



# SUMMER NEWSLETTER 2024



A message from our Chief Officer Dorah May Hancock

Let's hope the summer weather will be with us soon to brighten up our days and bring us summer flowers in bloom and less rain!

Our **THANK YOU** picture, with lovely smiley faces, shows from left to right our Office Manager Mo Johnson, Pat volunteer bookkeeper, Sue Brinsden Volunteer Co-ordinator, Dawn Ferris Information & Advice Support Worker and Men's Club Co-ordinator, Myself, Sue Merchant Information & Advice Officer and Megan Information & Advice Volunteer.

I couldn't be Chief Officer without our amazing and dedicated team of staff who work tirelessly behind the scenes supporting the older generation in our borough. **THANK YOU**. There are eight of us working from the Old Town Hall, Epsom and please do remember that we are always here for you from 9.30am to 1pm every weekday morning for Information & Advice. Do pop in for any support you may need. Other members of staff are Sal Bacon Home Visitor, Gloria Fox Social Support Co-ordinator and Marie Thackwell Fundraising & Marketing Co-ordinator.

All charities have a Board of Trustees and a **THANK YOU** goes to them from all the ACEE staff for their support steering our charity.

And **THANK YOU** to all our amazing volunteers, we couldn't deliver all our services without you.

Also, a big **THANK YOU** to all of the older generation in Epsom & Ewell for having such faith in us supporting you in so many ways. We really do hope that we make a difference to your lives. Our new brochure is now available and so anybody who hasn't got one or friends, family or neighbours who may find one interesting please do contact us on 01372 732 456 to request one.

A **THANK YOU** to the present mayor, Steve Bridger, who is our president and will chair our **Annual General Meeting on Thursday 5th September 2024, starting at 6pm at the Comrades Club, The Parade, Epsom.**

You are all most welcome to join us to find out how we have supported our clients throughout the past year.

If you would like to attend please call us on:

**Tel : 01372 732 456**

I hope that you enjoy reading our newsletter and do get in touch if you feel you would like to contribute to it in the future. Happy Summer everyone!

Dorah May



A huge thank you to Rob Geleit, the former Mayor of Epsom & Ewell 2023 - 2024, for choosing Age Concern Epsom & Ewell as one of his three charities to support over this past year, along with Citizens Advice and Love Me, Love My Mind.

With thanks to the Mayor & Mayoress and their fundraising committee, our charity looks set to receive more than £5,000!

This incredible sum will help us to continue our services, supporting the older community within our borough.



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](mailto:info@ageconcernepsom.org.uk)

[www.ageconcernepsom.org.uk](http://www.ageconcernepsom.org.uk)

Age Concern Epsom & Ewell, The Old Town Hall,

The Parade, Epsom, KT18 5AG

Registered Charity Number 1139652



# Client News

## Sunday Teas in bloom!



Everyone enjoyed creating beautiful flower displays to take home at a recent Sunday Tea.

Vibrant colours & fragrant scents filled the hall at St Mary's Church.

It was a feast for all the senses.



Sunday Teas take place on the second Sunday of the month, between 2.30pm - 4.30pm.

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



Our Men's Group enjoyed a lovely lunch recently at the Horton Golf Club.



The group meet monthly and enjoy visiting local places for good food and conversation.

For further information please contact the office on Wednesdays to speak to

Dawn Ferris, our Men's Group organiser, on 01372 732 456

## Message in a bottle

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

# Volunteering Update



HELPING OLDER PEOPLE FEEL LESS ALONE

**Thank you to all  
our wonderful  
volunteers!**



Volunteers' Week takes place from 3rd - 9th June and we would like to take this opportunity to thank all our wonderful volunteers who support Age Concern Epsom & Ewell in so many ways.

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

We could not support the older people living in our borough without you!  
Thank you for all that you do.

#volunteers'week

  
**VOLUNTEERS'  
WEEK**  
40th Anniversary

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## Meet Brigid Ryan who runs our lottery

Also during lockdown, I had a baby boy, so I've had to cut back a bit on the volunteering, as I now have a very full time job! However, I'm still able to run the monthly lottery, which I absolutely love. There is nothing better than bringing joy to the winners with a lovely little cheque each month.

