-point opportunity was declined and Captain Bunting kicked to touch for a 5-metre lineout. Mount, no doubt, wearied by the toil of his scrummaging duties delighted at receiving the ball close to the line and dutifully scored. Despite the balmy temperatures Freddy Bunting was as cool as the underside of a cucumber and being as hard to rattle as two grapes in a wine glass he converted from the flank to take a 17-14 lead as the first half entered time added on.

As is frequently witnessed at every level of the game the restart is a vulnerable time for the team that has just scored. The Black & Whites secured the ball and seemed to have avoided the fatal error only to concede a penalty on their second sortie. Tom Baldwin made it four from four to level the score at 17-17. Neither side were content to just play out the first period with parity and audaciously tried to wrest the advantage from the other. Despite the endeavours of all concerned there was no addition to the score and the sides turned around level, 17-17. It had been a commendable effort by Sutton to shackle the Old Reigatian team and restrict them to one try and they now had the elements in their favour for the second period.

S&E were immediately under the cosh in the second half and were indebted to vital interventions by Jordan Huie, Alex Mount and Pete Gordon. But the Old Boys would not be denied and as it was Harrison Mitchell, who again opened the scoring, this time applying the coup de grâce from closer range. Ten minutes elapsed before the next score which was to be the first of a Tom Baldwin hat trick. Showing great determination he forced his way over in the corner despite considerable attention from the defenders and a dubious crowd dropped their remarks into the understanding air. Though unable to add the extras to his try Tom Baldwin had stretched the lead to 27-17. Sutton needed a swift reply and that was supplied by the livewire flanker Dan Jones with the Bunting boot bisecting the uprights the game was once more in the balance with OR leading S&E 27-24.

The game appeared to have taken on an entirely different complexion, and ended as a contest, with a sensational 5-minute burst from the men from Geoffrey Knight Fields. When 18-year-old William Henry Perkin invented by accident the synthetic purple dye, mauveine, in 1856 he became a multi-millionaire. It appeared that this purple patch of three tries in five minutes would be equally priceless to Old Reigatian. The hosts muffed the restart and Tom Baldwin dummied with numbers queuing up to score for his second. The inside centre completed his trio courtesy of



some indecisive defence. Then replacement back William Parker joined the party with the pick of the tries courtesy of some delightful legerdemain. It was suddenly 48-24 with Tom Baldwin's personal tally 33 points. Whilst their opponent's back play was passing and running in excelsis Sutton had embraced the arms of Morpheus. The third rapid score would have encouraged the Rugby Lane faithful to get to the bar before the rush or view the remainder through the leper's squint. However, it was the catalyst for the transmutation of the home XV's performance. With ten minutes on the clock the game that was threatening to become a rout became a spectacular comeback. Sutton to their credit did not panic with reckless play but valued their possession and waited for the openings. Jordan Huie brought the ball out of his 22 and it was recycled wide to Lawrence Elliott who stepped inside and broke to halfway before launching a speculative kick. The ball nestled under the posts and Arun Watkins won the race to touch it down. The simplest of conversions made it 48-31. Playing with pride and passion the Rugby Lane men laid siege on their opponents' line. Finally, the pressure told and Matt Whitaker scored and though the touchline conversion drifted wide it was 48-36 as the game entered time added on. Ewan McTaggart demonstrated how to secure the restart and put Sutton on the attack again. Freddy Bunting saw a gap and accelerated into the Reigatian half. The retreating defence of the Old Boys conceded a penalty. Without hesitation it was quickly taken and Matt Whitaker was dotting down under the posts. The rapidly taken conversion was successful and the scoreboard read 43-48. It was breathless and unbelievable rugby and the passionate crowd had witnessed the most extraordinary reversal of fortunes. The Black & Whites secured possession and Bunting and Watkins led the charge to halfway. This time the penalty led to a yellow card and the 14-man Old Reigatian team were forced into their 22 by Freddy Bunting's arrowing kick. Then another penalty and Mr Whinney issued another yellow card with a mortician's lofty detachment for the irksome job in hand as OR were set to complete the game with 13 on the pitch. The visitors faced a 5-metre lineout with no doubt a mixture of emotions from total disbelief to grim determination. To their eternal credit the visitors defended with heroic valour tackling with ferocity and denying space until they forced a turnover. The final whistle was greeted with jubilation and relief by Old Reigatian whilst the Sutton faces were marked deeply with the hieroglyphics of pain.

