

Summer Newsletter 2023



HELPING OLDER PEOPLE FEEL LESS ALONE



DORAH MAY HANCOCK
CHIEF OFFICER



Mayor's Charity 2023-24

At the end of May 2023, Cllr Rob Geleit was elected as the new mayor for the Borough of Epsom and Ewell. His term of office will run through until May 2024.

We are fortunate to have been selected as one of three mayoral charities so please keep a look out for information about mayoral events and how you can support us.



"I am very grateful that you can give so much help and advice"

Welcome to our Summer Newsletter and let's hope our summer is a sun filled one for us all.

I just love these two quotes from clients and with 4,000 older residents on our database we support them in many ways. Our Information & Advice team is always on hand. You may be feeling lonely and want to find out what support is out there for you, including our monthly Sunday Teas and Men's Club or you may need help with applying for a Blue Badge or Attendance Allowance from our Home Visiting service. Any support you need is only a phone call away. If we can't help you then we will signpost you to somebody who can.

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.

"We're very lucky to have AGE in Epsom"



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



The Coronation was celebrated at our Sunday Teas over the past few months. Our clients enjoyed participating in activities such as creating beautiful Coronation-themed flower baskets for their homes. Entertainment was provided from Flipside Dance Group and local singer Peter Parker

Sunday Teas take place at the Stoneleigh Methodist Church on the second Sunday of the month between 2.30pm - 4.30pm

For further information please call:
01372 732 456

Not many people can say that they remember three Coronation celebrations but one of our clients, Patricia Packman, can do just that. Patricia recalls how, at aged 6, her parents took her into London at 5am to see the rehearsal for the Coronation of King George VI in May 1936. They sat on the specially erected seating and had a fabulous view. Patricia remembers seeing the ornate golden coach and the family enjoyed the spectacle of the wonderful pageantry.

In 1953, Patricia and her husband, her sister and fiancé, spent the night in Park Lane, from 6pm, in eager anticipation of the Coronation of Queen Elizabeth II. Despite the downpours there was great excitement and a wonderful time was had by all. As very few people had televisions back then, many houses would be crowded with friends and family gathering around a small 9 inch TV.



Men's Group



Our men's group enjoyed great food and good company last month with a lunchtime visit to the Ashtead Garden Centre.

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



This time around Patricia, joined by her youngest daughter, enjoyed the Coronation of King Charles III with the best view in town - through the wonderful BBC coverage beamed to the comfort of her home.

Volunteering Update

We welcome three new Trustees to our Charity

Adriana Lazdins
Safeguarding and
Adult Social Care Trustee



Adriana currently manages a social care team for older people in a neighbouring borough. She will be supporting our Information and Advice staff and volunteers and will provide invaluable up to date information from the care sector.

Sarah Woods
Marketing and Fundraising
Trustee



Sarah works for Starlight Children's Foundation as Director of Fund-raising and Marketing
Sarah will be working with Marie Thackwell, our Marketing and Fund-raising Coordinator to develop our fund raising strategy and strengthen our marketing messages.

Mona Patel
PR Trustee



Mona currently works for Metro Bank as Head of External Communication where she is responsible for corporate, product and community PR. Mona will support Marie and additionally will work with Dorah May, our Chief Officer, to strengthen external partnerships.

Date for the Diary Age Concern Epsom and Ewell Annual General meeting

**Our Annual General Meeting will
be held on Thursday 7th
September
5.30pm - 7pm
in the Town Hall, The Parade,
Epsom, KT18 5AG.**

Volunteers are very welcome to join us for this public meeting where the annual report will be presented.

You will have the opportunity to ask the Chief Officer and Chair of Trustees any questions you have and we will be hearing from some of our clients and volunteers to learn how their relationships have had a positive impact on their outlook on life. Refreshments will be available.

We hope to see some of you there.



Medical Transport Drivers & Monthly Sunday Tea Drivers

We still need volunteer drivers for our popular medical 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.

We also require drivers for our monthly afternoon Sunday Teas.