I'm Brigid and I've been volunteering at Age Concern for five years now. I live in Epsom and wanted to volunteer at a charity where I could get involved with the local community. When I joined, there was a need for admin support, and so that's where I've mostly been deployed. I've helped out on the Transport Desk and the now closed Foot Clinic; I've supported the Will Writing Service and during lockdown, I shopped for self-isolating people and then drove some to get their Covid jabs. It was such a strange time, but I think that for many people, charities like Age Concern were a real lifeline, especially for those whose families lived far away.

We are currently doing a drive to get more people to join our lottery. It's a win win for everyone, because 40% of the money raised goes to the winners and 60% goes towards supporting the work of our charity.

We can't compete with the big national lotteries, but supporting us is also supporting your local community.

If you haven't already joined, why not get yourself a ticket or perhaps get one as a gift for someone?

One ticket is £2 a month or £24 a year. Please see the lottery page in this newsletter for further details.

You can also visit our website or email / call the office to sign up.

Tel: 01372 732 456 E: [Info@ageconcernepsom.org.uk](mailto:Info@ageconcernepsom.org.uk)

[www.ageconcernepsom.org.uk](http://www.ageconcernepsom.org.uk)

# Volunteering Update

## Focus on Medical Transport Drivers



Our medical transport service is invaluable for local people over retirement age needing to get to their medical appointments.

The service couldn't exist without our wonderful volunteers who come into the office to run the transport bookings desk and of course our team of dedicated volunteer drivers. Our drivers provide a very personal service, collecting people from home and waiting for them until their appointment is over and they are ready to return home. Many of the drives are to local hospitals and clinics but our drivers may also take people to appointments further afield, such as the big London hospitals.

We caught up with Stuart who has been a volunteer driver with us for the past 14 years. He became a volunteer after he retired when he was looking for something new to get him out of the house. Stuart's first drive was a challenge as it was snowing but he rose to the challenge and has been a dedicated volunteer ever since. Stuart told us it was his first experience of volunteering, and it has been a very positive experience for him, saying that helping others and being appreciated gives him a good feeling of wellbeing.

Stuart has had a lot of repeat customers over the years and has got to know some of them very well. He told us that customers can be quite anxious about their appointments, and being a very friendly and chatty person, he is able to take their mind off their worries during the journey so they arrive feeling a little more relaxed.

Being a Medical Transport Driver is a very rewarding and flexible role. Drivers can choose which drives they accept and can do as little or as many as they wish to fit in with their lifestyles.

If you think this could be the role for you, we'd love to hear from you.



## Drivers Wanted!



**We are always in need of more volunteer drivers for our popular Medical Transport Scheme and our monthly Sunday Teas.**

**If you have a few hours to spare and like chatting to people this may be an ideal volunteering role for you.**

- \* Mileage is paid at 50p per mile
- \* DBS check is required

**For further information please contact our Volunteer Coordinator, Sue Brinsden on [Sue.Brinsden@ageconcernepsom.org.uk](mailto:Sue.Brinsden@ageconcernepsom.org.uk)  
Tel: 01372 732 458**

# Volunteering Update



## Ambassadors for Age Concern Epsom & Ewell

We would like to recruit ambassadors for our charity. It would entail adhoc support which can be done flexibly in your own time to fit in with your lifestyle.

*We aim to reach every corner of our borough, ensuring that our literature is accessible to those who may benefit from using our services.*

### Key aspects include:

Checking that our brochures (and posters where applicable) are on display at your local GP, in healthcare settings, pharmacies, community halls, libraries, and seeking new opportunities in your neighbourhood.

With a team of ambassadors assisting it will be possible to keep abreast of changes and opportunities for Age Concern Epsom & Ewell.

If you would like to help out and be the eyes and ears for opportunities within our borough then we would love to hear from you.

We are currently seeking a **Fundraising & Marketing Volunteer** to support our Fundraising & Marketing Coordinator, Marie Thackwell, with a range of tasks to include:

- Event support
- Coordinating Distributions
- Database upkeep
- Sourcing Prizes

This role would suit someone who enjoys working on a variety of projects and has a couple of hours to spare each week.

