



A message from our
Chief Officer
Dorah May Hancock

Welcome to our Spring newsletter.

A brighter day here outside our offices at the Old Town Hall, let's hope we have a lot more of those and not so much rain!

What a bumper issue this newsletter is. I always enjoy reading it with a lovely cup of tea! It reminds me of how proud I am of all our amazing staff and volunteers working so hard to support the older generation in our borough.

Excitement grows and grows here as we see our 'In Memory Woodland' in Long Grove Park, Epsom flourishing and new shoots and blossom appearing. I often walk my dog there and find the park to be a hidden gem. We will be adding two benches later on in the spring and I am planning to take a picnic along with me in the summer.

Did you come across our stall at Christmas selling all the amazing knitted presents that volunteers crafted for us? Terry's chocolate orange Christmas pudding covers were my favourite. If you didn't, then do come along to the Ashley Centre to see beautiful Easter crafted and knitted gifts, Cadburys crème eggs are involved!

If you would like to share with us any events or activities you are involved with in our borough please do get in touch, we would love to hear about them.

Happy Springtime everyone!



We are delighted to share the news of our **'In Memory Woodland'** at Long Grove Park, Epsom.

Planting has taken place for what will be a serene and peaceful space for the community. Please see further details enclosed about this wonderful venture.



Planting in action at Long Grove Park

Thank you to Epsom Camera Club



We'd like to extend our heartfelt thanks to Epsom Camera Club for its generous support in capturing Age Concern Epsom & Ewell in action. Through their natural, candid photography, they've started to document the vital work we do, from our Sunday Teas to our fundraising events.

Club volunteers have been capturing moments that will help raise awareness of our charity and the difference we make to the lives of older people. We are incredibly grateful for their talent and dedication.

Thank you, Epsom Camera Club, for helping us tell our story! We hope you enjoy seeing some of their photography in this newsletter.





HELPING OLDER PEOPLE FEEL LESS ALONE

INFORMATION & ADVICE

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

HOME VISITING

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

IT SUPPORT

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

MEDICAL TRANSPORT

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

SUNDAY TEAS

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

BEFRIENDING

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

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

MEN'S GROUP

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

For all enquiries please contact

Age Concern Epsom & Ewell on 01372 732 456

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

info@ageconcernepsom.org.uk

www.ageconcernepsom.org.uk

Age Concern Epsom & Ewell, The Old Town Hall,

The Parade, Epsom, KT18 5AG

Registered Charity Number 1139652



Sunday Teas: A relaxing afternoon of pampering and tasty treats !



Every second Sunday of the month, we host our Sunday Tea's at St Mary the Virgin Church Hall in Worcester Park.

These are delightful occasions which combine light entertainment with delicious refreshments, including tea, sandwiches and cake - providing an opportunity to make connections and to have lots of fun and laughter.

This month's gathering featured a special pampering session where guests could choose from a variety of beauty treatments such as nail painting, hand massages, and glittery hair sparkles. The pampering was a huge hit, offering a fun and relaxing way to unwind and try something new. Many attendees appreciated the chance to add a little sparkle to their January with the glittery hair station, brightening up the dreary winter months.

As always, Sunday Tea included delicious sandwiches, cakes, and biscuits - favourites that are a highlight for many of the regular guests. The event provides a wonderful opportunity to enjoy tasty treats in good company.

More than just an event, Sunday Teas are about building connections and creating a welcoming space for everyone. "The teas provide a fantastic space for anyone feeling lonely to come to a regular social event," says organiser Gloria. "We always have something fun planned, from singers to flower arranging. Plus, there is transport available for those who need it and easy access to the hall; everyone is welcome."

Next month's Sunday Tea promises even more fun, and with the joy and laughter that filled the room this week, it's clear these afternoons are a highlight for many.

If you'd like to join the next Sunday Tea, call

01372 732 459

Every second Sunday of the month

2.30 pm - 4.45pm

Sunday Teas are £6 or £8 with transport



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.



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*

Volunteering Update

A spotlight on Befriending



Our befriending service offers older more isolated members of our community much needed regular companionship and a chance to chat. Our befrienders are volunteers from all walks of life who give their time to visit someone in their own home for around an hour each week. Having a befriender can be life changing for our clients and befrienders frequently tell us how rewarding they find the role and how they have formed a real friendship with their befriende.

We currently have nearly 50 ongoing befriending matches. We have a waiting list and we are always looking for new befriending volunteers to meet demand.



