



A message from our Chair of Trustees, Louise Laudy



Looking Ahead with Optimism

As Chair of Trustees, I am delighted to share my optimism as we look forward to the year ahead. I have lived in Epsom over 30 years and have been involved with Age Concern Epsom and Ewell for over 15 years as a member of staff, a volunteer driver, a trustee, and am now chair. In that time we have grown and developed but our unwavering commitment to our mission and values remains at the heart of all we do, and I am confident that, together, we will continue to build on our achievements and embrace new opportunities as they arise.

Celebrating Our Team

I am especially pleased to highlight our '**Meet the Team**' article, featured at the centre of this newsletter. Many thanks to Gillian, from the Epsom Camera Club, for taking the lovely photographs. I hope you enjoy reading about all the staff members whose hard work and passion are central to our ongoing success. As you will see many of them have been with us for a long time but we are also delighted to have some new members of staff who have quickly become valued members of the team.

Working Together for Lasting Impact

With the advent of devolution and Local Government reorganisation I will be working with my fellow trustees, the staff and Epsom and Ewell Borough Council and other organisations to secure our future and continue our activities in Epsom & Ewell - supporting our local older people.

I look forward to meeting some of you at one of our events or when helping at one of our stalls or at the AGM. Talking to you and hearing your life stories and how Age Concern Epsom and Ewell has supported you in some way makes all our work worthwhile.

We hope you enjoy reading our latest newsletter and here's wishing you all a lovely 2026!

SPRING NEWSLETTER 2026



GRAHAM JONES MUSIC PROUDLY PRESENTS
BAND OF THE IRISH GUARDS GALA CONCERT
DIRECTOR OF MUSIC: CAPTAIN CLAIRE LAWRENCE
SATURDAY 21ST FEBRUARY 2026 7.30PM



EPSOM PLAYHOUSE TICKETS £27.50
BOX OFFICE: 01372 742555/742227
esomplayhouse.co.uk

SUPPORTING
 
Royal British Legion Epsom & Ewell Branch
AGE CONCERN EPSOM

SUPPORTED BY
  **LONDON BAND WEEK**

The Band of His Majesty's Irish Guards will perform at the **Epsom Playhouse** on **Saturday 21st February at 7.30pm**.

Age Concern Epsom & Ewell is delighted to be one of the chosen charities for this special event, alongside the Royal British Legion Epsom & Ewell.

The Band is made up of musicians from the Royal Corps of Army Music and is one of 14 regular army bands in the British Army. Formed on 1 April 1901, the Band was established to commemorate the bravery of the men of the Irish regiments who fought with distinction in the South African campaigns. Next year marks its 125th anniversary.

This promises to be an inspiring evening of outstanding military music in support of two important local charities.

Date: Saturday 21st February

Time: 7.30pm

Venue: Epsom Playhouse

Box Office: 01372 742 555 / 742 227



Our services for older people living in Epsom & Ewell



Information & Advice

Our Information & Advice telephone line is open 9.30am -1pm, Mon - Fri. We provide free and confidential information and advice on a wide range of issues that affect older people.



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.



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.



Sunday Teas

Sunday Teas are held on the second Sunday of each month. Afternoon tea and entertainment are provided.



Befriending

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

**Our offices are open
9.30am - 1pm, Mon - Fri.
The Old Town Hall,
The Parade,
Epsom,
KT18 5AG**

For all enquiries please contact:

Age Concern Epsom & Ewell

01372 732 456

info@ageconcernepsom.org.uk

www.ageconcernepsom.org.uk

Registered Charity No: 1139652

SCAN HERE



Sunday Teas



A lovely time was had at our Christmas party in December, when local singer Charlie Meanagh entertained our clients with well-known songs and festive favourites, getting everyone into the Christmas spirit. Crackers were pulled, festive treats were enjoyed, and every attendee received a special Christmas gift.



In January, we ran a creative mindfulness session that involved colouring beautiful Epsom scenes and working with plasticine. We were delighted to welcome a young volunteer, Amy, who participated in the session and thoroughly enjoyed working alongside one of our vision-impaired clients to create some lovely pieces. Everyone enjoyed this relaxing session, complete with refreshments and great conversation.

Sunday Teas take place on the second Sunday of the month,
between 2.30pm - 4.30pm
at St Mary the Virgin Church, Worcester Park.
They offer the opportunity to enjoy sandwiches, tea, cakes and good company along with various types of entertainment each month.

**For further information please call
01372 732 456**



Men's Group



We had a very enjoyable Christmas gathering at the East Ewell Toby Carvery in December.

The gentlemen wore their Christmas jumpers, enjoyed a tasty roast dinner, and had great fun pulling the crackers. Everyone went home with a tub of chocolates to enjoy.

