

# Spring Newsletter 2023



HELPING OLDER PEOPLE FEEL LESS ALONE



**DORAH MAY HANCOCK**  
CHIEF OFFICER

## Introducing our new look logo

We are delighted to announce the launch of our new look logo along with an updated brochure.

Please pick up a copy if you see one or we can email a version or send a copy by post.

Please see our contact details on the next page of this newsletter.

If you know of places that will be happy to receive and / or display our brochures then please let us know. We are keen to ensure that we reach every corner of our borough.

Thank you!

Welcome to our Spring newsletter.

With daffodils swaying in the breeze let's hope the start of brighter weather will be with us soon and we can all feel cheerier and look forward to celebrating our King's Coronation.

The backbone of our services at Age Concern Epsom & Ewell is our Information & Advice team running every morning from our offices here in the Old Town Hall.

We offer confidential advice on issues affecting those receiving a state pension in our borough. Maybe you would like to know about benefit entitlements, community services, moving into residential care or any other topic that you have a question on? If we do not have the relevant information we will find it or signpost you to an organisation or charity which specialises in the matter.

We can give you information about our other services including the Medical Transport Scheme, Home Visiting for applications for benefits, Social Support including Befriending, Sunday Teas and our Men's club.

Do look out for our stall in Epsom Market Square during April & May celebrating the King's Coronation. Maybe you would like to sponsor one of our Surrey Three Peak hikers? Families can join in our Easter Egg Trail in Rosebery Park and further news about our In Memory campaign will follow soon. More details of these events are included in this newsletter. Remember that we are always here to support you whether you are from the older generation in our borough, a family member with concerns about an older loved one or a neighbour or friend.

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"**.



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

Diana Bickle is one of our many knitters who, over this past year, has been very busy creating items for our Jubilee, Christmas and now our upcoming Coronation celebrations. We asked Diana when she developed her love of knitting. Diana says "I started knitting at 14 and I've always enjoyed making things. Now that I'm retired I have more time to knit and I find it very relaxing. I love keeping my brain active by searching for new ideas and trying new patterns. If someone was wanting to take up knitting as a new hobby I would suggest to start with something simple perhaps such as a square. Youtube is very good for learning and you can follow tutorials. At the moment I am knitting various items related to the Coronation to help to raise funds for Age Concern Epsom & Ewell"



**Please come and visit our  
Coronation stall in  
the Epsom Market Place on  
Thursday 20th April,  
Thurs 27th April & Thursday 4th  
May 8.30am - 4pm**

We send our huge thanks out to everyone who has helped with our knitting campaigns over this past year and to those who are busy beavers at present for our Coronation celebrations.

## Sunday Teas



A wonderful time was had at our Sunday Tea last month where our members were treated to a performance by the Phoenix Clog Dancers. Sunday Teas take place at the Stoneleigh Methodist Church on the second Sunday of the month between 2.30 - 4.30

For further information please call:  
01372 732 456

## Men's Group



Our men's group enjoyed great food and good company last month with a lunchtime visit to the Beefeater at Tattenham Corner.

For further details on the next outing please contact Dawn Ferris on [dawn.ferris@ageconcernepsom.org.uk](mailto:dawn.ferris@ageconcernepsom.org.uk)  
Tel:01372 732 456



# Volunteering Update

The start of 2023 has seen an increase in the number of volunteering enquiries we received and we have been fortunate to gain quite a number of new volunteers as befrienders and also as office admin and Information and Advice volunteers. However, volunteer recruitment always needs to be ongoing to ensure that we can continue to provide our valued services.

We are particularly looking to recruit the following voluntary roles so if you, or maybe a family member or friend might be interested, please ask them to contact me for an informal chat on 01372 732458 (Mon-Wed 9am-3pm) or by email [jane.hodgson@ageconcernepsom.org.uk](mailto:jane.hodgson@ageconcernepsom.org.uk)



I am sure that you are aware of just how valuable our volunteers are. Without them Age Concern Epsom and Ewell simply would not be able to deliver our services in the way that we do.

We have over 140 volunteers, some of whom volunteer for us in more than one role. They help us visiting clients to offer companionship and social support, carry out drives for our medical appointment transport service, run our monthly Sunday Teas and transport clients to this event, as well as providing administrative and Information and Advice support in the office.



