

## AGE CONCERN EPSOM AND EWELL



### Welcome to the ACEE Spring edition newsletter



#### DORAH MAY HANCOCK CHIEF OFFICER



#### MEET MARIE THACKWELL Fundraising & Marketing Coordinator



Welcome to our Spring 2022 newsletter. I write this on a morning when Spring looks as though it is on its way with blue skies as I look out of our offices here in the Old Town Hall and there are crocuses and daffodils appearing on my way to work. I hope Eunice and Franklin didn't curtail your daily lives too much, but it reminded us of the power of a storm or two!

How time flies! We are 75 years young here at Age Concern Epsom and Ewell. Who remembers our 70th year Golden Days Festival? A day never to be forgotten. Unfortunately, we won't be able to go to such extremes to celebrate being 75 but are looking forward to a double celebration with the Queen in the 70th year of her reign.

Look out for details of our exciting events, via all our social media pages, emails or posters around the borough. Surrey Brass are joining us for a concert at Epsom College on the evening of 8th April. Upcycle hats with us in the market square every Thursday throughout May or at our workshops, creating one fit for a trip to the Derby or to a street party. Share stories with us portraying memories when wearing a special hat.

I hope you enjoy reading our newsletter and don't hesitate to get in contact with us to find out more about our events or for Information & Advice.

"I am delighted to be working for Age Concern Epsom & Ewell. Having lived in the borough for many years I am aware of the great work this charity achieves and I am really inspired by the dedication from staff & volunteers alike. I was further impressed to discover that this branch is a completely independent charity and not a part of Age UK - something I hadn't appreciated until now.

My background is in the community arts sector where I worked for a small charity and managed a multifaceted venue for over 20 years. I supported an array of small charities, businesses & organisations in promoting and delivering their events. I also implemented fundraising projects and promoted the charity across London. I very much hope to bring these aspects into play to further the reach and support for Age Concern Epsom & Ewell.

I'm really looking forward to establishing some fun events and we already have a few great things lined up for the year ahead - after all it's Age Concern Epsom and Ewell's 75th anniversary - now that's something worth celebrating.

Watch this space for more news on upcoming activities, some of which are mentioned in this Spring edition.

I look forward to meeting you in the near future.

## UPCOMING EVENTS

It's Age Concern Epsom & Ewell's 75th Anniversary & the year of our Queen's Platinum Jubilee!

Come celebrate with us as we enjoy an evening of music from the classics to soundtracks from films.

**Tickets available online now!**

# A night with Surrey Brass



## Friday 8 April

7.30pm

**Tickets: £22 /£20 (concs)**

**The Main Hall, Epsom College**

**College Rd, Epsom, KT17 4JQ**

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

For tickets please book online. For general enquiries please contact 01372 732 456 (9.30 - 1 Mon - Fri)

All proceeds from this event go to supporting the services of Age Concern Epsom & Ewell



## FEATURE BLOGS

As this year is our 75th anniversary we'd like to celebrate our clients, volunteers & staff members and to share your stories. Whether it's insights into your hobbies & pastimes or memories of key moments in your life - if you'd like to share your thoughts with our readership then we would love to hear from you.

Also if you have any special stories relating to Her Majesty the Queen & royal celebrations growing up (perhaps you have special memories in connection with hats?) then please do let us know as it would be lovely to tie these into our special jubilee celebrations.

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



### BOB'S STORY

I was born in Dublin, Ireland in February 1936 and came to England in 1958. I started working as a TV Engineer with British Relay Wireless and stayed in the same job until I volunteered for redundancy in 1992. I have enjoyed retirement ever since.

We lived in a small village called Dalkey on the coast 8 miles south of Dublin where I went to school. I remember the rationing during the war, My mother had a struggle to support our family as there was not much work around. I had a lovely coastline to explore and I loved swimming in the sea. I joined the Boys Brigade to join my eldest brother who was 9 years older than me.

I volunteered to join Age Concern Epsom & Ewell in 1998 and became a befriender. I also helped in the Bradbury Centre and drove the bus picking up the members from their homes and making sure they had their keys and purses with them. We always had a good chat: they were mainly women and were a happy bunch. Sam and Helen ran the Bradbury until Age Concern Epsom & Ewell pulled out, then they carried on for a while on their own but it did not pay so the Bradbury closed.