For further information about this role please email:

[Sue.Brinsden@ageconcernepsom.org.uk](mailto:Sue.Brinsden@ageconcernepsom.org.uk)

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## Our current volunteers

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- 52 Befrienders
- 21 Medical Transport Drivers
- 6 Transport Desk
- 7 Information and Advice
- 9 DIY
- 6 IT
- 8 Sunday Tea helpers
- 17 Sunday Tea drivers
- 32 Ad hoc volunteers
- 24 Knitting Volunteers
- 8 Trustees



# Fundraising News

## Spring 2024



It was wonderful meeting the public at our Easter Stall in the Ashley Centre and discussing all that we do. Our Easter Egg Trail was enjoyed by children and their family members, both young and old, and it was lovely to see Rosebery Park brimming with activity.

Throughout this period our team of fundraisers generated much-needed funds to support the services that we deliver including running our phone lines for Information & Advice, volunteer recruitment & befriending. Without local support & fundraising initiatives, we would not be able to provide these services.

### A big thank you to everyone who has supported these activities:

to all our *wonderful volunteers*, our *knitters* and *creatives* and *everyone who has helped in any way* - including all who attended and took part.



We would also like to thank the staff at St Christopher's School who volunteered at the Easter Egg Trail. A great day was had by all.



### A huge well done to Sue & Izzy!

Our Volunteer Coordinator, Sue Brinsden, and her daughter Izzy, recently took part in the **Surrey Three Peaks Challenge**. Not for the faint hearted, this hike took in three of Surrey's hills; Box Hill, Holmbury Hill and Leith Hill with a total ascent of 1060 metres.

Sue said "It was heavy going, especially tackling the third climb of Box Hill but we felt an amazing sense of achievement at the end. We are also so very grateful for all the generous donations "



**Sue & Izzy have raised an incredible £713.75!**



**If you would like to consider taking on a challenge for Age Concern Epsom & Ewell then we would love to hear from you!**

**Please contact Marie Thackwell at [marie.thackwell@ageconcernepsom.org.uk](mailto:marie.thackwell@ageconcernepsom.org.uk)**