Our Men's Group meets monthly to enjoy lunch, good company, and conversation in a variety of settings.



about **Attendance Allowance**

If you (or a family member) live in the Borough of Epsom and Ewell and have reached state pension age and have long-term physical or mental health issues or a disability that significantly affects your daily living, with care or supervision needs, which you have had for more than 6 months* and which are likely to be ongoing, you may be eligible to receive the **Attendance Allowance**. It's tax free and not means-tested and is based on the care you need, not what you're getting. *[You cannot claim Attendance Allowance if you already receive Disability Living Allowance or Personal Independence Payment]*

Eligibility

You can apply for Attendance Allowance for free, by downloading the forms from the GOV.UK website Attendance Allowance claim form - GOV.UK (www.gov.uk) or by requesting these from the Department of Work and Pensions (DWP) on 0800 731 0122.

If you need help with the application our Home Visitor will come out and complete the forms for you. This takes about 2 hours. There is a small charge for this service.

Attendance Allowance covers a range of conditions such as physical disabilities, illnesses, dementia and mental health issues and sensory impairments (more details on the DWP GOV.UK website).

There are some tasks you may find difficult and might need assistance with: personal care, washing and bathing, using the toilet; help with eating and drinking or cutting up food; help with dressing; assistance getting in and out of bed; help to keep yourself safe and to avoid accidents. Also note if things take you a long time or make you breathless or tired; and any equipment or aids you may need. All this information will help DWP with their decision - this takes about 12 weeks.

"She took all the worry away about filling in forms"



Increased needs or turned down previously?

If your previous application has been refused it doesn't mean that you can't make another application, especially if your needs have increased. The same applies if you receive the lower rate allowance and you now feel you should qualify for the higher rate (both day and night care needs) as long as you have had the condition or disability for more than 6 months*.

The allowance may help you to keep living independently



Contact us

If you'd like Age Concern Epsom and Ewell to help you with your application, please call our Information and Advice Helpdesk on **01372 732456**, between 9.30am - 1.00pm Monday to Friday, to ask any questions and to book and pay for your appointment.

We can also help with arranging a Home Visit to apply for a Blue Badge or Pension Credit. We can also support you with information and advice on issues you may need help with or with referring or signposting you to other services.

*Your application is fast tracked if you have a terminal illness / SRI form

Celebrating Our Volunteers

December was an exceptionally busy time for us in the run-up to Christmas. We ran our annual Christmas concert, hosted stalls in Epsom Marketplace and at community events, managed our Christmas Parcel Project, and supported the Ewell Rotary door-to-door Santa collection.

None of this would have been possible without our volunteers. When the call went out, our volunteers responded brilliantly! Forty-seven volunteers came forward, offering their help wherever it was needed. It is heart-warming to know that our volunteers feel such a strong connection to the charity and value the work we do.

In addition to our regular volunteers, we were delighted to receive support from local company Exxon Mobil. Their employees joined us for the Christmas Parcel Project, spending a couple of mornings in December wrapping donated gifts, helping to bag them, and delivering parcels to the lonely and isolated in our Borough.

The Exxon volunteers shared how much they enjoyed the experience and were glad to have the opportunity to do something meaningful during the festive season.

To show our gratitude for everything our volunteers do, we nominated the whole team for an award at the 2025 Central Surrey Voluntary Action Awards and one of our long-standing Befriender volunteers proudly represented us to collect a Certificate of Recognition on behalf of the team.

Many of our volunteers have shown remarkable commitment to the charity, with service of ten years or more. It's wonderful for us to know that we can not only rely on our longstanding volunteers but are receiving enquiries and welcoming new volunteers throughout the year.



If you would like to join our volunteer team please get in touch. We could have just the role for you!

For further information please contact our Volunteers' Coordinator, Sue Brinsden

Sue.Brinsden@ageconcernepsom.org.uk

Tel: 01372 732 458



Certificate of recognition for all our volunteers!



The following was read out at the 2025 Central Voluntary Action Awards...

Our 178 wonderful caring volunteers are the heart of our charity – the reason we can make such a difference to the older generation in Epsom & Ewell.

“

Every day, our volunteers:

Give information and advice to anxious clients

Provide a friendly service driving clients to medical appointments

Support people with DIY and IT challenges

Reduce loneliness through befriending and Sunday Teas

Deliver exceptional office support

Step up whenever needed for community stands and fundraising events

Their enthusiasm, kindness, positivity and commitment shine through in everything they do.

Alone we can do so little, together we can do so much!

”

CAN WE HELP YOU?



THE HOME IMPROVEMENT AGENCY IS HERE TO HELP



We are here to ensure that you are safe, independent and healthy in your home through our various grants which are open to owners and tenants.