My main hobby is the computer, I use it every day to bank, do my shopping and keep in touch with my family in Australia. I also am researching my Family Tree; I would recommend it as a hobby for anybody stuck at home.

My son makes me the happiest as my wife Patty died three years ago. He arranged to work a four day week so he could spend Wednesday with me helping around the house, I take a big interest in his job and always try to encourage him in whatever he does.

*As this year marks Her Majesty the Queen's Platinum Jubilee we asked Bob if he was a royalist:*

My Dad was a Yorkshire man born in Bradford: he was very British so yes I am a Royalist"

## UPCOMING EVENTS



JOIN AGE CONCERN EPSOM & EWELL  
FOR OUR

### Sunday Teas & entertainment

On the 2nd Sunday of every month  
at Stoneleigh Methodist Church

Transport can be provided on request

For further information please call:

01372 732 456

Sunday Teas are back again  
taking place between 2.30 - 4.30  
on the second Sunday of every month.  
Tel: 01372 732 456 for details



*The beautiful sounds of a harpist were  
enjoyed at our last Sunday Tea.*

### Easter Bunny Hop

Throughout March & April we'd like to encourage little ones to get involved with our Bunny Hop Challenge.

This fun activity promotes movement, creativity and a little numeracy all whilst supporting a good cause.

If you have family members or know of any groups or individuals that may like to get involved then please do get in touch. Participants will receive a sponsor form and on completion a colourful certificate, bunny ears & tail, an Easter chick & a picture to colour in.

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

### Sponsored Bunny Hop



How many hops can you do in 1 minute?

All participants will receive a creativity  
pack, a sponsor form, a colourful  
certificate & an

Easter treat on completion.





We have been nominated to be a part of the Asda Foundation Green Token Giving online vote through the Asda store Burgh Heath.

The online vote is now live and voting will close at midnight on Tuesday 31st May 2022.

The cause with the most online votes will receive a £500 donation with second place receiving £400 and third place £300.

We're asking all our supporters to please vote by visiting [www.asda.com/green-tokens](http://www.asda.com/green-tokens) and selecting BurghHeath from the drop-down box. You can place a vote **once every seven days**, so please do add this to your calendar for weekly voting if you can.

Thank you for being part of this exciting activity!



## UPCOMING EVENTS

We're busy planning lots of fun activities for the Queen's Platinum Jubilee Celebrations for you to take part in this Spring & Summer.

Watch this space for further details...in the meantime if you have any spare hats you no longer need please consider donating them to Age Concern Epsom & Ewell.



**HATS WANTED!**

Do you have any spare hats that you would be happy to donate to

- Age Concern Epsom & Ewell?
- Any shape or size accepted

Please drop off at:

- Age Concern Epsom & Ewell, The Old Town Hall,
- The Parade, Epsom
- KT18 5AG

Between 10-1pm Mon-Thurs

Thank you!



## Volunteers Wanted!

Throughout April we'll be looking for volunteers to help us prepare creativity bags together for our creative hat workshops & our upcoming market stall. If you can spare a few hours then we would love to hear from you.

On every Thursday throughout May we will have a Jubilee themed market stall in Epsom's market place and we are looking for people to help us set up, display hats and help throughout the day - if you can spare a couple of hours on any Thursday in May please get in touch with Marie at [marie.thackwell@ageconcernepsom.org.uk](mailto:marie.thackwell@ageconcernepsom.org.uk)

# Booking now at Epsom Playhouse

<https://www.epsomplayhouse.co.uk/shows/epsom-and-ewell-showcase-2022>

Age Concern Epsom & Ewell is one of the represented charities!

Epsom  
**Rotary**



## **EPSOM AND EWELL SHOWCASE**

**Support  
Local Charities**

**See talented  
local  
performers**



**Tuesday 19th April  
7:30 Epsom Playhouse**

**Tickets £20 from  
the Playhouse or online**

## UPCOMING EVENTS



### Calling all knitters!

We would like to create a range of knitted goods to tie in with the Queen's Platinum Jubilee Celebrations.