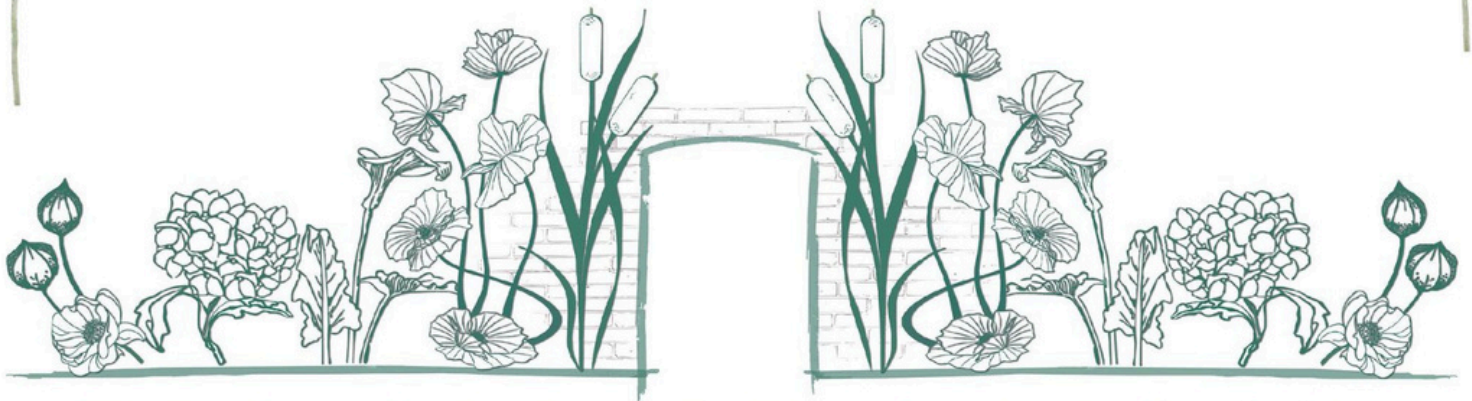




**AGE**  
**CONCERN**  
EPSOM & EWELL

# Charity Dinner

## *Fri 28th June, 7pm*



THE SECRET GARDEN

Please join us for a wonderful summer's evening at

**The Secret Garden at Ewell Court House**

£30 per person

*For further details please click the link provided on this page.*

*or call tel: 01372 732 451*

**The Secret Garden, Lakehurst Rd,  
Ewell, KT19 0EB**

This is a fundraising event in aid of Age Concern Epsom & Ewell

*Registered Charity No: 1139652.*

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\*\*\*\*\* **SAVE THE DATE** \*\*\*\*\*

**QUIZ**

**Friday 13th  
September!**

**NIGHT**

Sponsored by

**MOLLY MAID**

The best quiz night in town is back on Friday 13th September at the Conservative Club, Epsom.

There's plenty of time to do your homework and to gather your teams of 6.

If you don't have a team please get in touch and we will organise a group for you.

Tickets : £15 per person

**Tel: 01372 732 451**

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# Client Story

We were delighted to hear that one of our clients, Mr Jim Pickering, had recently attended an event at Buckingham Palace. It was a special occasion to mark the 70th year since the end of the Korean War.

Originally planned for 2023 the date was postponed due to the Korean president's availability and then sadly, due to health concerns, the King could not attend.

Princess Anne and Princess Sophie, hosted the event on behalf of the King.



Princess Sophie is the Colonel-in-Chief of the corps of Royal Electrical and Mechanical Engineers, the regiment in which Jim served. Jim was impressed by her knowledge and genuine interest. Jim recalled:

*"It was wonderful to attend the palace to mark the 70th anniversary since the end of, what many of us veterans consider to be, a forgotten war. It was special to meet with both Royals and other fellow veterans".*

I was delighted to be invited to meet with Jim and his wife Enid who were happy to share their stories.

Jim and Enid grew up in Warrington. In the 1950s, if you were a man between the ages of 18 – 26, it was compulsory to do 18 months of national service. As Jim was taking an apprenticeship in engineering he was able to defer for two years until, at the age of 21, he was drafted to serve in the Korean War.

I asked Jim how it felt to be called up and he replied; *"It was something you just had to get on and do. I had no desire or prior interest in joining the Army, I wanted to carve a career in engineering. I was assigned to the REME regiment, the Royal Electrical and Mechanical Engineers. Of course, it did dawn on me, that I may be killed but as I said there was nothing that could be done so you had to just get on and do it"*

I was taken aback by Jim's pragmatic response to what must have been a very challenging time at a relatively young age. Perhaps this stoicism was instilled in the post-war generation who had already lived through a world war and won. Having never travelled abroad Jim then found himself on a boat for four weeks travelling to Hong Kong and then on to Japan before reaching South Korea.



For the following fourteen months Jim's home was a tent, with a floor for a bed, gradually upgrading to a camp bed. Jim was deployed to fix guns, machinery & vehicles. He was placed 8 miles back from the frontline and was not directly in the line of fire. He said there was a great camaraderie between the other nationals which were made up of predominantly Americans, Canadians, Australians, and British soldiers. He recalled how at first the British soldiers had very little and they saw how the Americans had good equipment and washing facilities. This prompted some ingenuity on the part of the British troops who would commandeer items beyond repair to repurpose into items such as workable ovens and showers.

# Client Story



*Jim and Enid Pickering*

An armistice occurred in 1953 and is still in place to this day - perhaps one of the reasons why this war is not widely discussed. Jim and Enid visited South Korea in 2014 and they recalled how Koreans everywhere kept thanking them for their involvement as if it had only recently happened. For Koreans, the threat of hostilities has never gone away.

I asked Jim if he got homesick and he said he longed for the 'green, green grass of England' - something he appreciates to this very day. Returning to the UK Jim went on to become a chartered mechanical engineer. He met his wife, Enid, at a local dance when he was 25 years old and they married a year later; 67 years on their marriage is still going strong.

