



A message from our Chief Officer Dorah May Hancock

Welcome to our Spring newsletter.

With daffodils springing up let's hope the start of brighter weather will be with us soon. We have the great privilege of being one of the Mayor of Epsom & Ewell's charities this year, along with Citizens Advice and Love me, Love my Mind. An Evening with the Mayor and Mayoress is his next fundraising event which involves a three course meal, charity auction and entertainment by Johnny Quatro.

Do you fancy joining us on our Age Concern Epsom & Ewell table? Please see further details inside along with news about our own fundraising events.

Our Fundraising and Marketing Coordinator, Marie Thackwell, works on organising events throughout the year to raise funds and awareness for our cause. Both aspects are vital as we are not public-facing and we receive no statutory funding.

We loved meeting the general public in December during our time in the Ashley Centre with our Christmas stall. However, it made us only too aware that we have a long way to go in correcting the misconception that we are a part of Age UK either nationally or locally. We are a local independent charity here to serve the residents of Epsom & Ewell.

We fundraise to secure our services, so that we can be here to support our older community in the years to come. These services include our Information and Advice lines which run five mornings a week. Home visiting, Volunteering, Befriending, Sunday Teas, Men's Club, Medical Transport are all schemes which we provide helping to make life a little easier, empowering our older community to live the most fulfilling lives they can. Further details can be found on page 2 of this newsletter.

There are many ways you can support us and enclosed you will see there are volunteering roles where we invite you to get involved - should you have a few hours to spare each week.

If you don't have time but would like to support our cause then please do consider becoming a regular donor or why not join our lottery? From as little as £2 per month you could be in for a chance of winning one of three monthly cash prizes.

Could you take on a fun challenge this year? Perhaps your friends, family and work colleagues may like to join in too? They can be a lot of fun and rewarding in so many ways.

If you are a keen walker there are still places on the Surrey Three Peaks Hike - *further details enclosed.*

We are amazed and delighted with one local resident. Richard Henderson, who has decided to support us by taking on a 50K Run through the North Downs Ridge this month! Please spur on Richard by way of a donation if you can - *further details enclosed.*

Thank you Richard we wish you the best of luck with this epic challenge.

We hope you enjoy reading about our services and upcoming activities.

Happy Springtime everyone!



Welcome to Sue Brinsden our new Volunteer Coordinator

We give a warm welcome to Sue Brinsden who has recently joined our team.

As a resident of Epsom & Ewell Sue is looking forward to supporting our local community having worked in a similar role with another charity.

Should you have any queries with regards to volunteering you can contact Sue at;

Sue.Brinsden@ageconcernepsom.org.uk
Tel: 01372 732 458



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



Client News

Enjoying a festive get-together at our December Sunday Teas



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

Advertisement

Sunday Teas New Venue!

Our Sunday Teas have moved to St Mary's Church, The Avenue, Worcester Park. KT4 7HL

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

They offer the opportunity to enjoy sandwiches, tea, cakes and good company along with varying types of entertainment.

For further information please call 01372 732 456



Fabulously Finished Feet

Lorraine Stammer DipCFHP MPSPract

FOOT HEALTH PRACTITIONER

Home visits starting prices £30

Evening appointments available at Woodmansterne, Banstead Clinic Room

SPECIALISING IN:

- Corns
- Verrucas
- Nail reconstruction
- Ingrowing toenails
- Hard skin (callus)
- Shellac treatments
- Fungal nail infections
- Manicures & pedicures
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M: 07963 241 581

T: 01737 370 956

E: lorrainejoyce@hotmail.co.uk



Volunteering Update

Befriending with Age Concern Epsom & Ewell

We recently caught up with Manjit, an Age Concern Befriender, and Gillie, one of our clients, to hear how they spend their time together.

Our Social Support Co-ordinator, Gloria Fox, explained how she thought the two ladies would get along nicely as both have an interest in travel and different cultures. Gillie had enjoyed working abroad in the diamond trade and had many interesting stories to tell.

We asked Manjit why she decided to become a befriender and she explained that she recalled how her own mother had complained about feeling lonely and being on her own.

With a couple of hours to spare each week, Manjit decided that she would like to make a difference to someone's life to help alleviate any feelings of loneliness.

Gillie told us that she looks forward to Manjit's visits and how they always have a laugh and a good chat. Gillie shares stories from her interesting past careers and Manjit talks about her way of life.

For Gillie hearing about other cultures and life in India is fascinating. Likewise, Manjit is learning more about the English way of life.

Both expressed that their time shared has given them a new perspective on life.

Manjit said that she thought it was the best thing anyone could do if they have 1-2 hours to spare each week.