Bridget - one of our volunteer Befrienders

Bridget started visiting her befriending client in February 2024 and this is her story:

I became a volunteer befriender for Age Concern, Epsom & Ewell, around eleven months ago, when I was introduced to Jane. I had considered doing some volunteering for a while and liked the idea of befriending an older person who, living in isolation, might benefit from some company and conversation. I work four days a week but had some time on my day off so I started to see Jane every week to a fortnight for around an hour. Age Concern try to look to match you based on your interests and I found I had so much to talk about with Jane. She is in a situation where she is very anxious about going out, exacerbated by the pain she's very regularly in and as a result she rarely leaves her house. But Jane has lived a rich life with many stories and has a great sense of humour and we talk non-stop on my visits to her: just as I have come to know much about her, she has come to know much about me.

When I started volunteering, I'd say I did it quite altruistically, in that I was motivated by the idea of wanting to give something back to someone else, as I'm in a fortunate position to do so. However, whilst I know that Jane really values having someone there to talk to and to listen to, I equally value my time with Jane and the friendship we've developed since I met her eleven months ago.

If you are interested in learning more about befriending please get in touch with our Volunteers Coordinator, Sue Brinsden on tel: 01372 732 458 or email: sue.brinsden@ageconcernepsom.org.uk



Thank you!

Thank you to all our wonderful befrienders - helping to brighten peoples' lives.

Please find enclosed further insights on our Finding Joy in Giving pages.

Volunteering Update

A spotlight on our Medical Transport Drivers



We are very proud to be able to offer a transport service for our clients to take them to medical appointments both within and outside the borough. Our friendly driver volunteers provide a door -to- door service and wait at the hospital or clinic while the client has their appointment.

Volunteer drivers ensure that clients feel safe and well looked after at times when they may be feeling anxious or worried about their appointment. We couldn't run this service without our volunteers and we currently have 17 drivers along with 6 volunteers who run the transports phone line and allocate drivers to clients.

One of our long standing volunteers, Alan, was recently recognized as a Hero of Epsom. Alan has been a driver with Age Concern Epsom & Ewell for 10 years now and recently completed 2500 drives. Alan says: I thoroughly enjoy providing a driving service for the elderly, I love lending an ear and listening to their stories. There is a mutual benefit as we nearly always have a chat and a laugh along the way.



Thank you!

Thank you to all our wonderful drivers who provide a friendly and reassuring service - helping our older community to reach their appointments on time.

We are very grateful to all our drivers for their dedication and commitment to the role.

2025 has got off to a great start as we welcome our newest driver volunteer, Joe



Joe says:

"When I was looking for an opportunity to do some community work, assisting the elderly to get to their medical appointments seemed appropriate, particularly due to the current need in this area. Making an impact on people lives immediately was also a massive factor. I am looking forward to the first of what I hope will be many drives!"



Drivers Wanted!



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

We need medical transport drivers and monthly drivers for our Sunday Teas.

*** Mileage is paid at 50p per mile**

** DBS check is required*

**For further information please contact our Volunteers Coordinator, Sue Brinsden; Sue.Brinsden@ageconcernepsom.org.uk
Tel: 01372 732 458**

Volunteering Update

Getting creative for Easter!

Do you knit, crochet or craft? Would you like to raise funds for Age Concern Epsom & Ewell?

If so we would love to hear from you.

We hope to sell Easter goodies, gifts and decorations during the Spring season to raise funds for our cause.

We have lots of Easter patterns available.

For further details please contact:

Marie Thackwell

marie.thackwell@ageconcernepsom.org.uk

Tel: 01372 732 451



FEELING CRAFTY?
Do you love to knit, crochet or craft?



AGE CONCERN EPSOM & EWELL
If so, please consider joining our Easter creative projects to help raise funds to support our services.

Ambassadors for Age Concern Epsom & Ewell

We would like to recruit ambassadors for our charity. It would entail ad hoc support which can be done flexibly in your own time. It is primarily observational, assisting when feasible, as we seek volunteers to be the eyes and ears for opportunities to promote our services, in areas near you.

Key aspects include: Checking that our brochures (and posters where applicable) are on display at your local GP surgery, in healthcare settings, pharmacies, community halls, libraries, and seeking new opportunities in your neighbourhood and reporting back to our team.

Please get in touch with

Marie Thackwell for further details:

marie.thackwell@ageconcernepsom.org.uk



WE NEED YOU!

LOCAL AMBASSADORS FOR

AGE CONCERN EPSOM & EWELL

Please save your bread bags and other bakery packaging!