Examples:

- Wetrooms & Stairlifts
- Community Alarms & Dementia Assistance
- Minor repairs around the house

If you have any enquiries, please contact us or scan the QR code to visit our website for further information.



01372 732000



HIA@epsom-ewell.gov.uk



Town Hall, The Parade, Epsom, Surrey, KT18 5BY

CONTACT US

SCAN ME



Giving you options to enjoy your retirement, *your way*



Southern Oaks Retirement Living is an independent registered charity that uses its income to fund daily operations at its supported and independent living homes, prioritising residents' wellbeing, comfort and safety.

Our Retirement living homes are located in:

- York Road
Cheam SM2 6HJ
- Purley Knoll
Purley CR8 3AE
- Mulgrave Road
Sutton SM2 6LZ
- Southern Oaks Nonsuch
Ewell KT17 1FL

FIND OUT MORE



Call or visit the website:
020 8394 0050
southern-oaks.org



Southern Oaks
Living happy in later life

Registered Charity No: 247308

Our Festive Stalls

Festive Fundraising Success!

Throughout November and December, we proudly showcased beautiful handmade items created by our talented volunteers at a range of festive events. In November, we took part in a craft fair at the University of Creative Arts, followed by the Christmas lights switch-ons in Epsom and at Bourne Hall. Both were wonderful family events enjoyed by people of all ages.

We were also grateful to secure a small display in the ArtHouse Gallery within the Ashley Centre, before finishing the season with a stall in the Epsom Marketplace during the week leading up to Christmas. Thankfully, the weather was mostly kind, and our festive goods were warmly received by the public. We are delighted to announce that, as well as helping to raise awareness of our work, these events raised a fantastic **£4,000** to support our vital services for older people living in Epsom and Ewell.

We send our heartfelt thanks to everyone who donated beautiful knitted and crocheted items such as the Terry's Orange covers of Christmas puddings, animals and Christmas characters. The handmade toys and decorations were admired and we received many compliments.

A special thank you goes to the knitting group who provided four wonderful hampers for our prize draw. We would also like to thank The Amber Group, Epsom, for their generous donation of a Fortnum & Mason hamper along with a free boiler service as our top prize, and Tesco, Leatherhead Branch, for their kind donation of a hamper.

We value the positive impact these creative projects have - bringing wellbeing and joy while raising vital funds to support our services. We are incredibly grateful to our supporters.



'Add a little Sparkle' Gifting Campaign

We send our huge thanks to everyone who donated to our gifting campaign.

Thanks to your support 130 clients received special gifts over the Christmas period!

Thank you to the following for supporting this initiative...

The Amber Group, Bourne Hall, Campbell Hair & Co, Exxon Mobile, Family Building Society, Penta Consulting, Queen Adelaide, The Town Hall and the general public.

Age Concern Epsom & Ewell Advertising Disclaimer

Advertisements placed within this newsletter are in no way intended as Age Concern endorsements of the advertised products, services or related advertiser claims.



Amber Group

We are an established family run local company committed to providing a personable and reliable service **24/7**

Our team are experienced, fully insured & DBS verified.



Emergency call outs & routine maintenance

- Plumbing & heating
- **Boiler services offer £96.00 incl VAT (normally £118.80 inc VAT)**
- Electrical issues
- Blocked toilets and sinks
- Heating
- Renewables
- Property Maintenance

Visit our friendly office and showroom (5 min walk from Epsom train station)

15 West Street, Epsom KT18 7RL 020 8395 5555



Come home to a clean house

Our professionally trained team of maids will make your home sparkle. We tailor our cleans to your individual needs, schedule and budget.

- Uniformed and professionally trained staff
- 100% guaranteed and fully insured
- Regular and occasional cleans
- Free in home estimate
- All materials supplied
- No contracts

Arrange your no obligation in home quote today

Please call: **0330 380 1500**

or email: jenny-adamthwaite@mollymaid.co.uk

www.mollymaid.co.uk MOLLYMAIDinUK



Candlelit Christmas Concert



Our **Candlelit Christmas Concert** took place on Friday 5 December at Christ Church, Epsom, and a wonderful time was had by all. We were incredibly fortunate to have **Tim Vine** presenting throughout the evening, having the audience in stitches from start to finish.

The Sunnybank Trust opened the show with their enactment of **The Twelve Days of Christmas** - a beautifully visual performance packed with plenty of comic moments.



This was followed by **String-a-Long**, a group of residents from the **Southern Oaks** retirement living, who have only learnt to play their ukuleles since last January. The audience thoroughly enjoyed singing along to their renditions of well-loved Christmas songs.