To help to raise funds for Age Concern Epsom & Ewell we would like to create the following:

Red, white & blue flower brooches

Red, white and blue bunting

We would also love knitted corgis for our celebrations

Also on our wish list a knitted queen (bottom right) and we adore the crochet queen below (should anyone wish to give these a go)

Please let us know if you would like to help with any of these ideas.

We can send patterns by email or by post if preferred.

Many thanks in advance for your consideration.

For patterns and further information please email

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





## RECENT EVENTS



### Our Festive Knitting Appeal

We are delighted to announce that the Christmas Knitting Appeal was a huge success and the final tally shows that we made a whopping £900 profit - which is absolutely fantastic!!! Huge thanks to all those involved which includes our knitters, without whose time and talent this would have not been possible, and also the individuals and businesses that donated chocolate oranges. Thanks also to all our volunteers who gave their time in running the market stall throughout December and to those who bought these attractive yummy delights. With all this combined help this fundraiser was a great success!

### Rotary Christmas Collection



In January Age Concern Epsom & Ewell was presented with a £600 cheque from the Ewell Rotary Club which was a share of the donations raised from the Christmas collections held in Epsom & Ewell in December. A very big thanks to all those that volunteered and took part in these events and for the public's generosity.

## OTHER NEWS

### Attendance Allowance set to increase!

The Government has confirmed that Attendance Allowance is set to increase on 11 April 2022 to £92.40 for those on the higher rate and £61.85 for anyone receiving the lower rate.

Attendance Allowance is a non-means tested benefit for anyone over State Pension age who needs help with activities in their daily living, such as getting dressed, personal care, help outside the home or having someone to look after you if you are in need of assistance. If you think this applies to you and would like to make an application our Home Visitor can help you with this. There is a £30 charge for this service. Please call the office to speak to a member of our Information & Advice Team.

**01372 732 456.**



This year marks 75 years of Age Concern Epsom & Ewell & it is our Queen's Platinum Jubilee

Throughout this year we aim to celebrate & commemorate both so please keep a look out for further details.

### **So far we can announce...**

A nod to royalty at our first event on **Friday 8th April** at our **Evening with Surrey Brass**

**Creative Hat Workshops**  
on **Wednesday 4th & 18th May**

**A Jubilee themed Market Stall**

***Every Thursday throughout May in the Epsom marketplace***  
*Here there will be creative demos, jubilee themed knitted goods, everything you need to get your street party into full swing & a royal prize draw.*

***We hope to have more royal news available soon***



## OTHER NEWS



We are delighted to hear that Epsom Allsorts running club have chosen Age Concern Epsom & Ewell as their 'Charity of the Year'.

Their annual Hogsmill Ladies 5 Mile Run will take place on Sunday 22nd May and they are welcoming anyone interested to get involved by entering or helping marshal. For further details please visit [www.hogsmill5.com](http://www.hogsmill5.com) or contact [race@epsomallsorts.org.uk](mailto:race@epsomallsorts.org.uk)



## Reinventing stamps for the future

Over the coming months, you will notice that more of our stamps will start to feature barcodes.

### Transition to Barcoded Stamps

Non-barcoded stamps will be phased out but will remain usable until 31 January 2023. Customers are encouraged to use their non-barcoded stamps before this date. Alternatively, non-barcoded stamps can be exchanged for the new barcoded version through Royal Mail's 'Swap Out' scheme.

The 'Swap Out' scheme will open on 31 March 2022. Forms will be available via a variety of channels, including local Customer Service Points; the Royal Mail website and via our Customer Experience team. Customers will be able to use a Freepost address. Further details will be announced shortly.



## OTHER NEWS

WE'RE CURRENTLY SEEKING  
PARTICIPANTS FOR ACEE'S

# SPONSORED SKYDIVE



**GROUP SKYDIVE DATE 18TH SEPTEMBER 2022**

**PLACES TO BE CONFIRMED ASAP**

**COME TICK THIS OFF YOUR BUCKET LIST AND HELP US TO RAISE FUNDS TO SUPPORT EPSOM & EWELL'S OLDER COMMUNITY.**

**FOR DETAILS PLEASE EMAIL:**

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



## BEFRIENDING

Would you like to brighten up someone's day and become a volunteer befriender? Age Concern Epsom & Ewell strives to tackle loneliness in older people within the borough. Whether it's a cup of tea and a chat or sharing a crossword, just spending quality time with someone each week can make a difference. We carefully match all our volunteers with our clients to help create new friendships .

