

Autumn / Winter Newsletter 2023

AGE
CONCERN
EPSOM & EWELL

HELPING OLDER PEOPLE FEEL LESS ALONE



**Chief Officer
Dorah May Hancock**

It is all getting a bit Autumnal out there with dull days and still brighter ones so let's hope we have a few more of those!

Dare I say it, but the festive season is almost upon us and after our hugely successful first Candlelit Christmas Concert at Christ Church, Epsom we will be having our second on Friday 8th December. Suitable for all the family and musical tastes we welcome back The Heart & Soul and Laines Theatre Arts choirs and a delightful young Ukrainian solo singer. Do save the date in your diary,

I do hope that you enjoy reading our newsletter and it is always good to remind ourselves that "Alone we can do so little; together we can do so much"

Remember we are always here for you and wishing you a safe and healthy Christmas and New Year.

From Dorah May and all at
Age Concern Epsom & Ewell

Dates for the Diary

Fri 3rd Nov..... ACEE Quiz Night

**Fri 24th Nov.....Epsom Christmas
Lights Switch On**

Volunteers wanted.

**Sat 2nd Dec.....Artisan Fair,
Bourne Hall, Ewell**

Volunteers wanted.

**Fri 8th DecCandlelit Christmas Concert
7pm** at Christ Church ,Epsom

Volunteers wanted.

**Fri 15th Dec- Sun 24th - The Ashley Centre
Christmas Stall & Charity News!**

Volunteers wanted.

Tues 6th Feb.. Curry Night, Tamarind Spice

**Please consider supporting
Age Concern Epsom & Ewell this Christmas!
Here are just some ways you help...**

**Come along to one
of our events, they
are great fun!**

**Make a donation...
even a small contribution
can have a big impact!**

**Gift an ACEE
Annual Lottery
ticket to friends
or family.**

**Bid on our
online auction**

Please see further details enclosed!



HELPING OLDER PEOPLE FEEL LESS ALONE

INFORMATION & ADVICE

Our Information & Advice line is open
9:30am - 1:00pm Monday - Friday
We provide free and confidential
information and advice on a wide range of
issues that affect older people.

HOME VISITING

Our Home Visitor can assist you with
applications for Blue Badges, Attendance
Allowance and much more in the comfort
of your own home.

IT SUPPORT

Would you like to get to grips with your
computer, phone or tablet, one of our IT
volunteers can help. All visits take place
in your home so that you can learn at
your own pace and with your device.

MEDICAL TRANSPORT

Do you need transport for your medical
appointments? Our team of volunteer
drivers will collect you from your home,
take you to your appointment and then
bring you home again.

SUNDAY TEAS

Sunday Teas are held on the second
Sunday of the month for older people in
the borough. We provide a full tea and
entertainment.

BEFRIENDING

Are you feeling lonely and/or isolated?
Do you know someone who may be
feeling lonely?

Our Befrienders are volunteers who spare
an hour or two a week to visit a lonely or
isolated older person.

MEN'S GROUP

Would you like to share activities and
interests with like-minded men, over the
age of 65, in Epsom and Ewell?
This social group organises and engages in
a range of activities and planned day trips.

For all enquiries please contact

Age Concern Epsom & Ewell on 01372 732 456

Our offices are open Monday- Friday 9:30am-1pm

info@ageconcernepsom.org.uk

www.ageconcernepsom.org.uk

Age Concern Epsom & Ewell, The Old Town Hall,

The Parade, Epsom, KT18 5AG

Registered Charity Number 1139652



Sunday Teas



We send our thanks to local singer-songwriter John Clachan who entertained our clients in August with his melodic folk songs and also to the Ewell Ladies Choir for their recent performance at our Sunday Teas - a lovely time was had by all.

Sunday Teas take place on the second Sunday of the month between 2.30pm - 4.30pm
For further information please call:
01372 732 456



Men's Group

Our Men's Group enjoyed great food and good company at The Woodman, Ashtead last month (pictured) and a recent trip to Bourne Hall Museum & cafe.

If you would like to find out more about these monthly informal get togethers please get in touch with Dawn Ferris at dawn.ferris@ageconcernepsom.org.uk



HAPPY BIRTHDAY

We would like to wish Irene, one of our clients, a very Happy 105th Birthday on 10th November.

We hope you have a lovely day!



Special Lunchtime Offer!

The Eight Bells Pub in Ewell is promoting a special lunchtime menu for pensioners on Thursdays between 12pm- 2pm
The special offer is a three course meal for just £10!!!