* Paid mileage of 50p per mile
* DBS check is required



HELPING OLDER PEOPLE FEEL LESS ALONE

ARE YOU RECEIVING STATE PENSION AND LIVING IN COURT WARD ?

Need Help?



Register with Age Concern Epsom & Ewell



Free 10 minute Benefits check



Information and Advice



Throughout the Summer you are invited to pop-in to see us at the Community and Wellbeing Centre, Sefton Road, KT19 9HG. Please call 01372 732454 for dates/times.

'SPARKS project for Court Ward'



In Memory

Our In Memory campaign aims to remember loved ones whilst caring for the world we live in.

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 spaces 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.

Please see the **What's On** pages of our website www.ageconcernepsom.org.uk for further details and/or to request an In Memory leaflet please contact:
Marie Thackwell, Email: marie.thackwell@ageconcernepsom.org.uk

Tel: 01372 732 451

Proceeds from this campaign go to supporting Age Concern Epsom & Ewell
Registered Charity No: 1139652



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
- Gelish IOI Polygel



M: 07963 241 581
T: 01737 370 956
E: lorrainejoyce@hotmail.co.uk





Staying cool this summer!



With temperatures rising here are some helpful tips on how to stay safe this summer.

- It's a good idea to keep your curtains and windows closed when it's cooler inside than out.
- A damp cloth on the back of your neck is better at cooling than a fan.
- Light colour and weight clothing can keep you cooler.
- Check how you are storing your medication: most should be kept under 25c so it might be best kept in the fridge when it is really hot.
- Drink plenty to avoid getting dehydrated and eat even if you're not feeling too hungry.
- When out and about don't spend too much time outside during the hottest part of the day (11am - 3pm)
- It is a good idea to wear a sun hat and carry a bottle of water with you.
- Look after your skin: use a sun cream of at least SPF15 and apply regularly.

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

Easter Egg Trail

On the 1st April we held an Easter Egg Trail for young people at Rosebery Park in Epsom. Despite the grey weather we had a fabulous turnout and the children enjoyed spotting well-known characters and searching for clues around the park which revealed their Easter prize. It was wonderful to engage with young families and the event raised £700 for our charity.



Surrey Three Peaks Challenge

Thank you!

We send our huge thanks to all those that took part in our Surrey Three Peaks Challenge in April. To Emilia, Emily, Fintan, Debbie, Dan, Will, Sharn, Parminda, Richard & Julia - you are all amazing!

You took on three of the Surrey Hills in one day, (see their step count below) a challenge not for the faint hearted and you smashed it!

Combined you raised a staggering **£4k** for **Age Concern Epsom & Ewell** and we are immensely grateful!

Thank you to everyone that supported our brave hikers!

If you think you can rise to this challenge then we would love to hear from you. Another party goes out on 4th or 5th November - further details can be found in this newsletter.



37.63 Km



3,768 Cals



344 Zone Mins



330 Floors

Fundraising News



April was a time to celebrate the upcoming Coronation and throughout the month we enjoyed meeting members of the public at our Coronation-themed stall, held at the Epsom marketplace.

Not only did we have a beautiful array of handmade goods, to compliment royal street parties, but the stall also enabled us to discuss the services that we provide. It was lovely to engage with so many local residents and we hope that in doing so we can support more people in need in the future.

On the 29th April we were delighted to be a part of the Coronation Family Festival held at Bourne Hall in Ewell. It was to be one of the first gloriously sunny days attracting large numbers of the public.

The event was a throwback to fetes of bygone days with a horse-drawn Victorian fire engine, Maypole dancing, Victorian actors along with many more activities throughout the day. Our tombola and knitted goods were a great hit!

In total our stalls raised £1,800 over the month and we are so grateful to our wonderful knitters and creatives who produced beautiful pieces to help us raise these funds. We are also extremely grateful to all those who volunteered on our stalls throughout this period - we could not have done it without you!



HEALTH & WELLBEING FAIR

Sat 23rd Sept, 10am - 3pm

Rosebery Park, Epsom

A fun interactive day for all the family with stalls and local groups giving talks, demonstrations & performances.

A free event celebrating activities in the borough that aid health & wellbeing.