First and foremost, this was a fabulous game of rugby that did great credit to all who were involved. The Old Reigatian backs attract a lot of praise, which is thoroughly deserved, but do not underestimate the front row triumvirate of Messrs Monk, Nestor and Collister who provided an excellent platform. No doubt the club archivist will be asked if Tom Baldwin broke the record for most points in a league game. For Sutton the remarkable revival should convince them that they have the capability to beat anyone in the league when they play their best rugby. Next week the 1st XV travel to Battersea Ironsides who themselves have enjoyed three close encounters of the rugby kind so far this campaign with two victories. The kick off will be 3pm at Burntwood Lane and it will be the first time Sutton have played a league fixture at this venue as last season the weather meant it was relocated to the Grasshoppers RFC's synthetic surface.

Sutton & Epsom

O'Brien, Watkins, Scott, Bibby, Huie, Bunting ©, Munford, Mount, Gordon, Boaden, Glanville, McTaggart, Rea, Jones & Whitaker.

Replacements: Hilton, Green & Elliott.

Old Reigatian

Woodford, Mitchell, Allen, Baldwin, Coyle, Holder, Skinner, Monk, Nestor, Collister, Jones, Franklin-Talbot, Brooks, Goldsmith & Travers.

Replacements: Lee, Courteney-Walker & Parker.

Photo: Robin Kennedy

Epsom Council dead set against the dead?

30 September 2024



Tuesday 17th September Epsom and Ewell Borough Council gave one minute of its time before discarding a motion to take steps to recover an Epsom cemetery of 9000 souls from a private property speculator. The matter came before Councillors sitting on the Strategy and Resources Committee.

Horton Cemetery Hook Road in Epsom, between 1899 and 1955, received the bodies of patient paupers from the Epsom cluster of five psychiatric hospitals. Sold in mysterious circumstances to Marque Securities in 1983 the five acre site has been neglected ever since. Relatives have travelled from as far as Australia to pay respects but cannot enter the private land that is now hazardous to tread. Surrounded by twisted iron railings, unkempt undergrowth and fallen trees.

In an officer's report to the Councillors it was argued that a compulsory purchase order (CPO) could not be legally obtained.

The officer's report acknowledged the status of the site as a Cemetery and the prohibition on its development. However, in the opinion of the report author the fact that the owner could walk about the Cemetery and enjoy it as a wood gives it an "amenity woodland" value. Comparative valuations were provided to Councillors based on sales of woodlands (not cemeteries) in the South-East.

Lionel Blackman, Honorary Secretary to the **Friends of Horton Cemetery** responded to the latest setback to the aims of the Charity. "Some progress has been made. The "amenity woodland" description now sits alongside the Council's recognition that the land is a cemetery. On the occasion of the Council's previous refusal to contemplate a CPO "amenity woodland" dominated the thinking. Nevertheless, it is regrettable that Councillors were not advised of previous cases where CPOs have been used to acquire neglected cemeteries, including Arnos Vale in Bristol and West Norwood."

He added: "It is in large part a question of money. Pure woodland valuations include the element of speculative development value. That cannot apply to a cemetery the report acknowledges cannot be developed. Where there is a will there is a way. One day the Council will find the will to correct this historic outrage."

Related reports:

[Petition to reclaim Horton Cemetery from property speculator](#)

[Local community gathered at Horton Cemetery](#)

[You are invited to commemorate the 9000 souls in Epsom's forgotten cemetery](#)

Council: Horton CPO debate shelved

Image: Horton Cemetery in 1952