What's more they have chosen Age Concern Epsom & Ewell as one of their charities to support and so we will have our donation box at the bar.
What lovely community minded new management!

We wish the new management every success and we are very grateful for their support.



**** Special Offer ****

Master Butchers, Epsom at 17 Manor Green Rd are kindly offering a **10% discount** on purchases to all **Age Concern Epsom & Ewell clients.**

Please just give us a mention to receive your discount.

01372 720237 | info@masterbutchersepsom.co.uk



Volunteering Update

Drivers Wanted!



Medical Transport Drivers & Monthly Sunday Tea Drivers

We still need volunteer drivers for our popular medical transport scheme. We are experiencing a high demand for this service and sometimes cannot fulfil all the requests that we receive. This is an ideal role for you if you like chatting to people and have a few hours to spare each week.

We also require drivers for our monthly afternoon Sunday Teas.

* Paid mileage of 50p per mile * DBS check is required

Toyota Community Grant

We are delighted to have been awarded a grant from Toyota to help with our resources and with recruiting more volunteer drivers.

If you are a volunteer driver then you can pick up our new magnetic car door signs from the office during our opening hours: Mon - Fri, 9.30am -1pm

On behalf of all at Age Concern Epsom & Ewell thank you for this invaluable support!



As some of you may know, we sadly say goodbye to Jane Hodgson, our Volunteer Coordinator, at the end of October.

It's good luck but not goodbye as Jane has kindly said she will keep a hand in at our Sunday Teas & community events.

Jane has been a super addition to our team and we wish her every success with her next venture.

Volunteers needed over the festive period!

Can you spare a few hours over to support our charity? We need a large number of helpers for our festive events.

All dates are highlighted on the front page.

For further details please email:

marie.thackwell@ageconcernepsom.org.uk

Many thanks!

This scheme supplies FREE bottles to be kept in the fridge containing medical details that can be found quickly by the emergency services



Let the emergency services know your medical history

Pick up a bottle from Age Concern Epsom & Ewell

A fun night was had back in July at the Simply Greek restaurant, Epsom.

The evening, which included great food and a prize draw, raised £800!

Our next dinner social will be a Curry Night at Taramind Spice, West Ewell on Tues 6th Feb - all welcome!

Thank you!

Health & Wellbeing Fair



Our Health & Wellbeing Fair took place in Rosebery Park on the 23rd September. It was a beautiful day and we were delighted with the rich mix of eco groups and health facilitators who came together to deliver this special event.

It aimed to promote living well in our borough, and the day had many lovely aspects: seeing people of all ages participating was wonderful. The day raised £1,100 for our charity.

In many ways, its message was what we strive for here at Age Concern Epsom & Ewell, where we aim to help our older community to live the most fulfilling lives they can.

Thank you to all those who supported by getting involved, visiting and by volunteering on the day.

Client News

We love hearing great stories and when we recently discovered that one of our clients is an Olympic medallist we just had to share the news.

Shirley Berry was keen on sports from a young age and she regularly participated in a range of activities at her local youth club. It was here that she was spotted by a local teacher who then recommended her to a coach.

At just 20 years of age Shirley became a bronze medallist in the long jump at the 1952 Olympics held in Helsinki.

Shirley said "Had there been a pentathlon at that time then I would have probably done very well in that too as I was a good all rounder."

At that time Shirley was the 2nd best high jumper and 6th best hurdler in the country!



Shirley (right) still likes to keep active and has only recently given up playing bowls. She regularly meets up with friends and enjoys a good game of dominoes.

Thank you for sharing your story with us Shirley - we are very impressed!

Could you take on a challenge for Age Concern Epsom & Ewell?

Taking part in a challenge can be a fun way to support Age Concern and we would be delighted to hear of any ideas you may have. You may be a keen runner or hiker, or may be tempted to try a daredevil activity such as taking part in a sky dive or abseiling down a large building.

Whether it's a bake sale, a car boot sale or a coffee morning, fundraisers in all shapes and sizes really do help us to sustain our services .

If you would like to consider taking part in an activity then please get in touch with Marie Thackwell our Fundraising and Marketing Coordinator, who will support you every step of the way.

We can set up individual fundraising pages and can promote you through social media amongst other publicity opportunities.



There are many 5k, 10k & half marathons that take place throughout the year.

Near to Epsom we have the Hampton Court Palace runs and it's not too late to sign up to a challenge.