## Medical Transport Drivers

We still need volunteer drivers for our popular medical appointment 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 if you have a few hours to spare each week.

\* Paid mileage of 50p per mile

\* DBS check is required

A lovely quote from one of our volunteers

" I signed up to the befriending service and began visiting a truly amazing lady at the beginning of last year. I so look forward to the time I spend with her and can't thank her enough for her wonderful company.

The chance to share our experiences, talk about our families and just generally have a chat and a giggle brightens my week."

At Age Concern Epsom and Ewell we are turning our thoughts to Easter and to the Coronation of King Charles and we are hosting a number of fundraising and social events over April, May and June and in order to make these events successful we would be grateful for some additional help with these events which I have detailed below.

**Easter Egg Trail – Saturday 1 April 2023  
Rosebery Park**



Time	Task	Number of volunteers required
08.30am – 10.00am	Setting up tables and gazebo and to put up signage	5
10.00am – 12 noon	Helpers to man the stall handing out trail sheets/ colouring table	2
10.00am – 12 noon	Helpers on the finish table and handing out prizes	2
10.00am – 12 noon	Helpers on information table which will also include selling refreshments and other goods	2
12 noon – 1.00pm	Clearing everything away	5

All children will be supervised by their parents/an adult who accompanies them, so DBS clearance of volunteers is not required.

**Coronation Stall in Epsom Market Place  
on 20<sup>th</sup> April/27<sup>th</sup> April and 4<sup>th</sup> May 2023**



Time	Task	Number of volunteers required
08.30am - 10.30am	Help setting up the stall/ selling goods	2
10.30am - 12.30pm	Help manning the stall selling coronation themed crafts and goods	2
12.30pm – 2.30pm	Help manning the stall selling coronation themed crafts and goods	2
2.30pm – 5.00pm	Help manning the stall/ packing up the stall and clearing down.	2

**Coronation Fete – Saturday 29<sup>th</sup> April 2023  
Bourne Hall, Ewell**



Time	Task	Number of volunteers required
08.30am - 10.30am	Help setting up the stall/ selling goods	2
10.30am - 12.30pm	Help manning the stall selling coronation themed crafts and goods	2
12.30pm – 2.30pm	Help manning the stall selling coronation themed crafts and goods	2
2.30pm – 5.00pm	Help manning the stall/ packing up the stall and clearing down.	2

# COME JOIN OUR EASTER EGG TRAIL

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

at Rosebery Park  
on Saturday 1st April 10am - 12pm

**FOR UNDER 12S**  
*CHILDREN MUST BE SUPERVISED AT ALL TIMES*

**£3**

per entry

**ADVANCE BOOKING :**

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

**OR YOU CAN TURN UP ON THE DAY**  
*SUBJECT TO AVAILABILITY*

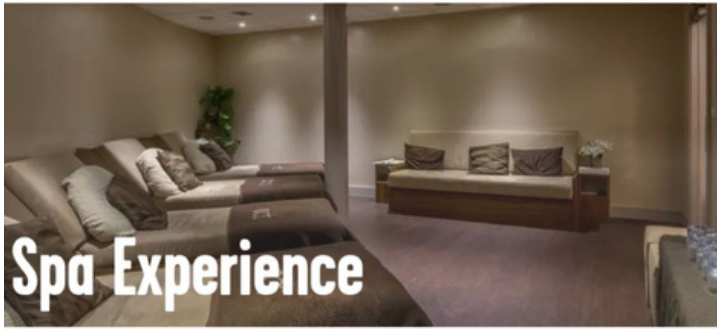
**FIND THE CLUES TO REVEAL YOUR PRIZE**  
**EASTER EGG TRAIL**  
**COLOURING CORNER**  
**REFRESHMENTS**

**FOR FURTHER DETAILS PLEASE CALL**  
**01372 732 451**

**IN AID OF AGE CONCERN EPSOM & EWELL**  
*REGISTERED CHARITY 1139652*

Sponsored by

**BETTER**  
the feel good place



Our spa offers you a warm, welcoming and relaxing environment in which to restore your body, mind and wellbeing. Combining the best traditional thermal therapies, with the very latest modern day treatments, there is nowhere better to indulge yourself and restore harmony to your life.

There are over 50 health, beauty and relaxation treatments with leading International spa brands including Elemis, La Sultane de Saba, Murad, CND and Fake Bake.