We thank the ladies for their time and we're so pleased to hear how the benefits of befriending are working both ways.



Would you like to become a befriender?

**Do you have 1-2 hours to spare each week ?
If so then we would love to hear from you.**

**The benefits of volunteering, for both parties,
can be far-reaching:**

- **Better physical and mental health and wellbeing**
- **More confidence**
- **A sense of connection to others in the community**
- **Meaning and purpose to your life**
- **Increased self-esteem and wellbeing**
- **Improved relationships
to name just a few.**

**Please contact our Volunteer Coordinator,
Sue Brinsden
for further details at
Sue.Brinsden@ageconcernepsom.org.uk
Tel: 01372 732 458**



Could you volunteer with us?

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

Roles include:

Befriending, Medical Drivers, Sunday Tea Drivers, IT & DIY Support, Office Support, Fundraising & Marketing

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

For further details please contact

Sue Brinsden

Volunteer Coordinator

Sue.Brinsden@ageconcernepsom.org.uk

Tel: 01372 732 458

Drivers Wanted!



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

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

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

For further information please contact our Volunteer Coordinator, Sue Brinsden on **Sue.Brinsden@ageconcernepsom.org.uk**

Tel: 01372 732 458

Please spread the word to friends, family and colleagues who may have a couple of hours to spare and may find these details of interest.
Many thanks!

Fundraising News

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

We have so many people to thank for making our busy December such a great success!



Our Candlelit Christmas Concert was enjoyed by many with an evening filled with music from solo performers, local musicians, Laine Theatre Arts Choir and The Heart & Soul Choir.

“Atmospheric and uplifting” was one audience member’s feedback.
The concert was held at the beautiful Christ Church, Epsom.

We thank all those who took part, either by performing or volunteering on the night and of course our wonderful audience members who helped this event to be such a great success!

Date for the diary: Friday 6th December 2024!



Our knitters and crochet makers did us proud over the festive period making an abundance of beautiful handmade Christmas goods. These items were sold at our stall in the Ashley Centre for 10 days leading up to Christmas. In addition to raising vital funds for our charity we were able to spread awareness about what we do and we met many lovely members of our local community.

Thanks to all the volunteers who supported this venture, both through making goods and volunteering on the stall.

We are extremely grateful to the Ashley Centre for making this possible and for supporting this initiative .

A big thank you to the twelve volunteers who took to the streets on a cold December night to spread a little festive joy with the Ewell Rotary Club Christmas Collection.

Thank you also to all those who helped with our gifting campaign, donating goods, wrapping and packing and delivering special gifts to those who particularly needed some festive cheer.



Dorah May, our Chief Officer, would like to invite you to join our Age Concern table at the Mayor & Mayoresses special dinner on Friday 19th April.

Tickets are £55pp before 29th Feb, £60 thereafter.

Please email: gayehadfield@aol.com

An Evening with the

MAYOR & MAYORESS OF EPSOM & EWELL

Bourne Hall, Ewell

FRI DAY		APRIL 19		6.30 PM
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Welcome Drink

3 Course Meal

Dancing | Charity Auction

Entertainment by Johnny Quatro

Dress: Lounge Suits / Party Wear

Carriages 11:30pm

£60 / £55 before 29th Feb
Tickets available from
gayehadfield@aol.com



In aid of the Mayor's Charity Fund

Love me
Love my mind

citizens
advice

Epsom
& Ewell

AGE
CONCERN
EPSOM & EWELL

Calling all knitters, crochet makers and creatives!

**Would you like to get involved in making
Easter gifts to help to raise awareness
and funds for our charity?**

Patterns available on request.

**For further details please contact:
marie.thackwell@ageconcernepsom.org.uk**



Advertisements

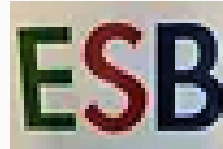
**FOR FAMILY
FUN, JUST
ADD WATER**

Bring all ages together for family-bonding pool time and make fun-filled memories to last forever.

Book online via the Better UK app or at better.org.uk

BETTER

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**Epsom
Strength &
Balance**

If you want to enhance your mobility, it is time for you to join Epsom Strength and Balance classes.

Join us at these weekly classes on Wednesdays at 11:30am or 1:30pm at Epsom Methodist Church. Classes cost from £7.50.

For more information, please visit: www.epsomstrengthandbalance.com, email:

epsomstrengthandbalance@gmail.com or call Karen on 07771647132.

Stay strong and keep upright longer with Epsom Strength and Balance.

We're looking forward to meeting you soon!