Next, we welcomed two talented teenage singers, **Myah** and **Ben** from **Realistic Music**, who added contemporary music into the mix. With Tim delivering jokes and laughter between each act, the first half concluded with music from **The Bill Hilly Band**. Their rich sound - featuring guitars, banjo, and fiddle, alongside strong vocals and harmonies - added a country twist to the evening, with the audience enthusiastically singing along to 'Country Roads'.



The **Heart and Soul Choir** entertained the audience throughout the second half with traditional carols alongside much-loved festive hits. They delivered a wonderful mix of group and solo performances, with plenty of audience participation throughout.



The concert was a joyous way to kick-start the Christmas season, all while supporting our cause. We send our huge thanks to everyone who took part, both on stage and behind the scenes, and to all those who supported the event in any way.

We are absolutely delighted to announce that the event raised a staggering £3,000!

Age Concern Epsom & Ewell

At the heart of **Age Concern Epsom & Ewell** is a **small but passionate team** who genuinely care about our community and the older generation. Our nine dedicated staff members, supported by over **150 wonderful volunteers** and guided by our committed **Trustees**, work side by side every day to provide **vital support** to older people across Epsom & Ewell.

From coordinating essential services like **Information & Advice, Home Visiting, Medical Transport, and Befriending**, to organising friendly social meet-ups, fundraising, administration, and volunteer programmes, our team is always busy making sure everything runs smoothly. As an **independent charity**, supported by **fundraising, generous donations, and gifts left in Wills**, we're proud to be making a real difference - helping older people **stay connected, independent, and active**.

We're excited to introduce the amazing individuals whose **commitment and care** make everything we do possible.

Meet Our Team



**Get in contact
with the team**

01372 732 456

(Mon - Fri, 9.30am - 1pm)

info@ageconcernepsom.org.uk

www.ageconcernepsom.org.uk

Charity No.1139652



Dorah May Hancock ↗

Chief Officer

It is a privilege and gives me great pride to lead our staff and volunteers supporting the older generation in our borough to live the most fulfilling lives they can. Delivering our vital services ensures that we make a real difference to those in our community.



Sue Merchant ↗

Information & Advice Officer

I'm here to support older people with a wide range of information and advice, from housing and social care to health and community services. I enjoy working alongside our volunteers at the desk, whose help makes this vital support possible.



Gloria Fox ↗

Social Support Coordinator

I've been with the team for 16 years and love bringing people together, whether by matching clients with volunteer Befrienders or organising our Sunday Teas. Creating opportunities for fun and conversation is what makes this role so rewarding.

Meet Our Team

**Sal Bacon****Home Visitor**

I enjoy meeting our clients and offering support, whether visiting people in their own homes to help with forms like Attendance Allowance and Blue Badge applications, or as an Outreach Support Worker at local community centres. I focus on making things easier.

**Sue Brinsden****Volunteer Coordinator**

My role involves recruiting our volunteers and providing ongoing support, helping to ensure volunteers have a positive and rewarding experience with us. I love getting to know our volunteers and am always inspired by their dedication and enthusiasm.

**Dawn Ferris****Men's Club Coordinator & Information & Advice Officer**

I love working on the I&A desk, helping with enquiries. I also organise the monthly Men's Club, where gentlemen gather for lunch, a pint, and good company. It's great to see everyone building new friendships.

**Mo Johnson****Office Manager**

I make sure everything in the office runs smoothly, supporting services and managing systems and admin so our team can focus on helping older people. Keeping things organised and efficient is key to the work we do every day.

**Marie Thackwell****Fundraising & Marketing Coordinator**

It's great to be part of a small charity making a big impact on older people in our borough. I love promoting our services and working with the community - building partnerships, bringing people together, and creating events for all to enjoy.

**Sarah Prowse****Giving Coordinator**

I champion legacies in Wills and 'In Memory' gifts that keep our charity running. I love celebrating our supporters' generosity and sharing the stories that show the real difference their kindness makes for older people in our community.



DISABILITY EQUIPMENT SERVICE (DES)

Do you need disability equipment?

Or do you have disability equipment you would like to sell or donate?

We operate a national website dedicated to the donating, buying and selling of new and used disability equipment for use by individuals, carers & organisations.

Need equipment? - You can search for items or post a wanted listing if you can't find what you need.

Have equipment to sell or donate? - It's free to list items on the website.

If you prefer, you can donate your items for us to sell, this helps keep the website running and we give 25% of all proceeds to raising funds for Support Dogs, our current chosen charity.

We also purchase used equipment ourselves so please contact us if you would prefer this option.

To find out more please visit :

<http://disabilityequipmentservice.co.uk>



team@disabilityequipmentservice.co.uk



07845 041678 / 0758 7690773

Could you do with a helping hand? Talk to Extra Help for the complete solution



We can help with:

- Cleaning & tidying
- Ironing
- Gardening
- Dog walking
- Shopping
- Meal preparation
- Household Maintenance
- Elderly companionship
- Respite for carers
- Personal assistants
- Computer/IT support

& so much more!