A drop-off bin can be found at **72 Hookfield, Epsom, KT19 8JG**•

There's a wheelie bin in front of the garage clearly labelled.

Please make sure the bags are free of crumbs then fold them.

Bags can also be dropped into the Age Concern Epsom & Ewell office

during our opening hours,

Mon - Fri 9.30am - 1pm. The Old Town Hall,

The Parade, Epsom, KT18 5AG

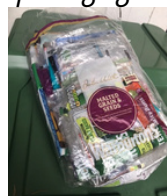
No other plastic food bags please.

Terracycle will not accept them and may reject the entire parcel.

Thank you for your support!

Any brand plastic bread bags and closure tags.

- Any brand bakery plastic packaging.



The Warburtons Bakery Recycling Programme



yes

- ✓ Any brand of plastic bread bags and closure tags
- ✓ Any brand of bakery plastic packaging (big plastic trim, zipper bags, plastic packs, etc.)

no

- ✗ Paper bags
- ✗ Combined paper and film window bags
- ✗ Wax wrap

When in doubt, leave it out.

Learn more at terracycle.com/warburtons-uk or scan QR code



Recycling symbol: The Recycling symbol is a trademark of the International Brotherhood of Paper Recyclers.

Christmas with AGE CONCERN EPSOM & EWELL

Christmas is always a special time here at Age Concern Epsom & Ewell, where we strive to reach as many of our clients as possible. Whether at our Sunday Teas, Men's Group or reaching out to those who are alone and in particular need - we wanted to remind everyone that we are in the community and that we care!



Ewell Rotary Club Street Collections.

On a cold winter's night in December a small band of volunteers and staff joined Ewell Rotary Club for their annual Christmas charity street collection. One of our volunteers, Paul, donned a Santa costume and made his way around the streets, ringing his bell, merrily ho-ho-ho-ing and chatting on the doorstep with delighted children and their families. The residents were very appreciative and generous with their donations.

We send out thanks to Ewell Rotary Club for organising the event and for choosing us as one of their charities and especially our volunteers, Vicky, Robyn, Jo and last but not least, Santa (aka Paul).



Beautiful Cards designed by St Martin's School pupils

Add a little Sparkle! - our gifting campaign

We like to bring some Christmas cheer to clients who may be alone at Christmas time and this year was no exception as we once again delivered Christmas gifts to nominated clients around the borough. We received overwhelming support from local businesses and members of the public who donated the gifts. Children from St Martin's School designed beautiful Christmas cards and wrote special messages which went out with each gift.

We'd also like to say a special thank you to volunteers from Exxon Mobil who took part in the project, efficiently wrapping the presents and hand delivering the gifts with friendly smiles and Christmas greetings.



We send our huge thanks to the businesses that supported this campaign through donation boxes:

The Amber Group, *Campbell & Co Hair*, The Eight Bells, *The Family Building Society*, The Famous Green Man, *Queen Adelaide*, & Bourne Hall.

Christmas with

AGE CONCERN EPSOM & EWELL



Our Christmas festivities started with our Candlelit Christmas Concert. This intergenerational and inclusive event was a joyous evening offering a wealth of music and performances for the public to enjoy. The Sunnybank Trust opened the concert with their enactment of 'Twas the night before Christmas', this was followed by singers from the Nonsuch School Choir, with classical songs, musical hits and much loved carols. Local acoustic guitarists and singers Charlie Meanagh, followed by Mark Pettifer, brought a selection of country, rock and pop to the mix and the first half concluded with operatic & classical performances by Primrose Drake and Kimsumi Brooker. The wonderful Heart & Soul Choir entertained the audience for the second half with their renditions of much loved carols. With seasonal treats in the hall, the scents and smells of Christmas filled the air making this a wonderfully festive occasion. We send our heartfelt thanks to all those involved, to the many volunteers, the amazing performers and to our wonderful audience for making this such a memorable and successful event.

Thanks to your support we raised £2000 to support our services. Please save the date for 5th Dec 2025 where another magical event is ensured.



A Christmas-themed lunch was enjoyed at the Toby Carvery by our Mens' Group and Sunday Teas hosted a Christmas party with live music. Both these occasions provided an opportunity for clients to come together to enjoy a little Christmas cheer.

Meanwhile a festive stall was located in the Ashley Centre for 11 days prior to Christmas, adorned with beautiful knitted and crafted gifts and decorations. We send our special thanks to all those who kindly donated items for us to sell and all those who volunteered on the stall. It was wonderful to meet so many members of the public who delighted in our handmade goods. The stall also helped us to bring further awareness of our cause and the services that we provide.