COME JOIN OUR EASTER EGG TRAIL

AGE
CONCERN
EPSOM & EWELL

at Rosebery Park
on Saturday 23rd March 10am - 1pm

FOR UNDER 12S
CHILDREN MUST BE SUPERVISED AT ALL TIMES

£3

per entry

ADVANCE BOOKING :

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

OR YOU CAN TURN UP ON THE DAY

SUBJECT TO AVAILABILITY

FIND THE CLUES TO REVEAL YOUR PRIZE

EASTER EGG TRAIL

EASTER GIFTS

REFRESHMENTS

FOR FURTHER DETAILS PLEASE CALL

01372 732 451

Sponsored by

BETTER

THE
FAMILY
BUILDING
SOCIETY

This is a fundraising event
to support
Age Concern Epsom & Ewell.
A local charity helping our
older community to feel
less alone.
Registered Charity 1139652

COULD YOU TAKE PART IN THE SURREY THREE PEAKS CHALLENGE? WE ARE SEEKING PARTICIPANTS FOR SUNDAY 7TH APRIL

Taking in the three classic Surrey hills - Box Hill, Holmbury Hill, and Leith Hill, the Surrey Three Peaks Challenge is a 23-mile (37km) round trip route. Total walking distance is comparable to the Yorkshire Three Peaks, with a third less climbing - only a 1060 metres ascent!



A PERFECT DAY

A perfect day trip in the South East with no overnight accommodation required (although you may be tired afterwards!). This event is a brilliant challenge in itself, or ideal for training and gauging your fitness for a larger challenge.

INCLUDED

Mountain leaders to guide you around the route
Safety support vehicle
Water top-ups at two meeting points, to fill your bottles on the way
Certificates of completion handed out afterwards

For further details please contact:
Fundraising & Marketing Coordinator, Marie Thackwell,
on
01372 732 451

Email:
marie.thackwell@ageconcernepsom.org.uk

We are always seeking teams or individuals that would like to take on a challenge on behalf of our charity.

Whether you are a walker, a runner, a cyclist or would like to take on novelty challenges for fun then we would love to hear from you.

We can support you all the way with fundraising pages and social media.

We'd love to hear your ideas!

To find out more about the route please visit: <https://www.threepeakschallenge.uk>

Please support Richard as he takes on the North Downs Ridge 50K Run on Sunday 25th February in aid of Age Concern Epsom & Ewell



We are delighted that local resident Richard Henderson, is preparing to take on the **North Downs Ridge 50K Run** to raise funds for our charity.

Richard explained;

"I remember during lockdown I would go out running over Epsom Downs. It was a great feeling to finally be outside.

Yet, of all those I saw enjoying the fresh air, none were from the older generations. After, media coverage highlighted how for some older people, lockdown and COVID had severe and long-lasting effects, both mentally and physically. Not only that, but many were already isolated before the measures to fight the pandemic were put in place and they still are now.

Now I'm back running after a long-term injury of my own, I will be running The North Downs Ridge 50k to help to raise money for Age Concern Epsom & Ewell.

If you would like to spur on Richard by way of a donation please visit : <https://ageconcernepsom.org.uk/get-involved/fundraise/richards50krun/>

Client Story

With Spring around the corner, for some of us it is a time when we think about how we will brighten up our gardens, patios and window boxes throughout the coming year. It is always good to consider our pollinators, especially as we hear our bees are in decline, and below are some suggestions as to particularly good plants that will attract bees. We recently discovered that one of our clients, Mr Jeremy Hakim, is an avid beekeeper and has been nurturing beehives in Epsom for over 60 years!

I asked Jeremy how his hobby came about and he explained that due to an unfortunate rugby injury, while playing for Epsom College back in 1963, he reluctantly had to quit the sport and was given the role of apiary keeper at the school. Here spawned the beginnings of six decades' dedication to beekeeping. Jeremy explained that a great deal of care goes into ensuring that the bees have enough food to survive the winter. Sadly, he has noticed the decline in bees in recent years; the swarms are less and they are smaller. In a good year Jeremy can produce between 600 - 800 jars of honey which are sold locally.

It was fascinating to speak with Jeremy, who has also had an illustrious career in target shooting. He first shot for Surrey when he was just 17 and he went on to represent Great Britain. He passed his passion on to his children, who have also enjoyed great achievements within the sport; both shot for Great Britain and his son came 2nd in Her Majesty's Queen's Prize in 2019. Jeremy also has a love of travel and explained how, fifteen years ago, he and his wife decided to make a dream become reality and sail around the world for two years. It was so lovely to hear some accounts from his travels and memories which I am sure he will cherish forever. I particularly loved the story of just one family on a remote island, with seemingly so little yet so happy and content.