We do our utmost to offer continuity of the home helper whilst maintaining a high level of care and support

Mobile: 07925621174

Or visit our website to see more: www.extra-help.co.uk



EXTRA HELP®
FOR THE ELDERLY
a helping hand

Our Next Fundraising Events

COME JOIN OUR EASTER EGG TRAIL

at Rosebery Park
on Sat 28th March, 10am - 2pm



£4
per entry

ADVANCE BOOKING:

<https://www.jumblebee.co.uk/eastereggtrailatroseberrypark2026>

OR YOU CAN TURN UP ON THE DAY
SUBJECT TO AVAILABILITY

FIND THE CLUES TO REVEAL YOUR PRIZE!

EASTER EGG TRAIL, EASTER GIFTS, REFRESHMENTS
FOR FURTHER DETAILS PLEASE CALL

01372 732 451

Suitable for under 12s - children must be
supervised at all times

In aid of
Age Concern
Epsom & Ewell.

A local charity
helping older
people to
feel
less alone.



Sponsored by



Age Concern Epsom & Ewell Registered Charity 1139652

Rainbow Leisure Centre

- ✓ Social & Welcoming for Seniors who want to stay active!
- ✓ Talk to us about Membership
- ✓ Day Passes - Tours - Special Offers



Easter Stalls

We will be situated in the Epsom Marketplace
on the following dates with our beautiful
Easter themed stalls.

Come visit us for special gifts and
Easter treats!

26, 27, 28 & 31 March, 1 & 2 April



If you love to knit, crochet or craft and would like to
get involved with our Easter creative projects then
please get in touch with Marie Thackwell for
patterns and further information.

marie.thackwell@ageconcernepsom.org.uk



Part of Places for People

- ✓ Gentle exercise classes
- ✓ Swimming & aqua sessions
- ✓ Social sports and group activities
- ✓ Low-impact fitness at your own pace
- ✓ Friendly staff
- ✓ Modern facilities
- ✓ Easy access

Visit our friendly team now!

East Street, Epsom, KT17 1BN

01372-727277

enquiriesrainbow@pfpleisure.org

www.placesleisure.org

Fundraising and Other News



Age Concern Epsom & Ewell is delighted to be a part of the **@coopuk Local Community Fund for 2026**.

To vote for our cause please visit:

<https://membership.coop.co.uk/causes/98697>



**Help Us Secure £1,000 –
Vote for Age Concern
Epsom & Ewell**

The Benefact Group has opened another round of funding in which they will donate £1,000 to charities that receive the highest number of online votes.

Although Age Concern Epsom & Ewell has not yet been successful, we were encouraged to learn that in the last round 20% of funded charities received fewer than 10 votes. This has inspired us to ask our supporters to get behind this simple initiative. Voting takes less than two minutes.

When voting, please enter:

Age Concern Epsom & Ewell

Registered charity number: 1139652

With your support, this is an excellent opportunity for us to receive £1,000 to help sustain and develop our services this year. Many thanks in advance for your support.

Please visit: <https://movementforgood.com/draws/1000>



**Sending our huge thanks to Waitrose, Epsom for
selecting our cause for their
Green Token Scheme and for all those that chose
to support us.**

**We were recently awarded £1,000 to support our
services - which is fantastic news!**

Message in a bottle

Let the emergency services know your medical history.

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

**Pick up a bottle from
Age Concern Epsom & Ewell**



Did you know that FREE
NHS hearing aid batteries
are available from
Age Concern Epsom & Ewell?



**AGE
CONCERN
EPSOM & EWELL**

Please visit our office between these hours to
pick up your packs. Mon to Fri, 9:30 am to 1 pm

The Old Town Hall
The Parade
Epsom
KT18 5AG

DIY

**AGE
CONCERN
EPSOM & EWELL**

**Let us help with your
small DIY Tasks**

Did you know that we can help you with small DIY jobs?

We have a team of volunteers who can put up a shelf, a mirror or a few pictures, install a blind or curtain rail, or do other small tasks for you, for a minimal charge.

**For further information, please call 01372 732 456
between 9.30 am and 1.00 pm Mon to Fri.**

(Please note that we cannot deal with electrical or plumbing problems, or anything which would require a volunteer to be more than 10" from the ground including the height of a ladder).

TAKING ON A BIG CHALLENGE FOR AGE CONCERN EPSOM & EWELL

Meet Our Fundraiser: Tom McDonald

Tom recently discovered Age Concern Epsom & Ewell and was inspired by the vital support our charity provides to older people in the local community. Wanting to get involved, he decided to take on his biggest physical challenge yet - running his first ever full marathon at the Southampton Marathon in May 2026.