The social area for all of our members on the Better Health and Fitness Concessionary (60+) membership is extremely popular. The area offers the chance to unwind with friends after a workout and is the focal point for many of the monthly activities and social events.

East Street  
Epsom  
KT17 1BN  
Tel: 01372 727 277

## 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*

# Fundraising News

During the festive season we took part in the Family Winter Festival in Epsom's Market Place, the Artisan Market in Ewell and showcased our wonderful handmade knitted goods in the Ashley Centre. People marvelled at our festive delights, all handmade by talented local knitters, crochet makers and crafts people, to help to raise vital funds for our cause. We are delighted to say that it was a huge success and all the stalls combined raised a staggering £1783.43. Thank you to all those who created the beautiful Christmas-themed goods - you really brought a smile to all those who came along and browsed.

These events not only helped us to raise much needed funds but also provided the opportunity for us to meet with our local community and enabled us to spread the word about our services.

We also send our thanks to all our wonderful volunteers who helped out at the events - we really couldn't do this without your much valued support. Thank you everyone for making this such a great success!



*Thank you!*



The following donations were recently made to our charity, our huge thanks go to:

The James Bond Golf Society who have generously donated 1k to contribute to both our Men's Group and to our Sunday Tea provisions throughout this coming year. This was kindly organised by the Mills Family.

Also to the West Ewell Women's Group who donated a generous 1k to support our services.



# Fundraising News

On a very cold Friday night last December we held our first Candlelit Christmas Concert at Christ Church in Epsom and a heart-warming evening was had by all. The Epsom Common Church Bellingers set the festive tone with their versions of Jinglebells and Silent Night.

This was followed by solo performances of Ukraine Carols from two young Ukrainian performers Diana & Liza. You could have heard a pin drop as their angelic voices filled the air.

Next local Singer-songwriter Rafe Gregory captivated the audience with his solo performances of well-known songs by Crowded House, Fleetwood Mac and Sir Elton John. Completing the first half we were delighted to be joined by the Laine Theatre Arts Choir performing a 20 minute set.

The audience were spellbound as their glorious renditions of well loved carols and musical theatre resonated around the beautiful church - as one audience member commented "It sent tingles down my spine"

In the hall there were festive delights for all the senses with mulled wine and delicious treats from Bake 88. Father Christmas also took some time out of his busy schedule and helped to promote our bumper prize draw. We also had our knitted goods on display and arts & crafts by local maker Jane Worrall.

The Heart & Soul Choir performed throughout the second half with much-loved carols. It was virtually impossible not to join in and you were encouraged to do so.

The Candlelit Christmas Concert was a great way to conclude our celebratory year - commemorating 75 years of Age Concern Epsom & Ewell. It was an uplifting evening and we are delighted to announce that we'll be back at Christ Church at the end of the year.

We thank the Christ Church team for their support and vicar Rosemary Donovan for her wonderful compering throughout the evening. Such a joyous event - we hope you will join us for the next one.

Marie Thackwell



## Surrey Three Peaks Challenge



We are delighted to announce that on Saturday 1st April & Sunday 2nd April we have a group of hikers taking part in the Surrey Three Peaks Challenge on behalf of Age Concern Epsom & Ewell.

Taking in Box Hill, Holmbury Hill, and Leith Hill, this is a 23-mile (37km) round trip which will take around nine hours for most participants. With a total walking distance comparable to the Yorkshire Three Peaks, with a third less climbing, the Surrey Three Peaks total ascent is 1060 metres!

We are immensely grateful to the following participants:

**Debbie, Will & David Brewin**

**Emilia Celestino**

**Emily & Fintan O'Brien**

**Rosie Hobbs**

**&**

**The Horton Pharmacy Team**

If you would like to spur our hikers on, by way of a donation, then please visit the what's on pages of our website where you can donate to all the participants on the group page or you can donate to their individual fundraising pages.

**<https://ageconcernepsom.org.uk>**

Thank you for your much valued support & here's wishing our hikers the best of luck with their challenge!