I could have listened to Jeremy's stories all day and felt that a book of memoirs would certainly make for an interesting read. We ended our conversation with an uplifting piece of advice: "If you believe in yourself, you can do anything" and I am sure this mantra is the key to Jeremy's many successes over the years.

Jeremy's honey can be purchased, all year round, from Ben's Butchery, Upper High Street, Epsom. Thanks again Jeremy for sharing your news with us.

Do you have interesting hobbies or stories you would like to share with us?

If so please get in touch with Marie Thackwell, email: marie.thackwell@ageconcernepsom.org.uk



Jeremy's Bee Hives



Flowers that benefit bees

If you have a garden, a patio or a balcony here are some suggestions of flowers and plants that attract bees:

- Borage
- Mint
- Marigold
- Pansy
- Peony
- lavender
- Foxgloves
- Chives
- Yarrow
- Dahlias

to name just a few.



Bees need access to water.
Bird baths or bowls are beneficial and will attract bees along with diverse planting.
Don't use pesticides.
Having a range of plants that flower throughout the year are helpful.



Age Concern Epsom and Ewell IT club

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



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

Some topics coming up:

Listening - how to use your device to listen to music, podcasts, radio.

Watching - how to use your device to watching tv, films etc.

You Tube - how to get the best from it

Staying Safe, online security

Buying safely online

Photographs and Video

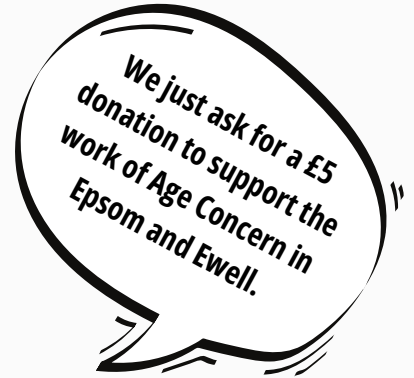
Internet, the cloud and

The Basics - email, internet browsing.

Phones and watches

For further details please email: info@ageconcernepsom.org.uk

Tel: 01372 732 456



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

Advertisement



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**

Age Concern Epsom & Ewell Advertising Disclaimer

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**WILL
YOU**

HELP US TO KEEP HELPING OTHERS?

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

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

Registered Charity No: 1139652



HELPING OLDER PEOPLE FEEL LESS ALONE

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

Every contribution helps!

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

**Please consider leaving a legacy to
Age Concern Epsom & Ewell**

Further details overleaf

It is very easy to add a Codicil to an existing Will

There are three ways to give...

Pecuniary Gift

You can choose to give a gift of a fixed amount of money.

Residuary Gift

You can choose to leave a share, or the whole, of what is left in your estate once you have provided for your loved ones and all expenses have been paid.

Specific Gift

You can choose to leave a specific item such as jewellery or shares.

Codicil forms are available by contacting us on 01372 732 456 or by visiting us at our Age Concern Epsom & Ewell Office, The Old Town Hall, The Parade, Epsom, KT18 5AG

Please ask us for information and advice, or talk to your Solicitor.

T: 01372 732 456

E: info@ageconcernepsom.org.uk

www.ageconcernepsom.org.uk

Registered Charity No: 1139652



HELPING OLDER PEOPLE FEEL LESS ALONE

ADVERTISEMENT

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Feel safe on your stairs with an **Acorn Stairlift**, and enjoy the full use of your home once again.

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- Ironing
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- Shopping
- Meal preparation
- Household Maintenance
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- Respite for carers
- Personal assistants
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- & so much more!

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



EXTRA HELP®
FOR THE ELDERLY
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 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



Spring Words

Word Search Puzzle



y d d l b d a g n f g n s i o f
u d t n m r y r h l b r f v j l
l p a j i a i e h s n e a m k o
b a i f f x y e f u n y g s q w
u z d c f u a n y s z n r r s e
g o s y n o l b l o s s o m a r
s r s o b i d e n y i i w v c s
s o x h r u c i n y m n t l d x
x b z p o p g i l p q a h c t b
q i a a u w a n e b q e r c h s
z n r t n r e n j u o i p c a r
b e e s q d u r n d i i k z h i
n t x c r j v z s s l g m u d r
n m j a v a x v c u x u j a o i
n n g j b s f m t m d u d b y s
o w h b u l b s c r o c u s h y



These words may be hidden
horizontally, vertically or diagonally.



daffodil
garden
blossom
bees
June
robin
May

March
showers
flowers
growth
April
green

bulbs
buds
ladybug
crocus
iris
grass

rainy
mud
bugs
tulip
picnic