Tom McDonald, 33, grew up in Carshalton, Surrey with his parents and two older brothers. Growing up in a sporty household meant Tom was always keen to push himself, a mindset that has stayed with him into adulthood.

By day, Tom works as an architect in Epsom, a role he has held for the past six years. Outside of work, he enjoys football, running and more recently, padel. Alongside his love of sport, Tom is also a creative individual with a strong passion for art.

Although Tom never imagined himself running long distances, completing his first half marathon in 2018 gave him an unforgettable sense of achievement. Since then, he's continued to push beyond his comfort zone. His current training includes three to four runs a week as well as strength training at the gym, all while balancing a full-time job. Like many runners, he's had to manage cold-weather training and minor injuries along the way.

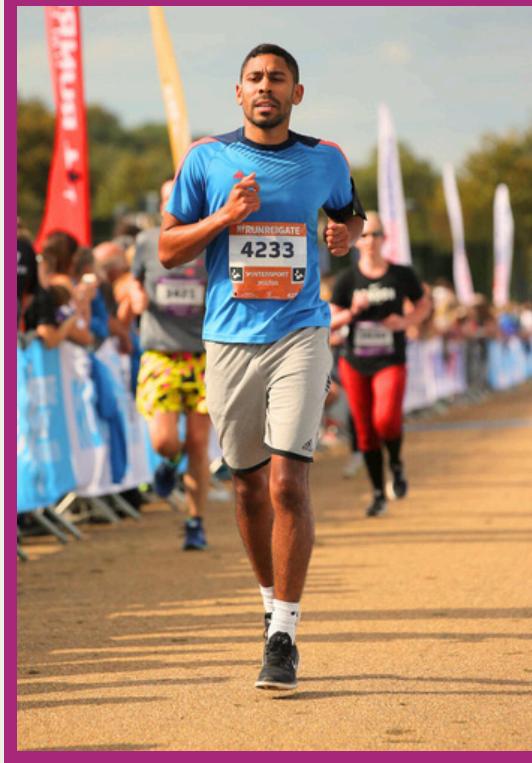
Tom's motivation comes from knowing he is running for a cause close to his heart. With elderly grandparents and a close, supportive family, he understands how important it is for older people to have someone looking out for them.

He also draws inspiration from Captain Sir Tom Moore's fundraising efforts, which showed how much difference one person can make.

On race day, Tom is most looking forward to the atmosphere and energy of the runners and crossing the finish line. He expects to feel exhausted, relieved and incredibly grateful for the support he's received.

Tom would be hugely thankful for sponsorship or messages of encouragement, and for helping to spread the word about his fundraising mission.

Southampton Marathon, 3rd May 2026



Please spur Tom on with his fundraising mission!

You can sponsor Tom's challenge by visiting our website. All contributions, no matter how big or small will help Age Concern Epsom & Ewell to support and sustain our services.

To help Tom reach his fundraising goal please visit Tom's fundraising page at:

**<https://ageconcernepson.org.uk/>
then click our
What's On/Marathon Runner tabs**

Curious questions:

Favourite post-run snack?:

Protein pancakes with bananas, blueberries, Greek yoghurt and honey.

One word to describe marathon training:

Gruesome!



Our Medical Transport Scheme



If you live in the borough of Epsom & Ewell and have reached pension age, you are eligible to join our **Medical Transport Scheme**.

A friendly volunteer driver will take you (and a carer if required) to any medical appointment, with up to a two-hour waiting time, for a fixed return price. There are no concerns about long waits and no unexpected costs - just a reliable, affordable, door-to-door service.



Journeys are not limited to Epsom & Ewell. We also travel to many other locations, including London hospitals.

You can book up to three months in advance. When possible we ask for at least one week's notice.

For further information about the scheme and how to join, please contact:

01372 732 456

We take the worry and hassle out of you getting to your medical appointments.



Invite us for a chat. We love visiting local community groups, retirement homes, care homes or housing associations to talk all about our charity's fantastic services and support.



Using Technology for Hobbies and Interests

The internet is now a normal part of everyday life for most people. It is used for important services such as contacting your GP surgery, paying bills, and shopping, and it can also be a great source of entertainment and education. Some websites are completely free, while others offer a free trial period, which is ideal for people who want to try a service without commitment.

- **YouTube** is a great source of videos on a wide range of hobbies. Many people have become skilled in crafts, languages and music simply by following sessions on **YouTube channels**. One of the great advantages is that you can pause and rewind the videos until you fully understand each section.