## **Celebrating the Coronation of King Charles III**

**We are delighted to announce that our Coronation Stall will be located in the Epsom marketplace on Thursdays on the**

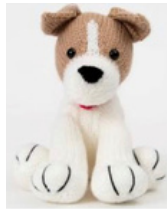
**following dates:**

**20th April**

**27th April**

**4th May.**

**8.30-4pm**



**We will also be at the Bourne Hall Coronation Fete on  
Saturday 29th April**

**Here you will find lots of handmade Coronation-themed goods to include: crowns, carriages, soldiers, bunting to name just a few  
If you are taking part in Coronation celebrations then look no further than our royal-themed stall to decorate your event.**

**If you are searching for that special gift to mark this historic occasion then we urge you to see our beautiful bespoke goods - they really are delightful and there's something for everyone.**

**We hope you can pop by to take a look!**

**All proceeds support the services of  
Age Concern Epsom & Ewell  
Registered Charity: 1139652**

**If you are hosting a street party & there is scope to raise funds for charities please do consider supporting Age Concern Epsom & Ewell.  
Your support will help us to sustain our services for our older community!**



## **Introducing our *In Memory* Campaign**

**Age Concern Epsom & Ewell would like to announce the launch of our very special *In Memory* campaign which aims to remember loved ones whilst caring for the world we live in.**

**The King's Coronation is the perfect time to launch this initiative as climate change and the love of nature is close to the King's heart.**

**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.**

*Advice can be given on suitability.*

**From balcony planters to landscaped gardens we have suggestions to suit all types of gardens big or small.**

**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 needs.**

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

**for further details and/or to request an *In Memory* leaflet please contact**

**Marie Thackwell**

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

**Tel: 01372 732 451**

**Proceeds from this campaign go to supporting Age Concern Epsom & Ewell**

**Registered Charity No: 1139652**



## **HELP US TO KEEP HELPING OTHERS?**

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.



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

# Local businesses



Come and try a new, unique shopping experience! Our zero waste, refill float offers a range of high quality products from, dry foods to green chemistry toiletries, cleaning products and eco goods.

Bring along your spare containers and bottles to refill with us.  
We always have paper bags if you need them



## Locations and times

Wednesday 10am - 2pm  
The Old Moat Garden Centre  
Kt19 8PQ

Thursday 10am - 2pm  
Stoneleigh Broadway,  
The Station (Pub car park)  
kT17 2JA

Saturday 10am - 2pm  
The Old Moat Garden Centre  
Kt19 8PQ

We are available for school bookings and private events.  
Please contact us via email for more information.

[Thefloatingrefillery@gmail.com](mailto:Thefloatingrefillery@gmail.com)