*To all our knitters,
crochet makers and creatives.
Thank you for your amazing
support!*

Your handmade goods helped us to
raise a staggering

£3512

during the festive season!



We can't thank you enough for all
the wonderful contributions
helping to support our services
here at Age Concern Epsom &
Ewell.

**You are fundraising
superstars!**



Mother's Day & Easter Treats

Please visit our beautiful stall in the **Ashley Centre**

from

Wed 26th - Sun 30th March

For special flower displays, thoughtful gifts and
lovely items to brighten up your homes.

Celebrate the joy of Spring with our exceptionally
cute Easter related gifts.

Our handmade knitted, crocheted and crafted
goods are beautiful and unique.

Also for sale at our

Easter Trail in Rosebery Park on Sat 5th April

We hope to have more Easter stalls confirmed soon.



CHOOSE US AS YOUR LOCAL CAUSE

Co-op Members can support us
through the Local Community Fund
membership.coop.co.uk/causes



OWNED BY YOU.
RIGHT BY YOU.

AGE CONCERN EPSOM & EWELL

HELPING OLDER PEOPLE FEEL LESS ALONE

We are delighted to be selected as one of the charities taking part in the Co op UK Local Community Fund which will run until October 2025, to find out more about this scheme and to choose us as your cause, please visit <https://membership.coop.co.uk/causes/88540>

Fundraising News



COULD YOU RISE TO A CHALLENGE FOR OUR CHARITY?

Fun challenges provide the opportunity to experience something new whilst supporting a worthy cause. Whether you like to bike or hike, keep your feet firmly on the ground or flying through the air - if you would like to support Age Concern Epsom & Ewell then we would love to hear from you!

Here are just a few ideas...

★ A SPONSORED HIKE OR RUN

The Surrey Three Peaks Challenge takes place twice a year. Please visit: www.threepeakschallenge.uk

There are many local 5k & 10K park runs that take place in London & Surrey. Some can be found by visiting: <https://findarace.com>



★ A MUDDY CHALLENGE

The Nuts Challenge is a fun mud obstacle race over 7k-14k in Surrey. It's suitable for all levels of fitness. In addition to their annual events they host corporate days where 10 - 100 people can take part in a fun team-building day whilst helping a good cause.

Please visit: <https://thenutchallenge.co.uk>



★ A FIREWALK

For confidence-building, corporate team-building days, you could consider a fire or glass walk?

Full training is given and you could raise funds for a good cause in the process. Visit: www.ukfirewalk.com



★ A SKYDIVE

Is a skydive on your bucket list? If so, why not jump from a plane all for a good cause? UK Sky Diving Adventures run these ventures throughout the year.

Please visit: www.ukskydivingadventures.com



★ If you would like to raise funds and awareness for Age Concern Epsom & Ewell then we will support you every step of the way. We can help set up your fundraising page, your social media comms and we will help to spread the word.

Please contact: **Fundraising and Marketing Coordinator, Marie Thackwell** on **01372 732 451**. Email: marie.thackwell@ageconcernepsom.org.uk



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Thank you Molly Maid for sponsoring our recent quiz night!

Finding JOY in giving



Age Concern Epsom & Ewell is an independent charity, the support we receive from people like you plays a crucial role in helping us continue our mission to assist older people in the borough of Epsom and Ewell. Our supporters contribute in many ways, but what unites them is the joy of being part of something meaningful.

Undoubtedly, one of the greatest rewards of giving is the incredible feeling it brings. Whether you're directly involved in volunteering, witnessing the impact of your donation, or simply knowing that you've made a difference, giving back offers a deep sense of fulfillment and purpose that is truly immeasurable.

In this spirit, we wanted to showcase just a few stories of our supporters and highlight what their involvement with Age Concern Epsom & Ewell means to them. These personal experiences reflect the true heart of our charity, and the joy that comes from making a difference in the lives of others.

The gift of.. TIME

After the passing of her mother, Manjit realised she had a gift she wanted to share with others: time.

She chose to give this precious gift by becoming an Age Concern Epsom & Ewell Befriender, offering her presence and attention to isolated older people.

"The time I spend with them feels so rewarding," she told us with a warm smile. "We share stories, laugh together, and it's like we're all learning something from each other."

Manjit's genuine care and infectious laugh bring joy and comfort to the lives of those she visits, reminding them that they are valued.