One of the joys of using technology is the ability to join a live class from the comfort of your own home. Karen Wilson runs **Epsom Strength and Balance (ESB)**, which offers online classes as well as in person sessions. Karen says, "This is a great use of technology to help maintain your health, reduce feelings of isolation, and boost your mood. At Epsom Strength and Balance, we have been supporting seniors for nearly 10 years, helping to improve posture, mobility, and flexibility so that clients can maintain their quality of life. We help clients prevent falls and rebuild leg and hip strength, ensuring they can continue to move around safely and easily."

To find out more about what ESB have to offer please contact Karen Wilson on 07771 647 132

Technology is also a wonderful way to stay connected with friends and family, even when they live many miles away.

Free programmes such as FaceTime, Zoom, Skype, and WhatsApp allow you to talk and see each other at the press of a button. If you need help using smartphones, laptops, iPads, or other devices, please remember that we have experienced

IT volunteers at Age Concern Epsom & Ewell. For further information, please call 01372 732 456.



Beginning the New Year with purpose

2026
PLANNER

The difference we can make in 2026 and beyond

As 2026 kicks off, many of us take a moment to think about the year ahead - what we hope to achieve, the people we care about, and the values we want to carry forward. It's a time of new beginnings, resolutions, and setting intentions that make us feel purposeful and connected.

One meaningful way people choose to do this is by thinking about their legacy. **A legacy isn't just a financial matter; it's the story of what mattered most to us. It's the kindness we showed, the support we offered, and the values we pass on.** For many, it's also an opportunity to continue helping others long into the future.

At Age Concern Epsom & Ewell, we are continually moved by supporters who decide to include a gift in their



Find out more



If you'd like to find out more, request our 'Will Writing & Legacy Pack' via phone or email.

Will to us. As an independent charity, these generous gifts, whether large or small, are a vital lifeline. They help ensure that older people in our community continue to receive companionship, advice, and reassurance for many years to come. These thoughtful legacies embody the hope that through planning today, the world can become a little kinder and more connected tomorrow.



"It's empowering to think that, even after we're gone, we'll still be making a difference in the lives of so many people. It really makes us feel like we're part of something bigger - something that will have a lasting impact on our community."

Legacy Gift In Will Pledger



The start of the year is also a natural time to organise your personal affairs, giving yourself the peace of mind that comes with knowing your wishes are clearly set out. Writing or updating your Will doesn't have to be complicated, and many find it reassuring to put a Power of Attorney in place at the same time. These steps are acts of care - for yourself and your loved ones.

If you're thinking about refreshing your plans this year, we're here to help. **Age Concern Epsom & Ewell offers a free Will Writing & Legacy Pack as well as a Guide to Power of Attorney**, designed to answer common questions and provide clear, friendly advice. Simply contact us and we'll be happy to support you.

A New Year is a fresh page. What better time to organise what matters most and reflect on the legacy you hope to leave behind?

Age Concern Epsom & Ewell's 'In Memory Woodland'



REFLECT, REMEMBER AND CONNECT WITH NATURE

Nestled in the heart of Long Grove Park, Epsom, the Age Concern Epsom & Ewell 'In Memory Woodland' is a serene space designed to offer visitors a quiet place to reflect, remember, and connect with nature.

We warmly invite you to visit the 'In Memory Woodland' - whether you're remembering a loved one or simply enjoying the peaceful, growing woods. Take a moment to sit on one of our benches and soak in the beauty of nature all around you. As the seasons change, this tranquil space offers a place for contemplation and connection with the cycle of life. From the vibrant green of spring and summer to the rich hues of autumn and the bare branches of winter, this woodland is a testament to the enduring power of nature.

We are proud to work alongside the **Epsom & Ewell Tree Advisory Board** in planting a variety of tree species such as Elm, Silver Birch, Rowan, and Pine. In addition to these majestic trees, you will find a range of vibrant bulbs, including daffodils and bluebells, that bloom each spring, bringing new life to the area. Look out for the rich wildlife the woodland attracts too, from bees and butterflies to birds and mammals.



A woodland haven for all in the community to visit and enjoy.



An oasis for insects, small mammals and visiting birds.



A broad range of trees and plants to attract and sustain native fauna.

Registered Charity No. 1139652

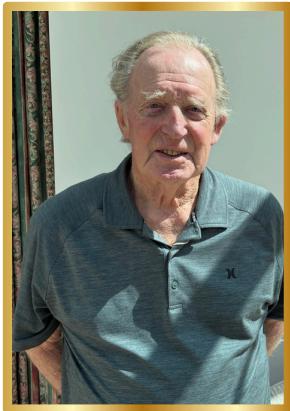
Plan your visit

Found in the south-west corner of Long Grove Park, the woodland is a short walk from the nearest public car park, with clear signage and a tarmacked, accessible path. Benches offer a peaceful spot to rest and reflect.