## Instagram

@ The\_floating\_refillery

## Facebook

@ Thefloatingrefillery10



## Garden Nursery Open for all your gardening needs

Home grown & bought in plants available

View by bookable slots

Tel: 07956 994 890



@tanialadygardener



23 Eastcroft Road  
West Ewell  
KT19 9TX

# M. Hobbs

GUITARS





## Mike Hobbs

Guitar making and repairing  
Guitar Making School  
Workshop in West Ewell

w:mikehobbsguitars.uk

e:mhobbsguitars@gmail.com

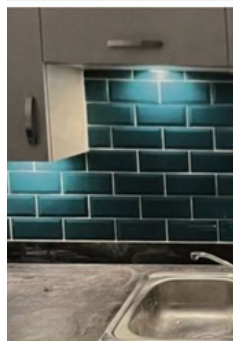
m: 07803 900422

  @mhobbsguitars



## Harts Handyman Services

Frank Hart



## Services Include

Home Improvements

Plumbing

Bathroom refit

Tiling

Anything from hanging blinds to  
decorating

Call for a quote

Small or big jobs undertaken

Tel: 07710 193 459



Harts\_handyman\_services



# 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.



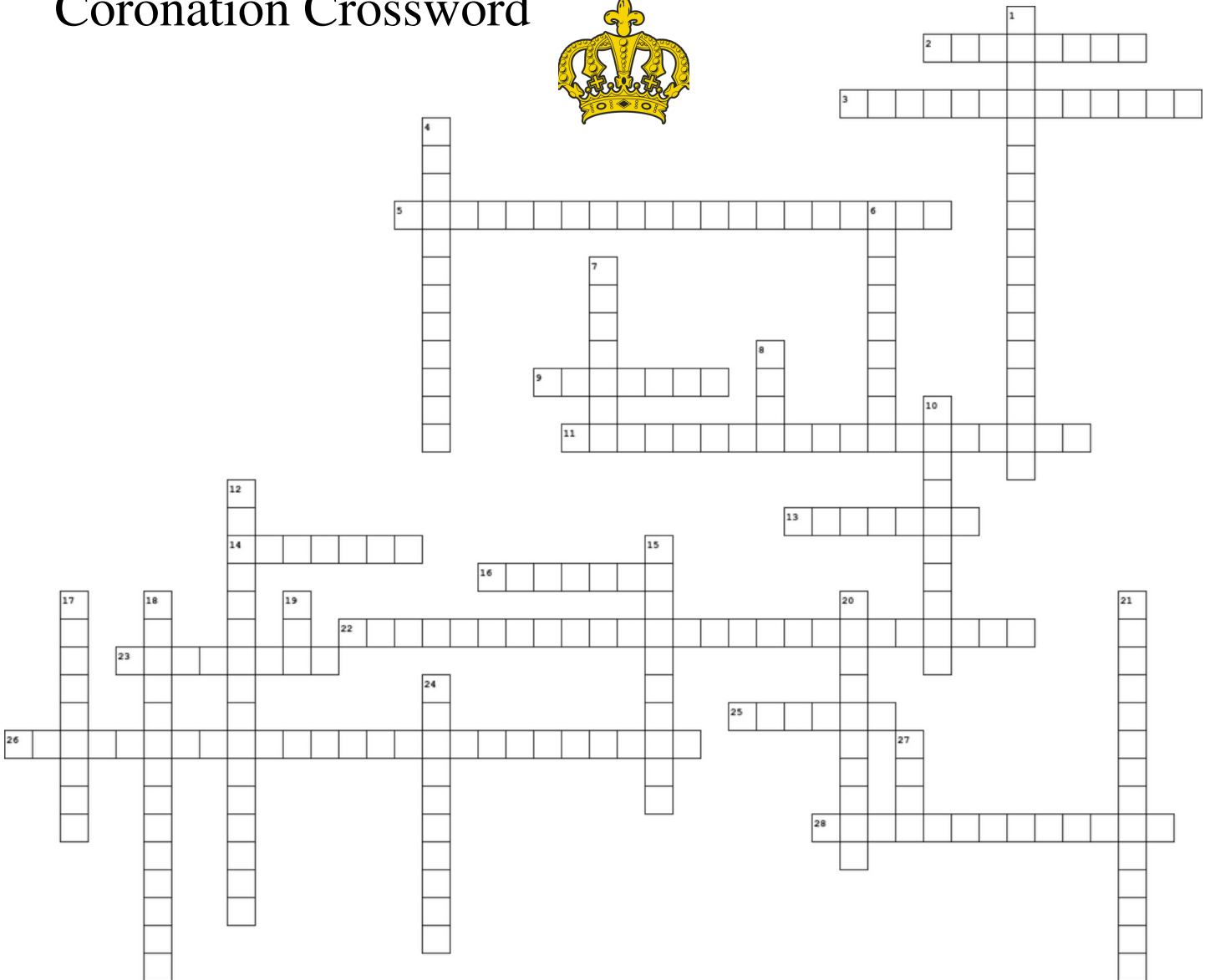
**www.ageconcernepsom.org.uk**

**01372 732 2451**



HELPING OLDER PEOPLE FEEL LESS ALONE

# Coronation Crossword



## Across

2. A New Era
3. Earl Marshal who organises the Coronation (4,2,7)
5. Line of succession (7,7,6)
9. Buckingham Palace Viewpoint
11. The corgis have been usurped by (4,7,8)
13. Most likely we will see one go by (3,4)
14. Royal Wand
16. Ingredient of popular Coronation dish
22. The King's Christian names (7,6,6,6)
23. Controversial gem which won't feature at the Coronation
25. Goes with the King's men
26. Distinguished double dozen knights and ladies (4,5,5,2,3,6)
28. Where the crown jewels are kept (5,2,6)

## Down

1. Royal Duchys (8,9)
4. Royal Rescues(4,8)
6. Appropriate underfoot covering(3,6)
7. The Queen Consort
8. Lots of these in the crown
10. of power
12. Place of Coronation(11,5)
15. Aromatic oil is used for...
17. 8 September 2022
18. This used to sit under the Coronation chair (5,2,7)
19. How man sons doe the King have?
20. A Royal Parade
21. The King's equerry
24. The Donkey Wallopers (4,6)
27. How many grandchildren does the King have?