For Manjit, time is a gift that creates meaningful connections. **"It's in those small, simple moments that you realise how much we all have to give - and how much we can gain just by being there for someone."**





The gift of..
TOMORROW

After seeing the difference Age Concern Epsom and Ewell has made in the lives of older adults in the community, John and his partner knew they wanted to do something that would help support our work for years to come. They chose to leave a legacy gift in their Will, ensuring our vital services can continue long into the future.

"We've always admired the way Age Concern Epsom & Ewell not only provides practical help but also offers support to those who might otherwise feel forgotten," John shared thoughtfully.

For John, it's about more than just making a donation; it's about creating lasting change.

"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," he said. **"It really makes us feel like we're part of something bigger - something that will have a lasting impact on our community."**

Some names have been changed at the request of our supporters to maintain anonymity.



The gift of..
FUN

Each month, on the second Sunday, Age Concern Epsom & Ewell hosts Sunday Tea, offering sandwiches, cakes, entertainment, and a chance to connect. Jane sees the happiness these gatherings bring to her mother. **"The smile on her face when she talks about the teas, the fun, and the sense of belonging - it's something I want to help continue."**

To support this, Jane has made a donation. **"I can't volunteer, but by helping with running costs, I feel part of the team that brings such delight to those who might be isolated. The teas are a highlight in their social calendar."**

The gift of..
SMILES



Our wonderful supporter Sue decided she wanted to bring some Christmas sparkle to the lives of those who would be spending the holiday alone. She generously donated a gift to every person on our 2024 Christmas gift list - over 70 people in total!

Sue shared, **"For me, the joy of giving is knowing I can make someone's day a little brighter, especially during a time when many may feel lonely. It's a way of spreading love and warmth, and that, to me, is the greatest gift of all."**

If you'd like to learn more about being part of the joy of giving, whether as a volunteer, regular supporter, or by leaving a lasting legacy, we'd love to hear from you. Please visit our offices, give us a call 01372 732456 (Monday to Friday, 9:30am - 1:00pm) or drop us an email info@ageconcernepsom.org

Event News

Please join us at our next Curry Night at Tamarind Spice on Tuesday 4th March at 7pm

A great evening offering delicious Indian and Bengali cuisine.

Starters, Mains and sides all for just £30 per person

Customer feedback "Such generous portions. A great evening with lovely food and good company"

AGE
CONCERN
EPSOM & EWELL

Curry Night

TUES 4TH MARCH 7pm

For details & to book please visit:

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

Tel: 01372 732 456

£30 PER PERSON

STARTERS, MAINS & SIDES

TAMARIND SPICE, 234 CHESSINGTON RD

WEST EWELL, KT19 9XF



A charity night in aid of Age Concern Epsom & Ewell

Registered Charity No: 1139652

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A local charity
helping our older
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to
feel
less alone.



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BETTER

Age Concern Epsom & Ewell Registered Charity 1139652

Client Story

I recently had the privilege of meeting one of our clients, Jim, who was happy to share information about the hobbies he'd enjoyed over the years and activities he's currently involved in. Such was his passion for one particular item, the Box Brownie, that it led to him becoming an expert on the subject. Years later this resulted in him appearing in a BBC documentary being interviewed by Peter Snow. It was lovely to hear about his VIP treatment with the Beeb.

It is clear that Jim is a very creative man and I admired the beautiful watercolours and wildlife paintings on display. I was also shown a detailed aircraft model which Jim had recently made. I was fascinated to know where these skills originated from.

Back in 1935 Jim's parents lived in South London, though he was born in Epsom Hospital, the nearest available maternity ward at that time. *(St Helier hospital hadn't been built at this point.)* At three different stages in his childhood, during World War Two, Jim was evacuated from his family home. This was during the blitz and the threat of doodlebugs. It was understandably an unsettling time. However, I feel on hearing Jim's story, that this period instilled in him the ability for self-preservation as he recalls he grew to become an independent and resilient young man.

Between the ages of 15 - 18 Jim enjoyed athletic pursuits and he won trophies for competing in local tournaments. He also bought his first camera; a Box Brownie and he'd always loved to paint from an even younger age.



On leaving school he took an apprenticeship as a tool maker and at the age of 18 he joined the RAF as part of his national service which was compulsory at that time. Though he initially found the regimental training tough he adapted. He was a part of the RAF rifle team at Debden which competed against other RAF stations and he won several shooting tournaments.



The Box Brownie Cameras

Shortly on leaving the RAF Jim met the love of his life, Maureen with whom he spent 45 wonderful years. He has a son and daughter and three grandchildren.