Upcoming dates for runs:

10K : 19th November, 23

Half Marathon: 24th March, 24

10K : 12th May, 24

You can find out more information by visiting:

<https://www.palace10k.com>

If you would like to run to raise funds for Age Concern Epsom & Ewell then we will be happy to set up a fundraising page on your behalf and will promote your run through our bulletins and social media.

For further details please contact:

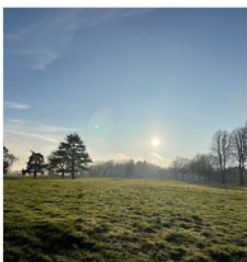
**marie.thackwell@
ageconcernepsom.org.uk**

THE SURREY THREE PEAKS CHALLENGE?

WE ARE SEEKING PARTICIPANTS TO DO THIS SPONSORED HIKE IN AID OF OUR CHARITY



Taking in the three classic Surrey hills - Box Hill, Holmbury Hill, and Leith Hill, the Surrey Three Peaks Challenge is a 23-mile (37km) round trip route. Total walking distance is comparable to the Yorkshire Three Peaks, with a third less climbing - only a 1060 metres ascent!



A PERFECT DAY

A perfect day trip in the South East with no overnight accommodation required (although you may be tired afterwards!). This event is a brilliant challenge in itself, or ideal for training and gauging your fitness for a larger challenge.



INCLUDED

Mountain leaders to walk with you and guide you around the route
Safety support vehicle in case of injury, to provide a safe means to retire from the event
Water top-ups at two meeting points, to fill your bottles on the way
Certificates of completion handed out afterwards



DATES:

Sat 4th or
Sun 5th Nov

Sat 6th or Sun 7th
April 2024



HELPING OLDER PEOPLE FEEL LESS ALONE



Join us for a fabulous Quiz Night

Not a whizz with a quiz?

It really doesn't matter as our wonderful quizmaster, Eber Kington will provide a highly entertaining evening pitched for all to enjoy.



There will be slices of pizza, nibbles and a drink all tied in with your ticket price too!



When: **Friday 3rd November**

Time: **7pm**

Where: **The Conservative Club,
39 Church Street, Epsom, KT17 4PW**

Costs: **£15pp**

To make this a successful night we need teams of 6 which can be booked here:

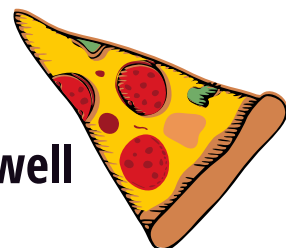
<https://www.jumblebee.co.uk/quiznightforacee>

If you don't have a group please book individual tickets and we will include you in a team.

Please help us to spread the word & we hope to see you there!

All proceeds go to supporting Age Concern Epsom & Ewell

Registered Charity No: 1139652



Candlelit Christmas Concert

Christ Church, Epsom

Fri 8th December, 7pm



Solo artists, bands,
Laine Theatre Arts Choir, Heart & Soul
Community Choir, Christmas Hall with
gifts & delicious treats ...
a fabulous festive night!

To book please visit:

www.ageconcernepsom.org.uk

Tel: 01372 732 451

Tickets: £10 / £8 (concs)

Family tickets: £32

A fundraising event in aid of
Age Concern Epsom & Ewell
Charity No: 1139652



Sponsored by

THE
FAMILY
BUILDING
SOCIETY

Candlelit Christmas Concert

Please join us for a very special evening on
Friday 8th Dec from 7pm.

The evening includes an array of local performers from solo singers, local bands, Laine Theatre Arts Choir & The Heart & Soul Choir. Music will vary from Christmas and musical hits through to traditional sing-a-long carols. In the adjoining hall you will find gifts, delicious festive treats and mulled wine .

Set in the beautiful location of Christ Church, Epsom, this is a delightful concert and is certain to get you into the festive spirit.
A special evening for all ages to enjoy.

Tickets: £10 Full

£8 Concession (Senior Citizens, Students, under 16s)

£32 Family Tickets (2 Adults, 2 Children)

For further details and to book please visit:

www.ageconcernepsom.org.uk

Tel: 01372 732 451

L A I N E

THEATRE ARTS



The Heart & Soul Choir

THE
FAMILY
BUILDING
SOCIETY

From our headquarters in Epsom, Surrey, we've been securely looking after people's money and helping homebuyers since 1896. We aim to be the first choice for families' mortgages and savings, and are owned by and run for the benefit of our Members.

SAVINGS

We offer a range of innovative savings accounts that may be suitable for you and your family. Like our easy access Market Tracker Saver and Market Tracker Cash ISA, which track interest rates so you don't have to keep shopping around for a competitive rate.