Something for all ages!

Take part in our

Informative & Fun Tree Trail!

Find the clues to reveal a mystery prize!

To book a place please visit:

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

£3

**Per Trail
Entry**

Hosted by and to raise funds for
Age Concern Epsom & Ewell

Charity No: 1139652

Tel: 01372 732 732

Sponsored by

THE
FAMILY
BUILDING
SOCIETY

Come and take part in a fun Tree Trail in Rosebery Park, Epsom. Find the specially selected trees to reveal clues and once completed hand in your answers to claim your mystery prize.

1 prize per entry ticket

All children must be accompanied at all times.

(Accompanying adults do not have to pay unless you would like to claim a prize)

In association with Epsom & Ewell Tree Advisory Board we invite you to take a stroll around Rosebery Park to learn fascinating insights about the trees that have been in place for many years.

To book a place on the Tree Trail please visit:

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

Tel: 01372 732 451

This event is to raise funds for Age Concern Epsom & Ewell.
Registered Charity No: 1139652



The tree trail forms part of our
Health & Wellbeing Fair
A free event which takes place in
Rosebery Park, Epsom
from 10am - 3pm



**We are extremely grateful for the support from
The Family Building Society - our sponsors of the
upcoming Health & Wellbeing Fair!**

**THE
FAMILY
BUILDING
SOCIETY**

The Family Building Society
offering innovative mortgage and
savings products for the way families
live today.

www.familybuildingsociety.co.uk

Art is a wonderful thing!

Do you have a favourite picture up on your wall?
Perhaps you dabble with a paintbrush or a
pencil yourself?

Art can make us laugh, it can lift our spirits and it
can move us in ways which are difficult to put into
words and the wonderful thing is you don't have to
be an art connoisseur to appreciate a beautiful
image. It can be personal, there is no right or
wrong - it's all about how it makes you feel and
your perception. Whether an art admirer and/ or
an hobbyist one thing is certain -
art adds colour to our lives.

It is also good for your health! Taking part in an art
session (in its various forms) no matter what level
of skill, can have great benefits for our mental
health. Research has shown that participation in
these kinds of activities can release our feel-good
hormone, dopamine. It can help us to relax, and
feel creatively inspired; this in turn can boost our
sense of well-being.

Here at Age Concern Epsom & Ewell, we would like
to know if any of our clients participate in art as a
hobby or perhaps you have enjoyed painting and
drawing in the past? If this is applicable to you
then we would love to hear from you.

We would like to promote some of our clients' art
at our upcoming **Health & Wellbeing Fair**
on **Saturday 23rd September**.

If you have pictures that you would like to have on
display then please get in touch.

Our aim is to showcase our clients work and there
will be scope to sell pictures if you so wish.

The main thing is to have them on display for all to
see and enjoy.

For further details please get in touch with
Marie Thackwell on : 01372 732 451
marie.thackwell@ageconcernepsom.org.uk

Health & Wellbeing Fair

Sat 23rd Sept

Here's just some of the things
you can expect at our Rosebery
Park event.

Information from local groups on
health, wellbeing and sustainable
living.

**STRENGTH & BALANCE
DEMONSTRATIONS FOR SENIORS**

*Yoga and a chance to participate
with 'This Little Yogini'*

**FOOTBALL DEMOS AND
PARTICIPATION SESSIONS
WITH NEAT LTD**

**Rhythm is gonna get you!
Try out your skills with
Drumz Epsom**

*Dance performances from
Terri-Jayne School of Dance*

Sustainable Fashion Tent

ACEE Art Display

Rosebery Park Tree Trail

**GET YOUR BIKE SERVICED WITH
DR BIKE**

Plus lots more to be confirmed.

**A fun & informative day
for all the family!**

Recollections from one of our clients.

We recently spoke with one of our clients, Rosemary Bacon, who in the 1960s worked for 6 years as a PA to the Arts Council.