If you would like to know more please contact our Volunteer Coordinator - Dawn Coller on Tel: 01372 732 458

dawn.coller@ageconcernepsom.org.uk



### INFORMATION & ADVICE HELPDESK

Our Information & Advice helpdesk has been very busy during the pandemic. Now that the government restrictions have been lifted, our offices at The Old Town Hall are open once again for face-to-face visitors, Monday - Friday between 9:30am until 1pm.

Our Information and Advice Officer Sue and her team of I&A volunteers are trained to assist our older community with a wide range of issues that affect those in later life.

If you or someone you know may need any information or advice, no matter how small, please call us on 01372 732 456.



### FOOT CLINIC

With restrictions lifting and with people feeling more confident attending appointments, our Foot Clinic, based at the Community & Wellbeing Centre, is getting busy again.

Just a reminder that due to demand, we have reviewed the days on which we will open our foot clinic.

Our new opening times are:

- Wednesday -All day
- Thursday - Morning appointments only

To find out more about our foot clinic, the services we provide and the fees, please contact our foot clinic on 01372 747 077.



### MEN'S GROUP

Our Men's Group Coordinator Dawn Ferris has been busy planning an array of activities and trips for our members to take part in. The men enjoyed a recent trip to the Cockney Museum in Stoneleigh. Providing regular social activities for the older men within our community is very important and highly beneficial to those who take part. To find out more about the Men's Group or to register for future events please email dawn.ferris@ageconcernepsom.org.uk or call 01372 732 456.



### HEARING AID BATTERIES



During lockdown, we were very busy providing hearing aid batteries for clients via post. However, with our offices back open to the public, clients can now collect their FREE hearing aid batteries directly from us - appointments are not necessary. Our opening times are Monday - Friday 9:30am - 1pm.

## OTHER NEWS

### UPPERBODY STRENGTH & FLEXIBILITY



Stay Supple & Strong

Tuesdays 2pm

£8 when booking 4 classes (£32) or £10 per class  
Epsom Methodist Church, Ashley Road KT18 5AQ

- Improve your posture
- Keep independent
- Make daily tasks easier
- Reach for items
- Open jars
- Carry shopping

USF AT HOME via ZOOM classes      Thursdays 10:00  
You'll need: 1 Chair 2 tins or 1kg weights      PC laptop or mobile phone

Book your place or to find out more information  
Call Karen on 07771 647132 or  
Email: [upperbodySF@gmail.com](mailto:upperbodySF@gmail.com)

### Classes for the over 60's

Stay Stronger & Stay Upright Longer

#### Epsom Strength & Balance

at Epsom Methodist Church, Ashley Road, KT18 5AQ  
Group classes at 11.30 and 1.30 each Wednesday



Weekly classes are delivered by Karen Willson and will help;

- ✓ Strengthen legs
- ✓ Improve your posture and balance
- ✓ Perfect your balance
- ✓ Reduce your risk of trips or falls

Cost £8.50 per class or £56.00 when booking 8 classes (£7.00 per class).

#### ESB at Home Zoom Classes

Monday 10.30

Wednesday 11.30

You will need:

2 x 1kg ankle weights

2 chairs

PC laptop or mobile phone

To book your place or to find out more information call Karen on 07771 647132 or

Email: [epsomstrengthandbalance@gmail.com](mailto:epsomstrengthandbalance@gmail.com)

*Helping seniors keep independent since 2017*



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CONTACT US TODAY

# Business Sponsorship

The last two years have made it very difficult for Age Concern Epsom & Ewell to run fundraising events. We aim to bounce back with some very exciting initiatives over this coming year and would like to put a call out to local businesses to support us by way of event sponsorship. In turn we will ensure great marketing packages for our partners to include: newsletter advertising, website links, social media promotion, logos on event literature & for our royal events the chance for radio promotion.