MORTGAGES

At Family Building Society we have a personal approach to lending and manually underwrite all our mortgages. This means we can advise on a variety of solutions that fit your needs whether you're a first-time buyer or borrowing into retirement. There's no 'computer says no' view here!

TO FIND OUT MORE

VISIT familybuildingsociety.co.uk

CALL 03330 140141 (Savings)

OR 03330 140140 (Mortgages)

Our phone lines are open Monday – Friday (9am – 5:30pm);
excluding Bank Holidays

CALL INTO OUR BRANCH

Ashley Square, Epsom, Surrey KT18 5DD

Our Epsom branch is open Monday – Friday (9am – 4:30pm);
excluding Bank Holidays

FAMILY BUILDING SOCIETY IS A TRADING NAME OF NATIONAL COUNTIES BUILDING SOCIETY
FAMILY BUILDING SOCIETY, EBBISHAM HOUSE, 30 CHURCH STREET, EPSOM, SURREY KT17 4NL



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HELPING OLDER PEOPLE FEEL LESS ALONE

SPARKS Project

To all clients living in Court Ward:

If you are of State Pension age and living in Court Ward, we'd like to hear about your experience over the Covid pandemic and what help you may need now. We can signpost you to relevant services, as well as offering you a FREE benefits check, to discover anything you may be eligible for.

If you would like to take part, please call **01372 732454** and leave your name and contact number. We will phone you back the following Wednesday.



Calling all knitters!

We would love to hear from anyone who would like to get creative to help to raise funds for our charity this Christmas time.

We hope to be at a number of locations during the festive period with a beautiful stall filled with decorations and winter accessories.

We have a wide range of patterns available and we're always open to new ideas.

Please do spread the word and if you would like more info please contact:

Marie Thackwell

Email:

marie.thackwell@ageconcernepsom.org.uk

Tel: 01372 732 451



The gift that keeps on giving!

This Christmas, why not buy an annual ACEE lottery ticket for your friends or family as a stocking filler. Or treat yourself an early Christmas present!

Just £24 a year (or £2 per month) gives the chance of winning three cash prizes in our monthly draw.

In turn you will be supporting our charity and the services that we provide for our older community.

40% of the income is paid out in prizes

60% supports our services

Please see our back page for further details.



CHRISTMAS



ONLINE AUCTION PLEASE VISIT:

<https://www.jumblebee.co.uk/christmasonlineauctionforACEE>

We have some wonderful items donated to our auction

Spa Experiences

Original Art

Champagne

Hand-knitted gifts

Designer Bike helmet

and more to follow...

Why not treat a friend, a family member, even yourself to a special gift which in turn will help to raise funds for our cause this Christmas!!