His skilled workmanship saw him taking on a number of careers over the years as a tool maker, working for an electrical firm, watchmakers and also as a foreman at an engineering company in Leigh. However, the post he loved the most was as a Design & Technology Technician for a number of schools in Sutton where he worked for 18 years.

Life's challenges

Whilst working as a technician Jim had a health scare which resulted a five-year battle with skin cancer. Sadly, whilst recovering his wife, Maureen, was diagnosed with breast cancer. Jim cared for her until she passed away six years later.

Jim explained how he always had many hobbies and an inquisitive mind and it is here where he often found solace. He put his skills to good use over the years, making an array of items and passing on his knowledge to the local Scouts when his children were growing up. He also dedicated years to researching the history of the Box Brownie, and even when technology had moved on, he remained faithful to the device that started his interest in photography. Such is his knowledge on this subject that he has given many talks over the years and, in addition to the BBC, he was also approached by a relative of George Eastman the man who invented the Kodak camera!

Jim, along with his friend, established a website and a magazine on the topic which has over 70 enthusiasts from across the world who often unite once a year to discuss their interests.

Jim's Art



It was wonderful and inspiring to chat with Jim. He took up cycling at the age of 70! This led to him cycling in Canada and also in San Francisco where he cycled over the Golden Gate Bridge. He participated in the Rainbow Leisure Centre fitness sessions for over 60s, three times a week.

Then, last year, came a big blow for Jim when he realised his sight was failing significantly. It was a very difficult period adapting to a new way of living. He explained how Age Concern Epsom & Ewell became a lifeline for him at this time. He told me

“Age Concern Epsom and Ewell helped me in so many ways. When I was at my lowest they recommended groups I could get involved with and checked I was getting the right assistance in respect of my health. I had help filling out the complicated forms for my attendance allowance, I’ve even had IT support which is great. Age Concern helped me to get back on track during a difficult period in my life and I can’t praise the charity enough”

Sadly, the car had to go but Jim has found a new lease of life with the use of a mobility scooter. He walks every day, loves cooking and endeavours to stay healthy and strong.

Jim retains a great social life. He attends regular Sight for Surrey meetings. He is a member of the Ewell Court Art Workshop - now working on abstract paintings. He also attends three different activities through the Vets Friendship Groups: a monthly social, archery sessions and a model making group.

I left feeling so inspired by this 90 year old gentlemen that has overcome adversity time and again and now he is adapting commendably to his new lifestyle with restricted vision. We could have talked all day but his last comment made me smile.

“By the way my granddaughter went on to do her studies in photography, she is the only family member who has shared an interest in this area” He went on to tell me she now runs an engineering company.



Jim's aircraft model he made at the Veterans Group

It's interesting how repetitions evolve in families, often skipping a generation or two. Something in our genes? That would make for an interesting topic too.

Thank you once again Jim for sharing your story with us - you are an inspiration!

Interview with Marie Thackwell

If you feel that you could benefit from **Information and Advice** on any topics affecting your daily life then do get in to touch with

Age Concern Epsom and Ewell through our helplines which are open **Mon - Fri,**

9.30 am - 1 pm.

Tel: 01372 732 456

If it is something we can't assist with we can signpost you to someone that can!

**EPSOM & EWELL
VETERANS FRIENDSHIP
GROUPS**

Come and join us at Epsom and Ewell Veterans Community 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:

Maggie Rowell Epsom Rotary
Email: maggie.rowell@hotmail.co.uk

Barbara Warwick Epsom and Ewell Royal British Legion
Email: barb.warwick@virginmedia.com

**MODELS
FOR HEROES**

Model making sessions for veterans and armed forces personnel, also painting and table games.

Come and join us:
Where: The Kings Church, Longmead Road, Epsom KT19 9BU
When: the 1st Thursday of every month
Time: 14:00 – 16:00

**INDOOR
ARCHERY**

Why not learn a new skill, join a group of people with shared experiences in a relaxed friendly environment? We are currently doing indoor archery.

Come and join us:
Where: The United Reformed Church, London Road, Ewell KT17 2BB
When: the 2nd Tuesday of every month
Time: 10:30 – 12:30

If you have an interesting hobby or story that you would like to share with our readership please get in touch with

Marie Thackwell

marie.thackwell@ageconcernepsom.org.uk



Introducing the Age Concern Epsom & Ewell 'In Memory Woodland'

We are thrilled to announce the planting of our 'In Memory Woodland' situated in Long Grove Park, Epsom.