Jim said looking back he felt that his time in service made him the man he was to become; it broadened his horizons, gave him confidence in life and prepared him to take risks. Years later he and Enid spent two and a half years living in Saudi Arabia, something very few families in Warrington would consider even in the 80s. Once their children had grown up they continued their love of travelling visiting many countries but it was Thailand that captured their hearts and they returned every year for 15 years.

They moved to Epsom 23 years ago to be nearer to their family. These days they enjoy playing bridge and are members of several local groups including the U3A, Christ Church and Age Concern Epsom & Ewell's Men's Group. They enjoy eating out, especially Thai, and spending time with their family. Jim also enjoys watching his beloved Warrington Wolves (Rugby League) on TV. Thank you to Jim & Enid for sharing your story with us!

*Interview with Marie Thackwell*

## Age Concern Epsom and Ewell IT club

On the last Tuesday of most months of the year we hold a friendly get-together to share experiences, talk about computer, tablet and phone-related issues.

We have volunteers on hand who can help you with problems and issues you may be experiencing. Most months we will also have a presentation of topic which we hope you will find interesting.

### Some topics coming up:

- Listening - how to use your device to listen to music, podcasts, radio.
- Watching - how to use your device to watching tv, films etc.
- You Tube - how to get the best from it
- Staying Safe, online security
- Buying safely online
- Photographs and Video
- Internet, the cloud - covering the basics
- Email, internet browsing.
- Smartphones and watches

For further details please email: [info@ageconcernepsom.org.uk](mailto:info@ageconcernepsom.org.uk)

Tel: 01372 732 456

And there is also tea and biscuits and chance for a chat.

We just ask for a £5 donation to support the work of Age Concern in Epsom and Ewell.

**So come along and meet like-minded people and learn how to get the most out of your devices**



HELPING OLDER PEOPLE FEEL LESS ALONE

We aim to make a difference to the older people within our borough and this would not be possible without our dedicated staff and volunteers, as well as support from local businesses and the public.

## HELP US TO KEEP HELPING OTHERS?

We are a local independent community charity focused on empowering older people to live the most fulfilling lives they can.

Our services include Information and Advice, Medical Transport, Social Support and Befriending.

*Registered Charity No: 1139652*

### Every contribution helps!

Please consider supporting our cause. Whether it is £50, £5,000, or even more, every gift can make a real difference to the future of our charity.

Please consider leaving a legacy to Age Concern Epsom & Ewell



## Getting creative for Christmas!



Though it's hard to think of winter before our summer has begun, we are starting to plan for our busy festive period. This year we hope to have our beautiful Christmas-themed stalls situated in the town centre and at other locations throughout the borough.

### Do you enjoy knitting, crocheting or crafting?

If so, would you like to create beautiful handmade decorations and gifts for our festive fundraising?

We have patterns available and we are always open to new ideas.

For further details please get in touch with Marie Thackwell at

Email: [marie.thackwell@ageconcernepsom.org.uk](mailto:marie.thackwell@ageconcernepsom.org.uk)

Tel: 01372 732 351





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## 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](mailto:team@disabilityequipmentservice.co.uk)

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Or visit our website to see more: [www.extra-help.co.uk](http://www.extra-help.co.uk)



# 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  
**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 & Ewell and be in with a chance to win one of three cash prizes.

The easiest way to join is to set up a bank transfer or to contact the office to make a card payment. You can also set up an annual standing order.

Just **£24** a year buys you one ticket to win each month!  
Why not buy an annual ticket as a special gift?

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

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

Contact: [info@ageconcernepsom.org.uk](mailto:info@ageconcernepsom.org.uk)

Tel: 01372 732 2451

Age Concern Epsom & Ewell  
The Old Town Hall, The Parade,  
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Registered Charity No 1139652



# Flowers WORD SEARCH



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For all enquiries please contact: **01372 732 456**

Email: [info@ageconcernepsom.org.uk](mailto:info@ageconcernepsom.org.uk) [www.ageconcernepsom.org.uk](http://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