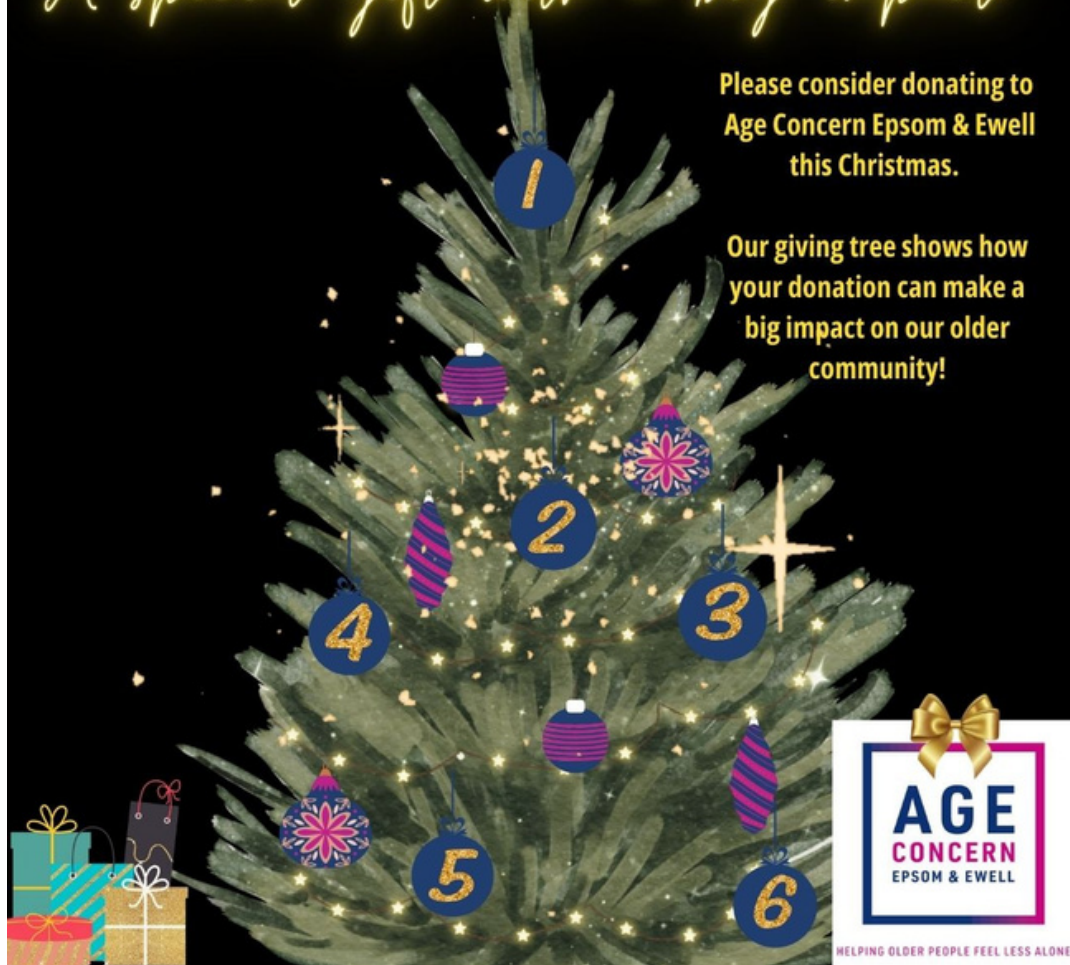


**This Christmas please consider donating to Age Concern Epsom & Ewell.
Your donation will make a big impact on our older community!**

A special gift with a big impact!

Please consider donating to
Age Concern Epsom & Ewell
this Christmas.

Our giving tree shows how
your donation can make a
big impact on our older
community!



1 Information and Advice

A donation of £10 can help us to keep 8 of our clients updated with Information and Advice via post. As many of our clients do not use emails this is an invaluable but costly service.

4 Befriending

£20 can go towards matchmaking our volunteers with our clients.

2 Men's Club

A donation of £10 can go towards telephone costs incurred when organising these monthly get togethers.

5 Volunteers

£50 can help towards our volunteers' overheads such as DBS checks, safeguarding and first aid courses.

3 Medical Transport

£20 covers an hour's training for one of our new volunteer drivers.

6 Sunday Teas

£100 will cover the hall hire and the entertainment provided for one of our monthly Sunday Teas

Please donate online by visiting www.ageconcernepsom.org.uk and clicking the donate button on our homepage.

Or alternatively please contact the office between 9.30 - 1pm Monday - Friday should you wish to make a donation over the telephone.

Tel: 01372 732 456

Age Concern Epsom & Ewell
Charity No: 1139652



In Memory

Our In Memory campaign aims to remember loved ones whilst caring for the world we live in.

Whether you would like to commemorate a loved one by way of a special patio plant or you would like to plant a tree in dedication of someone dear then please do consider our In Memory packages.

We have teamed up with plant and tree specialists to bring a range of plants, bushes and trees to suit a wide range of environments.

We have also partnered with local sign makers to bring you beautiful bespoke plaques. These range from special dedication signs for planters to beautiful tree hangings which can be tailored to your requirements.

This is an ongoing annual campaign. Please note: plants and trees available will be dependent on the time of year.

Please see the What's On pages of our website www.ageconcernepsom.org.uk for further details and/or to request an In Memory leaflet please contact Marie Thackwell marie.thackwell@ageconcernepsom.org.uk Tel: 01372 732 451

Proceeds from this campaign go to supporting Age Concern Epsom & Ewell Registered Charity No: 1139652



Bespoke plaques designed to remember your loved ones



FASHION SHOW

An exciting evening of fashion & fun hosted by Travelling Trends

A ladies night out with a difference! As well as a live CATWALK SHOW, there is ample time to try on & buy this season's High Street & Branded fashions.

All at bargain prices!!



Tuesday 7 November

7.00 for 7.30 pm start

Community & Wellbeing Centre, Sefton Road, West Ewell KT19 9NH

Entrance includes Wine/Soft Drinks and Nibbles.

Tel: 07534 802117

Email: suemerchant1@aol.com

<https://sigbi.org/epsom-and-district/>



Who's Seeing Red?