It has been years in the making. Following extensive community engagement and receiving tremendous local support, we are excited to begin bringing the 'In Memory Woodland' to life, thanks to funding from Surrey County Council's Your Fund Surrey scheme, the provision of space by Epsom & Ewell Borough Council, and the design and planting efforts of the Epsom & Ewell Tree Advisory Board.

Feedback from local residents during the consultation phase includes:

"I think it is a lovely idea and will be beneficial to the local neighbourhood, wildlife and future generations."

"I've often felt that there is little tree cover – in particular on hot summer days when we take a picnic to enjoy outside. This will be a fantastic addition to the overall amenities of this well loved green space."

"A memorial woodland with benches would do much to comfort those of us who are grieving – if you go anywhere in nature there are always little ones getting muddy and playing hide and seek – it reminds us that life goes on in the best of ways."

During the autumn/winter season the time was perfect for planting trees. In October, a team from the Epsom & Ewell Tree Advisory Board were on-site to outline the area, start digging and laying the first bulbs and saplings. During November the woodland was planted with additional trees, ready to settle in and establish their roots.

We were thrilled to welcome a generous group of local volunteers who joined forces with our partners, the Epsom & Ewell Tree Advisory Board, to dig, plant, and nurture a wide variety of tree species at the Age Concern Epsom & Ewell 'In Memory Woodland'.

In the coming months, this woodland will begin to take shape in the southwestern corner of Long Grove Park, featuring a rich diversity of mixed woodland trees such as Elm, Silver Birch, Rowan, Cherry, and Pine, alongside an array of woodland bulbs.

This woodland will serve as a serene and peaceful space for the community – a place where individuals can come together to remember and reflect on the loved ones we have lost. Visitors will find solace in this tranquil, growing sanctuary, a space for quiet contemplation, connection, and a reminder of the cycle of life.



Using a Car Park

It is the 'new normal' to have to pay for using a car park by scanning a QR Code with your mobile.



Shortly after they emerged, the scammers (or tricksters) had worked out a way of making money from them. They simply put their own QR Code sticker over the official one. The driver would be taken to the scammers website (which would look very official) where they'd think they were paying for the use of the car park. In reality, the driver was giving £8 (or whatever) to the scammer as well as their card details. (This could then be used or sold on.) A few weeks later the driver would receive a penalty notice (maybe £80) from the official car park management business as they had not received the car parking fee.

Drivers have been refusing to pay the penalty charges as it was reasonable to assume the QR Codes were genuine. This has escalated to the Small Claims Courts, and many drivers have won their cases.

So, the car park management businesses are missing the revenue and don't have the resources to visit enough car parks frequently enough to check their QR Codes. (There's 'talk' that QR Codes might be replaced by credit/debit card readers!) Fake QR codes have also been seen in restaurants (using the QR code to order and pay for your meal) and on advertising posters. To know if a QR code is genuine – if you can reach – run your finger nail over the QR code. If it's smooth, there's no sticker, so it's genuine.

Digital Landlines



By the end of 2025 the switchover from analogue to digital telephones will be complete and it has given the scammers an opportunity to exploit vulnerable people. All telephone calls will go through the internet, and everyone will require broadband to make landline calls. Scams include calls claiming your bank details are needed as part of the switchover or their service will be disconnected. There is no cost to the consumer and BT will arrange everything.

How good are your passwords?

It's very easy to check.

Visit www.passwordmonster.com and enter the passwords you use. It will tell you how long it would take a competent hacker to break it. It's perfectly safe to use passwordmonster – they don't collect any data. Even if they did, they wouldn't know where you used the passwords.

Too many passwords?

Consider an online password manager. All you need to remember is one, very strong password, and the password manager will do the rest. Several offer a single user a limited free service: bitwarden.com, dashlane.com and roboform.com. Others charge a small fee: 1password.com, lastpass.com



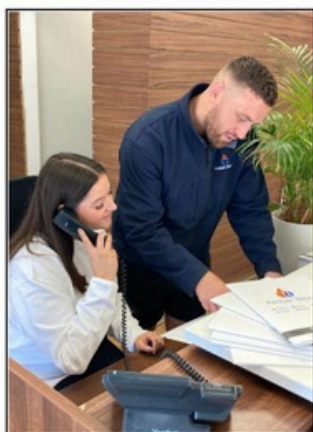
Public Wifi

It's very convenient to use someone else's broadband connection. You may enjoy a better signal than your mobile provider and (of course) you won't be using up your data allowance! But – be careful. Public internet access is inherently unsafe. You and the (potential) hacker are inside the same firewall. Software that allows a hacker to see what's on your screen, via the router, is easily available. If you use public WiFi, never do anything confidential or use a debit or credit card.