The 'In Memory Woodland' is located in Long Grove Park, Epsom, KT19 8TF





Alan's Dream Trip: Flying Over Mount Everest

In last year's summer newsletter, we shared an article about one of our clients, Alan. He spoke movingly about his childhood memories during the Second World War, described what it was like growing up with dyslexia at a time when it was widely misunderstood, and shared his pastimes and hobbies - both past and present. Alan also mentioned one of his lifelong hopes - to fly over Mount Everest, and we are delighted to report that he has since fulfilled that ambition.

Travelling with his daughter and granddaughter, Alan took a 14-hour flight to Nepal. Reflecting on the experience, he said:

"It was very special for me to do this trip with three generations of my family, to share one of the wonders of the world. We took a flight tour over Everest, we all had a window seat and the views were spectacular. Over 29,000 ft — did you know there's no oxygen up there?"

Alan also shared how much he enjoyed staying in Kathmandu, describing it as a wonderful experience with its narrow streets, bustling markets and ancient temples. He particularly enjoyed taking part in organised tours, saying it felt like going back in time and experiencing the city's rich history first-hand.

Reflecting more broadly on life, Alan offered this advice:

"Enjoy as much of this world as you can, as there are lots of wonderful places.

My next trip, all going well, is the Giant's Causeway."



**AGE
CONCERN
EPSOM & EWELL**

JOIN OUR LOTTERY

Support your local community

LOTTERY WINNERS

October Winners

Mr V (£55.20)
Mrs F (£34.50)
Mr S (£21.30)

November Winners

Mrs W (£56.40)
Mrs B (£35.25)
Mrs H (£21.15)

December Winners

Mrs B (£54.80)
Mrs T (£34.25)
Mr D (£20.55)

Join our lottery for just
£2 per month

To sign up:

- Scan our QR code
- Email us on info@ageconcernepsom.org.uk
- Phone 01372 732 456

Did you know, that 40% of our lottery fund is paid out in prizes and 60% goes to support our work in the community ?

Three lucky winners
every month!



Scan the QR code for details on how to join the lottery online



I wandered lonely as a cloud

I wandered lonely as a cloud
 That floats on high o'er vales and hills,
 When all at once I saw a crowd,
 A host of golden daffodils;
 Beside the lake, beneath the trees,
 Fluttering and dancing in the breeze.

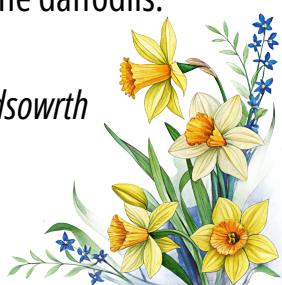
Continuous as the stars that shine
 and twinkle on the Milky Way,
 They stretched in never-ending line
 along the margin of a bay:
 Ten thousand saw I at a glance,
 tossing their heads in sprightly dance.

The waves beside them danced; but they
 Out-did the sparkling waves in glee:
 A poet could not but be gay,
 in such a jocund company:
 I gazed—and gazed—but little thought
 what wealth the show to me had brought:

For oft, when on my couch I lie
 In vacant or in pensive mood,
 They flash upon that inward eye
 Which is the bliss of solitude;
 And then my heart with pleasure fills,
 And dances with the daffodils.

William Wordsworth

1815





EPSOM & EWELL VETERANS CLUB

Come and join us at Epsom and Ewell Veterans Hub
 for a friendly cuppa, natter and a biscuit or two!

Where: The Army Reserve Centre Welbeck Close, Ewell KT17 2BG
 When: The first Tuesday of every month Time: 10:30 – 12:30
 Please contact:
 Barbara Warwick Epsom and Ewell Royal British Legion
 Email: barb.warwick@virginmedia.com

**MODELS &
PAINTING**

**Drop in for Modelling
with Dave**



Where: The Kings Church,
 Longmead Road, Epsom KT19 9BU
 When: the 3rd Tuesday of every month
 Time: 14:00 - 16:00

**INDOOR
ARCHERY**

**Have fun hitting the mark
with John**



Where: The United Reform Church,
 London Road, Ewell KT17 2BB
 When: the 2nd Tuesday of every month
 Time: 10:30 - 12:30



**Please help us to spread the word about the
services that we provide for older people living
in Epsom & Ewell!**

Do you have a friend or neighbour that might benefit
 from receiving our latest brochure and our
 newsletters?

Do you have a communal area
 or do you work in a public building where our
 information can be displayed?

If so, we would love to hear from you.
 Please see our contact details are below.



For all enquiries please contact: **01372 732 456** Email:
info@ageconcernepsom.org.uk **www.ageconcernepsom.org.uk** Our office
 and telephone lines are open Mon - Fri; 9.30am - 1pm The Old Town Hall,
 The Parade, Epsom, KT18 5AG



SCAN HERE