Raising funds for women & girls in period poverty



Travelling Trends Fundraising Fashion Shows

www.travellingtrends.com

We Accept All Major Credit Cards

AGE CONCERN EPSOM & EWELL

Save the Date CHARITY CURRY NIGHT

TUES 6TH FEB 2024

**TAMARIND SPICE
234 CHESSINGTON RD
WEST EWELL
KT19 9XF**

A charity night in aid of Age Concern Epsom & Ewell Registered Charity No: 7448692



Age Concern Epsom & Ewell has been changing the lives of the older community within the borough since 1947. As we receive no statutory funding we have been fortunate enough to have received legacies in the past from our amazing supporters, which have allowed us to continue providing our services.

HELP US TO KEEP HELPING OTHERS?



After providing for family and loved ones please consider leaving us a gift in your Will. No matter how big or small it will support our work for future generations

To find out more about how you can support Age Concern Epsom & Ewell please contact **01372 732 456**
www.ageconcernepsom.org.uk

HELPING OLDER PEOPLE FEEL LESS ALONE



Fabulously Finished Feet

Lorraine Stammer DipCFHP MPSPract
FOOT HEALTH PRACTITIONER

Home visits starting prices £30

*Evening appointments available at
Woodmansterne, Banstead Clinic Room*

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- Hard skin (callus)
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- Manicures & pedicures
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M: 07963 241 581
T: 01737 370 956
E: lorrainejoyce@hotmail.co.uk





Christmas Word Search



B L M T Y W Y R D R V G L W H U T V B Y
 B J B W R M S P R E L F L Q V M S Y P N
 N D J C P H V V S T B P D Z R G R A B J
 F E C E H K L L U T R Q S C C R U D I W
 P I E K E I L D D C O C B A E M D C L P
 G R N A H E Q V I P G C H M N P V H T R
 T H B L B T K Z G Z L B K R N T T R U E
 V Z P F B R E I N D E E R I P J A I V S
 Q L Q W N X U W O N S G T D N P I S Y E
 B L C O R N A M E N T Z J C Z G V T P N
 K J J N N S X Z G U N J E I K U C M M T
 K V V S R U C S H S X U R H N O H A K S
 T C Q O U C C N P Z X O Z Z L G P S H U
 U F I Z E D J A K A Q A G O T S L C T M
 J F P S Q F O D N Q R W H I V Z O E A K
 I O R J G S Q B P D S T H G I L D I E Q
 Q M Q O M H X O R K Y B A G I F U N R U
 I K M M S Q V W K C P F U L P E R K W J
 J Q V H E T I F R Y Y I C H H E L F X I
 P K E S A L Y M W M I B O Z L O X S J P

Christmas
 Presents
 Frosty
 Jingle
 Ornament
 Elf
 Bow

Reindeer
 Tree
 Rudolph
 Snow
 Lights
 Stocking
 Sleigh

Santa
 Wreath
 Merry
 Candy
 Snowflake
 Bells



What does Santa use to bake cakes?

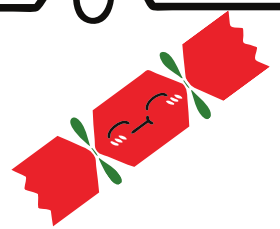
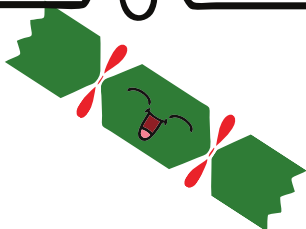
Elf raising flour

What is the duck's favourite Christmas carol?

In The Beak Midwinter

What do snowmen have for breakfast?

Snowflakes



Our Local Lottery for Local People

Our Lottery Club is a fabulous fundraising activity that gives **YOU** the opportunity to win cash prizes every month.

40% of all money raised is paid out in prizes and 60% supports our work in the community

For as little as **£2** per month, you can help to support our work with older people in Epsom and Ewell and be in with a chance to win one of three cash prizes.

Pay monthly or annually by Standing Order, cheque or card payment, or set up your own payments by bank transfer.

Your contribution supports all the vital services that we provide for the older generation in our borough including our Information & Advice support and befriending those who live alone in the community.

Just £24 a year buys you one ticket in our monthly lottery. That's only £2 per month.

Remember - you've got to be in it, to win it!

Well done to all of our winners and thank you for your ongoing support.

To sign up to our lottery, please visit our website, give us a call or email your postal address to

info@ageconcernepsom.org.uk

and we'll send you a form.



www.ageconcernepsom.org.uk

01372 732 2451



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