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

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- 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



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

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a helping hand

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.

**SPECIAL
ADDITIONAL PRIZE!**

JOIN AS A NEW MEMBER

REFER A FRIEND

ADD A NEW NUMBER

**ALL NEW LOTTERY ENTRIES UP UNTIL 30TH
APRIL WILL BE ENTERED INTO A PRIZE
DRAW FOR A LUXURY HAMPER!**

Striving to grow our lottery

We would love to grow our local lottery, where three lucky winners receive a cash prize each month.

Can you help us to expand our membership?

All those that either join between now and the 30th April, refer a friend who becomes a member or take an additional number during this period will automatically be entered into a prize draw to win a luxury hamper. The winner will be drawn at random on the 30th April.

For further details please contact:

info@ageconcernepsom.org.uk

Tel: 01372 732 456

TV LICENSING

Update on Free TV Licence Application Process for Pension Credit Recipients

which took effect on Thursday 23rd January 2025.

This concerns the application process for free TV Licences for individuals over 75 who are in receipt of Pension Credit.

Most customers will no longer need to provide evidence of their Pension Credit status to qualify for the free TV Licence. They will verify Pension Credit eligibility directly with the Department for Work and Pensions automatically when a customer applies for a free licence online or via the phone.

This change to TV Licensing's processes simplifies the application process and speeds up the processing time, so that applicants are notified of the outcome of their free licence application shortly after applying.

If you are interested in learning more about the support available from TV Licensing, contact the Communications team at tvstakeholders@bbc.co.uk



Free online safety webinars

Today is #DataPrivacyDay and as such we wanted to share with you some free webinars all about online safety for you and your family.

These interactive 60 minute presentations cover a variety of topics and are designed to be engaging and informative, yet not needlessly technical. Each also includes a Q&A at the end.

Tickets are completely free and of the thousands who have already attended, over 91% state they learned something to keep themselves or their loved ones safer online.

Online Safety for Parents - <https://orlo.uk/DBhbY>

Cyber Security for Business - <https://orlo.uk/5EkAx>

General Online Safety - <https://orlo.uk/XI9Y5>

Online Safety For Women and Girls - <https://orlo.uk/qINZ6>

Safeguarding Humanity - Risks of AI and Deepfakes -

<https://orlo.uk/Aeppp>

Be sure to "Follow" the Eventbrite page to stay up to date as new sessions will be added throughout 2025.

Upcoming events hosted by our friends at the Epsom Rotary Club.



THROUGH THE DECADES 1940-2020

Join Epsom Rotary in its ongoing centenary celebrations for an evening by talented local artists, showcasing song and dance through the decades, in support of community charities

Epsom Playhouse

7pm Friday 7th March 2025

Tickets £15 Children 12yrs and under £5.

Contact Epsom Playhouse 01372 742 555

Website www.epsomplayhouse.co.uk



Join Epsom Rotary at our
Centenary Spring Ball
celebrating



of service to the community in Epsom
at the Queen's Stand, Epsom Race Course
Saturday April 26th 2025 at 7pm

£85 Earlybird tickets until 16 February
£90 thereafter

Featuring live dance music by Avarice

Book on www.epsomrotary.uk

Any queries please contact epsrotaryball@gmail.com

01372 813 679

Dress Code DJ or Lounge Suit



A Worthy Cause

In the heart of Epsom, a beacon stands,
A place of warmth, with helping hands.
For those who seek, as years unfold,
Comfort, answers, and care untold.

The door is open, the welcome sincere,
A refuge of hope, dissolving fear.
In times of doubt or when feeling alone,
Age Concern Epsom & Ewell becomes your home.

With wisdom shared and kindness shown,
They guide you gently as you've known.
Be it advice, a chat, or a hand to hold,
They cherish stories, both new and old.

So let us celebrate this caring place,
With gratitude for its lasting grace.
Age Concern Epsom & Ewell, steadfast and true,
A haven of care for life's later view.

Written by an Age Concern Epsom & Ewell Client



Spring

W	H	M	Z	A	L	K	R	S	G	U	B	E	C	H	T	Q	I
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BIRDS
BLOSSOM
BUGS
BUNNY
BUTTERFLY

CALF
CATERPILLAR
CHICKS
FLOWERS
FROG

GARDEN
GRASS
HATCH
INSECTS
LADYBUG



LAMB
NATURE
NEST
RABBIT
ROBIN

SNAIL
SPRING
SPROUT
TULIP
WORM

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 a 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.