Rosemary had an interest in art from childhood and as an adult she went on to participate in life drawing classes in her spare time. It was this interest that led her to the role as PA for the Arts Council where she thoroughly enjoyed preparing for high-profile exhibitions. Her work entailed research and gathering information, investigating the ownership of certain pieces of art and negotiating their temporary loan to art galleries to enhance collections. Exhibitions during this time included works from the Queen's collection and artists such as; Laurence Stephen Lowry, Victor Passmoor and William Roberts to name just a few.

Rosemary would prepare the catalogues, number the items and many exhibitions would go on tour throughout the country. The Arts Council also had their own collection of art and it was Rosemary's colleague Joanna Drew who became the first director of the Haywood Gallery which housed these items.

Throughout her time with the Arts Council Rosemary met many famous and emerging artists and she recalls the time she met L.S Lowry.

“He was quite a character and I remember he had a strong Mancunian accent. He believed quite firmly that art should be for everyone and that you didn't need to have lessons to create art.

Thank you Rosemary for these lovely insights and in the words of Lowry, "art is for everyone" why not give it a go?



Mill Scene, 1965 L.S. Lowry

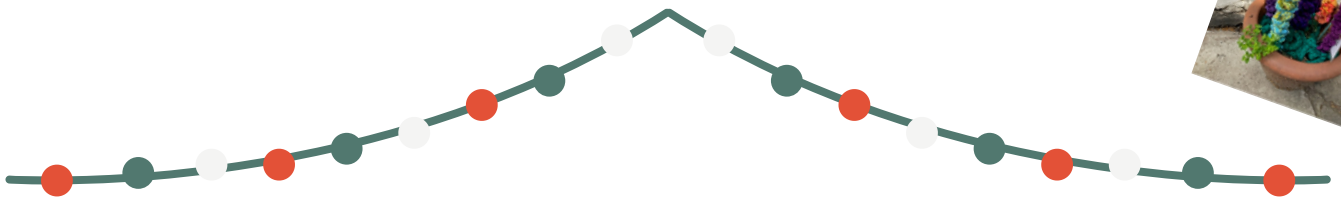
Calling all knitters!



We are currently seeking help from knitters and creatives that may like to get involved with two upcoming projects.

The first ties in with our outdoors event, on Saturday 23rd September, where we would like to have knitted goods and crafts that tie in with the theme of nature.

We have a range of lovely patterns and ideas available for anyone that would like to take part.



Our second big project is Christmas. Yes it's never too early to start planning for our Christmas festivities. We'd love to hear from anyone that would like to get creative to help to raise funds for Age Concern Epsom & Ewell.

We hope to be at a number of locations during the festive period with a beautiful stall filled with decorations and winter accessories.

We have a wide range of patterns available and we're always open to new ideas.

Please do spread the word and if you would like to know more please contact

Marie Thackwell

on

Email: marie.thackwell@ageconcern.org.uk

Tel: 01372 732 451

Many thanks!



COULD YOU TAKE PART IN THE SURREY THREE PEAKS CHALLENGE?

WE ARE SEEKING PARTICIPANTS TO DO THIS
SPONSORED HIKE IN AID OF OUR CHARITY



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 walk with you and guide you around the route
Safety support vehicle in case of injury, to provide a safe means to retire from the event
Water top-ups at two meeting points, to fill your bottles on the way
Certificates of completion handed out afterwards

DATES:

Sat 4th Nov
or
Sun 5th Nov

If you would like to support Age Concern Epsom & Ewell by doing this wonderful challenge please contact:

Marie Thackwell on 01372 732 451

marie.thackwell@ageconcernepsom.org.uk

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



WILL YOU 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

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



Join us for a fabulous Quiz Night



Not a whiz with a quiz?

It really doesn't matter as our wonderful quizmaster, Eber Kington will provide a highly entertaining evening pitched for all to enjoy.

There will be slices of pizza, nibbles and a drink all tied in with your ticket price too!



When: **Friday 3rd November**

Time: **7pm**

Where: **The Conservative Club,**
39 Church Street, Epsom, KT17 4PW

Costs: **£15pp**

To make this a successful night we need teams of 6 which can be booked here:

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

If you don't have a group please book individual tickets and we will include you in a team.

Please help us to spread the word & we hope to see you there!