Should you or your family members work for a business that may like to support Age Concern Epsom & Ewell please contact:

Marie Thackwell  
Fundraising & Marketing Coordinator  
Email: [marie.thackwell@ageconcernepsom.org.uk](mailto:marie.thackwell@ageconcernepsom.org.uk)  
Tel: 01372 732 451

## WAYS TO SUPPORT AGE CONCERN EPSOM & EWELL ONLINE



Do you ever order goods via Amazon? Did you know that ordering your goods via AmazonSmile means that Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation of your choice - us!

You do not pay any more for your shopping and you do not have to re-register. A simple click of a button and you can help Age Concern Epsom & Ewell receive donations via Amazon.

## The Giving Machine



You can now generate free donations for Age Concern Epsom & Ewell every time you shop online via The Giving Machine.

To raise funds for Age Concern Epsom & Ewell at no extra cost to you, simply add our quick sign up code: **266605** when you register.



## JOIN OUR MONTHLY LOTTERY



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 within the community and be in with a chance to win one of 3 cash prizes each month.

Below is a breakdown of fees for both monthly and annual payment options.

Remember - You have got to be in it, to win it!

We are hoping to make it easier for our supporters to join our lottery club in 2022, with a simple direct debit set up option. To find out more about this, please email [info@ageconcernepsom.org.uk](mailto:info@ageconcernepsom.org.uk).

Number of entries	Monthly Standing Order	Annual Standing Order
1	£2	£24
2	£4	£48
3	£6	£72
4	£8	£96
5	£10	£120
6	£12	£144

## LOTTERY RESULTS

Our winners are drawn each month at random and we award 1st, 2nd and 3rd prizes.

The more entries we have, the bigger the prize pot.

Check out our lucky winners from Nov, Dec and Jan. Well done to all of our winners and thank you for your ongoing support.

### NOVEMBER WINNERS

1st prize – Paul Spikin - £57.20  
2nd Prize –Helen Quaife - £37.75  
3rd Prize – Peter Valentine - £21.45

### DECEMBER WINNERS:

1st Prize - Daniel Campbell - £54.40  
2nd Prize – Helen Foote - £34.00  
3rd Prize – Sheila Leech - £20.40

### JANUARY WINNERS

1st Prize – Debra Sparham- £54.40  
2nd Prize – Roy Hayman - £34.00  
3rd Prize – Michael Ching - £20.40

To find out how to join our monthly lottery club, visit [www.ageconcernepsom.org.uk/donations/join-our-monthly-lottery-club/](http://www.ageconcernepsom.org.uk/donations/join-our-monthly-lottery-club/) and download a registration form or call 01372 732 451 for more information.



# CURRENT VOLUNTEER VACANCIES



**DO YOU DRIVE?**  
 We are in need of Volunteer drivers to join our team! If you have a few hours a week to drive our older clients to and from a medical appointment or once a month to drive our clients to and from our monthly Sunday Tea event, we would love to talk to you. Call 01372732458 or email dawn.collier@ageconcernepsom.org.uk for more details.

## CAN YOU COMPLETE THIS WORDSEARCH?

Sign up to our newsletter via our website

### Spring Word Search

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

- |           |         |          |
|-----------|---------|----------|
| APRIL     | FLOWERS | PASSOVER |
| BASEBALL  | GREEN   | PUDDLE   |
| BLOOM     | GROW    | RAINBOW  |
| BUNNY     | HATCH   | RAINCOAT |
| BUTTERFLY | JUNE    | SEEDS    |
| CHICK     | MARCH   | SHOWERS  |
| EASTER    | MAY     | SPRING   |
| EGGS      | NEST    | UMBRELLA |



**CONTACT US**  
 01372 732 456

info@ageconcernepsom.org.uk  
 The Old Town Hall, The Parade,  
 Epsom, KT18 5AG  
 Registered Charity Number: 1139652



NOTES



A large sheet of cream-colored paper with a scalloped bottom edge. It features 18 horizontal lines. The lines are grouped into 9 pairs, with each pair consisting of a red line on top and a dark blue line on the bottom. A blue paperclip icon is attached to the top left corner, overlapping the first red line.