



The young of Epsom and Ewell can be legends

8 September 2025



Epsom & Ewell Borough Council is proud to announce its new local initiative – Epsom & Ewell Young Legends – an exciting programme of sports and creative activities taking place from 11 October to 24 November 2025. Designed for children aged 9 to 11, this free programme is open to children who live within the borough. Places can be booked on the council’s website and spaces are limited.

The Epsom & Ewell Young Legends programme aims to help children boost their confidence, develop new skills, make friends, and ease the transition for those preparing for secondary school.

A diverse range of activities such as Arts & Crafts – with dedicated sessions for children with special needs, Basketball, Girls Rugby, Judo, Musical Theatre (song and dance), Rap Therapy, and Yoga & Meditation. Delivered by trusted and skilled professionals in a safe and supportive environment, the programme encourages children to try new things and have fun.

The Epsom & Ewell Young Legends programme forms part of the council’s Health and Wellbeing Strategy and follows on from the Specsavers Surrey Youth Games.

Councillor Clive Woodbridge, Chair of the Community & Wellbeing Committee, commented:

“We’re proud to launch our first-ever Epsom & Ewell Young Legends programme – a key step in delivering our Health and Wellbeing Strategy. By offering free access to sports and creative activities for 9 to 11-year-olds, we aim to inspire, build confidence and support them as they take their next steps – including the transition to secondary school.

“Bringing the Epsom & Ewell Young Legends programme in-house has allowed us to tailor it to the needs of local children and align it with our Health and Wellbeing Strategy. We’ve made a conscious effort to reach those facing barriers to participation, including children supported through the government-funded Holiday Activities and Food programme.

“A huge thanks to the coaches and practitioners from Body & Brain Epsom, Cagers Basketball Club, Creative Minds, Laines Theatre Arts, Rap Therapy, Sutton and Epsom Rugby Club and Westcroft Judo Nork, for their support in delivering the Epsom & Ewell Young Legends.

“Whether a child is sporty, creative, or simply curious, Young Legends is about helping children to feel confident in trying new activities, and we warmly invite parents to encourage their children to take advantage of this exciting opportunity.”

Programme timetable & sign-up information

Up to two activities can be selected per child and places will be allocated on a first-come, first-served basis. More information including the timetable and sign-up information can be found here – Epsom & Ewell Young Legends | Epsom and Ewell Borough Council. Forms can also be completed at Epsom Town Hall during opening hours.

For any questions, email the council’s Community Development team: cdevelopment@epsom-ewell.gov.uk

About Epsom & Ewell Young Legends programme 2025

More information is here – More information about the Epsom & Ewell Young Legends programme: [Epsom & Ewell Young Legends | Epsom and Ewell Borough Council](#)

Activity	Session Date & Time	Venue
Arts & Crafts	10:30am – 12:00pmSaturdays, 11 & 18 Oct, 1 & 8 Nov	Epsom Library
Arts & Crafts (for children with SEN)	2:00pm – 3:30pmSaturdays, 11 + 18 Oct, 1 + 8 Nov	Epsom Library
Basketball	9:00am – 10:00amEvery Sunday, from 12 Oct to 16 Nov	Epsom & Ewell High School
Girls Rugby	6:30pm – 7:30pmEvery Wednesday, from 15 Oct to 19 Nov	Sutton & Epsom Rugby Club
Judo	6:00pm – 7:00pmEvery Tuesday, from 14 Oct to 18 Nov	Rainbow Leisure Centre
Musical Theatre(Song & Dance)	4:30pm-6:00pmEvery Monday, from 3 to 24 November	Laine Theatre Arts
Rap Therapy	4:00pm – 5:00pmEvery Thursday, from 16 Oct to 6 Nov	Epsom Library
Yoga & Meditation	3:30pm – 4:30pmEvery Friday, from 17 Oct to 21 Nov	Body & Brain Epsom

About the EEBC Health and Wellbeing Strategy 2025-2028

The strategy is designed to support all residents, with particular attention given to children and young people, older adults, individuals whose health is affected by broader social and economic factors and those whose personal circumstances may disproportionately increase their vulnerability to poor health and wellbeing. The strategy also includes specific references to those who are disproportionately impacted by isolation, disability, digital exclusion and people with long-term health conditions. (Public Pack) Agenda Document for Community and Wellbeing Committee, 08/07/2025 19:30

About Body & Brain, Epsom

Body & Brain Epsom Centre offers classes in deep physical, emotional and spiritual healing through meditative movement, deep stretching and shaking exercises. The practice originates from Korea where it has a rich 5,000 year old history of holistic healing and mind-body practices. Devoted to helping individuals better manage and utilize their brains, this beautiful discipline is suitable for people of all ages and levels, and it is the perfect way to increase your physical activity and gain a greater sense of peace. Body & Brain | EPSOM | Class Schedule

About Cagers Basketball Club

Cagers Basketball Club is committed to fostering a love for the game and providing competitive basketball for players of all ages and abilities. Their core values include hard work, respect, discipline, and enjoyment. Through teaching correct fundamentals and improving basketball knowledge and skills, we prepare players for the next level, emphasising individual success within a team-oriented framework. Epsom and Ewell Families » Cagers Basketball Club

About Creative Minds

Founded in November 2012, Creative Minds has been delivering accessible and empowering art sessions for over a decade, earning a reputation as a highly trusted and respected service provider across the UK. Their Creative Minds (CM) Artists bring creativity, expression, and human connection to every session they deliver. We work with a wide variety of venues, including care homes, schools, learning disability services, day centres, and many more, ensuring art is accessible to people of all ages and abilities. About Us – Creative Minds – Accessible Art Sessions For Everyone!

About Laines Theatre Arts

Since its inception in 1962, Laine Theatre Arts has been dedicated to the fostering of creative talent. Among their alumni are some of the most highly regarded performers, teachers, choreographers, and director-choreographers in the world. The College's outstanding reputation in the performing arts has been built on its unique identity as a training provider, exceptional employment records, and the company values instilled in its students which are noted, time and again by employers. Those familiar with Laine Theatre Arts agree unanimously that it is a unique environment. Who we are - Laine Theatre Arts

About Rap Therapy

Their focus is to complement the UK education sector by improving the mental health and creativity of students using rap. They equip students with transferable skills that provide benefits inside and outside of the classroom through unique rap based activities, mentorship and practical applications. Rap Therapy

About Sutton and Epsom Rugby Club

Founded in 1881, Sutton & Epsom is one of the oldest active Rugby Clubs in England with a proud and magnificent history. We first played against Saracens as far back as 1883/84, as one of their very early opponents, and in 1901 beat Stade Francais on their home turf.

Today the Club is one of the largest amateur Rugby Clubs in the Country and from its main ground in Rugby Lane, Cheam, remains run by enthusiasts for enthusiasts. They have over 30 teams with 1,200 current and former playing members, plus 1,800 social members. suttonrugby.co.uk

About Westcroft Judo Nork

Their martial arts store offers an extensive selection of high-quality gear and apparel for practitioners of all levels. With products sourced from reputable brands, they ensure that both beginners and seasoned martial artists find the equipment they need to excel in their training. Westcroft Judo Nork